



PO Box 1464 - 110 Morgantown Rd. - Greenwood, Indiana 46142

CG Lassie League Handbook 2017

"Never let the fear of striking out keep you from playing the game" - Babe Ruth

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Message from Your CGLL Executive Board:

Dear Players, Parents and Coaches;

Center Grove Lassie League (CGLL) appreciates the individual volunteers, coaches, umpires, and parents who are dedicated to working with and teaching the girls in the CGLL program. Our number one goal is to provide the girls of CGLL the fundamentals of softball to learn, grow and love the game. By working together, we can help all girls achieve success by teaching them through our example how to have good sportsmanship, be leaders and gain friendships and memories that will last a lifetime. Remember, we are all here for the girls and to be an example to each one of them. The CGLL board would like to thank you for your dedication and support for CGLL.

**Jerry Gebhart
President**

**Chris Herman
Vice President**

**Chris Herman
Secretary**

**Ryan Mueller
Comptroller**

MISSION STATEMENT:

It is the mission of Center Grove Lassie League (CGLL) to provide programs for girls to have fun and develop friendships, while learning teamwork, sportsmanship, leadership, and athletic skills through the sport of softball.

Our Motto:

TALENT WINS GAMES, BUT TEAMWORK WINS CHAMPIONSHIPS.

About CGLL

CGLL is recognized by the IRS as a 501(c) 3 charitable organization that provides girls from Johnson county and surrounding counties the opportunity to play fast-pitch softball in instructional, recreational and competitive programs.

CGLL programs are managed by a board of directors who volunteer their time to fulfill the mission of the organization, and we sincerely appreciate:

- The girls in our programs who play hard and have fun;
- The dedicated parents and volunteers who serve as coaches or otherwise donate their time and talents to support our programs;
- Local businesses and individuals who generously support CGLL through donations and sponsorships

CGLL provides 3 levels of softball programs for girls age 4 through 18. Each level is designed to provide a higher level of competition and skill. Each is a separate entity and funded accordingly, although all are Lassie League Girls Softball programs. This handbook addresses the house league play. Please see the travel handbook for details of our travel programs. The house league is open to every girl between the ages of 4 and 18 who wish to participate.

- **Recreational League:** This is our base where girls learn the fundamentals and rules of the game beginning with instruction and becoming more competitive as the girls get older.
- **All Stars:** Selected from the Recreational League, these girls show higher skill level and desire to advance. The All-Stars program provides Class C level playing opportunities beyond the Recreational League regular season.
- **Travel:** These girls exhibit the highest level of skill and desire to represent CGLL and all its participants in travel team tournaments.

Leagues

- 🌟 **Age is determined by the girl's age as of January 1, 2014.**
*Example: If a girl turned 9 on February 5th, she is eligible to play in the 8U Division. (She was 8 years old on January 1st). If a girl turned 9 on December 31st, she must move up to the 10U Division. (She was 9 years old on January 1st). ***
- 🌟 **6U:** This is an instructional league that teaches the girls the fundamentals of softball utilizing both coach's pitch and a tee. Teams consist of 6-8 players to allow for more one on one instruction. Players have option to hit off coach pitch or T with the goal to have all girls hit off coach by end of season. There will be one game played during the in-house tournament week for this league on the Varsity/JV fields. Players in the league must turn 4 by January 1st to be eligible to play.
- 🌟 **8U:** This league will usually place 9-11 players on each team. The goal of the league is to give each girl as much playing time and quality instruction as possible. A double elimination tournament will take place at the end of the season.
- 🌟 **10U:** This league will usually place 9-12 players on each team. The goal of this league is to gain additional experience in the game of softball while fine-tuning the skills gained from previous years. This level is a combination player/coach pitch and pitching distance is 35 feet. A double elimination tournament will take place at the end of the season.
- 🌟 **12U:** This league is a girls pitch league. Pitching distance is from 40 feet and the league follows the rules of the USSSA. A double elimination tournament will take place at the end of the season.
- 🌟 **14U/18U:** These leagues are girls pitch league's that do not require travel. Pitching distance is from 43 feet and the league follows the rules of the USSSA. A double elimination tournament will take place at the end of the season.
- 🌟 **All-Stars:** This league will be selected from the Recreational League. These girls show higher skill level and desire to advance. The All-Star program provides Class C level playing opportunities beyond the Recreational League regular season. These teams are chosen from the 6U through 14U recreational leagues via tryouts. Play begins after the regular season, typically participating in 3-4 tournaments in the area. Tournaments are decided on by the All-Star coaches and All-Star Commissioner with approval from the board.

**Requests to either move up or down a division may be considered. Any request must be submitted in writing to the CGLL Board.

Travel Teams

CGLL offers travel leagues for 8u, 10u, 12u, 14u, and 18u. If you have questions about the travel team programs please inquire with one of the board members.

Center Grove Lassie League (CGLL) Overview

As with all organization, we must have rules, requirements and regulations that govern our program. All players, parents and coaches are to become familiar with these, and if you have any questions or comments please contact the Commissioner of the appropriate league.

Park Rules

The CGLL fields are maintained by CGLL board members and volunteers. We are privileged to be able to use these fields for our softball program. It is very important the athletes, parents and other visitors display proper respect for the facility. This includes that the dugouts, fields, spectator areas, restrooms, etc...are left the way that they were found and that all trash is removed and properly discarded. The ongoing maintenance of our facilities is a huge task. CGLL does not pay nor can we afford a paid staff for this work and therefore must solicit volunteers. We ask all parents and players to pick up the trash after every softball event. When every parent and player does his or her part, the tasks are simple & expedient.

- 🚫 **No** tobacco or e-cigarette will be permitted on CGLL property at any time.
- 🚫 **No** alcohol will be permitted in the park at any time.
- 🚫 **Anyone under the influence of alcohol will be asked to leave the park.**
- 🚫 **No** pets are to be on premises per park policy. **Please plan to have your dog(s) taken care of away from the facility; otherwise, you will be asked to leave with your dog.**
- 🚫 **No** glass containers.
- 🚫 Please place trash in provided containers.
- 🚫 **No** profanity.
- 🚫 Park only in designated areas and obey all posted speed limit signs. Note – parking on the access road adjacent to field 4 is prohibited.
- 🚫 **No parking in the grass.**
- 🚫 Unauthorized vehicles are not allowed on the fields.
- 🚫 All players, coaches, parents and spectators will show good sportsmanship always.
- 🚫 **Absolutely no ball playing of any kind around any building structure.**
- 🚫 No ball smaller than softball will be allowed, unless used for team training.
- 🚫 No batting on any unsupervised fields (Parent or Coach in the fenced area).
- 🚫 Only wiffle balls may be hit into the fence.
- 🚫 During games, only the coaches and players are allowed in the dugout or on the field.

We do our best to notify all parents, players and coaches in a timely manner of postponed/cancelled games. Coaches have the discretion of calling off practices; however, the CGLL Board Member on Duty (BMOD) is the one who will call off games. Your child's safety is will always be our first concern. No teams should be on the field or in the dugouts when lightning is seen or thunder is heard. See CGLL Weather Guidelines below. The safety of our players, spectators, officials and other league personnel is paramount and the sole purpose of this policy. We expect all involved to understand and adhere to its requirements.

- Please refer to one of the following sources for information on the status of the day's activities:
 - Website: www.centergrovelassieleague.org
 - Facebook: www.facebook.com/centergrovelassieleague

THUNDER OR LIGHTNING

- This rule is for all leagues and all divisions and is not optional.
- Games/practices will be stopped immediately if lightning is seen or thunder is heard from the field. If a game/practice is being played at a multi-field complex, any one game/practice being halted shall stop all games/practices.
- You must wait 30 minutes before allowing play to resume. If there is another clap of thunder or lightning is seen again, the clock is restarted. If the game delay exceeds one hour, the game or games are postponed and everyone must leave the field. For practices, any additional delays after the first 30-minute session will result in the end of practice.
- Should the National Weather Service issue a Severe Thunderstorm Warning or Tornado Warning for our area, all games in progress shall be stopped and all scheduled games during the duration of the warning shall be postponed.
- **Player safety is our first priority. The Umpire and/or Board Member on Duty (BMOD) has the full authority to immediately delay, cancel or suspend games as they determine necessary.**
- **After play is halted due to weather, all players, coaches and fans should remove themselves from the fields/dugouts.**
- **Once the umpire or BMOD stops play during games or practices all activity ceases on the fields. THIS IS NOT OPTIONAL!!**

RAIN

Rain, in the absence of thunder or lightning, will be monitored by the umpires and Board Member on Duty (BMOD) as to severity and impact on the game being held. Games may continue if deemed acceptable by league officials and no safety concerns exist.

SEVERE WEATHER

Watches

Tornado Watch: Conditions are favorable for the development of tornadoes in and close to the watch area.

Severe Thunderstorm Watch: Development of severe thunderstorms in and close to the watch area.

Watches are usually in effect for several hours, with 6 hours being the most common.

Warnings

Tornado Warning: Tornado is indicated by radar or sighted by storm spotters.

Severe Thunderstorm Warning: Issued when a thunderstorm produces hail $\frac{3}{4}$ of an inch or larger in diameter and/or winds which equal or exceed 58 mph.

WARNING issued by the National Weather Service, this means that a tornado or severe thunderstorm has been detected by radar or observed by trained storm spotters or public officials. These warnings are for short-fuse events that only last an hour or longer.

Board Member on Duty (BMOD), Commissioners and Coaches should immediately clear the fields and have spectators, players, and officials move to the parking lot or point of safety depending on conditions. **No games or practices will begin with a “STORM WARNING” in effect.**

TORNADO SIRENS: In the event tornado sirens are sounded, seek immediate shelter. If no shelter is available leave the facility immediately. All play will be suspended.

Game Cancellations/Field Conditions (due to weather):

- **Rainouts** will be rescheduled; schedule permitting.
- **Suspended Games:**
 - Games will be suspended at the discretion of the BMOD and/or the Umpire in Charge.
 - In the case of suspended games:
 - The umpire will notify the coaches of the time that play is suspended.
 - Scorekeepers will record this time in the scorebook.
 - The amount of time left will be noted if play resumes.
 - Coaches, scorekeepers, and umpires will meet and record on the scorebook, the count on the batter and the score.
 - All incomplete games will be rescheduled and completed (schedule permitting). The game will be restarted at the point of the suspension.
 - See General Rules Section for complete games.
- **Closed Fields:** If fields are closed, there is to be NO ACTIVITY in the infield.

Safety

Safety is a number one priority for CGLL. When your other children attend the games please make sure they are supervised. **Team members only are allowed on the bench and in the dugout area during games.**

Equipment

CGLL will provide, with assistance from the sponsors, a softball jersey. Girls are asked to provide black shorts/pants, socks, a glove and batting helmet with faceguard and a softball glove. Softball cleats are optional; NO METAL CLEATS except for 14U and up ONLY.

CGLL supplies the necessary softballs for both practice and games. The coach is responsible for all equipment that will be handed out. This equipment is to be used for practice and games only. When a piece of equipment needs repair, it is the coach's responsibility to turn it in to the league's equipment director. **If an equipment bag is not returned at the end of the season, the coach will be charged \$50. Until all equipment is accounted for, they will not be able to coach at any level, in any capacity.**

All coaches will receive from CGLL:

- Catcher's equipment: mask, helmet with throat guard, chest guard and shin guards (8u and up)
- Practice balls
- Duffel bag
- Face Masks (1)
- Heart Guard (1) [6u, and 8u Division Only]

Note: All bats must be official (USSSA, NSA, ASA, Babe Ruth) softball bats. The umpires may approve or disapprove the use of any bat.

**If any child does not have equipment (i.e. glove, protective gear) due to financial constraints, the family should contact an Executive Board Member for assistance.

Umpires and Coaches Behavior and Responsibilities

- **General Expectations:**
 - Be professional, this is for the girls, not the coaches.
 - Get as many innings played as possible
 - Dress respectable, no flip flops
 - Head coaches are responsible for the conduct of their Asst. Coaches, players and fans.
 - Coaches are responsible for reviewing these rules and Code of Conduct with players, coaches, parents and fans.
 - Each head coach, assistant coach and league commissioner must submit and pass a background check before they will be allowed to participate as a coach or commissioner. CGLL pays for the background check.
 - **There will be no protests or appeals.**
 - The home plate umpire shall oversee the game and may be assisted by a base umpire.
- Treat each player fairly and impartially. Placing your daughter ahead of the team will cause you problems and contribute to bad feelings among other players and parents. Equally important is the reverse scenario where you require more of your child than that of other players.
- The mission of our program is to provide recreational softball for all who wish to participate. You should never overemphasize winning as your team's goal. It is the coach's responsibilities that this attitude is throughout his or her team. Remember these are just children learning a game.
- **Under NO circumstances will any coach ever verbally or physically abuse a player.** Any coach who attempts to embarrass a player or in any way abuses a player will be IMMEDIATELY removed from their role as a coach. Any persons who do not share this belief or do not control their emotions and intensity level should not serve as coach.
- **Participation Behavior:** This rule applies to all attendees. Any person being ejected from a game must immediately leave the property. They will be automatically suspended for the next game. The suspended person may not be on park property. This one game suspension may be appealed to the executive committee of the board.
- **Social Media Use Policy:** While CGLL supports the use of social media outlets; (Facebook, LinkedIn, Instagram, and Twitter, among others), individuals may use such media in any way they choose as long as such use does not produce any adverse consequences such as harassing, demeaning, creating a hostile environment, or harming the goodwill and reputation of the league or in the community at large.
- **Doghouse Rule:** Only the head coach (chief assistant if head coach is not present at game) shall have standing to discuss calls with umpire.
 - If there is a question of rule applications or interpretation; it will be calmly and quietly discussed at home plate by both head coaches.
 - Ump's call. Warn first. If any coach misbehaves, they are designated to dugout only and coach must remain silent.
- **Safety always comes first and shall override any other rule or regulations of the league.**

Team Selection Process

6U

Girls participating in this league will be placed on a team by the recreational league board members. We will do our best to accommodate all coaching and friends request in this league.

8U, 10U, 12U, 14U and 18U

Evaluations will occur in the early spring before the start of the spring season. Players that played on a team in the previous spring season will remain on that team and are not required to be re-evaluated.

If a player wishes to be on a different team than previous spring they will need to request change and be re-evaluated at Spring evaluations.

If player is moving divisions, they will be required to be re-evaluated.

Policy Changes Request

Rules are subject to change at any time for the betterment of the CGLL experience. Any rule changes will go through the CGLL board and be voted on before implemented. A request to change a rule may be written and sent to the league commissioner. Most rule changes will be implemented for the following season, unless they pose a safety risk; then they would be voted on and implemented in current season.

CGLL General League Rules

Appropriate Uniform

- All league players must dress for the games appropriately.
- CGLL provides a uniform shirt. This is the uniform that should be worn for all games.
- It is recommended that each girl wear softball appropriate pants or shorts. No cut offs or similar inappropriate shorts. Girls may wear long, softball pants instead of the shorts.
- While not required, it is recommended for the 8u Division players to wear a face guard. *
**(The use of a face guard greatly reduces the risk of injury to player's facial area. CGLL does not provide facemasks.)*
- While *not required*, it is *recommended* for the 10u Division and above players wear sliding shorts and a sliding pad when wearing shorts for a game. *
**(The use of the sliding shorts and pad greatly reduces the risk of injury while sliding. CGLL does not provide sliding shorts or pads.)*

Games and Practices

- Each team will be assigned specific times and fields to practice on each week during preseason.
- Each division will play a minimum of 8 games in a season (weather permitting).
- Additional practice times can be scheduled via your League Commissioner; fields permitting.
- Only defensive players, batter, on deck batter, umpire and base coaches allowed out of dugout and on the field.
- 6U are permitted no more than 3 events in one calendar week. Events are defined as practices and games. Double Headers scheduled by CGLL are considered 1 event.
- Teams can scrimmage another team prior to the season. CGLL will not provide umpires for scrimmage games.
- All Scheduling conflicts should be directed to the Vice President and League Commissioner.
- Practice and game schedules will be posted on the CGLL website.
- The home team will be defined per game schedule

League Tournament

- A double-elimination league tournament will be held for all divisions except 6u.
- The Tournament games will be determined by blind draw for 8u, 10U, 12U, 14U, and 18U.
- Awards:
 - First and second play tournament trophies will be awarded in each division.
 - All girls that don't receive a tournament trophy will receive an award recognizing their participation in the season.

CGLL Games Rules

Game Safety

- **Before the game starts:**
 - Players must tuck in shirts.
 - **Players must take off all jewelry, including pierced jewelry.**
 - Metal spikes are permitted only for 14U and 18U.
- **During the game:**
 - It is *highly recommended* by CGLL, that all players in the field of play wear mouth guards, or a facemask.
 - Helmets w/facemasks are mandatory for batters, base runners and on-deck batters. (*Each player must provide their own batting helmet w/faceguard.*)
 - No lanyards for mouth guards.
 - Pitchers and Pitchers Helpers must wear either a facemask or helmet w/facemask. A facemask is required for 6u, 8u, and 10u divisions. 6u, and 8U must wear heart guards while on the mound. One-face masks, and one-heart guards are provided by the league for each team. (*Girls may choose to purchase their own facemask/heart guards.*)
 - *Facemasks are recommended for 12u, 14u, and HS.*
 - Anyone under 18 year's old serving as Base Coach, must wear a helmet with Face Mask.
 - **During game play, all players, and coaches must be in the Dugout.** Any girl not behind the fenced area must wear a helmet with facemask or facemask, i.e. – in the dugout entrance.
 - Catchers will wear full gear, i.e. facemasks with throat guard, shin guards and a full chest protector.
 - If a player throws her bat, the following rules apply:
 - First time—a warning will be given to the player and coach
 - Second time—The player will be automatically called out
 - Third time—the player will be dismissed from the game.

Field Rules

- **Pregame:**
 - **Games will start at their scheduled time.** The Umpire will be responsible for enforcing a prompt start. If there are any reasons not to start on time, the Board Member on Duty (BMOD) must be consulted to approve any variation on the start time. The BMOD will have final say.
 - The home team will line the field and be ready to play five minutes before game time. For every five minutes after the scheduled start of the game, an out will be assessed against the home team, if the equipment is available.
 - Home team will occupy 3rd base line dugout.
 - There will be no infield practice before games
 - There will be not batting from home plate before the start of the game
 - Only wiffle ball and tee hitting will be allowed in the outfield prior to start of game.
 - Umpires have game balls. One new and extra one in good shape.
 - Umpire will be official timer.
 - The visiting team will provide a scorekeeper for the electronic scoreboard, if available.
 - Umpire must turn in score to the BMOD immediately after completion of the game.
- **Game and Post Game**
 - Scorekeeper's responsibility to confirm score with each other. Fix disagreement before next pitch.
 - Home team official scorebook.
 - Outfielders must be on the grass when ball crosses home plate.
 - Return game balls to umpire after game.
 - Coaches may not question pitches but may question a rule only.

- **Field Maintenance**
 - Base coaches help umpire by keeping bases clean.
 - **Coaches are responsible for cleaning out the dugout of all trash after each game or practice.**
 - Coaches and parents are responsible for any trash on or around the field. Please keep your fields clean.
 - Grooming and maintenance is the responsibility of CGLL.
 - Please bring to the attention of the BMOD any items that need immediate remedy.

Playing Time

- Coaches at all levels must take care to play all girls in a variety of positions and give meaningful playing time.
- Every effort should be made by coaches to see that each girl gets a rotation in the infield.
 - This is most important in the younger ages (6U – 10u Division).
 - In the 12u Division and above, there is some discretion to develop outfielders and prevent injury.
- **No player should sit out more than one inning defensively in a row, or more than two for the entire game.**
- Reasonable exceptions may be made (injured player, ill player, player request, etc.)

Team Line-Ups and Substitute Players

- **Team Line-Ups:**
 - Minimum Players:
 - **Minimum players for league play are 7** — start, play and finish with 7 players. If by game time a team does not have at least 7 players, a forfeit will result unless both coaches agree to extend the time limit and the BMOD allows the later start time.
 - **Minimum players for Tournament play are 8** – If you play with 8 (9th batting position is an automatic out). When a team is left with a vacant spot in the lineup because of only having 8 players, the opposing team may not, with two outs, intentionally or unintentionally walk the previous batter to get the "AUTOMATIC OUT" created by the vacant spot in the batting order. 7 players or less is a forfeit.
 - **6u, and 8u:** No minimum in regular season play (share players if needed to equalize).
 - **10u:** No minimum in regular season as long as both coaches agree to play.
 - **12u, 14u, and 18U:** In regular season play, there is no minimum requirement as long as both coaches agree to play.
- **Call Ups or Substitute Players (Tournament Regulations):** All substitutes must be registered league players, and on a recreation team roster. All coaches will be provided a list of eligible substitute players to call up to play during the regular season. The substitution list will be provided by the respective league commissioner at the start of the season. The league commissioner or BMOD must be notified of the substitute player prior to the start of the game. All substitutes must also be reported to the opposing coach prior to the start of the game. If a coach has a player that would like to play up and the coach feels that the player should be eligible to play up the coach may notify their league commission to add the player to the approved substitution list for the appropriate league. All substitute players are required to bat at the bottom of the lineup and play in the outfield. Substitute players will only be used to fill a team to 9 players. Team must have a minimum of 7 of its own players.
 - **8u:** 6u players may be brought up to play if there is a shortage of players. They must play outfield and bat last.
 - **10u:** 8u players may be brought up to play if there is a shortage of players. They must play outfield and bat last

- **12u:** 10u players may be brought up to play if there is a shortage of players. They must play outfield and bat last
- **14u:** 12u players may be brought up to play if there is a shortage of players. They must play outfield and bat last
- **18U:** 14u players may be brought up to play if there is a shortage of players. They must play outfield and bat last.
- A batting order will be established prior to the beginning of the game, and exchanged by the respective coaches/scorekeepers with all substitute players listed at the bottom of the lineup.
- All players who are present for the game should bat.
- Players who arrive late should be added to the bottom of the order, with notice given to the opposing coach.
- **8u, 10u, 12u, 14u, and 18U Divisions:** All games may be played with 10 players defensively (4 outfielders) providing each team can field the 10th player. Each outfielder's feet must be in the grass until the ball is batted.
- **In an effort to speed –up the exchange between defense and offense, Coaches are expected to have a prepared line-up for the entire game.**

Pitching Rules

- A pitcher will be allowed 5 warm-up pitches when the game starts with the 5th pitch to be thrown to 2nd by the catcher only. Between innings the same pitcher will be allowed 3 warm-up pitches with the 3rd pitch to be thrown down by the catcher and a max of 2 pitches to be caught by a coach. Any new pitcher will be allowed 5 pitches their first inning.
- The pitcher's windup must start with both feet in contact with the rubber, facing the batter. No step back is allowed.
- **Pitching Guidelines (by Division):**
 - **8u:**
 - Coaches will be responsible for pitching in this division.
 - **10u:**
 - Pitching delivery and stance will attempt to conform to USSSA rules. Leniency will be granted to pitchers in this division and any reasonable "fast pitch" underhand delivery will be acceptable.
 - The game pitcher may pitch a maximum of 3 innings (9 outs) in any one game of 6 innings. An inning is defined as 3 outs. Each Pitcher can only pitch 2 consecutive innings.
 - The starting and secondary pitcher may be removed and can be reinstated in the pitching positions only once during the game. The second pitcher may only be reinstated to the pitching position after a third pitcher has pitch to at least 4 batters. A starting pitcher that has been reinstated will not be considered the third pitcher.
 - A pitcher will be removed after she has walked (or hit) any 4 batters in an inning. The offensive's team's coach will then be allowed to pitch the remainder of the inning. The girl removed will be assessed the outs achieved by the pitching coach on her behalf.
 - A pitcher that is over her limit and has already pitched to a batter must be removed and a new pitcher inserted. The batter will be awarded first base and runners will advance one base.
 - **12u and 14u:**
 - Pitching stance and delivery will conform to USSSA fast pitch rules.
 - The game pitcher may pitch a maximum of 4 innings (12 outs) in any one game of 7 innings.
 - Only the starting pitcher may re-enter the pitching position. An inning is defined as 3 outs.
 - A pitcher that is over her limit and has already pitched to a batter must be removed and a new pitcher inserted. The batter will be awarded first base and runners will advance one base.
 - **18u:**
 - Follow USSSA Rules
- One pitch in an inning is considered an inning.
- During the game, the pitcher may not use tape or other substances on the ball, pitching hand or fingers; nor shall any player apply any foreign substance to the ball.

- With the umpire's approval, powdered resin may be used to dry the hand.
- At the umpire's approval, the pitcher may use a towel during inclement weather to dry their fingers and the ball. The pitcher must touch their leg after using the towel, but before grasping the ball to pitch.
- **Conferences:** Only one charged conference between the manager and pitcher in an inning. The second charged conference shall result in the removal of the pitcher from the pitching position for the remainder of the game. The pitcher can remain in the game in any other position excluding the pitching position for the remainder of the game. Players can call time and hold a conference. Coach may not go through catcher to pitcher.
- **No stalling.**

Sliding Rule

- In judgment of the umpire...If a runner attempting to reach 2nd base, 3rd base or home plate intentionally and maliciously runs into a defensive player in the area of the base, she will be called out on the play and ejected from the game. There must be a play at the base.
- If a runner unintentionally runs into a defensive player with no attempt to slide, the runner will be called out for not sliding.
- If there is a close play at 2nd base, 3rd base and home plate, the runner must avoid contact if no slide.
- If no slide; **contact must be avoided** when catcher is tagging the runner.
- Runner must avoid contact with any defender
- If runner attempts slide, there is no contact rule in place.
- No head first slides at any base; however, the runner can return to a base headfirst.

Interference / Obstruction

- **Obstruction (Umpire judgment call)**
 - Is the act of a defensive team member who hinders or impedes a batter's attempt to make contact with a pitched ball, or who impedes the progress of a runner or batter-runner that is legally running the bases, unless the fielder is in possession of the ball or is fielding a batted ball. The act may be intentional or unintentional, physical, or verbal.
 - Fielders must stay off base if no play — stay out of runner's way.
 - If obstruction, runner advances one extra base.
- **Interference (Umpire judgment call)**
 - When the base runner interferes with a fielder attempting to field a batted ball or intentionally interferes with a thrown ball. If this interference, in the judgment of the umpire, is an obvious attempt to prevent a double play and occurs before the base runner is put out, the immediate succeeding runner shall also be called out.
- **Taunting or Hesitation Rule**
 - Hesitation is defined as a baserunner who is legitimately off the base (in other words moving off a base after a pitch or rounding a base after a hit or walk) and who, once the pitcher has the ball in either hand in the pitcher's circle, must move directly toward the next base or the last base touched. The base runner cannot stand motionless or lean to go toward the next base and then return to the previous base while the pitcher is in the circle. Exception is if the pitcher is making a play on the base runner, which is defined as the throwing, arm raised or if any forward movement of the body is made toward the baserunner.
 - If runner taunts or hesitates they are called out.
 - Runner must advance or return to base when pitcher has control of ball in circle
 - If pitcher makes motion to runner while both feet are completely in pitchers circle they can stand off

base until pitcher stops motion towards runner.

Courtesy Runner (10u and Above)

- The player in the batting order where the last out was recorded may replace the *current* pitcher or catcher as a courtesy runner at any time.
- The pitcher or catcher will remain in the game and the courtesy runner will retain all substitution rights (if the courtesy runner has substitution rights).
- A player can be used only once per inning as a courtesy runner.
- Coaches should encourage players to run the bases.

Special Rules

- **6U: Instructional League**
 - No scores or statistics will be kept. This is an instructional league only
 - A fair ball is one that has been hit between the baselines and traveled at least 4 feet or so. If a batter knocks over the tee during the swing, the ball is ruled foul no matter how far it travels.
 - Bunting is not allowed.
 - All players bat every inning. Batting order is reversed every inning. The last player to bat will circle the bases until thrown out or she crosses home plate
 - Stealing or leading off is not allowed.
 - Players may not advance on an overthrow. Players will advance only one base on each hit.
 - Defensive outs are recognized. The player thrown or tagged out will be removed from the base.
 - Players should be encouraged to throw to first or any base to stop the runner. Players should not be encouraged to throw the ball into the pitcher's position
 - All players will play in the field defensively. There is no catcher's position.
 - Coaches should be positioned in the field to instruct players. A coach should be positioned in the mound area.
 - All players should be rotated to as many positions as possible during the game
- **8u:**
 - **General**
 - **Hash Mark Rule:**
 - A hash mark will be placed on the infield drawn halfway between 1st & 2nd base, 2nd & 3rd base, and 3rd & home plate.
 - A base runner is entitled to continue to advance on a batted ball until the ball becomes dead. **The ball is dead when:**
 - A Fielder has forced the lead runner to stop their forward progress and initiate a return to a base, time is called immediately by the umpire and the runner may not advance.
 - **The ball is thrown to the pitcher inside the pitcher's circle** and the pitcher calls timeout. Timeout will then be granted by the umpire. Girls who are more than halfway will be awarded the next base, girls who are less than half way will return to previous base.
 - All infielders can be no closer than 3 feet in front of the base line at any time before the ball is hit. The pitcher's helper is the only exception. She must have at least one foot in the pitcher's circle and be even or behind the pitcher.

- **Batting:**
 - The batter may get up to six pitches to hit the ball. The batter will be called out after the sixth pitch or three swinging strikes. If the sixth pitch is a foul ball, the batter will continue to bat until the ball is hit in fair territory or the next pitch they would swing and miss.
 - **BUNTING IS NOT ALLOWED IN THIS LEAGUE**
 - A maximum of 5 runs can be scored by each team per half inning.
 - There will be no infield fly rule in the 8u Division.
- **Pitcher's Helper/Coach Pitch:**
 - Girls that are designated as pitcher's helper must wear a mask and heart guard
 - Pitching rubber will be located 35 feet from the front edge of the rubber to the rear point of home plate
 - There will be a circle around the pitching mound 5 feet from pitching mound
 - Coaches must stay inside this circle when pitching. If coach leaves the circle to pitch it will result in the following:
 - 1st time – Warning from Umpire
 - 2nd time – Team will be assessed an out
 - 3rd time – Team will need to provide a different coach to pitch
 - A girl may play only two of first six innings as pitcher's helper, first base or a combination of the two positions. This rule does not apply after the sixth inning.
- **Base Running:**
 - A Runner may not leave the base until the ball is batted. A player who leaves the base early will be given a warning. (Umpires will inform Coaches). If she continues to leave early, she will be called out.
 - Stealing of bases is not allowed
 - Bases will be 50 feet apart
- **Overthrow:**
 - If a live ball is thrown from the infield past any base, the batter will only be allowed to advance one additional base at their own risk. This will be on the first throw only. Other runners can advance one base at their own risk also. The umpire will call time out once the batter/runner has reached the extra base. ***Overthrow** - any throw, which sends a ball, untouched past its intended recipient or target.*
- **10u**
 - **Batting:**
 - A base will be awarded to a batter after the umpire has called 4 balls when a player is pitching
 - There will be no infield fly rule in this division
 - Bunting is NOT ALLOWED IN COACH PITCH
 - When a coach is pitching: The batter will get 5 pitches to hit the ball. The batter will be called out after the fifth pitch or three swinging strikes. If the fifth pitch is a foul ball, the batter will continue at bat until ball is hit in fair territory or the next pitch they would swing and miss.
 - A maximum of 6 runs can be scored by each team per half inning.
 - **Base Running:**
 - Stealing of bases is allowed. A base runner may steal 1 base per pitch. The base runner cannot steal home.
 - When stealing, the runner cannot leave her base until the pitch has crossed home plate.
 - A batter may NOT attempt to reach first base after a called or swinging third strike that is dropped by the catcher.

- When the coach is pitching, stealing is NOT allowed.
 - Bases will be 60 feet apart
 - **Overthrow:**
 - USSSA Rules apply except when stealing; the above rule will apply
 - If a girl is injured by a batted ball and cannot continue with the play, the umpire will call time out and advance the runners at his/her discretion.
- **12U**
 - A batter may NOT attempt to reach first base after a called or swinging third strike that is dropped by the catcher.
 - A leadoff may be taken after the ball has left the pitcher's hand. If the runner is seen leaving the base before the ball leaves the pitcher's hand, the umpire will declare her out.
 - Stealing of any base is allowed
 - Bases will be 60 feet apart.
- **14u/18u**
 - **Base Running:**
 - A batter may attempt to reach first base after a called or swinging third strike that is dropped by the catcher. If there are less than two outs, first base must be open.
 - A leadoff may be taken after the ball has left the pitcher's hand. If the runner is seen leaving the base before the ball leaves the pitcher's hand, the umpire will declare her out.
 - Stealing of any base is allowed.
 - Bases will be 60 Feet apart.
 - **Overthrow:**
 - USSSA overthrow/dead ball rules apply.

General Playing Rules

Item	6u	8u	10u	12u	14u	18U
Game Length	60 min. Drop Dead	75 minute Drop Dead Time.	75 min. Finish the inning	6 Innings or 90 min. Whichever comes first. Finish the inning.	7 Innings or 90 min. Whichever comes first. Finish the Inning	7 Innings or 90 min. Whichever comes first. Finish the inning.
Game Ends	Time Limit	Time Limit	Time Limit (Finish the Inning)	Time Limit (Finish the Inning)	Time Limit (Finish the Inning)	Time Limit (Finish the Inning)
Complete Game	3 innings* or time limit.	4 innings* or 30 minutes after start time	4 innings* or 30 minutes after start time	4 innings* or 30 minutes after start time	4 innings* or 30 minutes after start time	4 innings* or 30 minutes after start time
<i>*(In the event of weather or time limit(8U)</i>	<i>Discretion of the BMOD</i>	<i>(If inning not complete, revert back to score of the previous inning)</i>	<i>(If inning not complete, revert back to score of the previous inning)</i>	<i>(If inning not complete, revert back to score of the previous inning)</i>	<i>(If inning not complete, revert back to score of the previous inning)</i>	<i>(If inning not complete, revert back to score of the previous inning)</i>
Inning	3 outs or once through the line-up. (All players will bat even if they are not playing in the field.)	3 outs or 5 runs. (All players will bat even if they are not playing in the field.)	3 outs or 6 runs. (All players will bat even if they are not playing in the field.)	3 outs or 6 runs. (All players will bat even if they are not playing in the field.)	3 outs or 6 runs. (All players will bat even if they are not playing in the field.)	3 outs
Run Rule per Inning	6	5	6	6	6	No Restriction
Mercy Rule	N / A	N / A	12 After 3 innings 10 After 4 Innings 8 After 5 Innings	12 After 3 innings 10 After 4 Innings 8 After 5 Innings	12 After 3 innings 10 After 4 Innings 8 After 5 Innings	12 After 3 innings 10 After 4 Innings 8 After 5 Innings
Infield Fly Rule	Not in effect	Not in effect	Not in Effect	In effect	In effect	In effect
Bunting	Not permitted	Not permitted	Permitted	Permitted	Permitted	Permitted
Stealing <i>(Stealing also applies to advancing on a wild pitch, passed ball, catcher's overthrow back to the mound, or advancing past first base on a walk.)</i>	Not Permitted	Not Permitted	Permitted. *See special rules	Permitted	Permitted	Permitted
Leading Off	When a pitched ball crosses home plate	When a pitched ball crosses home plate	When a pitched ball crosses home plate	Upon release from the pitchers hand	Upon release from the pitchers hand	Upon release from the pitchers hand

Item	6u	8u	10u	12u	14u	18U
Base Running/Dead Ball	Play will stop when batter reaches 1 st base or runner is out. Players can only advance one base per play	Play will stop when the lead runner is stopped or the ball has been thrown to any base on the infield and fielder has control of ball, they can call timeout to stop play. Hash mark rule is in effect.	No Restriction	No Restriction	No Restriction	No Restriction
Overthrow	- Lead runner cannot advance home on an overthrow. They must be batted in.	See Special Rules	No Restriction	No Restriction	No Restriction	No Restriction
Dropped 3rd Strike	Not in effect	Not in effect	Not in effect	Not in effect	In effect	In effect
Pitching Limitations (Only starting pitcher may return to pitch. One pitch is considered an inning. No limit on substitutions.)	6 Pitches Total: Minimum Coach Pitch (2) Maximum Tee Pitch (4) Based on skill level Player is out if ball is not hit within the (6) total attempts	Coach: (6) pitches per batter <i>Batter will be out after 6 pitches or three strikes. If batter fouls 6th pitch they will continue to bat until ball is fair or next swing and miss.</i>	A pitcher may pitch a maximum of 3 innings per game during regular season with no limit per week. Pitcher can only pitch 2 consecutive innings. A pitcher may pitch a max of 3 innings during tournament play.	A pitcher may pitch a maximum of 4 innings per game with no limit per week.	A pitcher may pitch unlimited innings/game.	See USSSA Rules
Pitching Distance	30' (Coach must be inside the pitching circle)	35"(Coaches must be within circle)	35'	40'	43'	Senior: 43'
Strike Zone	None	None	Space over any part of the plate between the batter's highest shoulder and her front knee.	Space over any part of the plate between the batter's highest shoulder and her front knee.	Space over any part of the plate between the batter's highest shoulder and her front knee.	Space over any part of the plate between the batter's highest shoulder and her front knee.
Umpires	Offensive Base Coaches	Home Plate Only	Home Plate Only	Home Plate 1 Infield	Home Plate	Home Plate Only

Appendix A: General Code of Conduct

1. All Center Grove Lassie League (CGLL) parents, coaches, players and board members are to conduct themselves in an age appropriate manner at all games, practices and other league events.
2. Coaches are to adhere to the Coaches Code of Conduct Policy (separate document) at all times. Failure to do so may result in disciplinary action.
3. Players are to exhibit good sportsmanship at all times.
 - a. No player should make derogatory comments to the opposing team, player's coaches or parents.
 - b. Players should support other members of their team by word and action.
 - c. Coaches are responsible for their players conduct. Ongoing disciplinary action with a player should be reported to the commissioner or other league official by the coach.
4. A parent/spectators role during games and other events is to support and cheer for the team and players. No parent/spectator should behave in a manner that calls negative attention to them.
 - a. Parent/spectators are not to use vulgarity during games or other events.
 - b. Alcohol is not permitted at ANY CGLL game or event.
 - c. No tobacco or e-cigarette will be permitted on CGLL PROPERTY at any time.**
 - d. Parents are not to interfere with coaches during games. Questions regarding coaching decisions should be addressed after the game, preferably after a 24-hour "cooling off" period.
 - e. Parents are not to heckle umpires or opposing team's players and/or coaches.
 - f. CGLL Board Member on Duty (BMOD) or umpires have the right to eject players, coaches, parents or spectators from games where these guidelines are not followed. Additional disciplinary action may be taken by the CGLL board.
 - g. No player will be discriminated against in the CGLL program base on parental actions.
5. CGLL board members may be present at games as spectators, parents, umpires, coaches or CGLL board representatives.
 - a. Parents and coaches are encouraged to approach board members with questions or concerns.
 - b. CGLL board members will not interfere with coaching or umpiring decisions when the game is in progress. An exception to this will be made if an umpire has a question regarding CGLL rules interpretation.
 - c. Any problems or concerns noted by CGLL board members during the games should be directed to the appropriate commissioner or the CGLL board.
6. While CGLL supports the use of social media outlets (Facebook, LinkedIn, Instagram, Twitter, among others) individuals may use such media in any way they choose as long as such use does not produce any adverse consequences such as harassing, demeaning, creating a hostile environment or harming the goodwill and reputation of the league or in the community at large.

Appendix B: Coaches Code of Conduct

1. Coaches will not discriminate against players or other participants based on race, creed, belief, nationality, disability or parental behavior.
2. Coaches will place the physical and emotional well-being and safety of their players before winning.
3. Coaches will teach good sportsmanship by word and example.
4. Coaches will know and adhere to all rules and regulations of CGLL.
5. Coaches will not use tobacco products in and around players during games or practice. **No tobacco or e-cigarette will be permitted on CGLL Property at any time.**
6. Coaches will not partake of alcohol or illegal substances prior to or during games and practices. Failure to adhere to this policy will result in immediate dismissal as coach.
7. Coaches will not use profanity or vulgarities during games or practices.
8. Coaches are expected to be in control of their player and parents during the game. Coaches are strongly encouraged to hold a parents meeting prior to the first game to review appropriate behavior and to discuss the Code of Conduct.
9. Coaches will adhere to the CGLL Child Protection Policy.
10. Coaches will behave in a manner that will bring credit to CGLL and themselves.
11. Coaches will refrain from public criticism of fellow coaches or opponents.
12. Coaches will treat umpires in a courteous manner always and express any dissatisfaction with an umpires ruling calmly and quietly with the umpire.
13. I will remember that I am a youth sports coach and the game is for them, not the adults.
14. Ejection from a game by any coach will result in the following penalties:
 - a. 1st offense: Suspension from next game
 - b. 2nd offense: Suspension from next two games, not eligible to coach All-Star team and review by the competition committee for possible additional sanctions that may include loss of coaching duties.
15. While CGLL supports the use of social media outlets; (Facebook, LinkedIn, and Twitter, among others), individuals may use such media in any way they choose if such use does not produce any adverse consequences such as harassing, demeaning, creating a hostile environment, or harming the goodwill and reputation of the league or in the community at large.

Appendix C: USSSA

Refer to the CGLL website under the documents section for USSSA Rules

www.centergrovelassieleague.org

http://web.ussa.com/ussa/ussa-general/2017_USSA_FPRB.pdf

Notes