



2011
Girls Softball
Coaches Manual

"PUT ME IN COACH, I'M READY TO PLAY, TODAY"
JOHN FOGARTY, "CENTERFIELD"

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Girls Softball Coaches Manual

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SECTION 1

INTRODUCTION

Dear GLL Softball Coach,

Welcome to Glastonbury Little League Softball and thanks for committing the time you will be spending working this season with the youngsters on your team. As a team manager, you are the heart and soul of our program. With you lies the responsibility for its success.

It is the program's objective to teach softball and sportsmanship, build self esteem in each player, to have fun, and to create in each player the desire to be the very best she can be. A positive attitude on your part, bearing in mind that at all times every action should be based on what is best for the youngsters, will take us 95% of the way to these objectives.

Glastonbury Little League has maintained a tradition of sportsmanship throughout its history. Managers and coaches must regard each other as teammates on the field of play, working towards the common goal of success for every player. *Success is not measured by wins and losses but by the positive learning experiences you give to your players. A lost ballgame should never be regarded as a failure.*

Your commitment and your sacrifice of personal time are both recognized and deeply appreciated.

Enjoy your kids, have fun, and good luck!!!

Bill Longo, Commissioner
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860-643-9165
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Visit our web site at <http://www.glastonburylittleleague.org>

The manual pages which follow provide guidelines and rules for the conduct of the Girls Softball Division. These pages are not meant to be all inclusive, rather they are intended to be ready reference for information needed during the course of the season. They should be carefully read and understood to avoid doubts on the field of play. In the event of a conflict between this manual and other documents, the provisions which follow shall govern. Please call the League Commissioner for additional information

SECTION 1

A Good Manager Should.....

1. Reflect an understanding of the age group they supervise.
2. Be aware that they are an example to the players.
3. Demonstrate they have an appreciation of the philosophy of Glastonbury Little League and cooperate with others in making the program benefit all the players.
4. Show by example that they respect the judgment and the position of the authority of the umpire.
5. Exercise their leadership role adequately but leave the game in the hands of the players.
6. Encourage their players at every opportunity. Do not use negative comments and/or fear
7. Instill in each player self-confidence, a desire to improve and to impart as much softball knowledge as possible.
8. Encourage good health habits, care of uniforms and equipment. Do not allow vulgar language on the bench or field.
9. Be instrumental in shaping acceptable behavior whether the team wins or loses.
10. Know and play by the rules of Glastonbury Little League. Instill in the players a respect for the rules of the game.
11. Be calm, cautious, and use sound judgment during an on field discussion, basing all actions on which is in the best interest of all youngsters involved. These discussions should be low key.
12. Help maintain control of spectator behavior. Lead by example.
13. ***Provide the opportunity for players to play the position they desire. Limiting the pitching position to one or two players thru the season is not in keeping with Glastonbury Little League spirit. A good Manager spreads this position around as much as possible. Strive to develop at least 5-6 or more pitchers***

NOTE: The above and everything which follows in this manual should be communicated to parents.

SECTION 1

Sportsmanship and Character

*Glastonbury Little League strives to have **Sportsmanship** be the hallmark of its program. Little League has three traits noted in its emblem. They are **Courage, Loyalty and Character**. While a Little League coach is not expected to take on a parent role for all of his/her players, he/she is in a unique position to serve as a positive role model. With the belief that Character is closely linked to good Sportsmanship behavior, the following suggestions for fostering player character are listed.*

- 1. Be vigilant about preventing and stopping scapegoating of one player by other players*
- 2. Recognize the achievements of your players other than softball such as academic, artistic, etc.*
- 3. Create a positive code of behavior for your team*
- 4. Promote players supporting their teammates. Have a "Sportsmanship of the Game" prize*
- 5. Teach respect for the condition of the facilities. Have players help you clean up the dugout area after games and practices.*
- 6. Do not accept swearing, vulgar or obscene language on your team*
- 7. Strive to be consistent with all players; avoid allowing personal feelings to interfere with fairness*
- 8. Teach your players respect and courtesy towards their teammates, umpires and opponents*
- 9. Emphasize at the first practice the importance of working hard and striving for personal and team goals.*
- 10. Use constructive criticism, tempered by compassion. Help players do the same with each other.*
- 11. Lead by example, respect the rules of softball, local rules and umpires' judgments*
- 12. Provide structure to your team, assure that the League dress code is observed with the players wearing the supplied uniforms properly and shirts are tucked in*
- 13 Promote academics, ask the players how they are doing in school, what is their favorite subject, etc.*
- 14. Create clear team expectations. Recognize the fact when players meet or exceed them.*
- 15. Encourage players to volunteer for extra duties such as carrying equipment to your car or the equipment box, participating in fund-raisers, calling teammates, keeping dugouts orderly.*

SECTION 2

SAFETY

The GLL Safety Officer is Don Longtin 860-643-9165. The following safety rules apply in all games AND practices

1. During practices, players should be spaced so that no one is endangered by wild throws, missed catches, or batted balls.
2. Batters, base runners and base coaches must wear batting helmets during games, practices and when in the batting cages at Robbs Farm and Butler Field.
3. Collisions between players should be avoided by teaching the players to call for the ball.
4. Players must not wear watches, rings, or other jewelry, or items that could cause injury while playing ball.
5. Catchers must wear full protective gear (masks with throat guard, shin guards and chest protectors) when catching or warming up pitchers.
6. Commensurate with our liability insurance requirements and background checks procedures, only league players, managers, and coaches are allowed on the field during practice sessions and games. Managers and coaches must have completed the Volunteer Application Form and local form for GLL processing of the NSOPR and local police background checks.
7. Bats, helmets, and other equipment should be kept well removed from the playing field.
8. Players should be kept on the team bench when not playing. **NO SPECTATORS WILL BE ALLOWED BETWEEN THE TEAM BENCH AND THE PLAYING FIELD OR AT THE TEAM BENCH .**
9. At no time should horseplay be permitted on the playing field or on the bench.
10. The on deck position and the use of donuts and/or bat weights is not allowed. Managers are responsible for implementing this rule. Umpires are instructed to enforce this rule
11. Do not play when lightning or the threat of lightning is present. *The umpire will decide when to call games for lightning and darkness. Managers are not to attempt to influence these calls.*
12. **Non collision rule:** Base runners must avoid collisions with a fielding player when the fielding player is attempting to field a thrown or batted ball or make a tag by either sliding into home plate or bases or by using other means. *This is not a must slide rule but rather it is a non-collision rule.* Players running into a fielder attempting a tag put out shall be declared out for interference. Runners who avoid a fielder standing in the base path not making a play shall be safe by virtue of fielder interference. The umpire's judgment shall prevail. *In all cases, the runner is out when there is a collision.*
14. The Manager or Coach is responsible for having the League supplied first aid kit at every practice and game. Call the Equipment Director, Pete Halpin, at 860-657-8998 or the League President 860-643-9165 to replenish this kit.
15. Use the supplied surgical gloves in the first aid kit whenever dealing with an open cut.
16. **ACCIDENTS:** Managers should use the first aid kit for minor accidents. In the event of a major accident, the manager should immediately call the police and ambulance service at 911 and assure a physician attends to the player. If the parents are not at the field, the manager should notify the parents as soon as possible. He must then promptly report the accident to the Safety Officers noted above as well as the League president, at 860-643-9165

17. Promptly report any safety problem and potential safety problem to the Safety Officers noted above. Managers and coaches are to inspect the playing equipment before any game and report missing and/or damaged equipment to the League Equipment Director, Pete Halpin, at 860-657-8998 (cell 860-559-3897).
19. Managers are to be aware of special medical needs, if any, of all their players, e.g. allergies, diabetic, bee stings, etc.
19. Bring the player' phone list at every game and practice in case of emergency.
20. Never leave a young player unattended after a game or practice. If you drive her/him home after the game or practice, assure that the player enters the home and someone is there before you leave.
21. Assure team players are wearing seat belts if you are providing them transportation
22. Coaches should make sure a cell phone is available at every practice and game
23. The safety coach or team manager is to survey the field prior to that start of any game or practice for safety hazards.
24. Smoking and alcoholic beverages are not allowed at any of our ball fields
25. Team meetings during games are to be held in the safety of the dugout and not on the field

-LIGHTNING FACTS AND SAFETY TIPS

- 1) To determine how far away a lightning strike is, count the number of seconds between the flash and when you hear the rumble of thunder. Divide this number by 5 to get the distance (in miles) lightning is away from you. (i.e. count to 5 and storm is ONE (1) MILE AWAY!!)
- 2) Once the lightning is 6 miles away (30 seconds between lightning flash and thunder), take shelter!
- 3) Outside activities should not be resumed until 30 minutes after the last audible thunder as lightning can strike up to 20 miles from the storm cell.
- 4) Take shelter in a safe building like a large enclosed structure or an automobile. Do **NOT** take shelter in a baseball dugout, picnic shelter or under a tree.
- 5) Know the forecast. If the forecast calls for thunderstorms, be on the lookout for threatening skies and be prepared to take shelter if dangerous weather approaches. Bring a transistor radio...listed to AM band for static or get live-local weather updates every 10 minutes from WTIC NEWS-TALK 1080.
- 6) Even though the thunderstorm may be as far away as 20 miles, a "bolt from the blue" can happen. If hair on people's head or body "stands up", even if it's sunny where you are, lightning is about to strike...take shelter.
- 7) If someone is struck by lightning, call 911 immediately. If the victim has no pulse for 20-30 seconds, start CPR. But make sure the safety of others is not jeopardized. It is unsafe to be outside if a thunderstorm is near or in progress (lightning **can** strike in the same place twice).

Lightning kills more people each year (80-100) than tornadoes and hurricanes combined

SECTION 2 SAFETY

Safety Coach Guidelines

Safety Coach: One coach shall be designated the Team Safety Coach.

Why a safety coach: GLL has an excellent record regarding player injuries, however there have been incidents that could have been avoided by more visible and preventive actions. Therefore, GLL is adopting a policy to elevate the importance of safety by assigning a Safety Coach to each of its teams in every division of play.

Responsibility: Implementing Glastonbury Little League Safety Policy. Highlights are listed below – see Section 2 of the GLL Coaches Manual for additional description.

Accidents

Evaluate the extent of the injury. Excessive bleeding/suspected bone injury or other major injury, call 911. Direct all other players away. Stay with injured player until help arrives and direct the responding officer to the player. Notify parents. Maintain an account of the incident and report to League President and Board Safety Officer as soon as practical. Treat minor injuries (cuts, abrasions, etc with first aid kit)

Preventive Action

- Bring the player's phone contact list to every game and practice along with cell phone.
- Become aware of players special medical needs (i.e. allergies, bee stings, etc)
- Never leave a player unattended after game or practice (thru Junior League).
- Dugout Discipline – Assure all coaches remain in the dugout during game situations, entry shall be unobstructed, bats in bat racks, and equipment bags hung or stored under benches.
- Assure no On-Deck Batters, no person shall handle a bat during the game unless they are at the plate or approaching the batters box
- Assure base runners and base coaches are wearing league-approved helmets. Bats shall be clear of the playing area. Catchers must wear full protective gear (masks with throat guard, shin guards, chest protectors) when catching or warming up pitchers.
- Assure players are not wearing watches, rings, or jewelry during the game.
- Reinforce the umpire's decision to call games for lightning and darkness
- Evaluate playability of the field and condition of the equipment prior to games. Report unsafe field and equipment conditions to Safety Officer and/or League President
- Ensure a replenished first aid kit is available for minor accidents
- ***The field equipment boxes should be carefully opened and closed. Pay particular attention when closing boxes that no one is around or near box. Boxes should never be left in an open or upright position and they should be secured and locked after use.***
- Assure that only League approved individuals are acting as coaches during games and practices

Education

- Prohibit head first slides
- Monitor batter count for maximum number of batters faced by one pitcher
- Collision avoidance – call for the ball when fielding; proper slides in base running situations.
- Proper release of bat after a hit (no thrown bat)
- Don't turn your back on the baseball!
- Proper catcher position: equipment forward, fist behind gloved hand or shin guard.

- Stress location and change of speed for pitchers – curve balls must not be used in this league.

Food and Drinks (Nutrition) **Provided by the Glastonbury Health Department**

1. Encourage that each player has a water bottle with water (not juice, sports drinks*, or soda) available at each practice or game. This water bottle should be labeled with their name. Discourage the use of large water coolers or the sharing of water bottles.

**Sports drinks should be encouraged over water if the weather is warm or the players are going to be doing strenuous physical activity for more than 30 minutes.*

2. If snacks are part of an event encourage the players to avoid items high in sugar, salt, and/or fat. Encourage healthy snacks.

3. Do not use food as a reward or punishment during a practice or a game.

4. Concession Stands, Celebrations, and Fund Raisers

- A. Give customers/players an opportunity to choose foods with high nutrition value at all team functions when food is served and at concession stands.
 - Always have water as a drink option and discourage soda, sports drinks, vitamin drinks, flavored water with artificial or natural sweetener
 - Encourage the consumption of appropriate serving sizes
 - Encourage healthy snacks and meals such as trail mix, nuts, low-fat cheese, low fat crackers, baked (not fried) chips and pretzels, low sugar cereal, graham crackers, fresh fruit, sorbet, bagels, whole wheat buns and bagels, low fat condiments, salads, consider vegetarian options
 -
- B. Discourage fund raisers that require the sale of low nutritional value foods such as candy, consider non-food options.
- C. Celebrations do not have to include food. If food is served consider some of the healthy options listed above.
- D. Parents: Make parents/guardians aware of policy so they can further reinforce healthy options. Encourage parents to comply with league recommendations when providing food for a league event.
- E. Parents that are ill should not staff the Ross Field Concession Stand or serve snacks or food to the players.

SECTION 3

FIELD DECORUM

The actions and statements of managers, coaches, and umpires must be above reproach.

Managers are responsible for the actions of their players.

Positive cheering for one's team is encouraged. Negative cheering the opposing team is prohibited.

Uniformed players and umpires only are permitted within the confines of the playing field during play.

Players shall be on the bench when their team is at bat and when they are coaching, batting or running.

When the team is on defense the reserve players shall be on the bench. Managers and coaches will not leave the bench area except to confer with a player or umpire.

PROTESTING GAMES

Every precaution should be taken to avoid situations that warrant the protesting of a game. Protesting a game must be a last resort. When a protest situation is imminent and recognized the umpire must be notified immediately in a civil manner, rather than waiting until the infraction has occurred. Major League managers are to direct their protest in writing to the League Commissioner within 24 hours after the affected game. Only an infraction of the rules can be grounds for a protest. Judgement calls by an umpire cannot be protested.

PLAYER DISCIPLINE

Suspension of a player is an extreme action and is allowed only with prior approval of the League President. Missing of previous practices or games shall not be reason for loss of playing time.

Disciplinary action during a game should be taken only after careful consideration. The League President must be notified of these actions.

Expediting Games

Managers and coaches have a responsibility to their players, their families and to the next game teams to expedite the playing of their games. The following are measures that expedite games and must be adhered to.

- Have the batting lineup and defensive line up ready and posted for all to see prior to the game. Do not assign defensive positions on an inning to inning basis. Assure all players are prepared to go on the field immediately at the start of the defensive half inning.
- Do not hold half inning team meetings or cheers on the field, hold them in the protection of the dugout. The former is also an unsafe practice
- The next defensive half inning catcher must be in the dugout with the catching gear donned. after one out on his/her team. Replace this player with a pinch runner if necessary. Exception, that player is at bat.
- Games must be started at the stated scheduled times unless delayed by a previous game. On field pre-game warm-ups are not allowed if they delay the starting of the game on time.
- The next batter is to be wearing her/his helmet and know where his/her bat is, but not in hand
- Place the field equipment in an orderly fashion in the dugout .so as it can be easily located by players. Place the equipment in the dugout bag after the game and return same to the box.
- Do not use an excessive amount nor lengthy timeouts for individual player training
- Limit the amount of warmup pitches to 3 between innings. (6 pitches for a new pitcher)

SECTION 4

TEAM EQUIPMENT/UNIFORMS

EQUIPMENT

Equipment for play will be maintained at each field in locked boxes located near the playing field. The equipment will consist of two sets of catcher's protective gear, two catcher's mitts, two sets of batting helmets, several bats, bases, umpire's protective gear, First Aid Kit and ice packs. There is a bag of team equipment for each dugout. Each manager will receive an equipment box key, a scorebook, several practice balls, and sufficient new softballs for the season from the League Commissioner. The home team manager will supply two new softballs for each league game. **One coach from each team will be assigned as equipment manager. The equipment manager is responsible for making sure the equipment is rebagged and returned to the field equipment box.**

The home team manager is responsible to set out the field equipment for games – bases & umpires' gear. *The home team Manager is responsible to lock the equipment box during the course of the game and assure the box is closed and locked after the game.* The manager should notify the League Commissioner if equipment replacements are required at any field during the season. *The provided equipment box key must be returned to the League with equipment return.*

UNIFORMS

The League will supply uniform shirts, pants, socks, and hats for each team. (*shirts & hats for minors*) All uniforms must be returned to Ross Field immediately following the last game of the season. Partial returns will not be accepted. Coaches are to return a complete set of uniforms, balls, key, first aid kit; Pants are not to be given to All Star Players. **Scorebooks are to be returned intact with the uniforms.** New and used softballs are league property and are not to be kept or given to players at the end of the season. They are to be returned by the Manager with the uniforms.

Soft Toss Practice

Coaches are advised to use whiffle balls only when conducting soft toss practice against field fencing. They are additionally directed to stand on non-grassy areas to do so. These techniques minimize wear and tear of the fields and fencing and prolong the life of the facilities we use.

SECTION 5

GAME POSTPONEMENTS AND CANCELLATIONS

When the weather is questionable check the web site at www.glastonburylittleleague.org. **Games are not to be postponed due to key players not being available. In the case of player shortage, players from other Glastonbury teams may be used only with the approval of GLL.** If the manager is not available for a game, a suitable well indoctrinated substitute who is a *League approved coach can be appointed by the manager to take his/her place. Call the league Commissioner or league President to obtain use a substitute coach.*

SOFTBALL LEAGUE RAIN MAKE UPS

As shown on the schedule, a practice and practice game schedule precedes the regular season schedule. Rained-out practice games need not be made up. Managers are urged to take full advantage of the scheduled practices to become acquainted with their team.

We can all be sure that some, hopefully not many, of our games will be rained out during the course of the season. For that purpose, rain make-up dates are available. To minimize team standings confusion and tightly packed make-up games in late season, make up games will be scheduled as early as possible. **ALL RAINED OUT GAMES WILL BE MADE UP** in order to have every team play a full schedule. All make up games will be scheduled by the league commissioners and distributed via the automated web site email to all managers, players and umpires. Please notify the league commissioner of any game postponements at gllsoftball@cox.net.

Rain make-up games will pre-empt pre-scheduled practices. Fields for additional team practices during the course of the regular season can be reserved by emailing the league commissioner at gllsoftball@cox.net. Make-up games will have priority, but managers are encouraged to make use of the fields for practice and to give the players maximum softball time. More softball is learned in practices than in game situations.

SCOREKEEPING

The manager of the team is responsible for maintaining the score for each game in which his team participates. Before game time, each manager must make available to the other manager his batting lineup. Managers should confirm the score after each half inning. Each manager must make available to the opposing manager any scorecards of previous games which he/she Any scoring dispute will be resolved by the League Commissioner.

SECTION 6

SOFTBALL LEAGUE PLAYER SELECTION SYSTEM

Major League players will be selected from a common town wide pool in a draft following appropriate tryouts. Team rosters will be chosen by the team manager at the draft. Selection will be made based upon the playing ability displayed by the candidates at the tryouts and upon any information that may be provided by the League about players trying out such as. All returning Major League players must be selected. No ten-year-old player may be selected beyond a round determined by the League. This determination is based on the number of players trying out and the number of positions available.

One Junior League team will participate in the District 7 Little League travel league. 14 yo players will be placed on the Junior League team. 13 yo players will be selected for the team following appropriate tryouts. All 13 yo players not selected for the Junior League team will be placed in the major league draft.

Coaches daughters will be placed on their teams. The draft round in which these siblings are placed will be determined by a consensus of all managers, with final placement approval from the League. This will be facilitated by the League Commissioner who will average the managers' nominated rounds with the high and low rounds eliminated and an independent player ratings by League appointed raters. **GLL reserves the right to structure coach pairings and player draft rounds such that one team does not gain a disproportionate amount of strong players as a result of coach assignments.**

The managers will notify the players of their team assignments immediately after the draft.

DRAFT INFORMATION

Managers and Coaches are not to divulge information on the draft position status to any one e.g., what round a player was selected. There will be no draft sheet supplied to the Managers. Any other similar records for the purpose of monitoring this activity must not be kept during the draft. The League has experienced much difficulty with this information made available to players who have times made insensitive remarks to players selected in later rounds. ALL DRAFT INFORMATION IS TO REMAIN ABSOLUTELY CONFIDENTIAL. A separate print out of a team roster will be made available upon request from the team manager.

SECTION 7

RECORDING OF SCORES

In order to help managers and coaches comply with playing rules, the league will issue each team a custom scorebook. Upon receipt, managers should write their team name on the cover. Scoring should be done as outlined in the scoring instructions page. The number of times a player is in the infield or outfield, defensive innings played (no player shall ever be on bench for consecutive innings). After each game, managers must sign off in each other's scoring book page for that game in the area provided to confirm accuracy and rule compliance.

After the completion of major league games, managers are to report their game scores to the League Commissioner at gllsoftball@cox.net. Major League scores should be reported the evening of the game played so the league may maintain updated standings on a weekly basis. Major League standings will be updated every Sunday on the Glastonbury Little League website.

It is suggested that managers check the game score with each other after each inning of a ball game. In the event of a scoring dispute in which the two teams cannot agree on the winner of the game, the two managers will submit the scorebook to the League Commissioner if applicable. The Supervisor will take such action as he deems appropriate to resolve the issue.

Games that run the full official game length (3&1/2 innings) and are tied when called for darkness or weather shall not be continued later. They will be recorded as a tie for each team.

Citizen Game Highlights

In majors and juniors the winning team manager is to email game highlights to the league commissioner at gllsoftball@cox.net as soon as possible after the completion of the game. You should be prepared to report the score and a few brief highlights from both winning and losing teams. During the course of the season, try to get every player's name in the highlights at least once. If at all possible, use email to submit your report

Do not go directly to the Citizen. They will only publish one submittal from the League. The reports are to be submitted no later than 6:00pm on Sunday night for publication in the following Thursday edition of the Citizen. Managers are urged to submit their reports as quickly as possible and not wait until Sunday night. The highlights will also appear on the League's web site.

Urge your players to visit the web site. glastonburylittleleague.org

Major Division Winners and Town Champions

The Majors Softball Division winner will be determined by the season W-L records with missed games factored in. The league Commissioner shall seed the teams based on their records for the Town Championship post season tournament. The Town Championship game will be held at Academy Field.

SECTION 8

RULES APPLICABLE TO MINOR LEAGUE PLAY

1. Games will be 5 innings long. Four innings must be played to constitute an official game except that 3-1/2 innings shall be an official game if the home team is leading and the game is shortened by rain, darkness, etc.
2. One stolen base per inning and that being second base, will be allowed. The runner may not step off first base until the pitched ball crosses the plate. If a passed ball occurs, the runner shall return to first base. Runner advancement on a passed ball is never allowed. The runner cannot advance to third on a throw to second
3. Pitching rules for any one player are as follows:
 - A. A pitcher cannot pitch on two consecutive days.
 - B. A maximum of 4 innings pitched per week is allowed for any one player. A week is from Sunday through Saturday.
 - C. A pitcher removed from the mound may not return to the mound even though he/she may remain in the game at another position.
 - D. A delivery of a single pitch in an inning constitutes an inning pitched.
 - E. If a player pitches in more than one (1) inning, one calendar day of rest is mandatory.
 - F. **A player may pitch a maximum of two (2) innings in a game.**
 - G. The softball used must meet little league specifications and be 11" in circumference
 - H. The front side of the pitchers mound shall be 35 feet from the rear point of home plate
4. Not more than five (5) pitchers shall be used per team in one game.
5. Runners may not lead-off a base. Runners may leave the base when the ball crosses home plate.
6. No player shall play more than one inning more than any other player. For every inning missed due to lateness, the player loses one inning of mandatory play. Completion after 3-1/2 innings of play because the home team is ahead shall not be justification for violating this rule. **Players will not sit out for consecutive innings.**

Playing time examples:

13 Players	11 sit out 1 inning	2 sit out 2 innings
12 Players	10 sit out 1 inning	2 sit out 0 innings
11 Players	5 sit out 1 inning	6 sit out 0 innings
10 Players	No player sit out	

7. The infield fly rule will not apply.
8. All players on the team for a given game are to be inserted in the batting order and will bat in an established batting order. *Managers are to rotate the batting order every game placing the first batter of one game last in the subsequent game and every batter moves up one position*

SECTION 8 (continued)

9. The number of visits a manager or coach may make to any one pitcher is limited as follows:
 - A third trip to the same pitcher in the same inning will cause the pitcher's automatic removal.
 - A manager or coach is prohibited from making a third visit while the same batter is at bat.
 - A manager or coach may not confer with any other defensive player. The catcher may be included in the visit with pitcher.
10. Pinch runners are to be used only in case of an injury to the original runner.
11. Adults including managers **may not** coach in either first or third base coaching boxes. Coaches and managers are not to be on the playing field during the game but must be behind the bench fence.
- 12. Profanity by Coaches and players is forbidden. Violation will result in immediate ejection from the game and the ball park. The umpires judgment on profanity is final. Coaches are to assure that players are aware of this rule at the beginning of the season.**
- 13. No player shall sit on the bench for any consecutive defensive inning. Every player must play a minimum of one inning in the infield.**
14. **Non collision rule:** Base runners must avoid collisions with a fielding player when the fielding player is attempting to field a thrown or batted ball or make a tag by either sliding into home plate or bases or by using other means. Players running into a fielder attempting a tag put out shall be declared out for interference. Runners who avoid a fielder standing in the base path not making a play shall be safe by virtue of fielder interference. The umpire's judgment shall prevail. **In all cases, the runner is out when there is a collision.**
15. Eight or more players shall constitute a legal number of players to play a game.
- 16. Head first sliding is not permitted while advancing to the next base. A player doing so will be declared out. Diving back into the occupied base is allowed.**
- 17. Players must be wearing the League supplied team uniform in order to participate in a game. Failure to do so will be cause for ejection. Additionally, team shirts must be tucked in.**
- 18. On Deck Batters are not permitted. The next hitter in the lineup shall proceed from the team bench, go to the bat rack and go directly to the batters box. Players are not permitted to have bats on the bench. Managers are responsible for implementing this safety rule.**
- 19. If the offensive team scores 5 runs before the third out is made, the half inning shall be considered over.**
20. Individuals not authorized by the League, i.e., listed on the official team rosters, are not permitted to coach during games and practices, be on the playing field, or in the team dugout.

SECTION 8 (continued)

21. The League rules apply. Managers are not to develop individual rules. "That's the way we've been playing it" does not justify non-compliance to League rules. Recommendations for new and revised rules are welcome. They are a source of the aforementioned rules.
22. Four outfielders will be used in this division. All outfielders must play back at least 15 feet from the outer edge of the infield grass and must not become extra infielders.
23. *Coaches must remain inside the dugout during the course of the game.*
24. **Minor League games that are followed by a subsequent game are to end 5 minutes before the time the next game is scheduled to start. Game situations do not justify exceptions.**
25. **Managers should make every effort to have every player make at least one appearance on the mound during the course of the season.**
26. One parent volunteer from each team shall umpire minor league softball games. One umpire shall be behind the plater wearing protective catchers gear and one umpire shall be in the field. A volunteer umpire must be at least 13 years of age.
27. Except where they conflict with the above rules, all official Little League rules for Little League Softball shall be observed.

SECTION 9

RULES APPLICABLE TO MAJOR LEAGUE PLAY

1. Games will be 6 innings long. Four innings must be played to constitute an official game except that 3-1/2 innings shall be an official game if the home team is leading and the game is shortened by rain, darkness, etc. Games that are not played to the minimum indicated shall be replayed in their entirety. The Umpire shall call the game for lightning or darkness. Managers shall not attempt to influence these calls.
2. **The umpire will determine if a game is called for darkness. Safety should always be the priority. Delaying the game or attempting to manipulate this rule in any way to gain advantage is strictly forbidden and may result in forfeiture.** The umpire's judgment in this case shall be final.
3. Pitching rules for any one player are as follows:
 - A. A pitcher cannot pitch on two consecutive days.
 - B. A maximum of 6 innings pitched per week is allowed for any one player. A week is from Sunday through Saturday.
 - C. A pitcher removed from the mound may not return to the mound even though he/she may remain in the game at another position.
 - D. A delivery of a single pitch in an inning constitutes an inning pitched.
 - E. If a player pitches five (5) or more innings, one calendar day of rest is required.
 - F. **Pitchers must wear protective face mask**
4. Not more than five (5) pitchers shall be used per team in one game.
5. Runners may not lead-off a base. Runners may leave the base when the ball leaves the pitchers hand.
6. No player shall play more than one inning more than any other player. For every inning missed due to lateness, the player loses one inning of mandatory play. Completion after 5-1/2 innings of play because the home team is ahead shall not be justification for violating this rule. **Players will not sit out for consecutive innings.**

Playing time examples:

13 Players	12 sit out 2 innings	2 sit out 1 innings
12 Players	6 sit out 2 innings	6 sit out 1 inning
11 Players	1 sit out 2 innings	10 sit out 1 inning
10 Players	6 sit out 1 inning	4 sit out 0 innings

7. The infield fly rule will apply.
8. All players on the team for a given game are to be inserted in the batting order and will bat in an established batting order. ***Managers are to rotate the batting order every game placing the first batter of one game last in the subsequent game and every batter moves up one position***

SECTION 9 (continued)

9. The number of visits a manager or coach may make to any one pitcher is limited as follows:
 - A third trip to the same pitcher in the same inning will cause the pitcher's automatic removal.
 - A manager or coach is prohibited from making a third visit while the same batter is at bat.
 - A manager or coach may not confer with any other defensive player. The catcher may be included in the visit with pitcher.
10. Pinch runners are to be used only in case of an injury to the original runner.
11. Adults including managers **may not** coach in either first or third base coaching boxes. Coaches and managers are not to be on the playing field during the game but must be behind the bench fence.
- 12. Profanity by Coaches and players is forbidden. Violation will result in immediate ejection from the game and the ball park. The umpires judgment on profanity is final. Coaches are to assure that players are aware of this rule at the beginning of the season.*
- 13. No player shall sit on the bench for any consecutive defensive inning. Every player must play a minimum of two innings in the infield.*
14. ***Non collision rule:*** Base runners must avoid collisions with a fielding player when the fielding player is attempting to field a thrown or batted ball or make a tag by either sliding into home plate or bases or by using other means. Players running into a fielder attempting a tag put out shall be declared out for interference. Runners who avoid a fielder standing in the base path not making a play shall be safe by virtue of fielder interference. The umpire's judgment shall prevail. ***In all cases, the runner is out when there is a collision.***
15. Eight or more players shall constitute a legal number of players to play a game.
- 16. Head first sliding is not permitted while advancing to the next base. A player doing so will be declared out. Diving back into the occupied base is allowed.*
- 17. Players must be wearing the League supplied team uniform and visor in order to participate in a game. Failure to do so will be cause for ejection. Additionally, team shirts must be tucked in.*
- 18. On Deck Batters are not permitted. The next hitter in the lineup shall proceed from the team bench, go to the bat rack and go directly to the batters box. Players are not permitted to have bats on the bench. Managers are responsible for implementing this safety rule.*
- 19. If the offensive team scores 5 runs before the third out is made, the half inning shall be considered over.*
- 20. A batter may advance to first base on a dropped third strike when first base is open or at anytime if there are 2 outs*
21. Except where they conflict with the above rules, all official Little League rules for Major League Softball shall be observed.

SECTION 10

ALL STAR TEAM SELECTION POLICY

Our league will select (3) Softball All Star teams in the 9/10, 11/12 & 13/14 year old age brackets.

Managers and players should be aware of the following policy. All Stars will be selected after tryouts of all players nominated by team managers and League personnel at the end of the Regular Season. Managers should encourage their better players to try out if they are nominated. Players who try out for the All Star Team must be willing to meet the practice and game obligations of All Stars.

All Star play requires about two weeks of intensive practice from mid June until the first All Star game, which will occur in early July. Practices will be held by the All Star Team Manager and coaches weekday nights and on Saturday and/or Sunday, at the Manager's discretion. Once games begin, practices may be scheduled between them as the Manager sees fit. The All Star games will be played in Glastonbury and in neighboring towns, normally on weekday evenings and some weekends.

Players must consider whether they are capable of making the commitment described above. There are 12 positions open on each All Star team. The positions are to be utilized by those players able to meet the commitment.

Each major league manager will nominate (4) 11 and 12 year old players. All 10-year-old Majors players are invited to the 9 & 10-year All Star tryouts. Each minor league manger will nominate (5) 9 and 10 year old players. All junior league players are invited to try out fot the junior team. Managers should use good judgment in nominating worthy players. Additional players may be nominated with approval by the League Commissioner.

Managers are not to discuss nominations with players or parents without that prior League approval so as to avoid possible disappointments The basic criterion for nomination is baseball skills. Perceived player attitudes and deportment and games missed should not be a consideration for nomination.

Nominations of All Star Candidates must be emailed to the League Commissioner by May 20th at gllsoftball@cox.net

SECTION 11

Richard H. Ross Memorial Award

This section serves to solicit your nomination of your candidate for the annual Richard H. Ross Memorial Award. This award was instituted in 1993 to honor the principles that were fostered by the late Dick Ross. Past recipients were Rory Desmond, Paul Melzen, Matt Engster, Mike Cyr, Chad Valenti, Spencer Haymond, and Jeffrey Place, all excellent players who meet the standards of this prestigious award. It is important that each Major League manager submit a player's name with a short written memo listing the player's award qualifications. This is most helpful for the selection committee who will chose from the names submitted.

The following are criteria to be used in your nomination decision:

- * The candidate must be a 12-year-old Major League softball player*
- * He/she should have demonstrated sportsmanship qualities, e.g., supportive, positive attitude, coacheable, team loyalty, etc.*
- * He/she should have demonstrated leadership*
- * He/she displayed significant baseball or softball skills (not necessarily an all-star)*
- * He/she displayed respect and enthusiasm for the game of baseball or softball*

Please email your nomination to the league commissioner by June 15th at gllsoftball@cox.net.

It is recognized this submittal does take some effort and that effort is much appreciated by the League and by those players who are nominated. This is a great opportunity to highlight a youngster of your choice from this past season, please cooperate.

Sportsmanship Award

One member from each team shall be selected as a recipient of the Glastonbury Little League Sportsmanship Award. The coach (es) shall make that selection prior to the completion of the season and will report the selection to the league Commissioner. **Do not use this award as an alternative to a potential all-star player.**

The criteria for this award is as follows:

- Supportive and encouraging of teammates
- Demonstrates respect for opposing players
- Demonstrates respect for the game officials
- Displays enthusiasm for the game of softball
- Displays loyalty to the team
- Player is coachable and demonstrates a willingness to learn

Players will be invited to attend the major league championship game and participate in a pregame awards ceremony where sportsmanship trophies will be presented.

Please email your selection to the league commissioner by May 20th at gllsoftball@cox.net

SECTION 12

Butler Field Batting Cage Guidelines

Glastonbury Little League has batting cages behind the left field fence at Butler #2. These batting cages benefit over 50 little league baseball and softball teams during the spring season. All major league baseball and softball little league teams will have scheduled practices at these cages during the season. It will be the responsibility of all players and coaches to keep the batting cage facility in excellent condition for players who will use it this season and in the future. **Unauthorized use of the batting cages is strictly forbidden.**

There are two batting cages.

Batting cage number 1 will have a permanent pitching machine that will be housed in an all season shed. No set up is required. Helmets and special balls will be stored in the shed for use when conducting batting practice

Batting cage number 2 will be for open use – Coach pitch or for pitching instruction....

All players and managers must observe the following rules:

1. Use of the batting cage is only allowed when authorized Glastonbury Little League supervision is present
2. Only one player is allowed in the batting cage at a time. (except when picking up baseballs)
3. Only the batting cage balls are to be used with the pitching machine. Coaches are not to use team practice balls
4. There is absolutely no warm up swinging of bats allowed outside the batting cage.
5. Players waiting outside the batting cages shall sit in the bleacher seats located outside the cages.
6. Only authorized Glastonbury Little League workers are allowed to supervise batting cages
7. Little League players will not operate the pitching machine
8. Only the CEO (Cage Equipment Operator) is allowed to operate the pitching machine.
9. Coaches and/or Managers are not allowed in the batting cage when the pitching machine is operating
10. Parents are not to enter either of the batting cages at any time
11. Players and coaches are responsible for keeping the area around the batting cages clean. Cups, bottles, wrappers, etc must be removed and placed in nearby trash barrels
12. At the conclusion of each batting cage practice, the manager is responsible for collecting all balls and returning them in the storage shed along with the helmets

Your cooperation in observing the above rules is both necessary and appreciated

SECTION 13

Glastonbury Little League is a non-profit activity totally operated by volunteers and funded by registration and sponsorship fees as well as Fundraisers. Manager and parental support are critical in making the Fundraisers successful. All proceeds are used for League projects such as field improvements, equipment, etc. In order to properly coordinate these fundraisers with each team, *a Team Parent(s) from every team should be appointed.* The functions of the Team Parent will be to distribute League information to the players and their parents and to coordinate the following activities as applicable.



2011 Event Schedule *(check GLL website to confirm dates / times and changes)*

Month	Date	Day	Time	Location	Event
Mar	12	Sat	2:15pm	GHS Gym	Majors/Juniors Softball Tryouts
Mar	14	Mon.	5:30pm	Smith Gym	Majors Softball Tryouts
Mar	15	Tue	5:30pm	Smith Gym	Juniors Softball Tryouts
Mar	17	Thur	7:30pm	GHS B102	Majors Softball Draft
Mar	26	Sat	10am	Ross	Equipment Pick-Up
Mar	26	Sat	TBA	All Fields	Spring Training Starts
April	22	Fri	6:30pm	Ross Field	Opening Night
April	23	Sat	9:30am	All Fields	All Teams Play
May	2	Mon	6:30-8pm	Web Site - online	Summer Camp Registrations
May	11	Wed	5:00-8:00	GHS Café	Spaghetti Supper
May	15	Sun	10:00am	Gideon gym/field	Team Photos/Barbeque
May	20	Fri	6:30pm	Beehive Stadium	New Britain Rock Cats
May	30	Mon	8:15am	St Pauls Church Lot	Memorial Day Parade
May	30	Mon	11:00am	Ross Field	Majors Wood Bat Showcase Game
June	11	Sat	9:30am	All Fields	End Regular Season
June	13	Mon	6:30pm	Web Site - online	Fall Ball Registrations
June	13	Mon	5:00pm	All Fields	Town Tournament Begins
June	17	Fri	6:30pm	Academy Field	Town Softball Championship Game

Section 14

TRAINING AND DEVELOPMENT

Glastonbury Little League has implemented a comprehensive and coordinated Player Training and Development Program. This Program is designed to have players achieve certain levels of skills in basic baseball fundamentals as they progress upwards in each of our Divisions of play. While building self esteem and providing enjoyment of the game is paramount in our philosophy, it is important for us to strive to impart as much baseball skills and knowledge as possible in each player.

Conducting a successful practice

Glastonbury Little League has been conducting All Star and Baseball Summer Camps for many seasons. *Keeping all players busy and maximizing the amount of practice time available has proven to be the key to a successful practice. The use of "Skill Stations" has proven extremely effective. Basically, for the first half of the practice, the team is divided in groups of three or four players. The groups are placed in various areas(stations) of the field. Individual baseball skills are taught at each station such as throwing, bunting, hitting, etc. After 10-12 minutes the groups are rotated to a different station. This rotation continues until all groups have processed thru each skill station. The balance of the practice is used to develop team skills such as infield defense, relays, etc.*

HITTING:

stance - feet apart slightly more than shoulder width, weight back (60/40), hands at back shoulder, knuckles lined up on bat with loose grip. A loose grip comes from relaxing the top hand on the bat.

swing - short stride (6" or less), swing level or down, stiff front leg - "L" shape back leg, keep balance, finish swing

thoughts - decide not to swing, explain hitting zone - "pull" hit the ball in front inside part of the plate, "up the middle" hit the ball over the middle of the plate, "opposite field" hit the ball just back of outside part of the plate, confidence - feel like you're going to hit the ball, explain baseball unique and difficult game - fail 70% of time still a star, it's ok, it's only game like that

BUNTING:

stance - square around - shoulders square to mound (prefer pivot rather than step, easier and less chance of stepping out of batters box) bend at knees, hold bat at 45 degree angle with bottom hand on bottom of bat and slide top hand up to just below label, for right handed batters bat should be pointing towards second baseman, for left handed batters bat should be pointing towards shortstop

technique - keep bat at angle hit down on ball, start with bunting ball straight back towards pitcher then work on 3b side and 1b side, pull bat back if pitch not a strike. Try to bunt the ball in front of the plate.

Section 14

TRAINING AND DEVELOPMENT

OUTFIELD PLAY:

ready position - as pitch is made be in ready position - feet shoulder width apart square or glove foot slightly forward, knees slightly bent, arms loose at side, on balls of feet ready to move
thoughts - think where ball should be thrown if hit to you, talk to other outfielders about situation - where to throw ball, call for ball, outfielder has to call off infielder, backup adjacent outfielder, backup infield every play

Catching fly balls - from ready position move to the ball, run with arms pumping and head still- raise glove, try to catch ball moving forward with two hands, on throwing side, in front of you, about shoulder high, second hand behind glove, remove ball hop and throw to proper place, hit cut-off shoulder high. Try to catch fly balls above the bill of the cap

Fielding ground balls - from ready position, for routine ground ball move to the ball - charge under control, kneel on one knee (glove side) glove out receive ball use body to block bad hop get up and throw to proper position, if charging ground ball for quick throw to infield advance towards ball with glove out field ball on run in front of glove foot hop and throw off back foot to proper position, hit cut-off shoulder high

INFIELD PLAY:

ready position - as pitch is made be in ready position - feet outside shoulders square or glove foot slightly forward, knees bent, arms and glove out in front, on balls of feet ready to move, start tall work through creep focus on front of plate, finish down and ready, elbows in thumbs out pinky to the sky

thoughts - think tempo, think where ball should be thrown if hit to you, talk to other infielders about situation - where to throw ball

Catching fly balls - from ready position move to the ball, call for the ball, run with arms pumping and head still- raise glove try to catch ball with two hands, on throwing side, in front of you, about shoulder high, second hand behind glove, remove ball be ready to throw. Try to catch fly balls above the bill of the cap

Fielding ground balls - from ready position, for routine ground ball move to the ball - banana to the ball if possible, if not shuffle left or right, keep ball in center of body, keep glove down and out in front, field ball with soft hands, funnel to belly - show button, break step/hop and throw; if you have to move left or right, use drop step and move to glove side or backhand side, field ball with soft hands, glove hand side, field ball palm up, break step/hop and throw, backhand side, field ball butt down, thumb down to thumb up, plant right leg - be a pitcher!, raise right leg and throw

Taking throws at bases - straddle bag, knees bent, be ready to move left or right if throw off line; if close play - take throw make swipe tag, get out of way, show ball, be ready to throw - stress DO NOT stop and wait for umpire's call, play continues so be ready to throw to another base, not close play - take throw place glove at base let base runner come to base do not go towards base runner

Section 14

TRAINING AND DEVELOPMENT

Making pivot at second base - remember get at least one out! - ss or 2b making pivot, move to base quickly, straddle base, arms shoulder high, show chest for target, take throw, step/hop and throw. 2b fielding ball, field grounder, turn to base stay low, clear glove - show ball, drop to knee or step and throw or under hand flip depending on distance from bag, target is chest of ss, ss takes ball right foot to base steps and throws; ss fielding ball, field grounder, turn to base stay low, clear glove - show ball, use under hand or over hand throw depending on distance to base, target is chest of 2b, 2b take throw steps on base, steps back and throws

THROWING (GENERAL):

stand sideways glove shoulder at target, ball in glove under chin, BREAK - take ball back with elbow shoulder high, arm L shape, glove extend out towards target, fingers on top of the ball, don't lead with the palm, step to throw, pull glove to body, release ball, following through ball hand to glove knee, also remember step to catch

BASE RUNNING:

General, take a chance, gamble, put pressure on defense; remember two quick steps better and quicker than one long step; out-of-the-box - right handed hitter, lead with right foot; left hander hitter, use cross-over step lead with left foot, head and eyes on 1b, run through first, brake down (stop), look right for over throw, making turn; loop out hit inside corner of base (either foot) with inside lean go 2 or 3 steps pick-up ball; at 1b - know # of outs, score, game situation, look for signs, talk to coach, take base running (athletic) position (NOT SPRINTER), feet shoulder width or wider, knees bent, arms at side, hand closed in a fist, use edge of bag to push off cross-over and explode towards 2b. When going to next base, e. g. first to third base, and after hitting second base, throw right shoulder to infield so that the body will follow inward.

All managers and coaches are to attend the pre-season coaches meetings in mid march for review of teaching methods for the above skills. This training will be given at the coaches meeting in March and at the July Summer Camps

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