



[www.martensvillesoftball.ca](http://www.martensvillesoftball.ca)

## 2015 Rookie & Mites Softball Guidelines

- Softball players and coaches are to arrive at the ball field by **6 pm** for diamond set up and to allow a **20 minute pregame warm-up**.
- All games start at **6:30 p.m.**
- **Rookie** Games will take place on Wednesday evenings in Warman or Martensville
- **Mites** Games will take place on Tuesday evenings in Warman or Martensville
- The season will run from **May 5 - June 24** (8 weeks dependent on weather) with a fun windup activity determined by the team on the 8th week. (i.e. parents versus children)
- All games are to be seven innings or 75 minutes unless terminated by darkness or bad weather. Players should be off the field around 7:45 p.m. and no later than 8 pm.
- Coaches are encouraged to schedule one practice a week.
- Each team will play each other at least once throughout the 8 weeks.
- Teams should field 6 - 9 but field no more than 9 players. Teams may ask the other team to borrow players if they do not have at least 6.

Softball Canada rules apply with the following modifications:

### Pitching

- Pitching will be determined **prior to the game based on the skill level of players** by the two coaches. Choose from "parent pitch", pitching machine or player (MITES ONLY). "Parent pitch" is done by a Parent or a Coach of the team at bat. Pitching can be alternated. Ensure both coaches and parents are clear on what the plan for the game is. Coaches please base your pitching choices based on skill development of players. Ensure the game moves along at a reasonable speed. Players are to be given opportunity to hit a ball from tees, "parent pitch", the "pitching machine" and another player during practices and during the season.
- If a player has experience or is willing to pitch, players in the **Mites** level are encouraged to pitch. Pitchers should pitch **3 consecutive balls to the batter. A parent would come in to pitch the next 2 pitches to give the batter a chance to hit.** This is to keep the game moving along at a reasonable speed as well as give other pitchers the opportunity to pitch.
- The pitcher can pitch windmill or orthodox at any time. The goal is to get the ball over the plate so the game can proceed. **5 pitches.**
- To help prepare and develop pitchers, coaches and parents are encouraged to practice on the sidelines during games while not batting or on the field and participate in pitching clinics throughout the season.
- The player in the pitching position must wear a helmet and stand beside the "parent pitch" to catch the ball being thrown back from the catcher.

### Batting

- Coaches are to write up a batting order and players bat in order. If a player arrives late, add their name to the bottom of the batting order.

- Each player will bat once per inning, with the exception that if one team has more players than the other, the team with more players will each bat once and the team with the fewer players will continue the batting in order until their total at bats equals the larger team's at bats.
- Players will get a maximum of **5 pitches** to hit a fair ball. No strikes or balls are counted in **Rookie**. For **MITES count the strikes, fouls and balls**. This is done to teach the three strike and three out rules. The batters are encouraged to swing at least 3 times. Mites players should be running to first on their hit or 5<sup>th</sup> pitch to give them some base running experience.

#### Bases

- Distance between the bases is 45'
- Distance from home to 2nd base is 63' 8"
- Distance from home to pitcher is 30' (adjust based on the diamond and type of pitching used)
- No stealing allowed
- No advance on an overthrow (runners go to the base they are heading for at the time of the throw and no more)
- Runners cannot advance until the ball is hit.
- All players will run the bases. **Rookie** – no outs on base running.
- **Mites** - If a player fouls out or is put out defensively going to 1st, they are counted as an out. Once a player has reached 1st base, if they are put out while running to subsequent bases they will be called out and return to the bench.
- On outfield hits, **Rookie** base runners should stop at the next base while the throw is made from the outfield. **Mites can continue to round the bases.**
- Infield fly rule does not apply.

#### Positions and Equipment

- All players are encouraged to play a variety of positions. However not every position is suitable for all players.
- An adult catcher/umpire will be provided by the defensive team and must wear a mask. If a player is willing to catch in the Mites division he or she must wear the full catching gear and be able to throw the ball back to the player in the pitching position.
- 11" indoor balls will be used for games
- The adult catcher/umpire to keep count of the 5 pitches and make the safe/out/foul calls when necessary.
- If the "parent pitcher" should make every attempt to not interfere with the play on the field.
- Coaches/parents are encouraged to help direct the play on the field but not interfere with the play.
- Umpires are encouraged to increase the size of the strike zone to help develop pitchers and to encourage batters to swing.
- Coaches and parent helpers must take responsibility for the equipment, keeping players on the bench and safe, for moving the game along.

Most importantly HAVE FUN!

Parents and Coaches are encouraged to visit [www.softball.ca](http://www.softball.ca) and [www.softball.sk.ca](http://www.softball.sk.ca) for ideas on how to practice, rules, information on upcoming clinics, insurance information and much more.

Coaching requirements

Respect in Sport

Criminal Record Check