



2017
Softball Minor League
Coaches Manual

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

Minor League Softball Manual

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SECTION 1

INTRODUCTION

Dear Manager,

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 he or she can be. A positive attitude on your part, bearing in mind at all times that every action should be based on what is best for the youngsters, will take us 95% of the way to these goals.

Glastonbury Little League has maintained a tradition of sportsmanship throughout its history. Managers 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!!!

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The manual pages, which follow, provide guidelines and rules for the conduct of the MINOR LEAGUE 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. Please be sure that any coaches or assistants you have helping you read and abide by this manual as well. In the event of a conflict between this manual and other documents, the provisions, which follow, shall govern.

SECTION 1

A Good Manager Should.....

1. Reflect an understanding of the age group they supervise. Bear in mind that you are working with 8,9,10 year old girls. (some 7 year old girls)
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. If a difficult situation arises, work with the umpire and your fellow manager to resolve it.
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. Teach players to respect the playing fields and keeping the dugouts clean after every game.
- 14. Provide the opportunity for players to play the positions they desire. Develop your players, each player should have the opportunity to play an infield position twice in each game. Limiting pitching opportunities to two or three players thru the season is not in keeping with Little League Softball. A good manager spreads this position around. Strive to develop 5-6 pitchers.***

NOTE: The above and everything, which follows in this manual, must be communicated to coaches and/or assistants by the Manager.

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 and cleanliness of the dugout. Have players clean up the dugout area after all 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 Glastonbury High School.
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, chest protectors and cups) when catching or warming up pitchers. It is recommended that all male players wear cups
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 ON THE TEAM BENCH .**
9. At no time should horseplay be permitted on the playing field or on the bench.
10. Coaches should stress location and change of speed for pitchers
11. **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**
12. 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.*
13. **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. Contact one of the softball co-commissioners to replenish this kit.
15. Use the supplied surgical gloves in the first aid kit whenever dealing with an open cut.
16. **There is no pitch count in the girls softball league**
17. **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 within 24 hours to the Safety Officers noted above as well as the League president, at 860-643-9165
18. 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 co-commissioners.
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. Managers and coaches may undergo basic First Aid kit administration training.
26. Team meetings during games are to be held in the safety of the dugout and not on the field
27. The field equipment boxes are to be carefully opened and closed. Pay particular attention when closing boxes that no one is around or near the box. Boxes are never to be left in an open position or upright position and are to be closed and locked after use

-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 softball 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 Guidelines

Safety: 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 batter's 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 and cups) 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
- Assure field equipment box is closed and latched during games
- 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 softball!
- 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
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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.

PLAYER DISCIPLINE

Suspension of a player is an extreme action and is only acted on by the League Commissioner and 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.

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.

1. 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.
2. 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
3. **IT IS MANDATORY the next defensive half inning catcher must be in the dugout with the catching gear donned after one out.**
4. 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.
5. The next batter is to be wearing her/his helmet and know where his/her bat is, but not in hand
6. Place the field equipment in an orderly fashion in the dugout .so as players can easily locate it. Place the equipment in the dugout bag after the game and return same to the box.
7. Do not use an excessive amount nor lengthy timeouts for individual player training
8. Limit the amount of warm-up pitches to 3 between innings.
9. Coaches are not to warm up pitchers, use a player that out that defensive inning if available.

SECTION 4

TEAM EQUIPMENT/UNIFORMS

EQUIPMENT

Each manager will be given a team equipment bag to be used for all practices and games in and out of town. The equipment will consist of one set of catcher's protective gear, a set of 6 batting helmets, First Aid Kit and ice packs. Each team 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 a new softball for each league game.

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 team shirts and hats for each player. All players will wear gray softball pants. The league has a limited number of pants for any player who needs them. At the end of the season, players keep their team shirt and hat. **Scorebooks are to be returned intact with the team equipment box at the end of the season.** New and used balls 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 team equipment.

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 and/or field conditions are questionable, check the Glastonbury Little League web site at www.glastonburylittleleague.org for cancellations.

Games are not to be postponed due to key players or Coaches not being available. *If the League approved manager or Coach is not available for a game, the manager is to notify the League Commissioners or the League President who will supply a substitute Manager. Little League rules and insurance prohibits the use of non-approved/noninsured personnel coaching teams. The only viable reason for game postponements is inclement weather or poor field conditions. Lack of adequate number of players will result in forfeiture.*

MINOR LEAGUE RAIN MAKE UPS

As shown on the schedule, a practice and practice game schedule precedes the regular season schedule. Rained-out practice games will 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. All 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 commissioner and distributed via the automated web site email to all managers, players and umpires. Please notify the league co-commissioners of any game postponements.

Rain make-up games may pre-empt pre-scheduled practices. Fields for additional team practices during the course of the regular season can be reserved by emailing Bill Longo at bill.longo@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

Scores are not kept at the Minor League level. A scorebook is however provided. The book is issued so as to list the batting order for each game and to manage the game. The basic purpose of this procedure is to assure that the game to game rotation of the batting order as explained in the Rules Section of this Manual is adhered to.

SECTION 6

MINOR LEAGUE PLAYER SELECTION SYSTEM

Players whose parent is coaching will be placed on the parent's team. Brothers and sisters are also placed on the same teams. Players are placed on teams to achieve an equitable distribution of age groups. Efforts are made to meet individual player request to play with friends, which is important at this level and/or a particular coach and to form neighborhood and at best school district teams without creating imbalance in player age distribution.

Trading of players between teams is not permitted.

New registrants are possible after the distribution of team rosters to the managers. These new players are assigned to teams who may have less players than the majority of teams and not necessarily on a team the player may have requested.

Managers will notify their players of their team assignments as soon as possible following the coaches meeting.

TEMPORARY PLAYERS

MAJOR LEAGUE CALL UP OF MINOR LEAGUE PLAYERS

A pool of eligible and qualified 9 and 10 yo Minor league softball players will be formed for the purpose of supplying players to Major League teams who have a temporary deficit of players for a particular game. These players will be identified by League officials.

Parental permission will be obtained by the League prior to a player being called on a one game basis. The player's Minor league softball commitment will take precedence over any call up. No Minor league player can play for a Majors team without GLL specific placement and approval.

Managers should submit the names of those 9 and 10 yo players to the league co-commissioner by April 17th.

RECORDING OF SCORES

The manager of each team is responsible for maintaining a scorebook for each game in team participates. He/she should score both his and the opposing team's line-up.

There shall be no publication of scores and standings in the Citizen or other publication. Any article/pictures for the newspaper shall be approved by the League President. This is to assure balanced publicity for all teams and for meeting League standards.

SECTION 7

RULES APPLICABLE TO MINOR LEAGUE SOFTBALL PLAY

1. There will be a couple of special games scheduled with other little league teams from District 7, which may include East Hartford, Wethersfield, Newington, and Rocky Hill, etc. Home games will be played at Hebron Avenue School and Addison #2
2. Only the steal of third base will be allowed. The runner may not step off second base until the pitched ball crosses home plate. Runner advancement on a passed ball is only allowed from third base. Runners cannot advance on a throw to third base from the catcher
3. Pitching rules for any one player are as follows:
 - A maximum of 7 innings pitched per week is allowed for any one player.
 - A week is from Sunday through Saturday.
 - A pitcher removed from the mound may return to the mound
 - A delivery of a single pitch in an inning constitutes an inning pitched.
 - **A player may pitch a maximum of three (3) innings in a game.**
 - The softball used must meet little league specifications and be 11” in circumference
 - The front side of the pitchers mound shall be 35 feet from the rear point of home plate
 - **A coach shall replace the pitcher after four balls, there will be no walks. Strikes reset to zero and the batter completes their at bat with a hit or strike out.**
 - **Coach Pitch should be underhand and as straight as possible, NOT high arching pitches as in slow-pitch adult softball. The windmill delivery is not allowed from a coach pitcher.**
 - **A coach will pitch to their own team.**
 - **Coaches should encourage and teach their players to swing at good pitches from players pitching and not wait for four balls and their coach to pitch**
 - **The player (pitcher) stands immediately to the right or left of the coach pitcher.**
 - **If the ball is put into play the coach pitcher should move out of the way and allow the player (pitcher) to field the ball.**
4. Pitchers must wear a protective face mask
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.

SECTION 7 (continued)

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***
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. 1 Adult coach may coach in either the first or third base coaching boxes. Coaches are encouraged to use players to coach the bases as much as possible. No adult may be on the playing field at any time. **There must be at least 1 coach present on the bench/dugout at all times to help and supervise safety.**
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.***

SECTION 7 (continued)

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.
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 unless in the first or third coaches box or as a coach pitch.*
24. **Minor League softball 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 plate wearing protective umpire gear and one umpire shall be in the field. A volunteer umpire must be at least 13 years of age.
27. Games will be 5 innings long or 2 hour time limit. When 2 hour time limit is hit, the current batter will end their at bat and the game will be over. 5 complete innings shall be played regardless of score
28. Coaches may agree to play beyond five innings if completed earlier than the 2 hour time limit.
29. Except where they conflict with the above rules, all official Little League rules for Little League Minors Softball shall be observed.

SECTION 8

Sportsmanship Award

One player 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

Sportsmanship winners will receive their trophy award following their game at Ross Field. Please email your selection to Bill Longo by May 20th at bill.longo@cox.net.

SECTION 9

GHS Softball Batting Cage Guidelines

A softball batting cage has been constructed behind the GHS varsity softball field. This batting cage will benefit Little League and GHS softball teams during the spring/and summer seasons. All 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.

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 softballs)
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 10

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 softball 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 softball skills and knowledge as possible in each player.

Conducting a successful practice

Glastonbury Little League has been conducting All Star and Softball 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 softball 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 softball 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 batter's 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 12 cont'd

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 outfields 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 12 cont'd

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

PITCHING:

PRIMARY GOAL - put ball in play, don't let them hit it hard, stress control/location, changing speeds, movement; stress timing/tempo give body time to deliver pitch smoothly, 5 STEPS; 1) get into the circle, 2) both feet touching the rubber with hand and glove apart, 3) hand and glove come together to begin motion, 4) pushoff foot is turned parallel to rubber, with shoulders perpendicular, 5) throwing arm begins rotation from front of body around in a pendulum motion, 6) ball is released near the hip, as pitcher moves into fielding position.

BASE RUNNING:

General, take a chance, you can advance a base when pitcher is not in the circle. When taking a lead, prepare to push off of base once ball leaves the pitchers hand, finding the ball if put into play, and consider a dive back to your base or take off to new base if catcher throws down.

All managers and coaches are to attend the pre-season coaches meetings in 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