

Coach's Blue Book

2017 Season

Five Cities Girls Softball
P.O. Box 90
Arroyo Grande, CA 93421

www.5CGS.com

Welcome to Five Cities Girls Softball 2017 Softball Season

On behalf of the Board of Directors of Five Cities Girls Softball, I would like to say thank you for your willingness to take a leadership role, as well as all your efforts to support this fun and exciting recreational youth program.

Five Cities Girl's Softball is run by volunteers, like you, who recognize the value that youth sports contribute to the life of our children. Our goal is to provide a quality sports experience for each girl as well as life development skills. Without everyone's active involvement, this couldn't happen.

It is our ultimate goal to ensure that everyone involved in this program, from the volunteer coaches, scorekeepers, team parents, and other supporters has a great softball experience.

The program is built on the premise that every girl plays. As a coach it is important to keep your focus on having fun and developing softball skills in all of your players, and let the games score themselves.

This booklet has been put together to give you a single source of information of league officers, division contacts, local and league rules and coaches information. Your comments and suggestions are always encouraged. We hope you have a great season. See you on the playing field!

Thanks again for all your efforts and hard work.
Remember why we are here...**it's all for the girls.**

Let's play ball!

Corrina DeLaRosa
5CGS President
Board of Directors
WWW.5CGS.COM

League Officers

(Please check website for updates as we continue to fill positions)

*denotes elected officers

President

Corrina DeLaRosa
vp2.5cgs@gmail.com

Vice President
(Manager Relations)

James McGreevy
fieldmanager.5cgs@gmail.com

2nd Vice President
(Scheduling)

Position Open
VP2.5cgs@gmail.com

Secretary

Melody Avant*
Secretary1.5cgs@gmail.com

Treasurer

Position Open
Treasurer1.5cgs@gmail.com

Chief Player Agent
(Background checks)

Position Open
Chiefplayeragent.5cgs@gmail.com

Team Parent Coordinator

Jennifer Quezada
Teamparentcoordinator.5cgs@gmail.com

Field Manager

James McGreevy
Fieldmanager.5cgs@gmail.com

Field Maintenance

Position Open
Fieldmaintenance.5cgs@gmail.com

Equipment Manager

Position Open
equipmentmanager@gmail.com

Marketing Director
(Sponsor relations)

Position Open
marketing.5cgs@gmail.com

Chief Technology

Josh Undesser*
Media.5cgs@gmail.com

Snack Bar Coordinator

Annie Atterberry
Snackbar.5cgs@gmail.com

Umpires

The only paid participants in our program are the umpires. They receive a modest stipend for working games and are expected to know and understand the rules of the game. Most individuals who umpire our local games are either parents of players or local students who enjoy the game and have returned to help out.

There is always a critical need for umpires. If someone you know is interested and willing to help in this important role, please contact the board. Local training is provided. You will be surprised how much fun it is.

ASA / CCASA Support

We want to thank the Central California Amateur Softball Association (CCASA) for their constant support of our organization. The CCASA is our local division of the Amateur Softball Association (ASA). We are very fortunate to be apart of this great organization.

Local Rules

5CGS adheres to all ASA rules unless a modification has been made to suit an age group. Local rules and interpretation adopted and amended by the Board of Directors in 2016.

1. All managers, coaches, and any parent that will be involved with the team on the field of play or practice must be ASA certified.
2. Players are to remain in dugouts or designated area.
3. Umpire shall announce game start time prior to first pitch.
4. There should be no eating of sweets or seeds during the game. The players need to pay attention at all times.
5. All teams are required to have First Aid Kits and Ice. (provided by the League.)
6. Defensive team may have one gate open. However, no player shall be in the opening of the gate.
7. Jerseys are to be tucked in at all times.
8. Managers and coaches may be either a male or female. There MUST be an adult female present at all team functions.
9. Managers, Coaches, Players and Spectators may not intimidate batters or umpires. Spectators shall not be standing behind the backstop distracting the players. The spectators and players could cause their team to suspend or forfeit the game. This decision shall be made by the home plate umpire.
10. All managers must contact the Vice President with a good reason to reschedule a game at least 24 hours before game time. If a manager can field at least eight (8) players, the game must be played. The opposing manager has the right to question the reason for the postponement. The Vice President must decide if and when the game will be rescheduled. All postponed games must be made up within two (2) weeks of board notification.
11. **NO adult**, other than the umpires, team manager (at least 18 years of age), and team coaches (at least 16 years of age) shall be on the playing field during games except in case of an injury. There may be two (2) base coaches. Adult base coaches must be registered with the league and ASA as a manager, coach or volunteer. Players acting as base coaches, must wear batting helmets. Base coaching does not represent time played.
12. Time played: Any team in violation of Article IX, Section 4A of the Constitution and Bylaws of "The League" will forfeit the game in which the

infraction takes place. Note: All players must play at least (2) full defensive innings a game and bat at least once. No player will sit out a second inning in a game until all players have sat out one inning. If for any reason, such as the 10 run rule or because of the time limit, a player does not get their playing time they must start the next game.

13. Game Time Limitations: No new inning shall start after 1 hour and 15 minutes. (1hr for T-ball) Any innings started before the 1 hour and 15 minutes shall be finished. A run rule will constitute a game after three (3) complete innings are played in all age groups.
14. Scorekeepers: Scorekeepers from each team must agree upon the score after each inning. Home team has the official score book. Both scorekeepers log both teams. The umpire should sign the official scorebook after each game.
15. Home Team: Home team is listed second on the schedule. The home team furnishes two (2) game balls, one of which will be a new one. If a new ball is not available, then both balls must be in good condition.
16. Strike Zone: The strike zone for age groups: 8U and 10U shall be at the top of the shoulders to the bottom of the knees. Age groups 12U and all Division III will be the armpits to the top of the knees.
17. Game Forfeiture: No game will be postponed due to the inability of a team to field eight (8) players at a scheduled game time. The Board of Directors has established a game forfeiture time of five (5) minutes after the scheduled game time. A forfeit game, therefore, shall be declared by the umpire in favor of the team not at fault. Delayed minutes count towards game time.
18. Managers: If a manager has to be absent from a practice or a game, they must have a person registered with the league to replace them. An adult female must be present at all practices and games!
19. Umpires: No one umpire may over rule another, but they may ask the other for assistance.
20. Pitching Distance:

T-Ball	see t-ball rules
8U	30 feet
10U	35 feet
12U	40 feet
14U	43 feet
21. Ground Rule: All age groups shall play outfielders on the outfield grass.
22. Innings: 8U & T-Ball will play six (6) innings. All others will play seven (7) innings. (Subject to time limitation).
23. Dropped Third Strike: 8U & T-Ball will not play with the dropped third strike. (Meaning: A batter may not run to first base on the 3rd strike, the

player is automatically out.)

10U & older will follow the 3rd strike rule as defined in Rule 8 of the ASA Rules.

24. Stealing Home: In 8U, a runner may not steal home on a passed ball or wild pitch. The only way to score is on a batted ball.

10U & older will follow the base stealing rules as defined in Rule 11 of the ASA Rules.

25. Stolen Bases: T-Ball is the only division not allowed to steal.

26. Batting: All age group players, whether playing in the field or not, will bat. The batting order will never change once it has been set for the game.

27. There will be ABSOLUTELY NO drinking of alcoholic beverages at any time at any Five Cities Girls Softball functions.

28. Run Rule: **The five (5) run rule applies to all age groups.**

No more than the limited number of runs (5) may be scored by either team during a half inning. After scoring the run limit (5), the inning shall end for the offensive team. The only exception shall be during the final inning when the losing team will be allowed to score the difference plus one, to come up 1 run over the higher score, if that difference is less than 5 they will be allowed the opportunity to score the inning max (5). Any game tied at the end of regulation shall be considered a tie, except during playoffs. In the event of a tie, no make-up game shall be scheduled.

29. Each player shall be warned once for throwing her bat, the second time the player is out!
30. There will be NO TOBACCO PRODUCTS in the dugout or on the playing field or in the stands.
31. Rosters are set before opening day. Any changes made after opening day must be approved by the Board.
32. All bats must be ASA approved softball bats.
33. Pitchers in the 8U and 10U divisions are allowed to pitch 3 innings per game until April 3, 2016, then are allowed 4 innings per game. One (1) pitch in an inning shall constitute one (1) inning pitched. See each age group specifics for pitching limits. Failure to comply with this rule will be a forfeiture of that game. **During recreational season playoffs, inning limits are lifted, still adhering to local rule 12.** There are no pitching restrictions for 12U and all Division III teams, although developing new pitchers is recommended.
34. The official ASA rule book will be used for all other rules.
35. All Age Groups, except T-Ball, play with 10 (ten) on the field (4 outfielders). For T-Ball, see t-ball rules.

36. All teams must use league issued balls during games, Dream Seam or Soft Dot (for T-ball and 8u)
37. All helmets must have a facemask and all players must use them.
38. All rules in 5CGS Bylaws section IX.4 Season Play.

Skill Development

Striving for basic softball skill and knowledge at the end of each season

Encourage practicing at home by getting the parents involved!

**Incorporate the basics of younger divisions

T-BALL: 6 years old and younger

1. Locate and name the bases: 1st, 2nd, 3rd, home plate and the names of different positions – pitcher, catcher, outfield, infield, shortstop, etc.
2. Understand the difference between offense and defense
3. Demonstrate basic catching and throwing techniques
4. Be taught how to catch simple pop flies
5. Possess basic batting skills, locate the batters box and understand the batting order
6. Know how to hit from a tee, level swing, drive the ball to the ground (Discourage hitting up on the ball to get it airborne) NO throwing the bat!
7. Demonstrate basic fielding of grounders and throwing to first, always be in a “ready position” at the pitch
8. Demonstrate knowledge of base running (run through 1st base, NO sliding into 1st)
9. Attempt to hit a coach pitched ball
10. Introduced knowledge of how to pitch
11. Try to begin and end each practice with an exercise or drill that teaches teamwork! (All the girls working together) Be Positive at all times!

PONYTAIL: 8 years old and younger (8U) **

1. Know how to count balls and strikes
2. Possess good base running mechanics
3. Demonstrate how to take a proper lead after the pitch
4. Understand when to steal (take a lead and watch for a passed ball)
5. Be able to watch the base coaches for signals and act accordingly
6. Possess the basics of bunting
7. Demonstrate the basics of infield defense (throwing ahead of the runner/getting the easy out)
8. Be able to back up throws from infield/outfield
9. Demonstrate how to relay the ball into the infield from outfield
10. Understand who covers on the throw to 2nd, who backs up the play
11. Possess basic sliding techniques
12. Demonstrate running hard to 1st base and trying to turn and advance to

13. Know basic signs (swing away, stealing and bunting)

10 years old and younger (10U)**

1. Be capable of fielding and throwing to the appropriate base, back up responsibilities
2. Demonstrate the basics in bunting and hitting placements (hitting behind the runner, bunting down 3rd base line to advance a runner.)
3. Understand delayed stealing, Dropped 3rd strike, and stealing home
4. Demonstrate the basics of drag bunting— Develop pitching basics
5. Introduction to slap hitting— Learn more advanced hitting fundamentals
6. Use hitting and base running signs regularly
7. Understand how to recognize offensive or defensive interference/obstruction rules and how to avoid

12 years old and younger (12U)**

1. Learn advanced signs (take sign, hit and run, double steal, squeeze play)
2. Batters can take practice off live pitches
3. Working on double plays; good footwork
4. Execute sacrifice bunts
5. Demonstrate more advanced sliding techniques (introduce the hook slide)
6. Learn how to tag up to advance to next base/home
7. Learn cutoff strategies
8. Improve pitching mechanics; working on control, velocity and changing the speed and location of the pitch
9. Understanding the “look-back” rule

14 years old and younger (14U) **

1. Developing additional pitches
2. Demonstrate knowledge of how to tag up at third on fly balls
3. Hitting behind the runners
4. Learning to make adjustments based on the game situations, batter and field conditions
5. Recognizing and hitting different types of pitches

T-Ball Rules

In addition to the Local Rules highlighted earlier in this booklet, the following rules shall apply at all T-Ball games:

1. HAVE FUN! BE POSITIVE! THINK SAFETY!
2. No score will be kept.
3. Bat through the line up, and then end the inning.
4. All players should play defensive positions, NO Substitutions.
5. Coaches must stand within the pitching circle, and will be allowed up to **(five 5)** pitches. If the batter has not hit a fair ball within Five pitches, the ball shall be placed on the tee and regular T-Ball batting rules shall apply. All players must hit the ball.
6. Home plate arc is 15 feet. The ball must cross this arc when hit to be in fair play. The ball must travel 15 feet to be in play.
7. A maximum of two coaches may assist in the defensive outfield.
8. Coaches are responsible for keeping home plate area clear for runner from third base to home. ie: equipment (bat and tee) and batters (at bat or on deck), etc
9. The on deck batter must be in the on deck circle when in possession of a bat, and must be wearing an approved helmet. Coach is responsible to ensure that only batter and on deck batter have bats.
10. NO STEALING. No advancing on overthrows. If runner is between bases, she should advance to the next open base.
11. Time Limit is one hour. No new inning to begin after time limit.
12. Infield positions are in front of the base lines. Infielders may not be any closer than the pitcher in distance. ALL players must be positioned on the field in regular ASA fielding positions.
13. Outfielders must set up behind the base lines.
14. Base lines must be kept clear of defensive players unless they are playing the ball.
15. Pitching circle-30 feet from home plate.
16. Base distance-50 feet between bases.
17. **Outs are counted as outs.** The player leaves the field when called out. (This rule helps reward the defense.) Teams still bat through line up, regardless of outs.
18. Helmets must have a face-mask and chin strap.

8-Under Rules

5CGS adheres to all ASA rules unless a modification has been made to suit an age group.

In addition to the Local, the following rules shall apply at all 8-Under games:

1. The pitchers plate shall be 30 feet from home plate. First and third bases shall be 60 feet from home plate.
2. All players in attendance shall be listed in the scorebook and on the offensive line-up and will bat.
3. A maximum of ten (10) players may be in the field defensively. The four outfielders must be set up on the grass. (May stand inside rim on the bigger fields.) Infielders may not be closer to home plate than the pitchers plate, until the ball is put in play by the batter or when a batter presents a bunt.
4. No player will sit out a second inning in a game until all players have sat out one inning.
5. No new inning shall start after 1 hour and 15 minutes. Any inning started before that time shall be completed. Game time is the responsibility of the umpire.
6. The strike zone shall be from the top of the shoulders to the bottom of the knees, and over the plate.
7. A game shall be forfeited if a team is not ready to play within five (5) minutes after the scheduled start time.
8. A registered manager or coach must be present at all practices and games. An adult female must be in attendance at all practices and games.
9. Time permitting; a full game shall be six (6) innings.
10. A team shall score a maximum of five (5) runs in any half inning.
11. Hit By Pitch (HBP): If batter is hit by a player pitched ball they will be awarded first base (an attempt should be made to get out of the way and the ball must NOT hit the ground before hitting the batter*), if bases are loaded a run is scored. Umpire may choose to award a HBP on a one hop, if discerning the pitch to be of notable force.
12. **Overthrows:**
 - a. **On a throw to first base the following occurs.** No batter can advance to second base as a result of an errant throw to first base. All other Runners may only advance one base past the base they are going to on an errant throw to first base (with the liability of being put out if the ball stays in live ball territory.)
 - b. **On a throw to any other base or position.** If on a throw to any other base an errant throw occurs all runners and batter/runner may advance

one base past the base they are going to with the liability of being put out.

- c. The umpire will only award a base to the runners if the ball has been thrown out of play, per ASA rule 8. No bases will be awarded on errant throws when the ball stays in play.
- d. Runner and batter/runner may be put out if they advance beyond the base they are entitled to on the errant throw. At the end of play the umpire will return all runners to the base they are entitled to if they have not been put out.

- 12. If a player is designated to the other team's coach and scorekeeper before the start of the game, that she must leave before the finish of the game, or if a player is injured during the game and can't return to play, no automatic out will occur at her next at bat. If a player must leave prior the finish of the game and has not been designated prior to the start of the game, an out will be recorded at her next at bat only.
- 13. All Players shall use NOCSAE approved helmets and facemasks.
- 14. All Players shall use ASA certified bats.
- 15. A 10" softie ASA certified softball shall be used.
- 16. No one pitcher is allowed to pitch more than three (3) innings in any one game. One (1) pitch in an inning shall constitute one (1) inning pitched. Failure to comply with this rule will be a forfeiture of that game.

As of April 3, 2016, pitchers in all age groups will be allowed to pitch 4 innings. During playoffs inning limit is lifted.

MODIFIED RULES FOR 8U

- 1. The player/pitcher is not allowed to walk runs home.
- 2. Batter runners may not advance to second base after a walk.
- 3. If a batted ball hits a coach pitcher, the batter is out.
- 4. No base stealing is allowed when the coach is pitching.
- 5. Players may bunt. Bunting is not permitted off of coach pitching.
- 6. Everyone bats and free defensive substitutions are allowed.
- 7. Home plate is cold—no D3 (drop third strike)
- 8. All runs must be earned by the batter/runner, with the exception of a hit by pitch when bases are loaded.
- 9. A player/pitcher will have the opportunity to pitch to, and possibly strike

out, every batter.

10. Base stealing is allowed when a player is pitching. There is a limit of one stolen base per pitch and no extra base on an overthrow. There will be no stealing home (home plate is cold). Base runners may lead off when the ball leaves the pitcher's hand.
11. A maximum of 2 (two) player/pitcher walks will be allowed per half inning. No walks will be allowed with bases loaded. Batter runner may not advance to 2nd base when walked.
12. After 2 allowed player/pitcher walks have been exhausted, a coach/pitcher will enter the circle when 4 balls have been called by the umpire.
 - a. The coach/pitcher will resume the player/pitcher strike count, ALL coach pitches are considered strikes.
 - b. If the pitch is not put into play by the last pitch, the batter is out.
Exception: If the last pitch is a foul ball, pitching continues until the ball is hit and put in play or the batter is called out.
 - c. Batter will NOT be awarded a base on a Hit by Pitch from the Coach/Pitcher.
 - d. Batter may not bunt off of Coach pitch.
 - e. Player/pitcher must have 1 foot in the circle during coach pitch.
 - f. Coach/Pitcher must stay in the circle during play and MAY NOT provide Coaching assistance.
 - g. Coach/pitcher must have one foot in contact with the pitching rubber until the ball leaves his/her hand.

Division I / 10-Under Rules

In addition to the Local Rules highlighted earlier in this booklet, the following rules shall apply at all 10-Under games:

1. The pitchers plate shall be 35 feet from home plate.
2. All players in attendance shall be listed in the scorebook and on the offensive line-up and shall bat.
3. A maximum of ten (10) players may be in the field defensively. The four (4) outfielders must be set up beyond the base lines and in the grass
4. No new inning shall start after 1 hr. and 15 min. Any inning started before that time must be completed. Game time is the responsibility of the umpire.
5. Time played: Any team in violation of Article IX, Section 4A of the Constitution and Bylaws of "The League" will forfeit the game in which the infraction takes place. Note: All players must play at least two (2) full defensive innings a game and bat at least once. No player will sit out a second inning, in a game, until all players have sat out one inning. If for any reason, such as the 10 run rule or because of the time limit, a player does not get their playing time they must start the next game.
6. The strike zone shall be from the top of the shoulders to the bottom of the knees.
7. A game shall be forfeited if one team is not ready to commence play within five (5) minutes after the scheduled start time.
8. A manager or coach must be present at all practices and games. An adult female must be in attendance at all practices and games.
9. Time permits, a full game shall be seven (7) innings.
10. A maximum of five (5) runs shall be scored by a team in any half inning
11. No pitcher is allowed to pitch more than three (3) innings in any one game. One (1) pitch in an inning shall constitute one (1) inning pitched. Failure to comply with this rule will be a forfeiture of that game.
12. ***Starting April 3, 2016, pitchers in 10U and 8U will be allowed to pitch 4 innings. During playoffs limit is lifted.***
13. Home plate is open. No base limit on a steal. No base limit on an overthrow. Drop 3rd strike rule is in effect. **All regular ASA Softball rules are in effect.**
14. If a player is designated to the other team's coaches and scorekeeper before the start of the game that she must leave prior to the finish of the game, or if a player is injured during the game and can't return, no automatic out will occur at her next at bat. If a player must leave prior the finish of the game and has not been designated prior the start of the game, an out will be recorded at her next at bat only.

Division II / 12-Under Rules

See Local Rules highlighted earlier in this booklet and current ASA Handbook. When traveling to neighbor leagues, see their website for league specific rules.

Division III & IV/ 14-Under & 18-Under

See Local Rules highlighted earlier in this booklet and current ASA Handbook. When traveling to neighbor leagues, see their website for league specific rules.

All-Stars

The league supports all-star teams after the regular season. Volunteer coaches, upon a majority vote of the board, are selected to coach 8-Under, 10-Under, 12-Under, 14-Under, and 16/18-Under teams. Teams are determined by rules set forth by the All Star committee. All Star tryouts are OPEN to ALL players in their own division as specified by age.

All-star teams are a time and financial commitment, please make your parents aware of this when encouraging players to try-out. Fundraising will be necessary.

All-star teams are selected around the end of league tournament play and will be announced at Closing Ceremonies or shortly thereafter. Practices usually commence immediately after league games end. All-star teams participate in 3-5 weekend tournaments, some local and away.

An Allstar committee will be assembled in April, if you are interested in being a part of that committee, please make yourself known to the Board by emailing Secretary1.5cgs@gmail.com

This year, 5CGS is hosting an all-star tournament June 2nd – 4th . Many volunteers will be needed to make this a successful event, as teams from throughout California are invited to participate. Please contact the league if you are interested in helping during our tournament.

Coach's Code of Ethics

I understand that my responsibilities as a youth coach are of great importance and that my actions have the potential to significantly influence the youth athletes whom I coach. Therefore, I promise to uphold the following rights of young athletes to the best of my ability.

- I. Right to have fun in sports.
- II. Right to participate in sports
- III. Right to participate at a level commensurate with each child's maturity and ability.
- IV. Right to have qualified adult leadership.
- V. Right to play as a child and not as an adult.
- VI. Right of children to share in the leadership and decision-making of their sport participation.
- VII. Right to participate in positive, safe and healthy environments.
- VIII. Right to proper preparation for participation in sports.
- IX. Right to an equal opportunity to strive for success.

X. Right to be treated with dignity.

I also promise to conduct myself in accordance with the Code of Ethics for Coaches as given next:

I will treat each athlete, opposing coach, official, parent, and administrator with respect and dignity.

I will do my best to learn the fundamental skills, teaching and evaluation techniques and strategies of my sport.

I will become thoroughly familiar with the rules of my sport.

I will become familiar with the objectives of the youth sport program with which I am affiliated.

I will strive to achieve these objectives and communicate them to my athletes and their parents.

I will uphold the authority of officials who are assigned to the contests in which I coach, and I will assist them in every way to conduct fair and impartial competitive contests.

I will learn the strengths and weaknesses of my athletes so that I might place them in situations where they have a maximum opportunity to achieve success.

I will conduct my practices and games so that all athletes have an opportunity to improve their skill level through active participation.

I will communicate to my athletes and their parents the rights and responsibilities of individuals on our team.

I will cooperate with the administration of our organization in the enforcement of rules and regulations, and I will report any

irregularities that violate sound competitive practices.

I will protect the health and safety of my athletes by insisting that all of the activities under my control are conducted for their psychological welfare, rather than for the vicarious interests of adults.

I will not tolerate any form of abuse of children, be it physical, verbal, emotional, ethical or sexual and will immediately report any such abuse to the proper authorities.

Coach

\ 'kōch \

Noun

1. an athletic instructor or trainer; educator.
2. an experienced and trusted advisor; one who inspires knowledge, self-confidence, skill and confidence in an individual player or team. See 'MENTOR'
3. one who has a high level of self-discipline, expertise, patience, and leadership.

Top 11 things to remember when coaching softball

- 1. All the Players and Coaches Should Have FUN!**
- 2. Be Prepared for Practice and Games**
- 3. Have a Practice Plan AND a Game Plan**
- 4. Be Flexible Enough to Change the Plan If It's Not Working**
- 5. Enlist the Help of Other Parents**
- 6. Remember the "Compliment Sandwich"**
- 7. Keep The Players and the Action moving**
- 8. Teach, Don't Tell.**
- 9. Break Down Concepts/Drills into SMALL Manageable Portions**
- 10. Keep Your Sense of Humor at All Times**
- 11. Keep Your Sanity - It's Only a Game**

Thank you for
Coaching!