

Carlsbad Softball Association

Manager's Handbook

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THE CARLSBAD SOFTBALL ASSOCIATION BOARD OF DIRECTORS

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Board Member At-Large: Bob Kincade

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6 & Under Liaison: Karl Stern

8 & Under Liaison: Bill Birmingham

10 & Under Liaison: Michelle Pahl

12 & Under Liaison: To be determined

14 & Under / 16 & Under / 18 & Under: To be determined

President's Message ~

Dear Parents, Athletes and Managers:

"It's all about the girls". I first heard that phrase about 4-5 years ago when I started getting involved in the league. I've probably heard it a hundred or more times since. The thing is...I usually hear it when things are going badly in one respect or another. When two coaches are arguing over something silly for an extended period, I'll finally hear someone say, "C'mon coaches, it's all about the girls!" Or when there's controversy at a Board meeting or parents are upset for one reason or another someone will eventually proclaim, "Remember, it's all about the girls". That got me to thinking about why we have to wait for tempers to flare or things to go wrong for that phrase to be brought out. Why not be preemptive and make the phrase "It's all about the girls" a part of our everyday Carlsbad Softball routine? Better yet, why not make it our anthem, our catch phrase, our motto, our CULTURE! What does "It's all about the girls" actually mean? It means that everything we do as a Board, as managers, coaches, team moms and parents is all about making softball the most fun, educational and rewarding experience as possible for our daughters. It means that we are out here for a greater purpose than teaching these girls hitting technique or how to catch and throw. We are here to teach our girls the more important lessons in life such as sportsmanship, teamwork, spirit and leadership. Those are the lessons that sport in general teaches, and it is our duty as a league to do EVERYTHING we possibly can to present these lessons to the girls of Carlsbad Softball.

So I'm proclaiming here and now that it is MY PERSONAL MISSION to make Carlsbad Softball 2007 the year of "It's ALL about the GIRLS!" You are going to see that phrase everywhere. It will be on buttons, tee shirts, and banners! Your managers and team moms will be talking about it. And coaches will be promoting *Carlsbad Commitment!* Your girls will be coming home bragging about the stars on their helmets that they received for doing something exceptional in the area of Character, Attitude, Respect, Leadership, Sportsmanship, Behavior, Action or Determination. The acronym CARLSBAD will take on new meaning that the girls of CSA can carry with them as they grow.

So keep your eyes out for "Carlsbad Softball: It's ALL about the GIRLS" gear on sale at opening day and throughout the season. The proceeds will go to the CSA Scholarship fund

So get on board, join the fun and get ready for the 2007 spring season. And remember this:

Carlsbad Softball: It's ALL about the GIRLS!

Sincerely,

*Jeff Schneider
President
Carlsbad Softball Association*

INTRODUCTION

This handbook should be used as a guideline to coaching a girl's youth softball team within the Carlsbad Softball Association. Please note that each season may implement new philosophies and/or requirements and that this handbook is intended for the **SPRING 2007** season. As a coach, it is your responsibility to take the time to carefully read through this handbook, regardless of whether or not you have coached for CSA in the past. It has been prepared with valuable information designed to aid in your success as well as inform you of CSA policies and procedures.

THE CARLSBAD SOFTBALL ASSOCIATION

MISSION STATEMENT

The Carlsbad Softball Association has been established to provide an opportunity for all girls in our community to play fast-pitch softball. We strive to create an atmosphere for informed instruction, to demonstrate sportsmanship and good character. Another equally important goal is to provide an enriching experience of competition through the respectful interaction of players, parents, coaches and youth athletes that participate in our program.

THE MANAGER

The manager is the heart of our league. The ultimate responsibility for both player and team development falls upon our managers. Over the four-month season, each player's experience of the Carlsbad Softball Association will be shaped and formed by their manager. It is imperative that all managers act as positive role models for their players, demonstrating competency, respect and good sportsmanship. Managers must understand the value of a positive learning environment by exhibiting patience and encouragement as these young girls develop and improve their skills.

The manager may be the only league official with which our parents and players come in contact. Thus, it is important that managers do their best to create a positive rapport with parents as they responsibly execute and support league policies. Without a doubt, managing may be one of the most difficult and important tasks within the organization; however, few positions are more rewarding. Recognizing this position as a major responsibility, the CSA board, manager coordinators, and other managers are available to assist you in any way that is needed. Whether it's help in finding assistant coaches, learning new training techniques, or developing players, feel free to ask for help if you need it.

COACHING CLINICS

CSA requires that every manager attend the coaches clinics scheduled at the start of each season. These clinics will present pertinent information to those who do not have previous coaching experience, as well as provide updated information and techniques for our veteran managers. Comments or suggestions from managers regarding the usefulness of these clinics are encouraged and should be directed to the CSA Board.

PLAYER CLINICS

For those players interested in developing or improving pitching techniques, CSA provides a pitching clinic available to all players. A CSA pitching coach will conduct this clinic one specified evening per week during regular season.

Additionally, player clinics will be available for those girls wishing to improve their skills in rule comprehension and various player positions. These clinics are highly recommended for 8 and under players and those new to girl's fastpitch softball. Further information about these clinics will be announced as the season progresses.

UMPIRES

On all occasions, CSA believes the umpire has complete authority once a game begins. At no time will CSA representatives or league officials intervene at the request of a player, manager, or parent to approach an umpire about an on field ruling. Managers must remind players, parents, and team supporters that the umpire must be treated at all times with respect and courtesy. Should a manager wish to discuss an on-field ruling, the manager should ask for clarification on the ruling. Please do not waste the umpire and player's time unless you know the rules and have a copy of them with you.

JUNIOR UMPIRES

Junior umpires will be utilized for 8 and under and 10 and under. Junior umpires are extremely experienced 12 year-old who possess adequate umpire training as well as experiential knowledge of the game. All junior umpires are supported by a qualified sponsor, which offers assistance throughout each game. Managers should bear in mind that while experienced, these junior umpires are *not* paid professionals, but rather young girls who are doing their best to call a fair game. Managers are asked to prevent any player, parent, or fan to berate, openly criticize, or otherwise harass any of our junior umpires. It is important to remember that managers are ultimately responsible for their own conduct, as well as the conduct of other coaches, players, and parents. MOA umpires will be hired for 12 and under and 14 and under.

ALL STAR TEAMS

Manager and an all-star committee execute recommendations for all-stars players. These recommendations are implemented through an evaluation of each girl's play throughout the season, followed by a series of discussions and/or evaluations by the managers and committee. The committee and managers finalize the team through a voting process.

T-BALL (6 & UNDER)

This division introduces softball to very young girls who have likely never played softball and whose skill and coordination are just developing. A ball is hit off a tee for a majority of the season, and possibly all, of the season. Players are taught the very basics of how to throw the ball, field a grounder, swing a bat, and which way to run the bases. No scores are kept and everyone bats every inning and plays the field. T-Ball games are on Saturday mornings and start with a 30 minutes workout (mini practice) followed by a game with the other team sharing the field with them. Time permitting games should be 2 innings in length.

8 AND UNDER

This division seeks to explain and demonstrate the sport of softball to its players by introducing a greater elaboration of game rules. Players begin to pitch for themselves, and are also assisted with the help of a coach's pitch if necessary. Emphasis is on good fundamental throwing, fielding, and hitting skills and all players are encouraged to develop something of a sound pitching motion. Advanced skills are generally not taught here but coaches are encouraged to introduce other skills such as bunting, sliding, and stealing. The season is normally 12-14 games in which scores and standings are not kept. This is followed by a round robin or elimination tournament. Positions are rotated and everyone bats while run limits and other special rules are imposed. Games are normally 3-4 innings in length.

10 AND UNDER

Fundamentals are still emphasized here but some competitive spirit begins to show among the players in this division. More advanced rules are introduced and pitching development is a big priority. Some finer points of hitting are developed and bunting becomes part of the game. Base running skills and team defensive play are introduced, while basic throwing; fielding, and hitting skills are reinforced. The season length is normally 14-21 games plus a pool play post-season tournament. Scores and team standings are not kept and everyone bats in the order. Position rotation is used and run limits and a few other limitations to the game are imposed. Games are normally 4-5 innings in length.

12 AND UNDER

While strong advanced skill development, team play, and fun are still the emphasis, the girls become noticeably competitive. Pitching development, developing more than one pitch with pitchers is encouraged. Advanced hitting, bunting, and base running techniques are taught. Team play is emphasized on defense while a consistent demonstration of fielding fundamentals is now the goal. The full complement of ASA rules is in effect. The season is nominally 16 games plus a pool play post-season tournament. Scores and team standings are not kept and everyone bats in the order. Games are normally 5-6 innings in length. All other ASA rules are in force.

14 AND UNDER

This more competitively oriented division is comprised of many players who may be advancing to high school play or playing for competitive travel teams. The goal is to get these players ready for this level of play. Pitchers have probably been at it for a few years and pitching strategy and throwing more than one pitch is emphasized. Advanced team play and offensive and defensive game strategies are taught and executed. The season is normally 16 plus a pool play post-season tournament. Scores and team standing are not kept and everyone bat in the order.

ORGANIZING AND RUNNING YOUR TEAM

The following will provide the basics you need to organize and field a team. It won't tell you everything, because, frankly, like those who have gone before you, you will realize that it is the experience of taking the field and coaching that will make you a coach. Remember one thing, the making of a great coach is one who keeps an open mind and learns from his/her experiences. Here are some basics you need to know.

DEVELOPING A COACHING PHILOSOPHY

A coaching philosophy is a belief in the way your program should be run and it is important to have a solid and consistent philosophy. That philosophy will guide you though your most important and difficult decisions and situations, but more importantly it will guide you with a confidence that you are "on the right track".

In developing a coaching philosophy, you should realize that with your position comes the power to influence those you teach. Developing a coaching philosophy shouldn't be done overnight. You should gather different views of coaching, trying different approaches and techniques to see what works for you. You may have to throw out certain beliefs you had or reinforce others. Use your experiences but don't think that your experiences alone are sufficient. Reading literature and attending coaching seminars will be very rewarding.

Everyone's philosophy of coaching is slightly different but all have certain principles in common. In developing a good coaching philosophy you might consider some of the following principles:

- **Be yourself.**

Everyone has a preconceived notion about what a coach is like. The fact is, there is no prototype. Good coaches come in all shapes and sizes and with just about every conceivable personality. If you're funny, *be funny*, if you're laid back, *be laid back*, if you're a strict disciplinarian, well...

- **Practice the way you play**

This concept is borne out season after season after season. If players approach practice in a nonchalant way of hustle, that is exactly how they'll play. If, on the other hand, their warm-ups and drills are snappy and focused, their performance in the game will be awesome.

- **Teamwork, Sportsmanship, and Leadership**

These are some of the most valuable qualities that youth sports have to offer and most kids have very few other places where they can develop these traits. These attributes lead to the development of trust, reliance, honesty, and fair play.

- **Making a Contribution creates a sense of belonging**

A girl that has just struck out for the ninth or tenth time is not having fun. A girl that sees her teammates running the bases, scoring runs, and making plays while she makes no contribution feels as if she doesn't belong. This is a girl who will quit. It doesn't matter how kind and supportive you or her parents are, you can't fool her, she knows better. But a girl who is helping the team and contributing to its success will feel like she belongs with that team. This girl will return to play another year.

- **Develop a Winning attitude**

The importance of winning is not in the win itself, but in the wanting to win and trying to win. A winning attitude is one of the things we are trying to develop in our young players. Our players should have the confidence that they can win and the desire to want to win. They should be able to experience the elation and pride that comes with winning without feeling ashamed of losing.

- **"Fun" is in the "Fun"amentals**

What is "fun"? Fun is that thing that everyone wants but no one can define. It's different for girls and boys, for T-Ballers and High schoolers, for coaches, parents, and players. Some things we all have in common. It's fun to overcome a challenge. It's fun to be a part of a team. It's fun to contribute. It's fun to win. The best way to accomplish all of these things is through the fundamentals. You can't create fun artificially. Give the girls the tools they need to accomplish, to contribute, to win, and they'll make their own fun.

THE TEAM MEETING

At the first practice, take some time out to have your first team meeting. This is the first chance most of the players have to meet you and each other. A successful first meeting will lay the groundwork for a great team environment. A sample outline is provided below with some tips:

- Have the meeting during your first break, sit in a circle out in the grass (if it is dry)
- Include only players at the meeting
- Have each player introduce herself (and any nickname they prefer to go by) and encourage each one to share something interesting about herself (favorite pet, food, etc.)

- Say something positive about each one as they finish (great pitcher, strong arm, good bat, very fast, etc.)
- Review the player's rules with team and answer any questions they might have.
- Tell them their team color and have them come up with a name, do this last as you may have to come back to it at the next practice.
- Get them in a tossing drill that requires them to call out each others names before throwing the ball to them.

THE PARENT MEETING

The most important meeting you will have during the year is the Parent meeting. This is the first chance most of your parent's have to meet you and you want to give the impression that you are organized, prepared, and enthusiastic. This will go along way in gaining the support and assistance you need from your parents. A sample meeting outline, here are some tips for a successful meeting:

- Prepare a team roster, practice schedule.
- Copy and assemble any handouts and flyers.
- Discuss your managing philosophy and objectives.
- Review the team rules and your practice & games routines.
- Discuss uniform and equipment issues; answer any questions they have about equipment.
- Solicit your parents for assistant coaches, team parents, and scorekeepers.
- Go over handouts and flyers, if you passed them out.
- Answer any questions as you can.

A GOOD TEAM PARENT IS HARD TO FIND

There's no substitute for a good team parent. There will be a meeting for all team parents before the start of the season. We suggest that each team have a primary team parent and another parent who can assist. So that responsibility can be shared among a few, rather than allotter to one individual typically, the team parent is responsible for the following:

- Creating (or assisting girls in creating) a team banner for the contest on opening day.
- Creating a snack schedule for after games.
- Ensuring that a female over the age of 18 is present at all functions.
- Communicating with parent about all upcoming events.
- Assist in dugout, to keep order, assist with the lineup and equipment. Make sure girl remain in the dugout during the game and not off visiting family or friends between innings. Make sure girls have water for hydration.
- Ordering trophies and thank you plaques for manager and coaching staff or other items your team agrees upon.
- Preparing end of the season party.

The key is communication. Email is great source of communication.

RUNNING A PRACTICE

Games are fun, but practices are where the work gets done. You only have one month, or eight practices, before your first game and in order to get your players ready you must be organized. Here are some basic points on coaching practices:

- **Start the first practice on time**
And every one after that. The players and parents will get the message and will get with the program. Late arrivals will have to make-up their stretching, laps, and warm-ups before participating.
- **Have an adult female present**
This is a league requirement for any team function.
- **Give your players enough time to get ready**
It's a good idea to start with stretching exercises before the exercises start. Exercising without proper preparation can overextend even young muscles.
- **Have a script**
Simply, plan in advance what you are going to do in the first practice. You should have a practice plan prepared for each practice. The practices should have some repeatable structure that the players can get used to but enough variety in the skills so practices do not become boring.
- **Spend a little time on everything**
You should be able to spend time on hitting, catching, throwing, fielding and base running at every practice. In addition you should find time for your pitchers and catchers to get some instruction and throwing time.
- **Get your assistants on the same page**
Don't do it all yourself. If you don't have assistants recruit them. Don't be bashful. They wouldn't be there unless they are interested. Explain to them by example what you want the players to do and what they should look like doing it.
- **Keep each drill short**
For the younger girls, T-Ball & 8 and under, 10 –15 minutes is plenty long enough. Older players will need to go 20 – 25 minutes in order to get an explanation and enough repetitions to sink in.
- **Keep correcting mistakes**
Don't let them reinforce bad habits by allowing them to repeat the same mistake over and over. Correct them on the spot, then correct them again. When correcting multiple times don't nag, use a little humor, as long as you don't appear frustrated the players won't be either.
- **Tell them when they done it right**
Now that you've corrected them over and over again, let them know they finally get it right. Praise them for a job well done or an accomplishment that was long time coming.
- **Keep them moving**
Standing around invites disorganization. If you have assistants, have multiple drills (stations) going and have the girls rotate to the next station or drill on your call. Don't be hesitant to suspend the drill and call for running laps.
- **Give your players breaks**
Particularly in hot weather, be sensitive to the impact of the sun and heat on your players. You should have a couple water breaks during a practice. You may also use these down times to go over strategies or to review the coach's signals.
- **Finish with some fun**
Things shouldn't be all work. There are several games the girls always love to play that serve as useful drills. Relay races, hit-the-bucket, etc. are great ways to end a practice.

MANAGING A GAME

Games should be fun and exciting. This is what the players and parents look forward to and it's the games that will be remembered—good or bad. While it's important that managers *always* model positive behavior, game day presents an important opportunity to demonstrate organization, respect, patience, and good sportsmanship. Some tips below might help you to have a more enjoyable game.

- **Review bench and field behavior before the first game**

Emphasize good sportsmanship, fair play, respect for the umpires, and respect for the opposing team. Review what is and is not appropriate cheer, an appropriate cheer being that which is positive and directed at our own player only. Remind them to stay in the dugout during the game.

- **Establish a pre-game Ritual**

Set a time before the game that you want the players there and enforce it. Plan out a pre-game routine that you will follow game after game. This puts the girls at ease and let's them know what to expect on game day. It will allow you, the players, and your coaches to relax and not seem rushed.

- **Set your line-up in advance**

This sounds pretty basic but lots of managers do it just before the game. If you have an assistant coach work the game make sure they have your lineup in advance. Ask your players to signal who will not be at the game, by raising their hands. Also, ask if any player thinks they may be arriving late. Get your scorekeeper the book and lineup as early as possible. That's one less thing you have to worry about.

- **Include in your warm-up things you need to work on**

You don't have many practices during the season, so after your warm-ups include in your routine some time to work on or talk about something you need to improve on from the last game.

- **Let the players relax before the game**

Once you've finished your pre-game routine, make sure there are 5-10 minutes left for the team to relax in the dugout, or go to the restroom. Pitchers should be warming up during this time so that they are peaking when the game starts.

- **Get a bench coach**

Ask a parent to act as a "bench coach" to keep order on the bench and to assist the girls with the lineup and equipment. Keep the players in the dugout during the entire game and not off visiting family or friends between innings.

- **Instruction during the game is important**

Because practices are limited, use the games to teach your players. Shouting defensive instructions to the players on the field is fine. Shouting criticism or corrections at a specific player is NOT. Players usually know when they've made a mistake, take the player aside in between innings and discretely correct them.

- **Don't lose control**

Remember that your first game is also your players. The parents will be watching how you conduct yourself as much as they will watch their players perform.

- **Know the rules**

Sounds like another basic thing, but you would be surprised how much more relaxed, calm, and confident you are when you have command of the situation and know what the umpires are doing.

- **Send them home feeling good**

In your post-game talk (and you should have one, don't let anyone run off early) focus on all of the good things they accomplished. Point specific players out and remark on their game everyone like to hear how well they did.

- **Save the criticism for next time**

Don't direct criticism at a particular player, especially during the post-game talk in front of the parents. Take time to go over the game later, decide what problems areas you want to address, and hit them with it at the next practice or pre-game.

EQUAL PLAYING TIME

This is a recreational program and therefore, everyone must play in every game. Remember that we are trying to develop players. Give players the opportunity during the regular season to play different positions. You might be surprised what you find out by doing this.

PARENTS

It is a rare coach indeed who doesn't encounter a disgruntled parent or player sometime during the season. As a volunteer, the last thing you may want to experience is an argument with someone who, you might feel, doesn't appreciate the sacrifice you are making for his or her child. So don't—the aggravation will be all yours. Believe it or not, despite their apparent boldness, they are probably more nervous than you are. If you listen to them patiently while they express their concerns or grievances, and demonstrate compassion and an appreciation for their candor, they will feel like they have accomplished what they wanted. Most parents just want to air out their concerns, it makes them feel better. Remember, you need to work with these people for the rest of the season and you don't want a small problem festering and turning into a big problem. If the problem persists and you feel you can't handle it without getting into a protracted argument or if the problem is one of parental misconduct, please contact your manager coordinator immediately.

PLAYERS

Whenever an adult interacts with a child, the potential for hurt feelings is ever present. Let parents know that you are aware of this potential, and encourage them to let you know if their child is having such feelings. It is your responsibility to rectify the situation as efficiently as you can, so that the rest of the season is not tarnished by a single incident. It may be a simple case of miscommunication or a mistake on your part. Either way, since you will be coaching this player for the remainder of the season, it is best you make peace with the player yourself.

A disruption of practice is a problem that needs to be addressed immediately and generally a friendly reminder or two is enough. It is fairly uncommon in girls' softball to have a player that is truly a discipline problem; however, if this is the case, and a simple discussion has not resolved the issue, talking with the parents is the next recommended course of action. Benching a player is an option; however, the parents should be made aware of any problem warranting a benching before this punishment is used.

SPECIAL RULES OF THE GAME BY DIVISION

Player skill and understanding develops with experience and age. For this reason, certain rules change as the girls develop their skills and move from division to division. Below you will find the rules of play, which are different in each group. You should stress the differences to the girls in your practices.

8 and Under

8U Rules, Spring 2007

1. **Game time:** Games are 1 hour, 15 minutes with no new inning started after 1:15 (or as determined by the scheduler) If time runs out and home team is ahead (but hasn't batted yet) they will not get their last at-bats. If home team is at bat when time runs out they can complete their batting until 3 outs, or 4 runs. If time runs out while visiting team is batting and the home team is unable to complete the inning, the score reverts back to the last complete inning. If home team is batting and drop dead time is reached, and home team has gone ahead or tied the game during this final at bat, the scores are valid and the inning is considered complete.
2. **Four (4) run maximum per inning:** The inning is over when 4 runs score and any runs scored after the 4th don't count.
3. **Ten (10) players are allowed on the field for defense:** The 3 main OF positions (LF,CF, & RF) must start with at least one foot on edge of grass when ball is pitched. The 10th player, or 4th outfielder must begin each play either "behind" 2nd base, or outside the base paths until ball is hit.
4. **Pitching:** A player will pitch to all batters each inning. 5 warm-up pitches per inning for pitchers. Players will pitch until the ball is hit, batter is out, or they have pitched 4 balls. If there are 4 balls pitched to one batter, the batters coach (or someone the coach chooses) will come in and assume the count. (EXAMPLE: if the count is 4 balls and 1 strike, the coach will come in and continue until the ball is hit or the batter has 3 strikes). Each pitch from the coach is considered a strike whether the batter swings or not. With two strikes, batter may foul off pitches and receive another pitch from the coach. Coaches can pitch from anywhere inside "pitching circle". No base on balls (walks) will be allowed during the first 2/3 of the season. During the regular season, "coach pitching" will be in place for the first 2/3 of the season. The last 1/3, coach pitching will be eliminated and batters will receive a walk/base-on-balls if they receive 4 balls during their at bat. **However**, if the bases are loaded and the batter receives a walk, regular coach pitching will occur in that situation. The goal is that no base-runners will be forced home as a result of a base-on-balls.
5. **More pitching:** Pitchers can pitch a **maximum of 2 innings OR 6 outs per game** during the regular season. If an inning is ended due to 4 run maximum rule, the pitcher during that inning is credited with a full inning pitched. If a pitching change was made during the inning and the 4 run rule is met, the starting pitcher of the inning is credited with 2 outs, and the pitcher that finishes the inning is credited with 1 out recorded. If 3 pitchers appeared in a single inning and the 4 run rule was met, each pitcher is credited with 1 out recorded.
6. **Pitching Defense:** During "coach pitch", the player in the pitchers position must start with at least one foot inside "pitching circle" until the coach releases the pitch. The pitcher/player that issues "ball 4" to a hitter, cannot be moved to another defensive position in the field until the current at bat is completed. A pitching change can not be made after a "ball 4" is issued and before the coach pitch and at bat is completed. If a pitching change is made during an at bat before "ball 4" is issued, the pitcher that started

the at bat is credited with the out. If a pitching change is made during an at bat, the pitcher that is pulled cannot re-enter the game until the next full at bat is completed (assuming they have not met the 6 out or 2 inning limits).

7. **Playoff Pitching:** During the playoffs, pitching rules for the last 1/3 of the season apply. Coach pitching will be eliminated except in the event of a bases loaded situation. Also, during the playoffs, pitchers can pitch a **maximum of 3 innings OR 9 outs per game.**
8. **Round robin batting will apply:** All players will bat in their assigned order. If a player must leave before the end of the game, her spot will be skipped with no out recorded. If a player arrives late and her spot has already batted, she will be placed at the end of the batting order. If a player misses her spot due to a temporary injury, she may return to that spot without penalty.
9. **Bunting** off a player's pitch will be allowed, but not off a coaches pitch.
10. **Stealing** will not be allowed the first 2/3 of the year. Stealing is allowed the last 1/3 of the season. When base stealing is implemented, runners can steal only 1 stolen base per batter, and home plate is frozen. Runners may not advance on an overthrow from the catcher.
11. **Leading off:** The runner can lead off only after the ball leaves the pitcher's hand. If the runner's foot leaves the bag early, the umpire may call the runner out.
12. **A batter hit by pitch** has the option of continuing to hit or take first base. If in the judgment of the umpire the batter does not make an attempt to avoid the pitch it may be called a ball (per ASA rules). Pitches that bounce and hit the batter are still considered "hit by pitch" (per ASA rules). Upon hitting the batter the ball is considered dead and stealing runners (if allowed) must return to their bases.
13. **Overthrows:** The runner may only advance one base on an overthrow to first base. All other overthrows on a batted ball are considered "live" and runners may advance at their own risk. Exception: Please see rule on throws to the pitcher below.
14. **Baserunning:** Runners CAN NOT advance to next base on an errant throw from an IF or OF position to the pitcher. The ball is dead and runners that "have not committed" to advancing to the next base will be sent back (commitment to the base is beyond the bag and at least 3 steps into advancing to the next base).
15. For instructional purposes, **2 coaches may join their team when they take the field on defense** (one in the OF behind the shortstop and 2nd base players). One coach can also play behind the catcher to assist with missed pitches. This is to keep the game moving along and give the players more playing time. This will occur only during the regular season, and will be eliminated during the playoffs.
16. **Every player will be rotated to a different position** each inning during the first half of the season (with the exception of the pitcher who can play 2 consecutive innings as pitcher). A player can not be "on the bench" when their team is playing defense for 2 consecutive inning based on coaches discretion. Coaches have the option to move to a more consistent defensive line-up during the second half of the season, however a player still can not be on the bench 2 consecutive innings.
17. **Equipment:** Players need gloves, jersey, hats, shorts, socks, cleats (for safety purposes), compression shorts, and slider (if sliding).
18. **CSA Junior Umpires will be used. Please respect these young umpires at all times.**
19. **All jewelry and metal hair clips must be removed before the beginning of the game.** Earrings must be removed or taped over if need be. Jerseys must be tucked in before coming to bat, and it is preferred that hats our worn when players are in the field on defense.

10 and Under

1. **Time limit** – 1 hour 20 minutes (no new inning after 1hr & 20 mins.)
2. 6 run rule per inning – no open innings.
3. **No dropped 3rd strike.**
4. **Stealing** 1 base per pitch.
5. **Pitching limits** – 9 defensive outs. (3 innings) 5 warm-up pitches per inning.
6. **Home Plate is frozen**

12 and Under

1. **Time limit** – 1 hour 30 minutes. (No new inning after 1 hr. & 30 min.)
2. 6 run rule per inning.
3. **Dropped third strike rule in effect.**
4. **Pitching limits** – 12 defensive outs (4 innings). No pitching limits for Division 3.

The Dropped 3rd strike

In CSA, the dropped 3rd strike applies to Divisions II & III only. A batter has the ability to reach first base if a pitched ball resulting in a 3rd strike touched the ground before reaching the catcher or is “dropped by the catcher. Once this occurs, the catcher must either tag or throw out the batter. Should the runner reach first base without being tagged or thrown out the runner is considered safe and no out is recorded. Here are some things to remember about the rule.

- If there are less than 2 outs, 1st base must be unoccupied for the batter to proceed.
- If there are less than 2 outs, and 1st base is occupied, the batter is called out on strikes.
- If there are 2 outs, the batter may proceed in any case.
- If there are 2 outs, and 1st base (or more) is occupied a force play is in effect.

Coaches should continually remind their catchers of this rule during game situations where the count is at 2 strikes and 1st base is unoccupied or there are 2 outs.

Ball in the pitchers circle/Look back rule

Any base runner can advance to any base they wish to, however, they cannot stop after rounding a base and then give any indication that they will again advance, while the ball is in the control of the pitcher within the pitchers circle without being declared as out. Here are some things to remember,

- The pitcher must have control of the ball within the pitchers circle.
- The runner must be off the base.
- If the runner stops after rounding they must immediately return to the base they came from.
- Any fake, feint, or attempt to proceed will be called out.
- A hesitation on the part of the runner is sufficient to be called out.
- If the pitcher makes a play the runner is free to go. A play is defined as any movement of the hand or arm towards the runner or fielder. It is a judgment call by the umpire.

CARLSBAD SOFTBALL ASSOCIATION CSA CODE OF CONDUCT

The CSA Code of Conduct below applies to all persons who are involved in the league including, but not exclusive to, players, managers, coaches, parents and spectators.

I agree to abide by the following CSA Code of Conduct:

- Be courteous and respectful at all times to all persons.
- Exercise self control in my interactions with others, both on and off the field.
- Respect the integrity and accept the judgment of all officials.
- Not engage in excessive criticism or negative comments directed toward players, coaches, or officials.
- Not coach from the bleachers.
- Remain in the dugout as a coach and manager, as appropriate.
- Refrain from the use of foul and abusive language
- Provide a positive and safe environment for all players
- Maintain reasonable and appropriate relationships with players, coaches, and parents at all times, both on and off the field.

Depending on the nature of the offending activity or multiple activities, persons who do not abide by the CSA Code of Conduct may be subject to any of the following actions:

- The offending party may be asked by a board member to leave the premises.
- Suspended from attending or coaching one or multiple games or practices, as determined by the CSA board.
- Suspended from attending or coaching games or practices for a specific period of time, as determined by the CSA board.
- Any other disciplinary action felt to be reasonable as determined by the CSA board.

GRIEVANCE PROCEDURES

Please see the current Carlsbad Softball Association grievance policy at our web site, www.carlsbadsoftball.com.

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