



**COTTAGE GROVE ATHLETIC ASSOCIATION INC
SOFTBALL DIVISION RULES OF PLAY
REVISED NOVEMBER 2024**

- I. NAME
- a. This organization shall be known as the Cottage Grove Athletic Association, (CGAA) Incorporated, Softball Division.
- II. OBJECTIVE
- a. The purpose of the Softball Division is to provide recreation and education for the youth of Cottage Grove in the field of Softball.
 - b. To instill the ideals of good sportsmanship, honesty, loyalty, and courage so they may be finer, stronger, and happier children and will grow to be proud and confident adults.
- III. MEMBERSHIP
- a. Any adult resident of the City of Cottage Grove, with a child registered in the softball program shall be a member and have voting privileges in the Softball Division.
 - b. Any adult volunteer, resident or non-resident, active with the softball program shall have voting privileges in the Softball Division.
Definition of Active for Article III, Section B:
 - i. Current Member of the Board of Directors
 - ii. Commissioner of a League
 - iii. Head Coach or Assistant Coach
 - iv. Child(ren) are registered in the softball program
- IV. PLAYER ELIGIBILITY
- a. For participation in the CGAA Softball program, players must meet the following eligibility requirements:
 - i. For participation in the In House leagues, all players must live within the Park High School or East Ridge High School attendance boundary as defined by School District 833.
 - ii. For participation in the Traveling program, players who live outside of the Park High School attendance boundary (as defined by School District 833) may play for CGAA Softball but must meet certain requirements:
 1. 8U, 10U and 12U players may play for CGAA Softball without requesting permission, provided they have a history of playing for CGAA Softball only.
 2. 14U, 16U and 18U players must indicate that they live outside the Park High School attendance boundary during registration and intend to play for CGAA Softball.
 - a. A completed boundary form must be submitted to the Director of the Traveling League PRIOR to tryouts (see appendix for a copy of the Boundary Form).
 3. For participation in a CGAA Softball sponsored or endorsed club team, 14U, 16U, and 18U players from any community are eligible to tryout and play. Club teams are considered an open team.
 - b. Children of active non-resident volunteers are eligible to play in the CGAA Softball Division as long as they meet the league registration requirements (also, any family where at least one adult member has been active in the CGAA Softball Division and a resident of

the City of Cottage Grove and moves to another community, the child(ren) will be allowed to continue participation in the softball program as long as an adult member of the family remains active in the softball program.

- c. Team Formation will be decided by the following:
 - i. In House: T-Ball & Pitchball
 - 1. Players will be placed by their school, neighborhood and by their age if by registration deadline.
 - ii. In House: Peewees, Rookies, Minors, Majors
 - 1. Specialty players (pitchers & catchers) are divided equally among the number of teams at the respective level.
 - 2. Placement by age, experience for all players registered by the deadline.
 - 3. Players registering after the deadline and/or after teams are formed will be placed according to the number of players per team to balance the number of players.
 - iii. Traveling Program
 - 1. 8U players are placed by an annual evaluation.
 - a. Teams will be formed based on evaluations and skill level.
 - 2. 10U – 18U players are placed by an annual tryout (see appendix for the Traveling Tryout Process and Team Formation process).
 - a. Green –
 - b. White –
 - c. Black –
 - d. Silver –
 - 3. CGAA Softball sponsored or endorsed club team players are placed by an annual tryout.

V. GOVERNMENT

- a. The CGAA Softball Division shall be under the supervision of a President and a Board of Directors, whose duty is to manage the organization subject to the will of the Membership and Bylaws of CGAA INC.
- b. The Board of Directors shall consist of a maximum of sixteen (16) elected or appointed officers and the Past President. Only currently seated Board Members shall have voting rights at Board Meetings with the exception of the Past President and the Member in Training.
 - i. President
 - ii. Director of In House & Women's Leagues
 - iii. Director of Traveling
 - iv. Secretary
 - v. Treasurer
 - vi. Director of Communications
 - vii. Director of Tournaments
 - viii. Director of Player Development
 - ix. Director of Fields and Administration
 - x. Director of the Minnesota Pride
 - xi. Equipment Manager
 - xii. Director of Events & Promotions
 - xiii. Two (2) Members at Large
 - xiv. Past President – (non-voting position)
 - xv. Member in Training – (non-voting position)
- c. Director of the Minnesota Pride shall consist of one (1) appointed officer who shall be appointed in the month of June.

- d. Member in Training shall consist of an appointed person or persons to work side by side with an outgoing Board Member to learn the position and responsibilities of the role the Member in Training will assume.
- e. Any voting member or resident adult volunteer, who previously had child(ren) registered in the softball program, who left CGAA Softball in good standing, may serve in any Board position except the position of President.
 - i. The President must be a Cottage Grove resident in accordance with the CGAA Inc. Bylaws and have previously served on the CGAA Softball Board of Directors in an elected or appointed position prior to serving as the President.
 - ii. Non-resident families wishing to serve on the current Board of Directors in any capacity, with the exception of the President shall be subject to Board approval.
- f. The General Membership shall vote each year in August to elect Officers to positions on the Board. The elected Officers will assume their positions on the first day of September of the current year. Notification to the General Membership of open Board positions will take place annually in July.
 - i. If any ties occur during voting, the tie will be broken by a single vote from elected Board Members not on the ballot in this order:
 - 1. President
 - 2. Vice President
 - 3. Director of In House & Women's Leagues
 - 4. Director of Traveling
 - 5. Secretary
 - 6. Treasurer
 - 7. Director of Communications
 - 8. Director of Events & Promotions
 - 9. Director of Player Development
 - 10. Director of Fields and Administration
 - 11. Director of the Minnesota Pride
 - 12. Director of Tournaments
 - 13. Equipment Manager
- g. Any vacancy, except Past President, shall be filled by interim appointment by the Softball Board. The appointed Officer shall hold that position until the next annual election.
- h. All elected or appointed Board positions shall be for a two (2) year term, except for the Vice President.
 - i. The following positions will be elected in even numbered years
 - 1. President
 - 2. Director of In House & Women's Leagues
 - 3. Treasurer
 - 4. Director of Events & Promotions
 - 5. Director of Communications
 - 6. Director of Traveling
 - 7. Director of Player Development
 - 8. Member at Large I
 - ii. The following positions will be elected in odd numbered years
 - 1. Director of Fields & Administration
 - 2. Secretary
 - 3. Director of Tournaments
 - 4. Equipment Manager
 - 5. Member at Large II
 - iii. The following position will be appointed in the month of June in odd numbered years and assume the role in the month of July.
 - 1. Director of the Minnesota Pride

- iv. The Past President position must meet the following criteria:
 1. The Past President must have held the office in the prior Board term.
 2. The position is a one-year term, maximum.
 3. If there is not a President that has left office at the end of the prior Board term, the position will be left vacant and cannot be appointed.
 4. A President removed from office for any reason is not eligible to hold the Past President position.
- i. Duties and responsibilities of elected Officers:
 - i. The President shall:
 1. Preside over all meetings of the General Membership and Board of Directors.
 2. Represent the Softball Division at all CGAA INC. meetings.
 3. Be a member ex-officio of all Division Committees.
 4. Establish ad hock committees, as necessary.
 5. Enforce all laws, rules, and regulations of the Division.
 6. Committee Membership includes but not limited to:
 - a. The President may choose to sit in on any committee as the situations dictates.
 - ii. The Vice President shall:
 1. Perform all of the duties of the President in the absence of the President.
 2. Assist the President in performing any duties assigned to the President.
 3. The Vice President must be a member of the current Board of Directors.
 4. The Vice President shall be elected by a vote of the Board of Directors held at the September Board of Directors meeting each year.
 5. The Vice President's voting rights are based on their current position on the Board of Directors.
 6. Committee Membership includes but not limited to:
 - a. Team Formation Committee (In House & Traveling)
 - b. Coaches Selection Committee (In House & Traveling)
 - iii. The Director of the In House and Women's Leagues shall:
 1. Perform all of the duties of the President in the absence of the President and Vice President.
 2. Be responsible for organizing the In House League (Junior & Senior) and Women's League consisting of:
 - a. Rookies, Minors, Majors divisions and Women's League.
 - b. Oversee the formation of all teams within the league.
 - c. Organize and run all tryouts in any division where it is necessary.
 - d. Enforce all laws, rules, and regulations in the In House Junior & Senior and Women's Leagues (see appendix for the game rules of each division within the leagues)
 - e. Manage the background check process for all Head Coaches & Assistant Coaches
 - f. Assist in the scheduling of all umpires with the Umpire Director in all leagues.
 - i. In coordination with the South East Metro League (SEML).
 - g. Be a voting member of the Protest Committee.
 - h. Be a member ex-officio of all committees under their jurisdiction.
 - i. Work with the Treasurer, Director of Events & Promotions, Director of Tournaments, and the Director of Fields & Administration regarding logistics for the following:

- i. Annual In House Tournament
 - ii. All Star Game Tournament
 - 1. In coordination with the South East Metro League (SEML) Commissioners.
 - iii. Any expenses relating to the league(s)
 - j. Attend all South East Metro League (SEML) meetings, work with the Commissioners on creating practice/game schedules, facilitating the coaches meeting and all communications to the In House Junior & Senior League membership.
 - k. Respond to all In House Junior & Senior League and Women's League questions.
 - l. Bring any updates to the CGAA Softball Board of Directors.
 - m. Committee Membership includes but not limited to:
 - i. Team Formation Committee (In House)
 - ii. Coaches Selection Committee (In House)
- iv. The Director of Traveling League shall:
- 1. Perform all of the duties of the President in the absence of the President, Vice President, Director of the In House & Women's League.
 - 2. Responsible for organizing the Traveling Softball League.
 - a. Coordinate the Traveling Coaches Interviews and Selection Committee
 - b. Coordinate the annual Traveling Softball League Tryouts
 - c. Coordinate the Traveling Team Formation process and Committee
 - d. Attend all Tri County and Minnesota Softball Governing bodies meetings on behalf of CGAA Softball.
 - 3. Responsible for coordinating annual fall ball registration.
 - a. Recruits and selects fall ball coaches.
 - b. Register fall ball teams and submit entry fees.
 - c. Promote fall ball league to the In House Leagues, Traveling teams and Club team(s).
 - d. Submit completed rosters to all fall ball coaches.
 - 4. Responsible for coordinating dome ball teams and tournament teams.
 - 5. Enforce all laws, rules, and regulations of the Softball Traveling League.
 - 6. Be a voting member of the Protest Committee.
 - 7. Be a member ex-officio of all committees under their jurisdiction.
 - 8. Respond to all Traveling League questions.
 - 9. Committee Membership includes but not limited to:
 - a. Minnesota Pride Committee
 - b. Team Formation Committee (Traveling)
 - c. Coaches Selection Committee (Traveling)
- v. The Secretary shall:
- 1. Perform all of the duties of the President in the absence of the President, Vice President, Director of the In House Senior League, Director of the In House Junior League, and Director of Traveling League.
 - 2. Record the minutes of all CGAA Softball Board and General Membership meetings, distribute and publish copies of the minutes.
 - a. Ensure minutes are provided to the CGAA Main Board monthly.
 - 3. Be a member ex-officio of all committees under their jurisdiction.
 - 4. Co-Chair the Coaches and Volunteer Appreciation Dinner.
- vi. The Treasurer shall:

1. Keep all financial records, books and documents pertinent to the CGAA Softball Division.
 - a. Including all applicable Traveling League individual team budgets
 2. Prepare the annual CGAA Softball Division budget (income and expenses) for the approval of the CGAA Softball Board
 - a. Reviewed and voted in on the month of October
 3. Submit approved annual CGAA Softball Division budget to CGAA INC. Board
 - a. Due in the month of November
 4. Present a summary report for the disbursement of all funds at each CGAA Softball Board meeting or upon request.
 5. Be a member ex-officio of all committees under their jurisdiction.
 6. Work closely with the Equipment Manager and the CGAA INC Treasurer and Bookkeeper.
 7. Committee Membership includes but not limited to:
 - a. The Minnesota Pride Committee
- vii. The Director of Fields and Administration shall:
1. Be responsible for scheduling all the CGAA Softball games, practices, and batting cage times.
 2. Work with the City of Cottage Grove Park and Recreation Department in formation of a long-range field usage plan.
 3. Responsible for scheduling indoor training time during winter months.
 4. Responsible for umpire coordination for the CGAA Softball Division.
 5. Co-Chair the Coaches and Volunteer Appreciation Dinner.
 6. Chair the Rules Committee Meeting
 7. Periodically check on the conditions of all fields used by CGAA Softball and report any deficiencies, difficulties, or problems to the CGAA Softball Board and the City of Cottage Grove Parks & Recreation Department.
- viii. The Equipment Manager shall:
1. Be responsible for purchasing, distribution, storage, control and maintenance of all CGAA Softball equipment.
 2. Schedule equipment hand in/hand out for each season.
 3. Maintain an accurate inventory of all equipment in storage and distributed for insurance purposes.
- ix. The Director of Events & Promotions shall:
1. Be responsible for scheduling and distribution of all CGAA Softball team and individual pictures.
 2. Chair the In House Tournament working with the Director of the In House & Women's Leagues.
 3. Co-Chair the Coaches and Volunteer Appreciation Dinner.
 4. Be a member ex-officio of all committees under their jurisdiction.
 5. Co-Chair with the Director of Tournaments to coordinate concessions at all tournament sites.
 6. Coordinate and Chair all fundraising activities for both In House and Traveling leagues
 - a. Work closely with the CGAA Gambling Manager to approve all gambling fundraising activities.
 - b. Report all fundraising activities to the CGAA Softball Board.
 7. Be responsible for obtaining team uniforms and spirit wear for teams in all Leagues and Divisions.

- a. Team uniform samples shall be provided annually in the month of December for CGAA Softball Board approval.
 - b. Coordinate the scheduling of team uniform fitting events.
 - 8. Be responsible for ordering any team specific promotional materials (i.e. banners or signage).
 - 9. Be responsible for all awards and trophies that are handed out in conjunction with league championships, tournaments, and league participation.
- x. The Director of Communications shall:
 - 1. Be responsible for updating the program's website.
 - 2. Email updates to the current subscriber list.
 - 3. Maintain the Registration and Mailing List.
 - 4. Be responsible for informing the Membership of upcoming events through email and social media.
 - 5. Be responsible for coordinating Membership Surveys with the assistance of the Director of Traveling and Director of the In House & Women's League.
- xi. The Director of Player Development shall:
 - 1. Recruit coaches and players.
 - 2. Conduct Coaches and Players clinics.
 - a. Organize Coaches and Player clinics run by Park High School Coaches and Players.
 - b. Organize other outside clinics/clinicians as appropriate.
 - 3. Manage all aspects including staffing, planning and the administration of clinics and winter gym time.
 - a. Oversee pitching and catching Coaches
 - i. Schedules
 - ii. Compensation
 - b. Work with the Director of Fields & Administration to schedule space for clinics and winter gym time.
 - 4. Reports to appropriate Director regarding all training activities.
 - 5. Maintain communication between the Park High School program and CGAA Softball Coaches.
 - 6. Promote all activities of all clinics
 - a. Coordinate communication of activities with the Director of Communications.
 - 7. Committee Membership includes but not limited to:
 - a. Team Formation Committee (In House & Traveling)
- xii. The Director of Tournaments shall:
 - 1. Be responsible for all duties associated with running all tournaments hosted in the City of Cottage Grove by CGAA Softball.
 - 2. Coordinate and schedule DIBS volunteer sessions, and other help needed to run the tournaments hosted in the City of Cottage Grove by CGAA Softball.
 - a. Secure Tournament dates.
 - b. Advertise tournament.
 - c. Appoint tournament Umpire in Chief.
 - d. Acquire City permits and appropriate sanctioning (ASA, MMFL, MN Softball as examples).
 - e. Coordinate with appropriate League Director and Director of Fields & Administration for securing fields.

- f. Co-chair with the Director of Events & Promotions to coordinate concessions at all sites.
 - 3. Coordinate and schedule volunteer schedules through DIBS
 - a. Ensure DIBS are marked as completed within NGIN
 - 4. Committee Membership includes but not limited to:
 - a. The Minnesota Pride Committee
- xiii. The Member at Large I:
 - 1. Responsible to participate in regular CGAA Softball Board Meetings.
 - 2. Complete any duties assigned by any CGAA Softball Board Member or Committee Chair.
 - 3. Assist the Director of Tournaments with the DIBS volunteer scheduling, including marking as completed within NGIN.
 - 4. Assist with creating, opening, closing, and general administration of all registration sessions within NGIN.
 - 5. Maximum term limit as the Member at Large I is two (2) years
- xiv. The Member at Large II:
 - 1. Responsible to participate in regular CGAA Softball Board Meetings.
 - 2. Complete any duties assigned by any CGAA Softball Board Member or Committee Chair.
 - 3. Committee Membership includes but not limited to:
 - a. Team Formation Committee (In House & Traveling)
 - 4. Maximum term limit as the Member at Large II is two (2) years
- xv. Member in Training:
 - 1. Shall consist of an appointed person or persons to work side by side with an outgoing Board Member to learn the position and responsibilities of the role the Member in Training will assume.
- xvi. The Past President:
 - 1. Is an At Large Member and does not have voting privileges at regular CGAA Softball Board Meetings.
 - 2. Facilitate the transition to the new President in the workings of each Board position to maintain efficiency and timing throughout the seasons.
 - 3. Support current President in decisions regarding enforcement of all laws, rules, and regulations.
 - 4. Will support the views of the General Membership in all issues.
 - 5. Responsible to participate in regular CGAA Softball Board Meetings.
 - 6. Additional duties may be assigned by the President or Committee Chair.
 - 7. Participate in discussions and help with league activities.
- xvii. Duties and responsibilities of the Appointed Officers:
 - 1. Director of the Minnesota Pride
 - a. Be responsible for organizing the Minnesota Pride Softball Club.
 - i. Run Minnesota Pride Softball Coaches selection interviews.
 - ii. Organize and run tryouts for all the Minnesota Pride teams.
 - iii. Attend the appropriate league scheduling meetings.
 - b. Be responsible for all registrations (regular season, fall ball, dome ball).
 - i. Submit team entry fees and forms to the CGAA Softball Treasurer.
 - ii. Promote the Minnesota Pride Club to the softball community at large.
 - iii. Submit completed rosters to Minnesota Pride Coaches.

- c. Enforce all laws, rules and regulations of CGAA Softball, Minnesota Pride Softball Club and the leagues teams are registered in.
 - d. Be responsible for obtaining uniforms and spirit wear for teams at all levels of play.
 - i. Team uniform samples shall be provided annually in the month of December for CGAA Softball Board approval.
 - ii. Coordinate the scheduling of team uniform fitting events.
 - e. Be a member ex-officio of all committees under their jurisdiction.
 - f. Respond to all Minnesota Pride Softball Club questions.
 - g. The Director of the Minnesota Pride will have autonomy to be able to make:
 - i. Day to day operations decisions.
 - ii. Unbudgeted financial decisions over \$1,500.00 are subject to the approval of the Minnesota Pride Committee and/or the CGAA Softball Board of Directors.
 - iii. Any decisions will be made by the Minnesota Pride Committee.
- j. Committees
- i. The President from time to time establish ad hoc committees to execute specific needs of programs of the Division(s).
 - 1. Example: fundraisers, publicity, tournaments, Rules of Play changes, Board Member Removal, ect.
 - ii. Team Formation Committee (Traveling)
 - 1. Assists with the Traveling League program Coaches Interviews and selections process as well as team formations.
 - iii. Team Formation Committee (In House)
 - 1. Assists with the In House League program Coaches Interviews and selections process as well as team formations.
 - iv. The Minnesota Pride Committee
 - 1. Oversees the Minnesota Pride program
 - a. Assists with Coach selection
 - b. Assists with tryouts
 - c. Promotion and registration
 - d. May oversee and approve any unbudgeted financial decision
 - 2. Does NOT oversee:
 - a. Any on field activities
 - b. In game decisions
 - c. Playing time
 - d. Practice activities
- k. The procedures for removal of a Board Member, Commissioners, Coaches or Committee members from a position are as follows:
- i. Give a written complaint to a CGAA Softball Board Member or CGAA Softball Board Members, where they shall notify other CGAA Softball Board Members.
 - ii. A quorum of the CGAA Softball voting Board of Directors is required to convene a special meeting for removal. At that meeting the CGAA Softball Board shall appoint an ad hoc committee of at least three (3) and not more than five (5) voting CGAA Softball Board Members to investigate the charges. At that meeting a date shall be set to call a General Membership meeting, not later than fifteen (15) days from the date of the original written complaint.

- iii. If a quorum is not present on the date set for the special General Membership Meeting, the meeting will be on the very next day, and then the next day, and so on until a quorum is present. Official notice will not be sent on the date changes of the subsequent meeting dates.
- iv. At this special meeting, the ad hoc committee shall report to the CGAA Softball Board Members and to the General Membership. If there is cause for removal, the President or highest ranking CGAA Softball Board Member shall call for a vote at this time.
- v. For removal of a member of the CGAA Softball Board of Directors; a two-thirds (2/3) majority vote of all those present is required.
- vi. For removal of a Coach, Commissioner or Committee member; a majority of the elected CGAA Softball Board of Directors is required.
- vii. Only voting members of the CGAA Softball Board of Directors can vote at the special meeting.
 - 1. Voting eligibility at the removal meeting will be determined under ARTICLE III of the CGAA Softball Division Rules of Play.
- l. Any additions to the approved budget must meet the following criteria:
 - i. Be referred to the CGAA Softball Board of Directors, or a committee appointed by the CGAA Softball Board of Directors for study.
 - ii. Must be approved by the majority of the CGAA Softball Board of Directors at the next scheduled CGAA Softball Board Meeting.

VI. MEETINGS

- a. Robert's Rule of Order shall govern the proceeding of all meetings, except where there is a direct conflict with the Articles or Rules of Play of the CGAA Softball Division or the Articles and bylaws of CGAA INC.
- b. General Membership Meetings:
 - i. Nine (9) members shall constitute a quorum with no less than five (5) CGAA Softball Board members present.
 - ii. There will be no fewer than two (2) General Membership meetings per year (i.e. Rules Meeting and Election Meeting).
 - iii. Official notification of a General Membership meeting will take place electronically through email and social media.
- c. Special membership meetings may be called by a quorum of five (5) CGAA Softball Board members with five (5) days' notice to the General Membership.
- d. CGAA Softball Board of Directors Meetings:
 - i. Five (5) voting CGAA Softball Board members shall constitute a quorum.
 - ii. A meeting of the CGAA Softball Board of Directors may be called by the President or two (2) elected CGAA Softball Board members at any time when ample time has been given to all Directors.
 - iii. The CGAA Softball Board, from time to time, may establish ad hoc committees with specific objectives when needed. The ad hoc committee will cease when their objectives are met.
 - iv. All meetings will be conducted by either an in-person gathering, or online gathering (as situations dictate) of a quorum of the CGAA Softball Board of Directors.
 - 1. Electronic voting shall be permitted as required by circumstances.
 - v. Regular attendance at CGAA Softball Board of Directors meetings is required of CGAA Softball Board Members.
 - 1. CGAA Softball Board Members will receive a verbal warning when attendance slips below the 75% threshold.
 - 2. Any subsequent absence following a verbal warning will result in the CGAA Softball Board Member removal.

VII. POLICIES

- a. The CGAA Softball Division recognizes goals, objective, rules, and regulations of youth softball as stated in the USA Softball Rule Book. It is a policy of the CGAA Softball Division to register some teams in leagues that play under the guidelines of this Rule Book, always keeping in mind that CGAA policies, rules and regulations supersede the USA Softball Rule Book.
 - i. The Minnesota Pride may also be subject of the rules of USSSA or PGF or any other National softball governing body based on tournaments and schedules.
- b. The CGAA Softball Division shall provide a youth softball program which provides the opportunity for all youth to compete and develop at their respective age levels as defined by the Rules Committee.
- c. All Participants of the program offered by the CGAA Softball Division shall be fully and properly registered prior to participating and the parents or guardians of each participant shall be informed as to their responsibilities to support the programs and events offered and sponsored by the CGAA Softball Division.
- d. The CGAA Softball Division shall establish and publish playing rules for each playing level. Such rules shall be in the agreement with the USA Softball rules and the CGAA INC. rules.
 - i. The Minnesota Pride may also be subject to the rules of USSSA or PGF or any other National softball governing body based on tournaments and schedules.
- e. The CGAA Softball Division shall appoint Coaches who adhere to our Softball Coaches Code of Conduct (see appendix for Coaches Code of Conduct). Failure to adhere to the Coaches Code of Conduct at any time will result in disciplinary action as outlined in the Code of Conduct.
- f. The CGAA Softball Division shall establish guidelines for playing time at all age levels.
- g. The CGAA Softball Division shall establish a procedure with the appropriate rules and regulations which shall define the method used to select and/or form teams for the different playing levels and programs offered by the CGAA Softball Division.
- h. The CGAA Softball Division recognizes league playoffs and shall develop the procedures and rules governing such playoffs.
- i. The CGAA Softball Division shall establish player equipment requirements; also the care and return of the equipment that is provided by CGAA Softball.
- j. The CGAA Softball Division shall establish program registration fees annually.
- k. The CGAA Softball Division shall charge extra fees for various specialty leagues to cover the added expense (i.e. the Traveling league). This extra fee is to cover the cost of umpires, tournaments, extra equipment, ect.
- l. The CGAA Softball Division recognizes and promotes the sponsorship of program activities and functions by the business and associations from Cottage Grove and the surrounding area.
- m. The CGAA Softball Division recognizes the need for individual and team awards given by the CGAA Softball Division and therefore shall establish procedures and regulations governing the type of awards and the qualifications of each award.
- n. The CGAA Softball Division recognizes, encourages, and promotes the participation of CGAA Softball teams in specialty and Traveling leagues when eligible and appropriate.
- o. The CGAA Softball Division recognizes the use of fundraiser to reduce the overall registration fees.
- p. The CGAA Softball Division recognizes Invitational Tournaments as one means of promoting the softball program, and for providing external competition for our teams.
 - i. The CGAA Softball Division shall establish procedures, rules, and regulations governing the participation of a Division team in such.

- q. The CGAA Softball Division recognizes the importance of officiating and hereby establishes the policy to encourage and promote officiating and the training of such individuals.
- r. The CGAA Softball Division recognizes the need of a Protest Committee to solve grievances arising from softball games and therefore shall establish procedures and regulations to form said committee as needed.

VIII. RULES OF PLAY AMENDMENTS

- a. For this Constitution or any section thereof to be amended or repealed, the following stipulations must be met:
 - i. Ratification shall occur only at the November Softball Board and General Membership Meeting.
 - 1. Changes must be recommended to the General Membership by a Committee appointed by the President, or by a motion in writing at a General Membership Meeting.
 - 2. Changes must have one (1) reading at a regularly scheduled monthly General Membership meeting (October) prior to ratification.
 - 3. Notice of the changes shall be published at least five (5) days prior to the November Meeting electronically.
 - 4. A two-thirds (2/3) majority vote of the member present will be required to ratify any Amendment.
 - 5. Voting eligibility will be determined under ARTICLE II of the CGAA Softball Division Rules of Play.
 - ii. If a situation presents itself where ratification is warranted outside of the November Softball Board and General Membership Meeting, there must be a motion to amend the Rules of Play and a unanimous vote.

APPENDIX

Documents included within this Appendix are supplements to the Cottage Grove Athletic Association, INC. Softball Division Rules of Play and may be amended separately from the Rules of Play articles.

- 1. Traveling League Boundary Form
- 2. Traveling League Tryout Process
- 3. Traveling League Team Formation Process
- 4. Traveling League Rules
- 5. Women's League Rules
- 6. In House League Game Rules by Division
- 7. Coaches Code of Conduct
- 8. Refund Policies



Traveling Tryouts School Boundaries

In accordance with the CGAA Softball Rules of Play, any player residing outside of the Park High School boundary area is required to request permission from the CGAA Softball Board to play in the Traveling program prior to try-outs.

If you live outside of the Park High School boundary and wish to play Traveling softball for CGAA, please complete the form and return it to the Traveling Director prior to try-outs.

Player Name: _____

Player Address: _____

What High School will your daughter attend: _____

What age level will your daughter compete at :

8U 10U 12U 14U 16U 18U

Number of years your daughter has participated in CGAA Softball: _____

In the space provided please explain to the board why you/your daughter would like to participate in the CGAA Softball Traveling program:



**COTTAGE GROVE ATHLETIC ASSOCIATION, INC. SOFTBALL
DIVISION**

**Traveling Tryout Process
Revised NOVEMBER 2024**

Below is an example of the itinerary of the different drills that the players will be participating in during the Traveling Tryout process. These are subject to change at the evaluator's request.

I. HITTING

DAY 2 AND DAY 3

- Three (3) bunts
- Five (5) swings
- Front toss "live" pitching

**Pitching Machine Set Speeds:*

Normal Speed

10U – 38 MPH

12U – 43 MPH

14U – 47 MPH

16U – 50 MPH

18U – 53 MPH

Faster Speed

10U – 43 MPH

12U – 48 MPH

14U – 52 MPH

16U – 55 MPH

18U – 58 MPH

II. OUTFIELD

DAY 2 AND DAY 3

- One (1) left throw to second base
- One (1) right throw to second base
- One (1) middle throw to third base
- Two (2) ground balls to outfield throw to home plate
- Three (3) fly balls spread out to show movement

III. INFIELD

DAY 2 AND DAY 3

- One (1) hit second base throw to first
- Three (3) hits to short stop throw to first
- Three (3) hits to third base throw to first

IV. PITCHERS

DAY 1

- Two (2) pitches upper left
- Two (2) pitches lower left
- Two (2) pitches upper right
- Two (2) pitches lower right

**Evaluators will ask if a pitcher has another "secondary pitch"*

***Multiple pitches will be tracked with the radar gun including the secondary pitch(es), points will be awarded based upon the fastest pitch thrown.*

PITCHING SPEED

10U

- <33 MPH = 1 point
- 34 MPH to 38 MPH = 2 points
- >39 MPH = 3 points

12U

- <39 MPH = 1 point
- 40 MPH to 45 MPH = 2 points
- >46 MPH = 3 points

14U

- <46 MPH = 1 point
- 47 MPH to 50 MPH = 2 points
- >51 MPH = 3 points

16U & 18U

- <52 MPH = 1 point
- 53 MPH to 55 MPH = 2 points
- >56 MPH = 3 points

V. CATCHERS

Friday

- Catchers will be run through a series of blocking and fielding drills along with demonstrating their arm strength by throwing to each of the bases, including throwing from knees, if able to do so. There is a strong focus on fundamentals during the evaluations.
- Fielding Drills
A series of two - throw downs each to 1st, 2nd and 3rd base

Pop ups will be thrown over the left, right and center of the plate. Catchers will need to show their ability to field the balls from their “ready” position

**Evaluators will watch catchers warm up pitchers to see game like scenarios*



COTTAGE GROVE ATHLETIC ASSOCIATION, INC.
SOFTBALL DIVISION
Traveling Team Formation Process
Revised January 2019

I. 8U Traveling Teams

8U Traveling Teams will be formed based on a series of evaluations that will be completed in the spring of the Traveling Softball season. *Teams will be formed based on evaluations and skill level.*

- In some circumstances the Team Formation/Tryout Committee may make decisions as a group that consider all the Traveling Tryout processes and modify the process as necessary.
- If the modification is not agreed upon within the committee, we reserve the right to bring the modification before the CGAA Softball Board of Directors for a vote.

II. 10U – 18U Traveling Teams

10U – 18U Traveling teams will be formed based on the evaluators scores that were awarded during the Traveling Tryouts. All scores will be recorded and tabulated by the Team Formation Committee Traveling Division.

- In some circumstances the Team Formation/Tryout Committee may make decisions as a group that consider all the Traveling Tryout processes and modify the process as necessary.
- If the modification is not agreed upon within the committee, we reserve the right to bring the modification before the CGAA Softball Board of Directors for a vote.

Teams are formed in the following manner:

- Green Team –
 - Top three (3) pitchers automatically locked
 - Top two (2) catchers automatically locked
 - Top three (3) players based on evaluators scores automatically locked
 - Head Coach (or designee) will chose the players to complete their team out of the next five (5) players ranked in order by their evaluator’s scores. No names provided, only pennie numbers worn during the tryout process.
 - Head Coach (or designee) will have a team of eleven (11) or twelve (12) players based on their preference.
 - The number of pitchers and catchers may fluctuate based on the Head Coaches preferred make-up of the teams.
 - IF a Head Coach (or designee) is not able to attend the tryout process, that coach will be given the top eleven (11) or twelve (12) players based on their preference.
- White Team –
 - Next three (3) pitchers automatically locked
 - Next two (2) catchers automatically locked
 - *unless a pitcher or catcher makes the higher ranked team as a player not as a pitcher or catcher
 - The remaining players that were listed on the previous teams Head Coaches list of players to choose from, but were not selected are automatically locked

- Head Coach (or designee) will chose the players to complete their team out of the next five (5) players ranked in order by their evaluator's scores. No names provided, only pennie numbers worn during the tryout process.
 - Head Coach (or designee) will have a team of eleven (11) or twelve (12) players based on their preference.
 - The number of pitchers and catchers may fluctuate based on the Head Coaches preferred make-up of the teams
 - IF a Head Coach (or designee) is not able to attend the tryout process, that coach will be given the top eleven (11) or twelve (12) players based on their preference.
- Black Team -
 - Next three (3) pitchers automatically locked
 - Next two (2) catchers automatically locked
 - *unless a pitcher or catcher makes the higher ranked team as a player not as a pitcher or catcher
 - The remaining players that were listed on the previous teams Head Coaches list of players to choose from, but were not selected are automatically locked
 - Head Coach (or designee) will chose the players to complete their team out of the next five (5) players ranked in order by their evaluator's scores. No names provided, only pennie numbers worn during the tryout process.
 - Head Coach (or designee) will have a team of eleven (11) or twelve (12) players based on their preference.
- Silver Team -
 - Next three (3) pitchers automatically locked
 - Next two (2) catchers automatically locked
 - *unless a pitcher or catcher makes the higher ranked team as a player not as a pitcher or catcher
 - The remaining players that were listed on the previous teams Head Coaches list of players to choose from, but were not selected are automatically locked
 - Head Coach (or designee) will chose the players to complete their team out of the next five (5) players ranked in order by their evaluator's scores. No names provided, only pennie numbers worn during the tryout process.
 - Head Coach (or designee) will have a team of eleven (11) or twelve (12) players based on their preference.
 - IF a Head Coach (or designee) is not able to attend the tryout process, that coach will be given the top eleven (11) or twelve (12) players based on their preference.
- Any ties in ranking may be broken by using the following criteria in the order listed:
 - Previous season coaches' feedback (summer or fall)
 - Years of Traveling Experience
 - Years of Softball Experience

III. Play Up or Play Down Options for Pitchers and Catchers

- Pitchers and Catchers are specialty positions that require training in both the regular season and off season to continue to grow, develop and refine their skills
- CGAA Softball requires pitchers and catchers to participate in all stages of the tryout process in order to provide a holistic picture of the pitcher/catcher and player they are
- During the team placement process the pitchers and catchers are ranked based on their pitching and catching tryout results
- During the team placement process the pitchers and catchers are ranked based on their player tryout results
- IF the player makes a more competitive team as a player but not as a pitcher or catcher, your decision to opt up or opt down comes into play:

- If the option to PLAY UP is selected the player may receive LITTLE to NO pitching/catching time in game situations, her role will be as a player
 - CGAA Softball does encourage the player to continue practicing by attending any pitching/catching clinics and other training sessions

If the option to PLAY DOWN is selected the player will be placed on the next competitive team and received MORE pitching/catching time in game situations



**COTTAGE GROVE ATHLETIC ASSOCIATION, INC.
SOFTBALL DIVISION
Traveling League Rules**

I. Coaches will be selected from those that interview during the open coaches' interview period.

A coach's selection committee will interview all coaching candidates. The selection committee will be made up of CGAA Softball Board Members and/or additional members appointed by the CGAA Softball Traveling Director.

Head Coaching candidates will submit an application and background check prior to their interview. Criteria for selection include the application, the background check, and the interview. Head Coaches will be selected based on experience, knowledge of the game, past involvement and positive attitude.

- In order to be considered for the top team, the Head Coach's daughter must rank from 1-15 during the tryout process as a pitcher/catcher or player.
- In order to be considered for the second team, the Head Coach's daughter must rank from 1-30 during the tryout process as a pitcher/catcher or player.
- In order to be considered for the third team, the Head Coach's daughter must rank from 1-45 during the tryout process as a pitcher/catcher or player.
- In order to be considered for the fourth team, the Head Coach's daughter must rank from 1-60 during the tryout process as a pitcher/catcher or player.
- A Head Coaching applicant that does not have a daughter at the level in which they are applying, may be considered for any squad.

Head Coaching candidates will be allowed to observe the tryouts for the age level they have applied for. Head Coaches can be selected prior to tryouts or after the tryouts. Potential Head Coaches cannot participate in the evaluations during tryouts for the age level they have applied for.

Head Coaches will select the make-up of their rosters based on the following questions asked during the coach's interview:

- How many players do you want on your roster?
- How many pitchers do you want on your roster?
- How many catchers do you want on your roster?

Team Rosters will be constructed based on the requests of the Head Coaches and the number of available players in the talent pool. Rosters are recommended to be kept at a maximum of 12 players.

II. Traveling teams will abide by all CGAA Softball Division rules and policies.

Principles of traveling softball:

- "A" level teams are the most competitive
 - "A" level teams play the strongest opponents at the league and tournament

level, and frequency. While having the goal of qualifying for and attending a regional or national tournament.

- Equal playing time is not guaranteed, however over the course of the season each player will get a fair and ample amount of playing time.
- The Head Coach is responsible for assuring this happens. At a minimum, each participant will play the equivalent of one complete game during league doubleheaders and will not sit out two full, consecutive tournament games.

Development of players, particularly at the younger age levels and lower classifications is valued over a winning record. Each girl is to learn and play several positions. Balanced (not necessarily equal) playing time, particularly at the younger age levels and lower classifications, is to be dictated as much by commitment and attendance as skill level.

Head Coaches have the authority to limit playing time due to any one of the following reasons:

- Disciplinary action
- Player is sick or injured
- Player has absences from games and/or practices
- Games are shortened due to inclement weather
- Darkness
- Time limit

All coaches shall treat each player and all parents with respect, dignity, and fairness

- 8U – 12U it is highly recommended and expected by the CGAA Softball Board that
 - All players will participate in multiple positions (infield and outfield) throughout the season (unless a player chooses not to play a particular position). This will include time given to players at these positions during practice and league play. Coaches will be required to teach the fundamentals of fastpitch softball and develop all players to their fullest potential and support the entire CGAA program.
- 14U and up
 - Multiple positions not limited to infield and outfield

III. Traveling teams will abide by all rules and policies of the Tri-County League.

IV. Players accepting a roster spot on a team must commit to playing for Cottage Grove until their full season is complete.

V. All traveling teams are strongly encouraged to advance as far as they are able including Nationals; however, the ultimate decision is up to the individual teams' coaches, player and parents discretion.

When teams advance beyond the State Tournament, per Minnesota Softball and Association rules, teams may pick up players.

*In order to pick up any non-rostered player, a coach must have:

- Prior approval of the majority vote from parents of said team
- CGAA Softball Traveling Director approval
- Any non CGAA player will be required to pay the CGAA registration fee
 - *This covers the player under CGAA Softball's insurance policy in case of injury
- Exemptions
 - The non-rostered player must be AT or BELOW the teams competitive ranking.
 - A "B" level team cannot add a player that played their regular season on an "A" level team at the same age classification
 - An "A" level player can be added to a "B" level team IF that "A" player is moving up age classifications

- A 12U “A” player pulled up to play on a 14U “B” team

- VI. Parents must agree to the CGAA Softball Code of Conduct during the registration process.**
- Parents are expected to review the Code of Conduct with their players
 - Failure to abide by the rules will be grounds for disciplinary action outlined in the CGAA Softball Code of Conduct up to the removal of the player from all traveling teams
- VII. Traveling Head Coaches will be responsible for the conduct of their team, assistant coaches, their players and their players parents.**
- VIII. Traveling Head Coaches and their team manager will ensure that all team expenses will be accounted for through the CGAA Softball Division Treasurer.**
- IX. Traveling fees are due on the dates outlined in the pre-tryout registration process.**
- X. All fundraisers must be submitted and approved by the CGAA Softball Traveling Director.**
- Once approved by the CGAA Softball Traveling Director, it must be submitted to the CGAA Softball President for approval
 - If the fundraiser involves a raffle (meat, door prize, or a “chance”), the CGAA Gambling Manager must approve the fundraiser
- XI. Traveling Head Coaches and/or Team Managers will turn in their season close out financial report to the CGAA Softball Treasurer no later than 15 days following the Nationals Softball tournament.**
- **All remaining funds not spent during the season on team expenses will remain with CGAA Softball in the general fund.**
- XII. Team funds cannot be used for:**
- Non-player spirit wear
 - Additional coaches attire outside of the CGAA Softball Coaches allowance
 - Purchasing of gift cards
 - Reimbursement of hotel stays
 - Reimbursement of gas mileage
 - Coaches gifts
 - Non-softball related expense
 - *Any other non-traditional expenses require the approval of the CGAA Softball President or CGAA Softball Traveling Director and/or CGAA Softball Treasurer
- XIII. All CGAA Softball teams will be required to wear the uniform selected by the CGAA Softball Board. Purchases of additional uniform components will be a team expense.**
- XIV. All players playing the infield are required to wear an infielder’s mask.**
- XV. Head Coaches will be responsible for all of the CGAA Softball equipment. The equipment will be turned into the CGAA Equipment Director, all equipment will be signed in & out.**
- XVI. Parents of skilled position players (pitchers and catchers) will be required to opt up or opt down during the registration process.**
- Pitchers and Catchers are specialty positions that require training in both the regular season and off season to continue to grow, develop and refine their skills

- CGAA Softball requires pitchers and catchers to participate in all stages of the tryout process in order to provide a holistic picture of the pitcher/catcher and the player they are
- During the team placement process the pitchers and catchers are ranked based on their pitching and catching tryout results
- During the team placement process the pitchers and catchers are ranked based on their player tryout results
- **IF** a player makes a more competitive team as a player but not as a pitcher or catcher, the decision to opt up or opt down comes into play:
 - i. **Play Up:** if this option is selected the player may be placed on the more competitive team and may receive LITTLE to NO pitching or catching time in game situations, her role will be as a player
 1. *CGAA Softball does encourage her to continue practicing by attending any pitcher or catcher clinics and other training sessions outside of CGAA Softball*
 - ii. **Play Down:** if this option is selected the player will be placed on the next competitive team and receive MORE pitching and catching time in game situations, her role will be as a pitcher or catcher

XVII. All traveling team tryouts will be held in August, preceding the upcoming season. If additional players are needed to fill teams, special tryouts may be scheduled by the CGAA Softball Traveling Director.

- Tryout dates and times will be published on the CGAA Softball website and members will be sent multiple notices via email

XVIII. Tryouts will consist of at least two but no more than three sessions. A separate tryout session will be conducted for specialty position players (pitchers and catchers).

XIX. The CGAA Softball Board may change the length or number of sessions, when recommended by the CGAA Softball Traveling Director and with at least $\frac{3}{4}$ majority board approval. In the absence of the CGAA Softball Traveling Director the CGAA Softball President can make the recommendation.

XX. Traveling Team Formation Process is as follows:

- **8U Traveling Teams**
8U Traveling Teams will be formed based on a series of evaluations that will be completed in the spring of the Traveling Softball season. *Teams will be formed based on evaluations and skill level.*
- **10U – 18U Traveling Teams**
10U – 18U Traveling teams will be formed based on the evaluators scores that were awarded during the Traveling Tryouts. All scores will be recorded and tabulated by the Team Formation/Tryout Committee.

Teams are formed in the following manner:

- Green Team –
 - Top two (2) pitchers automatically locked
 - Top two (2) catchers automatically locked
 - Top three (3) players based on evaluators scores automatically locked
 - Head Coach (or designee) will chose the players to complete their team out of the next five (5) players ranked in order by their evaluator’s scores. No names provided, only penny numbers worn during the tryout process.
 - Head Coach (or designee) will have a team of eleven (11) or twelve (12) players based on their preference as discussed in the Coaches

Interview process.

- The number of pitchers and catchers may fluctuate based on the Head Coaches preferred make-up of the teams
- White Team –
 - Next two (2) pitchers automatically locked
 - Next two (2) catchers automatically locked
 - *unless a pitcher or catcher makes the higher ranked team as a player not as a pitcher or catcher
 - The remaining players that were listed on the previous teams Head Coaches list of players to choose from, but were not selected are automatically locked
 - Head Coach (or designee) will chose the players to complete their team out of the next five (5) players ranked in order by their evaluator’s scores. No names provided, only penny numbers worn during the tryout process.
 - Head Coach (or designee) will have a team of eleven (11) or twelve (12) players based on their preference.
 - The number of pitchers and catchers may fluctuate based on the Head Coaches preferred make-up of the teams
- Black Team -
 - Next two (2) pitchers automatically locked
 - Next two (2) catchers automatically locked
 - *unless a pitcher or catcher makes the higher ranked team as a player not as a pitcher or catcher
 - The remaining players that were listed on the previous teams Head Coaches list of players to choose from, but were not selected are automatically locked
 - Head Coach (or designee) will chose the players to complete their team out of the next five (5) players ranked in order by their evaluator’s scores. No names provided, only penny numbers worn during the tryout process.
 - Head Coach (or designee) will have a team of eleven (11) or twelve (12) players based on their preference.
 - The number of pitchers and catchers may fluctuate based on the Head Coaches preferred make-up of the teams
- Silver Team -
 - Next two (2) pitchers automatically locked
 - Next two (2) catchers automatically locked
 - *unless a pitcher or catcher makes the higher ranked team as a player not as a pitcher or catcher
 - The remaining players that were listed on the previous teams Head Coaches list of players to choose from, but were not selected are automatically locked
 - Head Coach (or designee) will chose the players to complete their team out of the next five (5) players ranked in order by their evaluator’s scores. No names provided, only penny numbers worn during the tryout process.
 - Head Coach (or designee) will have a team of eleven (11) or twelve (12) players based on their preference.
 - The number of pitchers and catchers may fluctuate based on the Head Coaches preferred make-up of the teams
- Any ties in ranking may be broken by using the following criteria:
 - Previous season coaches’ feedback
 - Years of Traveling experience
 - Years of softball experience
 - Age

XXI. Team placements will be made and communicated within two weeks after the final tryout date

- “Green” team selections will be made first
- “White” team selections will be made second

- “Black” team selections will be made third
- If enough players of adequate skill level tryout “Silver” team selections and/or girls not making a team will be made last
- Families must accept a roster spot within 48 hours. No response indicates acceptance of the roster spot.

XXII. If a player makes a traveling team and does not want to play for that team, for whatever reason, she will only be eligible to play in the In-House Program.

XXIII. If a tryout participant fails to make a traveling team, the participant will be considered an “open player” and can play for another community. If a player does not attend CGAA Softball tryouts, she is not considered an “open player”.

XXIV. The CGAA Softball Traveling Director and/or the CGAA Softball President must approve any tryout waivers. This includes the total tryout period or to be excused from completing the tryout period for a medical reason.

- Medical Waivers
 - i. A letter is required from a licensed physician providing the basis for requesting the waiver. *(Note: teams are not required to pick up tryout waiver players)*
 - ii. Approved exceptions (illness/injury) will ONLY be granted if notification is made to the CGAA Softball Traveling Director and/or the CGAA Softball President **3 days prior** to the scheduled tryout date(s).
 1. Tryout waiver players may be eligible to be placed as follows:
 - a. Players remaining at the same age level MAY advance one level of play
 - i. *Previous years tryout results will be reviewed before a final decision is made
 1. IF no previous tryout results are available the player will play at the lowest level for that age group
 - b. Players changing age levels may move down one level of play or play at the lowest level for that age group
 - c. Players changing age levels team placements may be determined by:
 1. Previous tryout scores
 2. Previous coaches’ feedback
- Non-Medical Waivers
 - i. Must be approved **1 week prior** to the scheduled tryout date(s)
 - ii. If the waiver is not approved prior to tryouts and the player chooses to attend only one tryout session, the player is only eligible to be placed on the lowest fielded team: depending on their score, numbers of players and ranking
 - iii. If the waiver is approved prior to tryouts and the player is approved to miss all tryout sessions the player is only eligible to be picked up for a “B” level team

XXV. Any player desiring to play up (8U to 10U / 10U to 12U / 12U to 14U / 14U to 16U / 16U to 18U) will be handled on an individual basis and must be requested in writing through the CGAA Softball Traveling Director.

- Player will only be eligible for 1 team
- If the player selects to play up, she will be placed on the appropriate team at that level based on her tryout results
- The player will be eligible to fall back to the appropriate age level in the order in which they ranked, provided that the player has not been selected for any team at the older level
- Scores for the older team tryouts will be applied to the appropriate age group for team formation

- Current age chart from USA Softball effective Summer of 2023

Match month (top line) and box with year of birth. The player's age and division is indicated on the right.

SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	AGE	DIVISION
2015	2015	2015	2015	2016	2016	2016	2016	2016	2016	2016	2016	7	8U
2014	2014	2014	2014	2015	2015	2015	2015	2015	2015	2015	2015	8	8U
2013	2013	2013	2013	2014	2014	2014	2014	2014	2014	2014	2014	9	10U
2012	2012	2012	2012	2013	2013	2013	2013	2013	2013	2013	2013	10	10U
2011	2011	2011	2011	2012	2012	2012	2012	2012	2012	2012	2012	11	12U
2010	2010	2010	2010	2011	2011	2011	2011	2011	2011	2011	2011	12	12U
2009	2009	2009	2009	2010	2010	2010	2010	2010	2010	2010	2010	13	14U
2008	2008	2008	2008	2009	2009	2009	2009	2009	2009	2009	2009	14	14U
2007	2007	2007	2007	2008	2008	2008	2008	2008	2008	2008	2008	15	16U
2006	2006	2006	2006	2007	2007	2007	2007	2007	2007	2007	2007	16	16U
2005	2005	2005	2005	2006	2006	2006	2006	2006	2006	2006	2006	17	18U
2004	2004	2004	2004	2005	2005	2005	2005	2005	2005	2005	2005	18	18U

NOTE: This age chart is for USA Softball, and only for the 2024 season (September 1, 2023 through August 31, 2024).

XXVI. Prior year coaches may be solicited for feedback and player evaluations, this feedback may be used at the discretion of the Team Formation/Tryout Committee.

XXVII. It is understood that youth from 8U through 18U are at a stage of rapid development and growth (mentally, physically, emotionally, maturity and skill wise).

- We also understand that families move into and out of communities. Tryouts are conducted every year to provide a clean slate and equal opportunity to all. Every player should have adequate time to demonstrate their full abilities, equal opportunity to earn or lose their position on a team, and trust in the process. The CGAA Softball program will make every attempt to support as many traveling teams at each level.
- There is a standardized system to pick traveling teams. Players will be evaluated on a series of drills. CGAA Softball will conduct tryouts using more than one independent evaluator. Player selections will be determined by the rating results, combined with specialty position (pitchers and catchers) considerations.
- To earn a position on a traveling team, a player must be able to demonstrate a minimal proficiency in the game of softball. **Independent evaluators will decide the level of proficiency.** Tryouts will be done on a points system of 0 to 5, with 5 being the highest. The points off of the evaluators score sheets will be combined and totaled. The participants will then be placed on a list from highest to lowest score.

XXVIII. Any player who chooses to quit the Traveling Program will be eligible for a cancellation of future payments due. There will be no refunds of any registration fees already collected. Players unable to play due to extenuating circumstances must petition the CGAA Softball board for a full refund.

XXIX. In some circumstances the Team Formation/Tryout Committee may make decisions as a group that consider all the Traveling Tryout processes and modify the process as necessary in the best interest of the program.

- **If the modification is not agreed upon within the committee, we reserve the right to bring the modification before the CGAA Softball Board of Directors for a vote.**



**COTTAGE GROVE ATHLETIC ASSOCIATION, INC.
SOFTBALL DIVISION**

Women's Fastpitch Softball League Rules

1. No new inning shall begin after 65 minutes
 - Umpire should inform both teams of the start time at the beginning of the game
2. 15 run rule after the 5th inning
3. 8 run rule: if you are tied or ahead in the score you cannot score more than 8 runs per inning. If you are behind in the score you can catch up to the other teams score, plus score up to 8 more runs in that inning
4. No metal cleats
5. Minimum of eight (8) players are required to begin a game
6. Teams bat the roster
7. Maximum of twenty (20) rostered players – including any substitute players
8. Free substitutions
9. Players under the age of 18 are required to wear a fielders mask when playing the infield
10. Rosters are due no later than the 2nd week of the season
 - Rosters are locked after the 3rd week of the season
11. IF games are cancelled due to weather, coaches will be notified no less than one hour before game time
 - We will attempt to reschedule any make up games prior to the Tournament
12. ASA rules apply

Tournament Play:

1. Each player participating in the tournament is required to play in at least two (2) regular season games
2. Highest seeded team is the home team for all games
3. Championship game:
 - No new inning shall begin after 90 minutes

Registration:

1. All players will need to register individually via SportsEngine, registration will be available at www.cgaasoftball.com

Coaches/Managers:

1. A coaches and managers meeting will be scheduled prior to the season to review league rules, one (1) member from each team will be required to attend



TBall PreK/K Grade

This TBall (PreK and K grade) division is a part of the South East Metro Rec Softball League and is a joint venture of CGAA, ERAA, WAA, OAA and SPPAA to promote the ideals of sportsmanship and spirit of competition across the five sporting communities.

The league will be governed by officials from all Associations.

Teams will be comprised of players PreK and K grades with a minimum age of 4 years old.

The league has been created to provide girls playing Rec/In-House softball a positive and fun, yet competitive environment. The teams from the Associations are created in that spirit.

Teams will be created by the following means:

CGAA, ERAA and WAA teams will be formed by the league director. WAA will also use evaluation scores as a portion of the process.

Softball Rules – PreK and K

Official NAFA/ASA softball rules governs all play except as noted in these South East Metro SOFTBALL RULES.

Safety

Injuries

Safe play is the most important consideration. If a player is injured, the play in progress shall be completed and time-out called immediately. Bleeding wounds must be bandaged before the player may re-enter the game. Report serious injuries to the league's commissioner.

Shoes

Players must wear tennis shoes or rubber cleats. No sandals or metal cleats.

Helmets

Batters, all base runners, and the on-deck batter must wear helmets. All helmets must be secured with a chin strap and have a face mask attached.

Fielders Masks

It is recommended that all players that play "in the dirt" wear fielders' masks. If a player is registered with CGAA, Oakdale, SPPAA or WAA it is REQUIRED.

Catchers Equipment

Catchers must wear all protective equipment provided. Players should wear their batting helmets in lieu of a catcher's mask.

Thrown Bats

Throwing bats is not allowed. First thrown bat results in a warning. Second thrown bat by the same player at any time during the game results in an out.

Lightning

If lightning is seen by coaches or umpires the game will be halted waiting at least 30 minutes after the last flash of lightning was seen before continuing the game.

Umpires

The coaches will select a parent from each team (one for in the field and one for behind the plate). The home team shall provide the home plate umpire. Every attempt shall be made to find an umpire. If the home team does not have an umpire, the other team may supply one.

Coaches

Coaches are allowed in the outfield with the players to instruct but must not interfere and must be behind the base line. Fans behind the umpire must show good sportsmanship and may be asked to move by the umpire if deemed necessary.

Season Rules

Rescheduling Games

Coaches are responsible for coordinating with the league commissioner to reschedule games called for weather or any other reason. All games must be attempted to be rescheduled.

Game Times and Time Limit

Clinic style practices will start between 6:15 p.m. and 6:30 p.m. at BOTH coach's discretions but no later than 6:30 p.m. and will last until the clinic style lesson is completed. All drills within the lesson plan will be no longer than 3 minutes in length.

Teams shall be at the fields at least 15 minutes before game start time for umpire and coaches to meet.

Game start time shall be 5 minutes after clinic style practices have been completed, **NO LATER** than 7:00 p.m. and shall last 45 minutes to 1 hour. No new inning shall start in May after 8:00 p.m. In June, no new inning shall start after 8:15 p.m. unless both coaches agree **AND there is no danger to the players as a result of darkness.**

Then no new inning shall start after 8:30 p.m.

Home Team

The home team is determined by the schedule for all regular season and tournament games. Each team supplies a game ball.

It is the responsibility of the coaches to know who is home and away. If the coaches are not able to agree, the decision will be made at the discretion of the umpire.

During the end of season tournament the home team will be established via coin flip.

Substitution

Free defensive substitution and all players bat. Late arriving players must be inserted at the end on the batting order.

Playing Time

During the course of the season coaches must move players throughout the field, both infield and outfield to provide an opportunity to play as many positions as possible. Players should be allowed to play every position during the season.

Players are not allowed to play the same position twice in the same game. All players are not be allowed to sit on the bench for consecutive innings unless in the case of injury or illness.

Minimum Players

Teams will be allowed to begin a game with 6 players. A team with less than 6 players forfeits.

If a game must be forfeited, the teams may scrimmage sharing players, as necessary.

Maximum Players

10 Players in the field

Teams with 10 players present must play 10 players, 4 of which must play the outfield. No infielder can play closer to the batter than 6' in front of the baseline, outfielders must start each play on the grass. No player can play on the base line.

Out of Play

The field of play includes foul territory up to an imaginary line drawn parallel to the foul line from the edge of the backstop. Balls beyond this imaginary line are out of play.

Ball

A baseball "softie" will be used.

Base Distances

The base distance is 60 feet.

Winning and Losing

Each game score needs to be entered on the league NGIN website by the home team within two days of the completed game. Tournament seeding is set based upon regular season record.

Sportsmanship

No protests are allowed. There should be no arguments between coaches. Coaches should meet before the game starts to review the rules and agree on gray areas. No taunting of the opposition either from the field of play or from the bench, including hurtful cheers. No taunting includes coaches and spectators. Umpires may eject coaches, players, or spectators for any unsportsmanlike conduct. Anyone ejected must completely leave the field area or their team will be required to forfeit.

Game Rules

Hitting

1. All teams must bat all players on the team in order (round robin). There shall be no changing of the batting rotation during the game.
 - a. The batting order will rotate throughout the season, so everyone bats first. The player that batted 1st will bat last the next game and work their way back up the rotation.
2. An arc of a circle of a 10-foot radius should be drawn in front of home plate. A ball that is hit but does not go outside of the arc, shall be picked up and placed back on the tee.
3. The tee shall be placed behind home plate, close enough to home plate as to not hinder runners coming home to score.
4. The batter must stand in the designated batter's box when at bat. The batter's box shall be positioned in relationship to the tee and not home plate.
5. Players will bat off a tee. If a player is capable of hitting a pitched ball, you may do so from 10 feet away with a maximum of three (3) pitches. After three (3) pitches the player can opt to hit off the tee until the ball is put into play.
6. The batter is allowed as many swings as needed to hit the ball.
7. No intentional bunting will be allowed. An intentional bunt will be called a foul ball. A player must take a natural swing at the ball.

Base Running

1. The base runner may not lead off the base or steal while the ball is still on the tee or being returned to the catcher to be placed on the tee.
2. A ball that never leaves the infield: once a fielder has control of the ball the runners should stop at the next base, this encourages the infielder to throw the ball to the appropriate base without the fear of runners advancing to the next base because of an overthrow.
3. A ball that is hit into the outfield: if no outfielder has control of the ball the runners may continue to advance. Once the outfielder gains control of the ball and throws it toward the infield the runners will stop at the next base. Even if the ball does not make it "to the dirt"

on the throw, the act of throwing the ball in is an attempt at making the correct play. Runners must stop at the next base.

- a. Exception: the outfielder can carry the ball to the infield to make an out. The runners can keep advancing in this situation.

Fielding

1. Defense will have 10 players on the field.
2. Infielders shall play in traditional positions.
3. Infielders may not stand in the baseline and interfere with base runners.
4. The pitcher must stay in the pitcher's circle and on the side of the coach until the ball contacts the bat.

Scoring

1. For any game, there is a 5 run rule limit per half inning.
2. Each team must keep a scorebook for the number of runs scored per inning.

Conduct

Any player, parent or coach that is belligerent towards any child, coach or umpire will be warned first by their coach or umpire. If actions continue, the game will be called, and the offending team will forfeit the game.

- a. Refer to the Parent/Coaches Code of Conduct that was signed at registration for belligerent acts.

These rules are subject to change by the League Directors only to create clarification and/or to preserve the integrity of the game. Changes will only be made with proper communication to all coaches.

Any proposed rule changes by a coach or parent can only be addressed by them at the Rule Committee meeting. Any rule not covered here or in the general rules shall be covered by the Official NAFA Fastpitch Rule Book.



Pitchball 1st/2nd Grade

This Pitchball (1st and 2nd grade) division is a part of the South East Metro Rec Softball League and is a joint venture of CGAA, ERAA, WAA, OAA and SPPAA to promote the ideals of sportsmanship and spirit of competition across the five sporting communities.

The league will be governed by officials from all Associations.

Teams will be comprised of players in 1st and 2nd grades.

The league has been created to provide girls playing Rec/In-House softball a positive and fun, yet competitive environment. The teams from the Associations are created in that spirit.

Teams will be created by the following means:

CGAA, ERAA and WAA teams will be formed by the league director. WAA will also use evaluation scores as a portion of the process.

Softball Rules – Pitchball 1st and 2nd Grade

Official NAFA/ASA softball rules governs all play except as noted in these South East Metro SOFTBALL RULES.

Safety

Injuries

Safe play is the most important consideration. If a player is injured, the play in progress shall be completed and time-out called immediately. Bleeding wounds must be bandaged before the player may re-enter the game. Report serious injuries to the league’s commissioner.

Shoes

Players must wear tennis shoes or rubber cleats. No sandals or metal cleats.

Helmets

Batters, all base runners, and the on deck batter must wear helmets. Teams may need to share helmets during games. All helmets must be secured with a chin strap and have a face mask attached.

Fielders Masks

It is recommended that all players that play “in the dirt” wear fielders’ masks. If a player is registered with CGAA, Oakdale, SPPAA or WAA it is REQUIRED.

Catchers Equipment

Catchers must wear all protective equipment provided.

Thrown Bats

Throwing bats is not allowed. Any time a batter either throws or drags the bat so that it completely comes to rest outside of the 10’ radius around home plate, both teams will be warned. The next occurrence by any player will result in an immediate out.

Lightning

If lightning is seen by coaches or umpires the game will be halted waiting at least 30 minutes after the last flash of lightning was seen before continuing the game.

Umpires

The coaches will select a parent from each team (one for in the field and one for behind the plate). The home team shall provide the home plate umpire. Every attempt shall be made to find an umpire. If the home team does not have an umpire, the other team may supply one.

Season Rules

Rescheduling Games

Coaches are responsible for coordinating with the league commissioner to reschedule games called for weather or any other reason. All games must be attempted to be rescheduled.

Game Times and Time Limit

Clinic style practices will start between 6:15 p.m. and 6:30 p.m. at BOTH coach's discretions but no later than 6:30 p.m. and will last until the clinic style lesson is completed. All drills within the lesson plan will be no longer than 3 minutes in length.

Teams shall be at the fields at least 15 minutes before game start time for umpire and coaches to meet.

Game start time shall be 5 minutes after clinic style practices have been completed, **NO LATER** than 7:00 p.m. and shall last 45 minutes to 1 hour. No new inning shall start in May after 8:00 p.m. In June, no new inning shall start after 8:15 p.m. unless both coaches agree **AND there is no danger to the players as a result of darkness.**

Then no new inning shall start after 8:30 p.m.

Home Team

The home team is determined by the schedule for all regular season and tournament games. Each team supplies a game ball to the umpire.

It is the responsibility of the coaches to know who is home and away. If the coaches are not able to agree, the decision will be made at the discretion of the umpire.

During the end of season tournament the home team will be established via coin flip.

Substitution

Free defensive substitution and all players bat. Late arriving players must be inserted at the end on the batting order.

Playing Time

During the course of the season coaches must move players throughout the field, both infield and outfield to provide an opportunity to play as many positions as each player is capable of. Players should be allowed to play every position during the season. *Players are not allowed to play the same position twice in the same game with the exception of the Pitcher, Catcher and 1st Base.* All players are not be allowed to sit on the bench for consecutive innings unless in the case of injury or illness.

Minimum Players

Teams will be allowed to begin a game with 6 players. A team with less than 6 players forfeits.

If a game must be forfeited, the teams may scrimmage sharing players as necessary.

Maximum Players

10 Players in the field

Teams with 10 players present must play 10 players, 4 of which must play the outfield. No infielder can play closer to the batter than 6' in front of the baseline, outfielders must start each play on the grass. No player can play on the base line.

Out of Play

The field of play includes foul territory up to an imaginary line drawn parallel to the foul line from the edge of the backstop. Balls beyond this imaginary line are out of play.

Ball

An 11 inch ball will be used.

Base Distances

The base distance is 60 feet.

Winning and Losing

Each game score needs to be entered on the league NGIN website by the home team within two days of the completed game. Tournament seeding is set based upon regular season record.

Sportsmanship

No protests are allowed. There should be no arguments between coaches. Coaches should meet before the game starts to review the rules and agree on gray areas. No taunting of the opposition either from the field of play or from the bench, including hurtful cheers. No taunting includes coaches and spectators. Umpires may eject coaches, players, or spectators for any unsportsmanlike conduct. Anyone ejected must completely leave the field area or their team will be required to forfeit.

Game Rules

Pitching

1. The pitching rubber shall be placed 35 feet from home plate
2. The coach will pitch 5 pitches from the slingshot machine per batter. If the batter hasn't put the ball in play they are declared out
3. Slingshot machine's pegs will be placed behind the pitching rubber; as pre-determined settings and distance will be set prior to start of season with the slingshot machine
4. On the 5th pitch or successive pitch, if a batter fouled off, that batter will receive an additional pitch in order to put the ball into play. There is no limit to the number of foul balls
 - a. The coach pitcher may only use one ball on the field
5. If the coach pitcher interferes intentionally with the fielder after the ball is hit, the batter is out and the base runners cannot advance
6. If the batted ball touches the adult pitcher, the ball will be ruled a dead ball and the base runners cannot advance
7. If the batted ball touches the pitching machine, the ball will be ruled a dead ball and the base runners cannot advance
8. An arc of a circle of a 10' radius is drawn in front of home plate, with its center in the back point of the plate. A ball that is hit and comes to rest inside that circle is a strike AND a dead ball

Hitting

8. All teams must bat all players on the team in order (round robin). There shall be no changing on the batting rotation during the game
9. The batter has the responsibility of being ready for a pitch unless they indicate they are not. Batters will not be awarded a base unless they are struck by a pitch in flight, and they must make a reasonable attempt to move out of the way of a pitch, as previously discussed
10. Batters must stand in an area designated as the batter's box when at bat.
11. The infield fly rule is omitted

12. No intentional bunting is allowed. An intentional bunt will be called an out. A batter must take a natural swing
13. If a pitched ball bounces before the plate the ball may be swung at and hit, fouled off or missed. The ball is still live

Base Running

4. Base runners will not be allowed to lead off the base and must stay in contact with the base until the ball is put in play by the batter
5. There will be no advancement on overthrows
6. Any batter or runner that intentionally loses her helmet shall be declared out. The ball will become dead and all runners shall go back to the last legally held base
7. Runners may not advance to or be awarded home on a non-batted ball play (steal, wild, pitch, or passed ball), even if the ball goes out of play with the exception of bases awarded due to defensive infractions. There will be no stealing on a coach pitched ball.
8. A ball hit to the outfield: If no outfielder has control of the ball the runners may continue to advance. Once the outfielder gains control of the ball and throws it toward the infield the runners will stop at the next base. Even if the ball doesn't make it to the "dirt" on the throw, the act of throwing the ball in is the attempt at making the correct play. Players must stop at the next base. Exception, the outfielder can carry the ball to the infield to make an out. The runners can keep advancing in this situation.

Fielding

5. The player playing pitcher must not stand directly behind the coach and or the pitching machine because they will have very little time to react to a ball put in play
6. The catcher shall be confined outside of a 10' radius circle as measured from the back point of home plate until the ball is put in play
7. Overthrows – a runner cannot advance beyond the base they are going to on an overthrow. The goal is to encourage the girls to make the proper throw and defensive play without the penalty of an overthrow.

Scoring

3. Each team must keep a scorebook for the number of runs scored per inning

Conduct

2. Any player, parent or coach that is belligerent towards any child, coach or umpire will be warned first by their coach or umpire. If actions continue, the game will be called and the offending team will forfeit the game
 - a. Refer to the Parent/Coaches Code of Conduct that was signed at registration for belligerent acts

These rules are subject to change by the League Directors only to create clarification and/or to preserve the integrity of the game. Changes will only be made with proper communication to all coaches.

Any proposed rule changes by a coach or parent can only be addressed by them at the Rule Committee meeting. Any rule not covered here or in the general rules shall be covered by the Official NAFA Fastpitch Rule Book.

South East Metro Rec Softball



PeeWee 3RD/4TH Grade

This PeeWee (3rd and 4th grade) division is a part of the South East Metro Rec Softball League and is a joint venture of CGAA, ERAA, WAA, OAA and SPPAA to promote the ideals of sportsmanship and spirit of competition across the five sporting communities.

The league will be governed by officials from all Associations.

Teams will be comprised of players in 3rd and 4th grades.

The league has been created to provide girls playing Rec/In-House softball a positive and fun, yet competitive environment. The teams from the Associations are created in that spirit.

Teams will be created by the following means:

All teams will be assured of having an equitable number of pitchers and catchers.

CGAA, ERAA and WAA teams will be formed by the league director. WAA will also use evaluation scores as a portion of the process.

Softball Rules – PeeWee 3rd and 4th Grade

Official NAFA/ASA softball rules governs all play except as noted in these South East Metro SOFTBALL RULES.

Safety

Injuries

Safe play is the most important consideration. If a player is injured, the play in progress shall be completed and time-out called immediately. Bleeding wounds must be bandaged before the player may re-enter the game. Report serious injuries to the league's commissioner.

Shoes

Players must wear tennis shoes or rubber cleats. No sandals or metal cleats.

Helmets

Batters, all base runners, and the on deck batter must wear helmets. Teams may need to share helmets during games. All helmets must be secured with a chin strap and have a face mask attached.

Fielders Masks

It is recommended that all players that play "in the dirt" wear fielders' masks. If a player is registered with CGAA, Oakdale, SPPAA or WAA it is REQUIRED.

Catchers Equipment

Catchers must wear all protective equipment provided.

Thrown Bats

Throwing bats is not allowed. First thrown bat results in a warning. Second thrown bat by the same player at any time during the game results in an out.

Lightning

If lightning is seen by coaches or umpires the game will be halted waiting at least 30 minutes after the last flash of lightning was seen before continuing the game.

Umpires

South East Metro League attempts to provide umpires for all In-House games. There may be times when an umpire is unavailable. In the event there is not an umpire, the coaches will select a parent from each team (one for in the field and one for behind the plate). The home team shall provide the home plate umpire. Every attempt shall be made to find an umpire. If the home team does not have an umpire, the other team may supply one.

Season Rules

Rescheduling Games

Coaches are responsible for coordinating with the league commissioner to reschedule games called for weather or any other reason. All games must be attempted to be rescheduled.

Game Times and Time Limit

Game will start at 6:30 p.m. No new inning shall start in May after 8:00 p.m. In June, no new inning shall start after 8:15 p.m. unless both coaches agree **AND there is no danger to the players as a result of darkness.**

Then no new inning shall start after 8:30 p.m.

Games will be a maximum of six (6) innings or until the time limit constraints have been exceeded.

Home Team

The home team is determined by the schedule for all regular season and tournament games. Each team supplies a game ball to the umpire.

It is the responsibility of the coaches to know who is home and away. If the coaches are not able to agree, the decision will be made at the discretion of the umpire.

During the end of season tournament the home team will be established via coin flip.

Substitution

Free defensive substitution and all players bat. Late arriving players must be inserted at the end on the batting order.

Playing Time

During the course of the season coaches must move players throughout the field, both infield and outfield to provide an opportunity to play as many positions as each player is capable of. Players should be allowed to play every position during the season. *Players are not allowed to play the same position twice in the same game with the exception of the Pitcher, Catcher and 1st Base.* All players are not be allowed to sit on the bench for consecutive innings unless in the case of injury or illness.

Minimum Players

Teams will be allowed to begin a game with 6 players. A team with less than 6 players forfeits.

If a game must be forfeited, the teams may scrimmage sharing players as necessary.

Maximum Players

10 Players in the field

Teams with 10 players present must play 10 players, 4 of which must play the outfield. No infielder can play closer to the batter than 6' in front of the baseline, outfielders must start each play on the grass. No player can play on the base line

Out of Play

The field of play includes foul territory up to an imaginary line drawn parallel to the foul line from the edge of the backstop. Balls beyond this imaginary line are out of play.

Ball

An 11 inch ball will be used.

Base Distances

The base distance is 60 feet.

Winning and Losing

Each game score needs to be entered on the league NGIN website by the home team within two days of the completed game. Tournament seeding is set based upon regular season record.

Sportsmanship

No protests are allowed. There should be no arguments between coaches. Coaches should meet before the game starts to review the rules and agree on gray areas. No taunting of the opposition either from the field of play or from the bench, including hurtful cheers. No taunting includes coaches and spectators. Umpires may eject coaches, players, or spectators for any unsportsmanlike conduct. Anyone ejected must completely leave the field area or their team will be required to forfeit.

Game Rules

Pitching

9. The pitching rubber shall be placed 35 feet from home plate. Pitchers must pitch using a windmill motion
10. Pitchers must demonstrate to their coach an ability to throw pitches using the proper form in order to pitch in a game
11. There will be no minimum number of pitches per batter. A pitcher/batter will battle until the batter has; hit the ball fair, received first base on a hit by pitch, struck out, or received 4 balls
12. If the batter is given ball 4, they will receive three coach pitches from their own coach from the pitching mound. The only way a player gets more than 3 pitches is if they foul off the 3rd pitch. If the batter fouls the 3rd pitch they will continue to receive pitches until the ball is put in play or they strikeout
 - a. There is no limit to the number of foul balls. Coaches MUST pitch using the windmill motion resulting in flat pitches with little arc. The player whom was pitching will remain in the pitching circle and play defensively on the appropriate side of the coach
13. If the pitcher hits a batter or batters 4 times in an inning or 7 times in a game, the pitcher shall be removed from the mound
 - a. Batters will automatically take their base if hit by a pitch, but must make a *reasonable attempt* to move out of the way of the pitch. If the batter makes a reasonable attempt to get out of the way of the pitch, they are awarded 1st base
 - b. IF the batter *does not* make a reasonable attempt to get out of the way, the umpire will call the pitch a dead ball and add a ball to the count and the batter will not be awarded 1st base
 - i. Reasonable attempt will be determined at the umpires discretion
14. Pitchers may throw 7 warm up pitches before beginning to pitch. Catchers should be ready to take the field with the rest of the team unless on the base path when the 3rd out is made.

Hitting

1. All teams must bat all players on the team in order (round robin). There shall be no changing on the batting rotation during the game
2. The batter has the responsibility of being ready for a pitch unless they indicate they are not. Batters will not be awarded a base unless they are struck by a pitch in flight, and they must make a reasonable attempt to move out of the way of a pitch, as previously discussed

3. The infield fly rule is omitted
4. Bunting is allowed with the exception of being pitched to by a coach. A player may only bunt once per game. One player may bunt per inning.
5. If a batted ball touches the adult pitcher, the ball is foul and the base runners may not advance
6. If a pitched ball bounces before the plate the ball may be swung at and hit, fouled off or missed. The ball is still live

Base Running

1. The base runner may lead off the base after the ball leaves the pitchers hand
2. Base runners and/or batter-runners may only advance 1 base per pitch on a non-batted ball. If a player is attempting to steal 2nd base, and there is a wild throw that ends up in the outfield, the player may still only advance to 2nd base
3. Any batter or runner that intentionally loses her helmet shall be declared out. The ball will become dead and all runners shall go back to the last legally held base
4. A runner must slide or attempt to avoid contact when a play is being made at the base they are going for, especially home. The umpire may call a runner out if in their judgement there was no attempt to avoid contact
5. If a base runner is advancing to the next base, when a ball is hit into the outfield is fielded and a throw has been attempted into the infield the runner or runners may advance to the next base(s) only if the runner is past the previous base
6. Players may advance home on a batted ball, when forced because of a bases loaded walk or hit by pitch, or on a base award due to defensive infractions such as illegal pitch, catcher's obstruction, or other rule violation. They will also have the opportunity to try and advance from 3rd to home (at their own risk), if the catcher makes an attempt to pick them off on 3rd base
7. Runners may not advance to or be awarded home on a non-batted ball play (steal, wild, pitch, or passed ball), even if the ball goes out of play with the exception of bases awarded due to defensive infractions. There will be no stealing on a coach pitched ball
8. The pitcher and catcher are permitted to have a courtesy base runner by the last out made, when they are on the bases, and once there are 2 outs

Fielding

1. A caught foul ball by the catcher must go higher than the batters head for it to be an out. If a 3rd strike is "tipped" and caught by the catcher, the batter is out
2. If a base runner is advancing to the next base, when a ball is hit into the outfield is fielded and a throw has been attempted into the infield the runner or runners may advance to the next base(s) only if the runner is past the previous base – make a few modifications
Once a batted ball hit to the outfield is thrown into the infield, the runner(s) can run to the next base, only if they have already touched the previous base before the ball is in the infield. A fielder does not have to be in control of the ball
3. Overthrows – a runner cannot advance beyond the base they are going to on an overthrow. No taking another base on overthrows. The goal is to encourage the girls to make the proper throw and defensive play without the penalty of an overthrow.

Scoring

1. Each team may score a maximum of 5 runs per inning or until 3 outs are made, whichever comes first. Games may end in a tie during the season but not during tournament play.
2. Each team must keep a scorebook for the number of runs scored per inning.

Conduct

1. Any player, parent or coach that is belligerent towards any child, coach or umpire will be warned first by their coach or umpire. If actions continue, the game will be called and the offending team will forfeit the game

- a. Refer to the Parent/Coaches Code of Conduct that was signed at registration for

belligerent acts.

These rules are subject to change by the League Directors only to create clarification and/or to preserve the integrity of the game. Changes will only be made with proper communication to all coaches.

Any proposed rule changes by a coach or parent can only be addressed by them at the Rule Committee meeting. Any rule not covered here or in the general rules shall be covered by the Official NAFA Fastpitch Rule Book.

South East Metro Rec Softball



Rookies 5th/6TH Grade

This Rookies (5th and 6th grade) division is a part of the South East Metro Rec Softball League and is a joint venture of CGAA, ERAA, WAA, OAA and SPPAA to promote the ideals of sportsmanship and spirit of competition across the five sporting communities.

The league will be governed by officials from all Associations.

Teams will be comprised of players in 5th and 6th grades.

The league has been created to provide girls playing Rec/In-House softball a positive and fun, yet competitive environment. The teams from the Associations are created in that spirit.

Teams will be created by the following means:

All teams will be assured of having an equitable number of pitchers and catchers.

CGAA, ERAA and WAA teams will be formed by the league director. WAA will also use evaluation scores as a portion of the process.

Softball Rules – Rookies 5th and 6th Grade

Official NAFA/ASA softball rules governs all play except as noted in these South East Metro SOFTBALL RULES.

Safety

Injuries

Safe play is the most important consideration. If a player is injured, the play in progress shall be completed and time-out called immediately. Bleeding wounds must be bandaged before the player may re-enter the game. Report serious injuries to the league's commissioner.

Shoes

Players must wear tennis shoes or rubber cleats. No sandals or metal cleats.

Helmets

Batters, all base runners, and the on deck batter must wear helmets. Teams may need to share helmets during games. All helmets must be secured with a chin strap and have a face mask attached.

Fielders Masks

It is recommended that all players that play "in the dirt" wear fielders' masks. If a player is registered with CGAA, Oakdale, SPPAA or WAA it is REQUIRED.

Catchers Equipment

Catchers must wear all protective equipment provided.

Thrown Bats

Throwing bats is not allowed. First thrown bat results in a warning. Second thrown bat by the same player at any time during the game results in an out.

Lightning

If lightning is seen by coaches or umpires the game will be halted waiting at least 30 minutes after the last flash of lightning was seen before continuing the game.

Umpires

South East Metro League attempts to provide umpires for all In-House games. There may be times when an umpire is unavailable. In the event there is not an umpire, the coaches will select a parent from each team (one for in the field and one for behind the plate). The home team shall provide the home plate umpire who will be responsible for calling balls and strikes and all plays made at 3rd base. The field umpire will call all plays made at 1st and 2nd bases. The umpires should switch every 2 innings.

Every attempt shall be made to find an umpire. If the home team does not have an umpire, the other team may supply one. The parent umpire calls are final and shall not be argued or disrespected.

Coaches

Coaches are not allowed in the outfield with the players. ALL coaches, except the 1st and 3rd base coach must remain behind the fenced area of the field near your players' bench. Coaches or players are not allowed to stand behind the umpire/batting area. Fans behind the umpire must show good sportsmanship and may be asked to move by the umpire if deemed necessary.

Season Rules

Rescheduling Games

Coaches are responsible for coordinating with the league commissioner to reschedule games called for weather or any other reason. All games must be attempted to be rescheduled.

Game Times and Time Limit

Game will start at 6:30 p.m. No new inning shall start in May after 8:00 p.m. In June, no new inning shall start after 8:15 p.m. unless both coaches agree **AND there is no danger to the players as a result of darkness.** Games will have a drop dead time limit of 8:35 p.m. If the home team is at bat as the drop dead time occurs and they score the winning run prior to the 8:35 p.m. mark, the game is over. IF an inning is not complete at the 8:35 p.m. mark (i.e., the home team is losing and a full inning has not been completed), the game score will revert back to the last completed inning.

Then no new inning shall start after 8:30 p.m.

Games will be a maximum of six (6) innings or until the time limit constraints have been exceeded.

Home Team

The home team is determined by the schedule for all regular season and tournament games. Each team supplies a game ball to the umpire.

It is the responsibility of the coaches to know who is home and away. If the coaches are not able to agree, the decision will be made at the discretion of the umpire.

During the end of season tournament the home team will be established via coin flip.

Strikeouts

Standard 3 strike, 4 ball count.

The count starts with the first pitch thrown to the batter. Drop 3rd strike is not in effect. If the catcher drops the third strike, the batter is still out.

Substitution

Free defensive substitution and all players bat. Late arriving players must be inserted at the end on the batting order.

Playing Time

Coaches are encouraged to provide equitable options for players in both the infield and outfield. All players must not be allowed to sit on the bench for consecutive innings unless in the case of injury or illness. All players **sit** once before someone sits twice during a course of a game.

Minimum Players

Teams will be allowed to begin a game with 7 players. The team must have at least 8 players by the end of the game. If there are not 8 players, the team will forfeit the game.

If a game must be forfeited, the teams may scrimmage sharing players as necessary.

Maximum Players

10 Players in the field

Teams with 10 players present must play 10 players, 4 of which must play the outfield. Teams do not need to match the number of players on the field, (i.e., if a team has 8 players they play 8, and if the opposing team has 10 players, they may play all 10).

Out of Play

The field of play includes foul territory up to an imaginary line drawn parallel to the foul line from the edge of the backstop. Balls beyond this imaginary line are out of play.

Ball

A 12 inch ball will be used.

Base Distances

The base distance is 60 feet.

Winning and Losing

Each game score needs to be entered on the league NGIN website by the home team within two days of the completed game. Tournament seeding is set based upon regular season record.

Sportsmanship

No protests are allowed. There should be no arguments between coaches. Coaches should meet before the game starts to review the rules and agree on gray areas. No taunting of the opposition either from the field of play or from the bench, including hurtful cheers. No taunting includes coaches and spectators. Umpires may eject coaches, players, or spectators for any unsportsmanlike conduct. Anyone ejected must completely leave the field area or their team will be required to forfeit.

Game Rules

Pitching

1. The pitching rubber shall be placed 40 feet from home plate
2. New pitchers entering the game may throw 7 warm up pitches before beginning to pitch
3. Returning pitchers may throw 5 warm up pitches
4. If the ball skips from the pitchers hand during delivery, a dead ball is called and runners may not advance
5. The goal of the Rookie division is to encourage pitcher development. To support this development any illegal pitch is considered a dead pitch. (It is not a ball, and it is not a strike)
6. It is incumbent on the coach to teach proper pitching fundamentals. The pitcher must start and release from the pitching rubber.
 - a. Both feet must start on the pitching rubber and all movement goes towards the batter
7. Each team will use at least 2 pitchers per game for at least one full inning per pitcher. Pitcher removal due to illness, injury, or at umpire discretion is counted as one full inning for that pitcher
8. If the pitcher hits a batter or batters 3 times in an inning or 5 times in a game, the pitcher shall be removed from the mound
 - a. Batters will automatically take their base if hit by a pitch, but must make a *reasonable attempt* to move out of the way of the pitch. If the batter makes a reasonable attempt to get out of the way of the pitch, they are awarded 1st base

- b. IF the batter *does not* make a reasonable attempt to get out of the way, the umpire will call the pitch a dead ball and add a ball to the count and the batter will not be awarded 1st base
 - i. Reasonable attempt will be determined at the umpires discretion
- c. If an umpire believes a pitcher has become a danger to other players, she may be removed at any time at the umpires discretion

Hitting

1. All teams must bat all players on the team in order (round robin). There shall be no changing on the batting rotation during the game
2. The batter has the responsibility of being ready for a pitch unless they indicate they are not. Batters will not be awarded a base unless they are struck by a pitch in flight, and they must make a reasonable attempt to move out of the way of a pitch, as previously discussed
3. The infield fly rule is omitted
4. Bunting is allowed, only 2 bunts per inning
5. If a pitched ball bounces before the plate the ball may be swung at and hit, fouled off or missed The ball is still live
6. If a player has to leave before the end of a game their batting spot is skipped and no out is called

Base Running

1. The base runner may lead off the base after the ball leaves the pitchers hand
2. Any batter or runner that intentionally loses her helmet shall be declared out. The ball will become dead and all runners shall go back to the last legally held base
3. A runner must slide or attempt to avoid contact when a play is being made at the base they are going for, especially home. The umpire may call a runner out if in their judgement there was no attempt to avoid contact
4. Stealing is allowed in all cases, with the exception of an overthrow from the catcher to the pitcher
5. The pitcher and catcher are permitted to have a base runner by the last out made, when they are on the bases, and once there are 2 outs

Fielding

1. Infielders shall play in traditional positions
2. Infielders may not stand in the baseline and interfere with base runners
3. Outfielders must start each play on the grass
4. A caught foul ball by the catcher must go higher than the batters head for it to be an out. A caught 3rd strike is still an out even if the foul does not travel higher than the batters head. If a 3rd strike is "tipped" and caught by the catcher, the batter is out
5. Overthrows – in the event of an overthrow out of play, the runner is awarded 1 base beyond the base they were going to at the release of the throw
6. A play is ended when the pitcher is in possession of the ball inside the pitching circle, approximately 8 feet around the pitching rubber

Scoring

1. Each team may score a maximum of 5 runs per inning or until 3 outs are made, whichever comes first. Games may end in a tie during the season but not during tournament play
2. Each team must keep a scorebook for the number of runs scored per inning.

Conduct

1. Any player, parent or coach that is belligerent towards any child, coach or umpire will be warned first by their coach or umpire. If actions continue, the game will be called and the offending team will forfeit the game
 - a. Refer to the Parent/Coaches Code of Conduct that was signed at registration for belligerent acts.

These rules are subject to change by the League Directors only to create clarification and/or to preserve the integrity of the game. Changes will only be made with proper communication to all coaches.

Any proposed rule changes by a coach or parent can only be addressed by them at the Rule Committee meeting. Any rule not covered here or in the general rules shall be covered by the Official NAFA Fastpitch Rule Book.

South East Metro Rec Softball



Minors 7th/8th Grade

This Minors (7th and 8th grade) division is a part of the South East Metro Rec Softball League and is a joint venture of CGAA, ERAA, WAA, OAA and SPPAA to promote the ideals of sportsmanship and spirit of competition across the five sporting communities.

The league will be governed by officials from all Associations.

Teams will be comprised of players in 7th and 8th grade.

The league has been created to provide girls playing Rec/In-House softball a positive and fun, yet competitive environment. The teams from the Associations are created in that spirit.

Teams will be created by the following means:

All teams will be assured of having an equitable number of pitchers and catchers.

CGAA, ERAA and WAA teams will be formed by the league director. WAA will also use evaluation scores as a portion of the process.

Softball Rules – Minors 7th and 8th Grade

Official NAFA/ASA softball rules governs all play except as noted in these South East Metro SOFTBALL RULES.

Safety

Injuries

Safe play is the most important consideration. If a player is injured, the play in progress shall be completed and time-out called immediately. Bleeding wounds must be bandaged before the player may re-enter the game. Report serious injuries to the league's commissioner.

Shoes

Players must wear tennis shoes or rubber cleats. No sandals or metal cleats.

Helmets

Batters, all base runners, and the on deck batter must wear helmets. Teams may need to share helmets during games. All helmets must be secured with a chin strap and have a face mask attached.

Fielders Masks

It is recommended that all players that play "in the dirt" wear fielders' masks. If a player is registered with CGAA, Oakdale, SPPAA or WAA it is REQUIRED.

Catchers Equipment

Catchers must wear all protective equipment provided.

Thrown Bats

Throwing bats is not allowed. First thrown bat results in a warning. Second thrown bat by the same player at any time during the game results in an out.

Lightning

If lightning is seen by coaches or umpires the game will be halted waiting at least 30 minutes after the last flash of lightning was seen before continuing the game.

Umpires

South East Metro League attempts to provide umpires for all In-House games. There may be times when an umpire is unavailable. In the event there is not an umpire, the coaches will select a parent from each team (one for in the field and one for behind the plate). The home team shall provide the home plate umpire who will be responsible for calling balls and strikes and all plays made at 3rd base. The field umpire will call all plays made at 1st and 2nd bases. The umpires should switch every 2 innings.

Every attempt shall be made to find an umpire. If the home team does not have an umpire, the other team may supply one. The parent umpire calls are final and shall not be argued or disrespected.

Coaches

Coaches are not allowed in the outfield with the players. ALL coaches, except the 1st and 3rd base coach must remain behind the fenced area of the field near your players' bench. Coaches or players are not allowed to stand behind the umpire/batting area. Fans behind the umpire must show good sportsmanship and may be asked to move by the umpire if deemed necessary.

Season Rules

Rescheduling Games

Coaches are responsible for coordinating with the league commissioner to reschedule games called for weather or any other reason. All games must be attempted to be rescheduled.

Game Times and Time Limit

Game will start at 6:15 p.m. No new inning shall start in May after 8:00 p.m. In June, no new inning shall start after 8:15 p.m. unless both coaches agree **AND there is no danger to the players as a result of darkness.** Games will have a drop dead time limit of 8:35 p.m. If the home team is at bat as the drop dead time occurs and they score the winning run prior to the 8:35 p.m. mark, the game is over. IF an inning is not complete at the 8:35 p.m. mark (i.e., the home team is losing and a full inning has not been completed), the game score will revert back to the last completed inning.

Then no new inning shall start after 8:30 p.m.

Regulation games shall be a minimum of four (4) innings. Games will be a maximum of seven (7) innings or until the time limit constraints have been exceeded, regardless of the number of innings played whichever occurs first. In the event of a halted game with less than the minimum innings, play resumes at the exact point where the game was stopped.

Home Team

The home team is determined by the schedule for all regular season and tournament games. Each team supplies a game ball to the umpire.

It is the responsibility of the coaches to know who is home and away. If the coaches are not able to agree, the decision will be made at the discretion of the umpire.

During the end of season tournament the home team will be established via coin flip.

Strikeouts

Standard 3 strike, 4 ball count.

The count starts with the first pitch thrown to the batter. Drop 3rd strike is in effect. If the catcher drops the third strike, the batter may advance to 1st base if unoccupied or if there are 2 outs.

Substitution

Free defensive substitution and all players bat. Late arriving players must be inserted at the end on the batting order.

Playing Time

Coaches can place players in the field during a game as they feel necessary. During the course of the season coaches are encouraged to move players throughout the field to provide opportunity to play as many positions as each player is capable of. Players should be allowed to play every position during the season, if possible.

Minimum Players

Teams will be allowed to begin a game with 7 players. The team must have at least 8 players by the end of the game. If there are not 8 players, the team will forfeit the game.

If a game must be forfeited, the teams may scrimmage sharing players as necessary.

Maximum Players

9 Players in the field

Out of Play

The field of play includes foul territory up to an imaginary line drawn parallel to the foul line from the edge of the backstop. Balls beyond this imaginary line are out of play.

Ball

A 12 inch ball will be used.

Base Distances

The base distance is 60 feet.

Winning and Losing

Each game score needs to be entered on the league NGIN website by the home team within two days of the completed game. Tournament seeding is set based upon regular season record.

Sportsmanship

No protests are allowed. There should be no arguments between coaches. Coaches should meet before the game starts to review the rules and agree on gray areas. No taunting of the opposition either from the field of play or from the bench, including hurtful cheers. No taunting includes coaches and spectators. Umpires may eject coaches, players, or spectators for any unsportsmanlike conduct. Anyone ejected must completely leave the field area or their team will be required to forfeit.

Game Rules

Pitching

1. The pitching rubber shall be placed 40 feet from home plate
2. New pitchers entering the game may throw 7 warm up pitches before beginning to pitch
3. Returning pitchers may throw 5 warm up pitches
4. If the ball skips from the pitchers hand during delivery, a ball is awarded to the batter, the ball remains in play and the runners may advance at their own risk
5. The goal of the Minors division is to encourage pitcher development. To support this development any illegal pitch is considered a ball
6. It is incumbent on the coach to teach proper pitching fundamentals. The pitcher must start and release from the pitching rubber.
 - a. Both feet must start on the pitching rubber and all movement goes towards the batter
7. Each team will use at least 2 pitchers per game for at least one full inning per pitcher. Pitcher removal due to illness, injury, or at umpire discretion prior to at least one full inning, a separate pitcher/player (other than the 2nd pitcher) may complete that inning to fulfill the one complete inning for that pitcher (i.e., 2 pitchers fulfill the required inning per pitcher per game)
8. If the pitcher hits a batter or batters 3 times in an inning or 5 times in a game, the pitcher shall be removed from the mound
 - a. Batters will automatically take their base if hit by a pitch, but must make a *reasonable attempt* to move out of the way of the pitch. If the batter makes a

- reasonable attempt to get out of the way of the pitch, they are awarded 1st base
- b. IF the batter *does not* make a reasonable attempt to get out of the way, the umpire will call the pitch a dead ball and add a ball to the count and the batter will not be awarded 1st base
 - i. Reasonable attempt will be determined at the umpires discretion
 - c. If an umpire believes a pitcher has become a danger to other players, she may be removed at any time at the umpires discretion

Hitting

1. All teams must bat all players on the team in order (round robin). There shall be no changing on the batting rotation during the game
2. The batter has the responsibility of being ready for a pitch unless they indicate they are not. Batters will not be awarded a base unless they are struck by a pitch in flight, and they must make a reasonable attempt to move out of the way of a pitch, as previously discussed
3. The infield fly rule is in effect
4. Bunting is allowed
5. If a pitched ball bounces before the plate the ball may be swung at and hit, fouled off or missed. The ball is still live
6. Dropped 3rd strike rule is in effect per NAFA. Batter can attempt to gain 1st base on a dropped 3rd strike when 1st base is unoccupied at the time of the pitch. The batter can attempt to gain 1st base at any time if there are 2 outs
7. If a player has to leave before the end of a game their batting spot is skipped and no out is called

Base Running

1. The base runner may lead off the base after the ball leaves the pitchers hand
2. Any batter or runner that intentionally loses her helmet shall be declared out. The ball will become dead and all runners shall go back to the last legally held base
3. A runner must slide or attempt to avoid contact when a play is being made at the base they are going for, especially home. The umpire may call a runner out if in their judgement there was no attempt to avoid contact
4. Stealing of all bases will be allowed all season. Runners must stay on the base until the ball leaves the pitchers hand. Runners may advance past 1st base on a walk per NAFA rule
5. The pitcher and catcher are permitted to have a courtesy base runner by the last out made, when they are on the bases, and once there are 2 outs.

Fielding

1. Infielders shall play in traditional positions
2. Infielders may not stand in the baseline and interfere with base runners
3. Outfielders must start each play on the grass
4. A caught foul ball by the catcher must go higher than the batters head for it to be an out. A caught 3rd strike is still an out even if the foul does not travel higher than the batters head. If a 3rd strike is "tipped" and caught by the catcher, the batter is out
5. Overthrows – in the event of an overthrow out of play, the runner is awarded 1 base beyond the base they were going to at the release of the throw
6. A play is ended when the pitcher is in possession of the ball inside the pitching circle, approximately 8 feet around the pitching rubber

Scoring

1. For innings 1 – 3 of any game, there is a 5 run rule limit
2. There is no run limitation on either team beginning in the 4th inning
3. *MERCY Rule* will be in effect. The game will be called at the end of the 4th inning or any completed inning thereafter if one team is ahead by 15 runs or more, or if down by 25 runs at anytime
4. Each team must keep a scorebook for the number of runs scored per inning

Conduct

1. Any player, parent or coach that is belligerent towards any child, coach or umpire will be

warned first by their coach or umpire. If actions continue, the game will be called and the offending team will forfeit the game

- a. Refer to the Parent/Coaches Code of Conduct that was signed at registration for belligerent acts.

These rules are subject to change by the League Directors only to create clarification and/or to preserve the integrity of the game. Changes will only be made with proper communication to all coaches.

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South East Metro Rec Softball



Minors 7th/8th Grade

This Minors (7th and 8th grade) division is a part of the South East Metro Rec Softball League and is a joint venture of CGAA, ERAA, WAA, OAA and SPPAA to promote the ideals of sportsmanship and spirit of competition across the five sporting communities.

The league will be governed by officials from all Associations.

Teams will be comprised of players in 7th and 8th grade.

The league has been created to provide girls playing Rec/In-House softball a positive and fun, yet competitive environment. The teams from the Associations are created in that spirit.

Teams will be created by the following means:

All teams will be assured of having an equitable number of pitchers and catchers.

CGAA, ERAA and WAA teams will be formed by the league director. WAA will also use evaluation scores as a portion of the process.

Softball Rules – Minors 7th and 8th Grade

Official NAFA/ASA softball rules governs all play except as noted in these South East Metro SOFTBALL RULES.

Safety

Injuries

Safe play is the most important consideration. If a player is injured, the play in progress shall be completed and time-out called immediately. Bleeding wounds must be bandaged before the player may re-enter the game. Report serious injuries to the league's commissioner.

Shoes

Players must wear tennis shoes or rubber cleats. No sandals or metal cleats.

Helmets

Batters, all base runners, and the on deck batter must wear helmets. Teams may need to share helmets during games. All helmets must be secured with a chin strap and have a face mask attached.

Fielders Masks

It is recommended that all players that play "in the dirt" wear fielders' masks. If a player is registered with CGAA, Oakdale, SPPAA or WAA it is REQUIRED.

Catchers Equipment

Catchers must wear all protective equipment provided.

Thrown Bats

Throwing bats is not allowed. First thrown bat results in a warning. Second thrown bat by the same player at any time during the game results in an out.

Lightning

If lightning is seen by coaches or umpires the game will be halted waiting at least 30 minutes after the last flash of lightning was seen before continuing the game.

Umpires

South East Metro League attempts to provide umpires for all In-House games. There may be times when an umpire is unavailable. In the event there is not an umpire, the coaches will select a parent from each team (one for in the field and one for behind the plate). The home team shall provide the home plate umpire who will be responsible for calling balls and strikes and all plays made at 3rd base. The field umpire will call all plays made at 1st and 2nd bases. The umpires should switch every 2 innings.

Every attempt shall be made to find an umpire. If the home team does not have an umpire, the other team may supply one. The parent umpire calls are final and shall not be argued or disrespected.

Coaches

Coaches are not allowed in the outfield with the players. ALL coaches, except the 1st and 3rd base coach must remain behind the fenced area of the field near your players' bench. Coaches or players are not allowed to stand behind the umpire/batting area. Fans behind the umpire must show good sportsmanship and may be asked to move by the umpire if deemed necessary.

Season Rules

Rescheduling Games

Coaches are responsible for coordinating with the league commissioner to reschedule games called for weather or any other reason. All games must be attempted to be rescheduled.

Game Times and Time Limit

Game will start at 6:15 p.m. No new inning shall start in May after 8:00 p.m. In June, no new inning shall start after 8:15 p.m. unless both coaches agree **AND there is no danger to the players as a result of darkness.** Games will have a drop dead time limit of 8:35 p.m. If the home team is at bat as the drop dead time occurs and they score the winning run prior to the 8:35 p.m. mark, the game is over. IF an inning is not complete at the 8:35 p.m. mark (i.e., the home team is losing and a full inning has not been completed), the game score will revert back to the last completed inning.

Then no new inning shall start after 8:30 p.m.

Regulation games shall be a minimum of four (4) innings. Games will be a maximum of seven (7) innings or until the time limit constraints have been exceeded, regardless of the number of innings played whichever occurs first. In the event of a halted game with less than the minimum innings, play resumes at the exact point where the game was stopped.

Home Team

The home team is determined by the schedule for all regular season and tournament games. Each team supplies a game ball to the umpire.

It is the responsibility of the coaches to know who is home and away. If the coaches are not able to agree, the decision will be made at the discretion of the umpire.

During the end of season tournament the home team will be established via coin flip.

Strikeouts

Standard 3 strike, 4 ball count.

The count starts with the first pitch thrown to the batter. Drop 3rd strike is in effect. If the catcher drops the third strike, the batter may advance to 1st base if unoccupied or if there are 2 outs.

Substitution

Free defensive substitution and all players bat. Late arriving players must be inserted at the end on the batting order.

Playing Time

Coaches can place players in the field during a game as they feel necessary. During the course of the season coaches are encouraged to move players throughout the field to provide opportunity to play as many positions as each player is capable of. Players should be allowed to play every position during the season, if possible.

Minimum Players

Teams will be allowed to begin a game with 7 players. The team must have at least 8 players by the end of the game. If there are not 8 players, the team will forfeit the game.

If a game must be forfeited, the teams may scrimmage sharing players as necessary.

Maximum Players

9 Players in the field

Out of Play

The field of play includes foul territory up to an imaginary line drawn parallel to the foul line from the edge of the backstop. Balls beyond this imaginary line are out of play.

Ball

A 12 inch ball will be used.

Base Distances

The base distance is 60 feet.

Winning and Losing

Each game score needs to be entered on the league NGIN website by the home team within two days of the completed game. Tournament seeding is set based upon regular season record.

Sportsmanship

No protests are allowed. There should be no arguments between coaches. Coaches should meet before the game starts to review the rules and agree on gray areas. No taunting of the opposition either from the field of play or from the bench, including hurtful cheers. No taunting includes coaches and spectators. Umpires may eject coaches, players, or spectators for any unsportsmanlike conduct. Anyone ejected must completely leave the field area or their team will be required to forfeit.

Game Rules

Pitching

1. The pitching rubber shall be placed 40 feet from home plate
2. New pitchers entering the game may throw 7 warm up pitches before beginning to pitch
3. Returning pitchers may throw 5 warm up pitches
4. If the ball skips from the pitchers hand during delivery, a ball is awarded to the batter, the ball remains in play and the runners may advance at their own risk
5. The goal of the Minors division is to encourage pitcher development. To support this development any illegal pitch is considered a ball
6. It is incumbent on the coach to teach proper pitching fundamentals. The pitcher must start and release from the pitching rubber.
 - a. Both feet must start on the pitching rubber and all movement goes towards the batter
7. Each team will use at least 2 pitchers per game for at least one full inning per pitcher. Pitcher removal due to illness, injury, or at umpire discretion prior to at least one full inning, a separate pitcher/player (other than the 2nd pitcher) may complete that inning to fulfill the one complete inning for that pitcher (i.e., 2 pitchers fulfill the required inning per pitcher per game)
8. If the pitcher hits a batter or batters 3 times in an inning or 5 times in a game, the pitcher shall be removed from the mound

- a. Batters will automatically take their base if hit by a pitch, but must make a *reasonable attempt* to move out of the way of the pitch. If the batter makes a reasonable attempt to get out of the way of the pitch, they are awarded 1st base
- b. IF the batter *does not* make a reasonable attempt to get out of the way, the umpire will call the pitch a dead ball and add a ball to the count and the batter will not be awarded 1st base
 - i. Reasonable attempt will be determined at the umpires discretion
- c. If an umpire believes a pitcher has become a danger to other players, she may be removed at any time at the umpires discretion

Hitting

1. All teams must bat all players on the team in order (round robin). There shall be no changing on the batting rotation during the game
2. The batter has the responsibility of being ready for a pitch unless they indicate they are not. Batters will not be awarded a base unless they are struck by a pitch in flight, and they must make a reasonable attempt to move out of the way of a pitch, as previously discussed
3. The infield fly rule is in effect
4. Bunting is allowed
5. If a pitched ball bounces before the plate the ball may be swung at and hit, fouled off or missed. The ball is still live
6. Dropped 3rd strike rule is in effect per NAFA. Batter can attempt to gain 1st base on a dropped 3rd strike when 1st base is unoccupied at the time of the pitch. The batter can attempt to gain 1st base at any time if there are 2 outs
7. If a player has to leave before the end of a game their batting spot is skipped and no out is called

Base Running

1. The base runner may lead off the base after the ball leaves the pitchers hand
2. Any batter or runner that intentionally loses her helmet shall be declared out. The ball will become dead and all runners shall go back to the last legally held base
3. A runner must slide or attempt to avoid contact when a play is being made at the base they are going for, especially home. The umpire may call a runner out if in their judgement there was no attempt to avoid contact
4. Stealing of all bases will be allowed all season. Runners must stay on the base until the ball leaves the pitchers hand. Runners may advance past 1st base on a walk per NAFA rule
5. The pitcher and catcher are permitted to have a courtesy base runner by the last out made, when they are on the bases, and once there are 2 outs.

Fielding

1. Infielders shall play in traditional positions
2. Infielders may not stand in the baseline and interfere with base runners
3. Outfielders must start each play on the grass
4. A caught foul ball by the catcher must go higher than the batters head for it to be an out. A caught 3rd strike is still an out even if the foul does not travel higher than the batters head. If a 3rd strike is "tipped" and caught by the catcher, the batter is out
5. Overthrows – in the event of an overthrow out of play, the runner is awarded 1 base beyond the base they were going to at the release of the throw
6. A play is ended when the pitcher is in possession of the ball inside the pitching circle, approximately 8 feet around the pitching rubber

Scoring

1. For innings 1 – 3 of any game, there is a 5 run rule limit
2. There is no run limitation on either team beginning in the 4th inning
3. *MERCY Rule* will be in effect. The game will be called at the end of the 4th inning or any completed inning thereafter if one team is ahead by 15 runs or more, or if down by 25 runs at anytime
4. Each team must keep a scorebook for the number of runs scored per inning

Conduct

1. Any player, parent or coach that is belligerent towards any child, coach or umpire will be warned first by their coach or umpire. If actions continue, the game will be called and the offending team will forfeit the game
 - a. Refer to the Parent/Coaches Code of Conduct that was signed at registration for belligerent acts.

These rules are subject to change by the League Directors only to create clarification and/or to preserve the integrity of the game. Changes will only be made with proper communication to all coaches.

Any proposed rule changes by a coach or parent can only be addressed by them at the Rule Committee meeting. Any rule not covered here or in the general rules shall be covered by the Official NAFA Fastpitch Rule Book.



Coaches Code of Conduct

As a coach in the Cottage Grove Athletic Association (CGAA) Softball program, I agree to abide by and follow the rules and guidelines listed below:

- I WILL respect the property and equipment used at any sports facility, both home and away;
- I WILL encourage good sportsmanship through our actions by demonstrating positive support for all players, coaches, and officials at every game or practice;
- I WILL promote the emotional and physical well-being of the athletes ahead of any personal desire to win and will remember that the game is for the athletes and not for the parents;
- I WILL refrain from the use of tobacco, alcohol, and/or drugs. Any player and/or coach under the influence of these items, during any scheduled event associated with CGAA, may be terminated from the program;
- I WILL treat other players, coaches, officials, and spectators with dignity and respect regardless of race, creed, color, sex or ability;
- I WILL NOT use profane language towards any player, coach, parent, spectator, or official;

Consequences for violating the Coaches Code of Conduct

First Violation – The first violation will receive notification from the Traveling Director addressing the violation.

Second Violation – On a second violation, you will be required to meet with the Traveling Director and President to address the violation.

Third Violation – The third violation will result in the removal from your coaching position.

I have read, fully understand, and agree to the guidelines requested of me as a coach in the CGAA Softball program this season.

Coaches Printed Name

Season

Coaches Signature

Team