

ROOKIE SOFTBALL 2017 –RULES AND GUIDELINES

GOALS:

1. Player Safety.
2. Learning basic softball fundamentals.
3. Have fun with existing friends and make new ones during season.
4. Fostering the West LA Community.

As coaches, you are ambassadors for the league and for our kids. The true measure of success this season will result from your efforts to promote the above stated goals. As a league, our efforts will be judged on both retaining our current players, as well as recruiting new ones through the positive word of mouth from the girls and their parents.

GENERAL GUIDELINES:

1. Each team will have one practice per week.
2. Games may be played with as few as 5 players on defense (borrow a player from the other team if it's one of those weeks)
3. Coaches will umpire in the field to make calls using best judgment...no arguing calls made!!
 - a. When in doubt the Ump will call for the defense as outs are hard to come by.
 - b. At West LA field, coaches will be the "umpire" calling outs.
4. Rules should be reviewed and agreed upon by coaches prior to every game.
5. Coaches for batting team will pitch and catch. A coach must always be behind the plate to keep the game moving.
6. Coach-Pitcher should throw ~5 pitches to each batter- underhand "fast pitch" (e.g., relatively flat arc). If batter hasn't yet, but is close to getting one in play, an additional pitch or two is encouraged. If they aren't close, issue the batter a base on balls. Early in the season if you'd prefer to bring out a tee for them to hit off (after pitching a few first), that's also fine. Ideally pitches will be thrown from 20-25 feet away and be reasonably flat (no arc). If a girl needs a slower or closer pitch, judgement and common sense should prevail.
7. Batters must wear helmets and there will be no girls waiting on deck to hit next. One the occasion a very competent or strong batter is up to bat, a coach should notify the fielding team's coaches to ensure the defense is ready and alert (and safe).
8. Each inning, both teams bat through entire line-up. Coaches should decide before each game whether last batter should be allowed to round the bases (assuming an out is not recorded, or even if an out is recorded!).
9. Reverse the batting order each inning (allows all the girls to hopefully score a run).
 - a. First Inning – One to Eight (or more depending on team size)
 - b. Second Inning – Eight to One
10. If batter hits the ball in the infield and safely reaches first, she should not be encouraged to continue running bases by coaches or parents. If a player hits the ball into the outfield past all the fielders, you can instruct her to round the bases. **No lead offs or stealing at any time, ever.**
11. Mandatory player rotation in various positions (*between innings and within innings, based on getting chances to make plays. E.g. - if a player in any position gets involved in several plays in an inning, they can be switched with a player who hasn't been in any plays - this keeps the girls interested in the game*).
12. All girls in attendance shall play the field each inning. You can have at least four in the outfield, and even plug a hole in the middle infield with an extra girl if you have 10-12 present.

13. **1st base, 3rd base and pitcher (for fielding, they are not pitching) must be earned due to the inherent safety risk associated with these positions.** Coaches in the field with their defense should ensure these fielders are attentive.
14. Infielders should maintain their distance from home plate. Preferable positioning is in-line with the base paths. They can be encouraged to “charge” a slow ground ball, but do not let them cherry pick close to home plate prior to ball being put into play.
15. Fielding team’s coaches (at least one, no more than two) should be on the field helping to keep girls positioned properly and focused on the game.
16. Parents must maintain a high level of civility when cheering the girls.

Games should run 60-75 minutes, in addition to the appx. 10 minutes of warm up.

GAMES WILL LAST NO LONGER THAN 75 MINUTES!!!!

a. This will require preventative time-management. You should be able to complete three (3) full innings, then depending on how the game is flowing maybe a 4th, but any longer than 75 minutes (not counting pre-game warm-ups) and you’ll lose the kids and in some cases the parents, too. As will most things, keep in good dialogue with opposing coach throughout the game.