



COACHES' CLINIC
March 28, 2015
BROWNS MILL REC CENTER

Motto: *Achieving Homeruns for Life*

Email: edgfsa@yahoo.com
Website: <http://edgfsa.org>

Updated: 3/15

ABOUT EDGFSA

East Dekalb Girls Fastpitch Softball Association (EDGFSA) is a volunteer based youth organization providing a safe and friendly environment for girls to participate in fastpitch softball. Our motto is: Achieving Homeruns for Life.

The purposes of this association are:

- to foster and encourage girls to participate in supervised fastpitch softball programs;
- to develop and promote the qualities of physical fitness, competitive spirit, team play, loyalty, and good sportsmanship;
- to demonstrate the value of hard work, self-discipline, self-sacrifice and enjoyment through these disciplines;
- to provide opportunities to adults interested in participating in the program as coaches or, in other capacities.

COACHES' CLINIC OBJECTIVES

The core objectives of EDGFSA Coaches' Clinic is to provide coaches with coaching resources, including concussion and injury training and an opportunity to review the league rules, policies and procedures utilized during the 2015 season.

EVENT SUMMARY

- Please review 2015 rules for EDGFSA (refresh your knowledge; be aware of changes)
- Contact park representative: scores, protests, umpires, game play

KEY DOCUMENTS	
Protest & Dispute Resolution form/procedure	to appeal umpire decision, age of player or other matter concerning game (p. 6)
Rainout/Reschedule info	Information on procedures when needing to reschedule game) (p. 5)
2015 Rules (ASA/EDGFSA)	good practice to have at each game (p. 13)
Roster book	must contain certified copy of: <ul style="list-style-type: none">• Team Roster (p. 10),• Coaches' Code of Ethics (signed copy for each coach – including team mom) (p. 11),• Player Affidavits (for each player) (p. 8) and• Media Release forms (for each player/coach) [Birth certificates must be presented with affidavits when submitted for certification with board, but not required in roster book.] (p.9)

A G E N D A

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• Concussion & Injury Mgmt/Prevention	

LEAGUE CALENDAR

March						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MARCH

28: Coaches' Clinic

April						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

APRIL

5-11: Spring Break

13: Season Begins

May						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

MAY

22: Last Day of School

23: End of Season

27: Tiebreaker

28: Tiebreaker

28: Award Ceremony

LEAGUE PARKS

- ✓ Please help keep our parks clean - recycle!
- ✓ No glass bottles are allowed.
- ✓ County parks close at 11pm sharp.

List of Park Locations

Browns Mill: 5101 Browns Mill Road, Lithonia

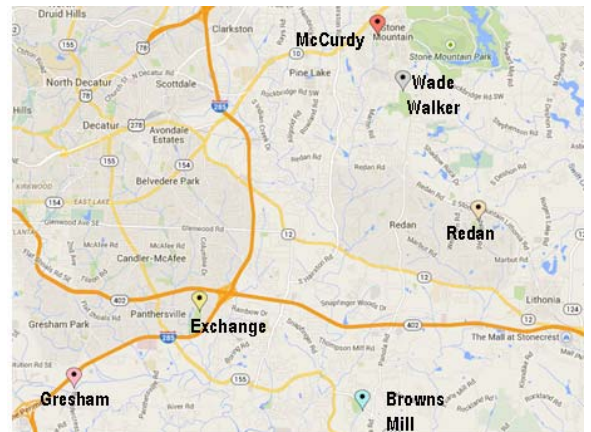
Wade Walker (CD): 5585 Rockbridge Road, Stone Mountain

Exchange (Glenwood Hills): 2771 Columbia Drive, Decatur

Gresham: 2991 Bouldercrest Road, Atlanta

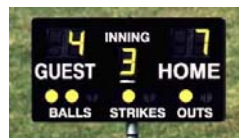
McCurdy (Ray of Hope): 5190 West Mountain Street, Stone Mountain

Redan: 1745 Phillips Rd., Lithonia



Scoring Games

Below is a sample score sheet with samples. Please remember to submit scores to your park representative after each game.



























































































































































































































































































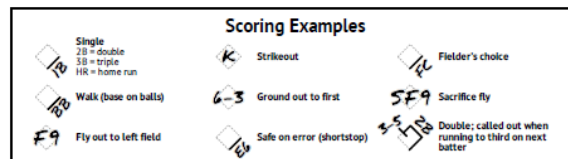
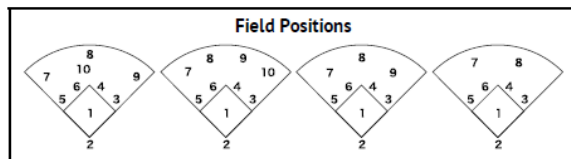
Information reported should include:

[illegible][illegible]

Team:

Game Date:

Game Data:												
Batter	Pos	1	2	3	4	5	6	7	8	9	10	
1												
		RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	
												
2												
		RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	
												
3												
		RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	
												
4												
		RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	
												
5												
		RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	
												
6												
		RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	
												
7												
		RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	
												
8												
		RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	
												
9												
		RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	
												
10												
		RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	
												
11												
		RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	
												
12												
		RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	
												
13												
		RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	
												
14												
		RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	RB1	
												



Rescheduling Games



Rainouts:

1. If you determine your field is unplayable (covered with water) and you are scheduled to play at 6:30PM, YOUR PARK DIRECTOR must contact THE VISITING TEAM PARK DIRECTOR by 4:30PM.

Do not cancel the game too early. You are expected to inspect the field before cancellation.

2. THE HOME TEAM PARK DIRECTOR should contact the **Booking Agent** ASSIGNED TO THEIR PARK NO LATER THAN 4:30PM (if the game is 6:30PM) and EDGFSa Secretary. There will be a charge to the parks, if umpires are not contacted by the deadline.
3. Rainout games must be rescheduled within seven days from the original scheduled game.
4. Both team PARK DIRECTORS must notify the Booking Agent, with a copy to the Umpire in Chief and EDGFSa Secretary, of the rainout game and rescheduled date.
5. I urge you to make every attempt to play your games according to the schedule.

(DO NOT LEAVE A VOICE MESSAGE)

Reschedules:

1. Review your schedule ASAP, all games must be played according to the schedule whenever possible. Each team will be allowed two reschedule games. Both managers must agree upon each reschedule game and report to his or her Park Reps the agreed upon rescheduled date. Then the Park Reps will report to the Secretary within 3 days.
2. Upon agreement of the new date, YOUR PARK DIRECTOR must contact the **Booking Agent** assigned to your park, the Umpire in Chief and EDGFSa Secretary.
3. Games should be rescheduled at least seven days before the game.



League email: edgfsa@yahoo.com

Contact number:



EDGFSA Protest and Disputed Resolution Procedure

Where there is a protest during the game, initial protest must be made to umpire when event occurs (as appropriate), not after the game. At the time of protest, coach must have umpire sign the score book. Be sure to make a note of current situation at the time of the protest (players on base, count, etc.) to be included on this form. **Note:** A protest will be considered by the board if it involves a misapplied rule NOT a judgment call. Coach should then complete this form as proscribed below to give to their park representative along with a check for \$50 payable to “EDGFSA”.

The protest will be reviewed by the EDGFSA Protest Resolution Committee. The committee will consist of three members. The three standing members will be the President, Parliamentarian, and Secretary of the Association. If the protest involves the park of one or more of the standing members of the committee or one or more of the standing committee members is unavailable to resolve the protest then the following procedure will be used to replace the missing member or members:

1. If the protest does not involve the park of the treasurer of the association then the treasurer will replace the missing member.
2. If the treasurer is unavailable for any of the above stated reasons or if two or more members are unavailable to resolve the dispute, the Vice President will then replace the missing member of the committee.
3. If the first two solutions do not result in three members being available to hear the protest then a member from the member association that serves as one of the representatives to EDGFSA will be selected to hear and vote on the protest. The members will be selected in the following order:
 - Browns Mill
 - Central Dekalb
 - Exchange Park
 - Gresham
 - Ray of Hope
 - Redan
4. The meeting to resolve the protest will be held within 7 days of the date that the problem was properly filed with the association.
5. In order for a protest to be considered properly filed with the association, the person or association bringing the protest must fill out an EDGFSA protest form and pay a \$50.00 protest fee.
6. If the dispute involves a rule interpretation by the umpire, then you must notify the umpire that you are filing a protest and have the umpire or umpires sign and date the scorebook.
7. If the protest involves the age of a player then the association is going to require that the original Birth Certificate be brought to the hearing.

If the Dispute Resolution Committee rules in favor of the coach and/or association filing the protest, then the \$50.00 protest fee will be refunded.



EDGFSA Protest and Disputed Resolution Form

Association Name: _____ Team Name: _____

Age Group: _____ Manager's Name: _____

Date of Incident: _____ ASA Rule: *yes* __ *no* __ EDGFSA Rule: *yes* __ *no* __

Cite Rule Number: _____ Page: _____

Player(s) Name _____

Player(s) Uniform Number _____

Explanation of
Dispute: _____

Signature: _____ Date: _____



EDGFSA PLAYER AFFIDAVIT

Name: _____
Address: _____
Parent Email(s): _____
Home Phone: _____
Date of Birth: _____

AGE AS OF JANUARY 1, 2015: _____

I AFFIRM THE ABOVE INFORMATION IS TRUE AND CORRECT. IF NECESSARY, I GIVE MY PERMISSION FOR REPRESENTATIVES OF EAST DEKALB GIRLS FASTPITCH ASSOCIATION TO OBTAIN ANY SUPPORTING DOCUMENTATION NEEDED TO CONFIRM THE AGE OF MY CHILD.

PARENT'S NAME (Please print): _____

PARENT'S SIGNATURE: _____

ASSOCIATION NAME: _____

LEAGUE AGE GROUP: _____ TEAM NAME & COLOR: _____



(player #) (player name)

AS REPRESENTATIVES OF EAST DEKALB GIRLS FASTPITCH SOFTBALL ASSOCIATION, WE THE UNDERSIGNED DO AFFIRM THAT THE ABOVE INFORMATION IS TRUE AND CORRECT AND THAT THE BIRTH CERTIFICATE PRESENTED WITH THIS AFFIDAVIT IS ACCURATE AND REFLECTS CORRECT INFORMATION FOR THE ABOVE LISTED\PICTURED PLAYER. WE ALSO AFFIRM THAT THE PLAYER PICTURED ABOVE PLAYS ON THE ABOVE LISTED TEAM THROUGH ENROLLMENT WITH THE SAID ASSOCIATION.

ASSOCIATION REPRESENTATIVE

EDGFSA OFFICIAL

Revised 6/2014



East Dekalb Girls Fast Pitch Softball Association Media Release Form

East DeKalb Girls Fastpitch Softball Association (EDGFSA) highlights the activities of the organization and our players in a variety of ways, including the EDGFSA website; e-newsletter; the organization official social media outlets; brochures and other print publications; admissions outreach materials and fund-raising efforts; and occasionally with local or national news media.

In promoting EDGFSA, we sometime use the player photographs and video/audio recordings. These images are used solely for public relations and education about EDGFSA purpose. For example, we may publish a photograph of a EDGFSA athletic team to celebrate a win or a great season, and if your child is on the team, she might be identified in a photograph. **NOTE:** In all of our digital communications – including the EDGFSA website, social media outlets, and e-newsletters – players are NOT identified by name, unless express consent is given.

This Media Release form requests your consent to use your child image and video recordings. Players whose family does not consent will be placed on a “Media Consent Denied” list.

This is a one-year agreement. This agreement covers only those official East DeKalb Girls Fastpitch Softball Association publications that are intended for the general public. Consent covers usage of 2014 - 2015 year materials. Please choose an option below, sign, and return the form with your enrollment materials.

If this form is not returned, it will be regarded as “consent” by the Board of Directors.

MEDIA RELEASE FORM

Please check one of the options below, sign and date, and return with your enrollment materials.

___ I, being the parent or guardian of _____, a player at

___ I, _____, as a coach, team mom, or other official at

East DeKalb Girls Fastpitch Softball Association, hereby:

Consent: _____

Do NOT Consent: _____

...that video/audio recordings, photographs, electronic images of my child may be used by East DeKalb Girls Fastpitch Softball Association for public relations for the 2014 - 2015 year.

Failure to return the form will be regarded as “consent” by the communications office.

Signature _____ Date _____

Park Name: _____

Age Group: _____ Team: _____



East Dekalb Girls Fast Pitch Softball Association

Official Softball Roster

Association Name		Team	Team Mascot Name	Home Color		
Staff Names (Last, First)		Position*	Cert.#	Email	Phone	MR
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
*Position: TM=team mom; Mgr=manager; AC=Assistant Coach; SK=Scorekeeper						
Full Name (Last, First, MI)			Jersey #	Date of Birth	Age	MR
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
Date	CERTIFYING OFFICIAL			TITLE		



2015 COACHES CODE OF CONDUCT

Current
Photo
of
Coach

As a Coach participating in 2015 EDGFSA season through _____ park association, I hereby confirm that I have been appropriately certified as a coach and pledge to uphold great standards by following the EDGFSA Coaches' Code of Ethics:

- I will represent myself as leader and ensure that the conduct of my team, coaching staff and parents are displayed in an orderly manner.
- I will place the emotional and physical well being of my players ahead of a personal desire to win. I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I will promise to review and practice basic first aid principles needed to treat injuries of my players and in the case of serious injuries, I will contact the emergency service (911).
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- I will be knowledgeable in the rules that the governing association has set forth for the sport that I coach, and I will teach these rules to my players, parents and coaching staff.
- I will remember that I am a youth sports coach, and that the game is for children and not adults.
- I will make sure all coaching staff is certified to be on softball field, which includes anyone on field or dugout or official scorekeeper during the game who is not a player of the team or official umpire.
- I will not make any threats of any type to any members of the opposing teams including coaches, players and parents and officials.
- I will not bring any weapons of any type to the softball field; nor will I use any equipment such as bats in a manner that is threatening to opposing team, umpires or my team.
- I will not nor will any member of my team, coaching staff and parents of team members do anything that will instigate a reason that officials must call the police for a disturbance on the softball field and for which my team will be seriously penalized.
- I will not nor will my team, coaching staff and parents commit or make a terrorist threat which is any type of threat that causes a person or group to be fear of bodily harm; crime to commit violence communicated with the intent to terrorize another. Police will immediately be called.
- I will report any problems for my team or coaching staff in writing within 24 hours of the incident to EDGFSA President and Secretary with copy to their park representative. This report must be written by manager or head coach of the team. Written reports from parents will not be reviewed.
- Anyone ejected from the game is to leave so that he is not within "sight and/or sound" of the umpires, players and/or coaches of that game.

Coaches Code of Ethics Violation Penalties: [All violations will be reviewed by the EDGFSA Grievance Board.]

- **Terrorist threats:** Team suspension from the league
- **Other confirmed violations:**
 - *First offense:* 1 game Suspension + \$50.00 fine from affiliated association
 - *Second offense:* 3 games Suspension + \$100.00 fine from affiliated association
 - *Third offense:* 1 year suspension from all of EDGFSA + \$250.00 fine from affiliated association.

As a Coach, I have thoroughly read and do understand the Coaches Code of Ethics and Violation Penalties of EDGFSA provided above.

Coach's Name (signature)

Coach's Name (printed)

Certification No.

Cert. Exp. Date



Coaches Code of Ethics Violation Report

Park Association Name: _____ Team Name: _____
Age Group: _____ Manager's Name: _____
Date of Incident: _____ Time of Incident: _____
Name(s) of Individual(s) involved: _____

Explanation of Dispute:

Name of individual reporting incident:
(signed if not submitted electronically)



**EAST DEKALB GIRLS FASTPITCH
SOFTBALL LEAGUE
Six (6) and Under Rules**

- A. ASA girls' fastpitch rules will be in effect. Any exceptions shall be noted hereafter.
- B. All teams must be ready for play at the scheduled starting time. Failure to be ready to play will result in forfeiture. There will be a fifteen (15) minute grace period for the :30 weekday games only. The subsequent games will start fifteen (15) minutes after the preceding game is complete or the scheduled starting time, whichever is later.
- C. The first four (4) innings of each game shall be limited to a five run maximum rule. The 5th, 6th and 7th innings shall be open innings with a ten run limits (time permitting). At the end of one (1) hour (1:00) and at the end of a complete inning, the plate umpire shall declare the game open. After one (1) hour and fifteen (15) minutes (1:5) the plate umpire shall declare that the current inning is the last inning. At least one (1) open inning must be played for a game to be official. The official start time shall be determined by the late umpire and recorded in the official (home team) scorebook. The plate umpire shall determine the expiration of time.
- D. If a game is tied at the end of the game as described in rule three (3) above, one (1) inning shall be played. If the game is tied at the end of the extra inning or if the extra inning has not completed before two (2) hours have elapsed since the start of the game, the game shall be declared a tie. Tie games shall be recorded as half game won and a half game lost for each team. For the end of the season tournament all games will be played to completion (i.e. no ties).
- E. No school night game shall start after 9:00 p.m. In the event that a game start time is pushed back beyond the 9:00 p.m. limit by the preceding game and/or weather conditions, it shall be rescheduled for a later date.
- F. All postponed or suspended games must be rescheduled with schedule maker. Failure to reschedule the time and date of the make-up game within one week will result in a loss for both teams. Managers of both teams must agree to the change; otherwise, the scheduler will set the time and ate for the game. If either or both teams fail to be ready to play at the reschedule time, the failure shall result in a forfeit for the team or teams not ready to play. The schedule maker shall notify the umpires of the date and time of the rescheduled game.
- G. The lineups for the suspended games must have the same relative batting order for the continuation part of the game. If a player is missing for the continuation part of the game the players below the missing player in the batting order will move up one (1) position. If a player was missing during the original suspended portion of the game, but is available for the continuation part of the game, she shall be placed at the end of the batting order. If the current batter, at the time of suspension is not available for the continuation, the first available succeeding player in the batting order will become the current batter. If a base runner at the time of suspension is not available for the continuation, the first available preceding player in the batting order to the current batter shall become the base runner. The official scorekeeper must note the exact status of the game at suspension time and have the home plate umpire sign that status in the scorebook.

- H. After the league schedule is published, no game may be rescheduled except by the Commissioners.
- I. Teams must field at least six (6) defensive players during the game for it to be considered a regulation game. A team may field as many as eleven (1) players if available. A team may field six (6) infielders. All others, except the catcher, must play in the outfield. If a team fields less than seven players, the eighth position on the order is an automatic out. The outfield is considered to be the grassy area beyond the all dirt infield.
- J. The batting order shall consist of all players present at the game. If a player arrives after the game has started, they shall be added to the end of the batting order. All team members present at the game shall play at least two (2) consecutive innings on defense. This rule shall be waived for injuries, late arrivals (if at the time they arrive, there are not enough innings left for them to play two (2) defensive innings), and disciplinary reasons. If any player present is not going to participate, the manager must notify the opposing manager and plate umpire. Unlimited defensive substitutions will be allowed subject only to the two (2) consecutive inning rule above.
- K. The catcher is optional for the 6 and Under League.
- L. Catchers must wear a set of protective gear.
- M. **NO JEWELRY OR HAIR ORNAMENTS** (I.E. BOBBY PINS, BARRETTES, HAIR CLIPS, HAIR-BEADS OR OTHER METAL/PLASTIC HAIR ORNAMENT) **IS ALLOWED**.
- N. Commissioner rulings on rule violations that result in forfeiture will be explained to both managers before it is announced and becomes official.
- O. Managers are responsible for the conduct of their coaches, players, and spectators.
- P. The home team manager will be responsible for preparing the field, providing the official score keeper (and score book), providing a scoreboard operator, and providing the game balls. The game ball will be one (1) new safety ball.
- Q. Both teams are responsible for cleaning up their own dugouts and spectator areas after the game.
- R. There will be a suspension of one (1) game for any manager who fails to abide by the three (3) rules.
- S. Managers and coaches must be NYSCA certified to be on the field during a game.
- T. Any manger or coach ejected by an umpire for the second time in a season will be relieved of managing or coaching duties for the remainder of the season. Appeals may be filed with the Board of Directors' Grievance committee.
- U. All teams must restrict their warm-ups to the outfield areas of the ball field. Infield warm-ups are prohibited. For safety reasons, when the players are doing throwing warm-ups, they should form two (2) lines parallel to the foul line on their dugout side of the field and make their throws to each other perpendicular to that foul line. This arrangement should minimize injuries caused by players being hit by overthrown and missed balls.
- V. Any teams leading by at least ten (1) runs after five (5) innings of play shall be declared the winner regardless of the time remaining (4 ½ innings if the home team is ahead by ten (1) or more runs).
- W. To speed up games and allow more innings to be played, the managers should have their players hustle in and out between half innings (they should jog in to the dugout and be ready to jog out to their positions when they go back out on defense). Managers should have someone ready to warm up the pitcher if the catcher is putting on equipment.
- X. If a player is warming up a pitcher, they must wear a catcher's mask.

AGE GROUP SPECIFIC LOCAL RULES

*****6 AND Under Batting Rules*****

- A. Batters will have the option of hitting off the tee all season. Coaches may pitch to a player if they wish. "Safety" balls ("incrediballs") will be used for the season.
- B. A batted ball must travel a minimum of ten (10) feet from the back of home plate to be considered in play. An arc must be drawn ten (10) feet from the back of home plate during field preparation. If a batted ball does not cross the arc, it will be considered a foul ball. A fielder may not field the ball until it travels ten (10) feet.
- C. A player will receive five (5) tries or three strikes (which ever comes first) consisting of a coach pitch or off the tee. If fifth try results in a foul ball, the batter will get additional tried as long as they continue to hit foul balls.

*****Playing Rules for 6 and Under*****

- A. After the ball is pitched, the "pitcher" (manager/coach) may not give any instructions to the batter and/or base runners unless the "pitcher" leaves the playing field. One exception to the above rule will allow the "pitcher" (manager/coach) to instruct the batter immediately after the ball is hit. Violations of the above rule will result in the batter being called out and the base runners returning to the bases previously held.
- B. If in the umpires judgment the "pitch" (manager/coach) interferes with the batted ball or interfered with the play, the batter will be called out and the runners will return to the previously held base.
- C. A base runner will be called out if she leaves the base before the ball is hit.
- D. No bunting or stealing allowed.
- E. Base runners may not advance after the ball is in the pitcher's control and the pitcher has at least one (1) foot in or on the pitcher's circle. "May not advance" should be understood to mean a base runner must advance/retreat to the nearest base (halfway hash marks will help the umpire determine the proper base for the runner to occupy). Any conflicts in runner placement on the bases will be decided by the placement of the runner closest to reaching home plate. For example, if a runner has rounded third but has not reached the halfway mark to home plate and another has rounded third but has not reached the halfway mark to home plate and another runner is on the way to third and is past the halfway mark to third, there is a conflict. Both runners cannot be on third. In this case the runner already around third is closest to home and will be returned to the third base. The runner heading to third will have to return to second base since third base is already occupied, even though that runner was past the halfway mark to third base.
- F. If the pitcher, while in the circle, throws the ball to another fielder or leaves the circle (i.e. to chase a runner), the base runners may advance at their own risk.
- G. If a ground ball is hit to the pitcher and the pitcher makes no defensive play (i.e. stays in the circle in control of the ball), the base runners may advance one base and the batter goes to first base.



EAST DEKALB GIRLS FASTPITCH SOFTBALL LEAGUE Eight (8) and Under Rules

1. CLASSIFICATIONS

Eight and Under Division: Consists of girls ages 8 years old and under. Age 8 and under but not reaching 9 prior to January 1st of the current year.

2. EQUIPMENT

All equipment must be ASA approved

11 Inch yellow .47 cord ball

Bats: Official ASA approved bats

Bases: ASA approved safety bases, including a double bag at first base will be used. A game is subject to protest if the first base on the playing field is not equipped with an ASA approved double safety base. Safety bases are recommended but not required for the remaining bases.

Helmets: All batting helmets shall be equipped with a securely fastened chin strap and NOCSAE approved face mask guard.

3. UNIFORMS

All jerseys shall be in the same color with numbers of the same color on the back

Uniforms per ASA guidelines

4. NUMBER OF PLAYERS

A team consists of 10 players. Game can be played with nine players. If a team is played with eight players the ninth spot is an automatic out.

5. POSITION OF PLAYERS

Six infield positions: 1st, 2nd, 3rd base, shortstop, pitcher & catcher

Four outfield positions: Right field, Right center, Left center & Left field

The outfielders must be positioned a minimum of 10 feet from bases or on the grass if applicable

6. UMPIRES

Only ASA certified umpires must be used to call the game.

One umpire shall be provided for all league games

7. FIELD DIMENSIONS

Bases 55 feet

Pitching mound 35 feet with an 8ft radius circle

The field must be lined with halfway hash marks between 1st and 2nd and 2nd and 3rd and 3rd and home plate.

8. STARTING OF GAME – TIME LIMITS

Only the visiting team will have a 15-minute grace period for the 6:30pm game on Monday through Friday. There is no grace period for weekends and 8:15pm games. The plate umpire shall determine the official starting time.

Game duration: One (1) hour 15 minutes (Open inning may be called after one (1) hour).

9. NO JEWELRY OR HAIR ORNAMENTS (I.E. BOBBY PINS, BARRETTES, HAIR CLIPS, HAIR-BEADS OR OTHER METAL/PLASTIC HAIR ORNAMENT) IS ALLOWED.

MANAGERS ARE RESPONSIBLE FOR THE CONDUCT OF THEIR COACHES, PLAYERS AND SPECTATORS AT ALL TIMES. IF CONFLICT ARISES MANAGER/COACH MUST REPORT TO THEIR LEAGUE REPRESENTATIVE. A RESOLUTION MEETING WILL BE HELD WITH OFFICERS OF THE EAST DEKALB GIRLS FASTPITCH ASSOCIATION AT A LATER DATE. “THIS GAME IS FOR THE CHILDREN, LET THEM ENJOY IT.”

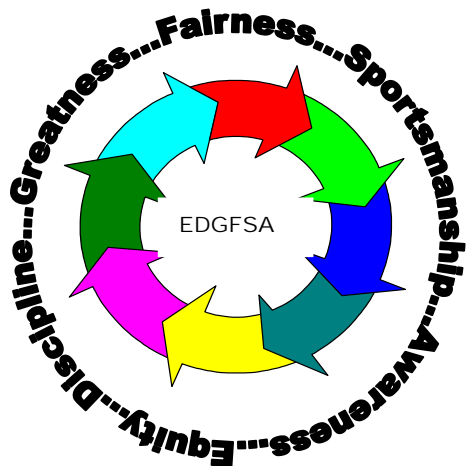
10. PLAYING RULES

- A. Batters will be pitched to by a manager/coach serving as the “pitcher” of the game. An arc must be drawn ten (10) feet from the back of home plate during field preparation. If a batted ball does not cross the arc, it is a dead ball and will be considered a foul ball.
- B. Batters will be limited to five (5) pitches and/or three (3) swings. If the fifth pitch and/or third swing result in a foul ball, the batter gets additional pitches as long as they continue to hit foul balls.
- C. The batting order shall consist of all the players on the team roster. All team members must play a minimum of *two consecutive innings on defense*.
- D. The manager/coach “pitcher” must have both feet inside the circle until the pitch leaves his hand.
- E. One manager/coach can be in the field when his team is on defense.
- F. Infield flies and dropped third strike rules will not be in effect.
- G. After the ball is pitched, the “pitcher” (manager/coach) may not give instructions to the batter and/or base runners unless the “pitcher” leaves the playing field.
- H. If in the umpire's judgment the “pitcher” (manager/coach) interferes with the batted ball or interfered with the play, the batter will be called out and each runner will return to their previously held base.
- I. A base runner will be called out if she leaves the base before the ball is hit.
- J. No bunting or stealing allowed.
- K. Defensive play that can stop runner advancement is as follows: The defensive team throws the ball to the base in front of the lead runner and the fielder at the base has control of the ball or the umpire waits to see if the lead runner is tagged out. Once the lead runner is tagged out, reaches the base safely or goes back to the previous base, play is called dead. Throwing the ball to the pitcher in the circle does not stop play. If the defensive team throws the ball to a base other than the base in front of the lead runner, play will not stop until all runners ahead of the defensive

play stop their advancement. For example, with a runner on 2nd base, the ball is hit to left field. The left fielder throws the ball to 2nd base and stops the advancement of the batter. The runner who started at 2nd base, going to 3rd, does not have to stop running because the play was made at 2nd base. However, if the runner hesitates or stops momentarily at 3rd for any reason, the Umpire may call time and the runner cannot advance.

- L. Teams will be limited to four (4) runs per offensive inning for the first four- (4) innings. Innings five (5) and six (6) will be eight (8) runs limited innings (if time permits). At the end of one hour and fifteen minutes of playing time the umpire will declare the current inning to be the last inning.
- M. The umpire shall use his/her discretion to declare an OPEN inning earlier than the fifth inning, after 1 hour of play. At least one OPEN inning must be played in order for the game to be complete. If a team is ahead by ten (10) or more runs after five (5) innings (4 1/2 if the home team is ahead) the game shall be declared over.
- N. A player will be declared ineligible for the season if it is determined that the player is listed on more than one roster either within the association, or outside of the association. In addition, the team will forfeit all games in which the ineligible player participated.
- O. If scores for a game is not reported as proscribed at the current season's EDGFSA Rules Meeting, both teams will forfeit the game.
- P. At the beginning of each game, the coaches of both the visiting and home team must exchange EDGFSA affidavit/roster books. If a coach fails to produce the EDGFSA affidavit/roster book at the beginning of the game, the umpire must annotate in both teams' scorebook that book was not present for the offending team. Both teams shall return EDGFSA affidavit/roster book at the end of the game.
- Q. If a team fails to produce the EDGFSA affidavit/roster book at the beginning of the game, that game will result in an administrative forfeit by the league.
- R. If a game needs to be rescheduled and a park or team is being uncooperative about rescheduling the game, the park that is attempting to reschedule the game must notify the President of EDGFSA within 72 hours in order to resolve the rescheduling conflict. If the President of EDGFSA cannot resolve the rescheduling problem, the uncooperative team/park will forfeit the game and the opposing team will be awarded a win by forfeit.
- S. If a game is still tied at the end of a regulation game, it shall be recorded as a tie.

revised:2/10/2015



EAST DEKALB GIRLS FASTPITCH SOFTBALL LEAGUE 10 – 18 Under Rules

1. CLASSIFICATIONS

Ten and Under Division: Age 10 and under but not reaching age 11 prior to January 1st of the current calendar year

Twelve and Under Division: Age 12 and under but not reaching age 13 prior to January 1st of the current calendar year

Fourteen and Under Division: Age 14 and under but not reaching age 15 prior to January 1st of the current calendar year.

Sixteen and Under Division: Age 16 and under but not reaching age 17 prior to January 1st of the current calendar year.

Eighteen and Under Division: Age 18 and under but not reaching age 19 prior to January 1st of the current calendar year.

2. EQUIPMENT

All equipment must be ASA approved

11 Inch yellow .47 cord ball (10 & under)

12 Inch yellow .47 cord ball (12-18 & under)

Bats: Official ASA approved bats

Bases: ASA approved safety bases, including a double bag at first base will be used. A game is subject to protest if the first base on the playing field is not equipped with an ASA approved safety base. . Safety bases are recommended but not required for the remaining bases.

Helmets: All batting helmets shall be equipped with a securely fastened chin strap and NOCSAE approved face mask guard.

3. UNIFORMS

All uniforms will be in accordance with ASA rules on uniforms.

i.e. All jerseys shall be in the same color with numbers of the same color on the back

All teams members must wear same color shorts & sliding shorts

If there are any questions regarding what is the correct uniform please refer to your ASA manual for the current year.

4. UMPIRES

Only ASA certified umpires will be used to call the games.

Two umpires shall be provided for age groups 10 & above.

5. FIELD DIMENSIONS

The field dimensions will be in accordance with ASA rules for the current year. Below is a brief guide of the field dimensions as listed in the 2002 ASA manual. In no way are the following guidelines meant to replace the ASA manual. When or where there is any discrepancy between the guide and ASA, the ASA manual takes precedence.

- a. Base distance 60 feet.
- b. Pitching mound is 35 feet from the back of Home plate to the front edge of the pitching mound for 10 under.
- c. Pitching mound is 40 feet from the back of Home plate to the front edge of the pitching mound for the 12 and above.

6. STARTING OF GAME – TIME LIMITS

Only the visiting team will have a 15-minute grace period for the 6:30pm game on Monday through Friday. There is no grace period for weekends and 8:15pm games. The plate umpire shall determine the official starting time.

One (1) hour 30 minutes (Open inning may be called after one (1) hour **(10 & above)**)

7. NO JEWELRY OR HAIR ORNAMENTS (I.E. BOBBY PINS, BARRETTES, HAIR CLIPS, HAIR-BEADS OR OTHER METAL/PLASTIC HAIR ORNAMENT) IS ALLOWED.

8. MANAGERS ARE RESPONSIBLE FOR THE CONDUCT OF THEIR COACHES, PLAYERS AND SPECTATORS AT ALL TIMES. IF CONFLICT ARISES MANAGER/COACH MUST REPORT TO LEAGUE REPRESENTATIVE. A RESOLUTION MEETING WILL BE HELD WITH OFFICERS OF EAST DEKALB GIRLS FASTPITCH LEAGUE AT A LATER DATE. **“THIS GAME IS FOR THE CHILDREN, LET THEM ENJOY IT.”**

9. PLAYING RULES

- A. Games will be played by ASA sanctioned CLASS B OPERATIONAL PLAYING RULES AND POLICY
- B. A maximum of 3 outs or 3 runs will constitute an offensive inning for the first 4 innings. During the 5th through the 7th innings, the 3 run maximum rule will not be in effect.
- C. A 10 run lead after the completion of 5 innings of play shall constitute a game regardless of the time.
- D. Games are limited to one hour and thirty minutes of playing time. A full 7-inning game shall be played if time permits. All innings must be played to their conclusion. At least one OPEN inning must be played in order for the game to be complete. If the game is still tied at the end of 2 hours, it shall be recorded as a tie.
- E. In the Ten and under and the 12 and under teams must be comprised of ten players if available. If not, the game may be played with 9 players and will be considered a regulation game. A team

playing with 8 players must take an automatic out in the ninth spot in the batting order. If a player leaves the game for any reason after coming to bat, reducing the line-up to 8 players, an automatic out will be taken in her place in the batting order.

- F. In the Fourteen and Under, Sixteen and under and the Eighteen and under divisions, teams must be comprised of 9 players, if available. If not the game may be played with 8 players and will be considered a regulation game. A team playing with 8 players must take an automatic out in the ninth spot in the batting order. If a player leaves the game for any reason after coming to bat, reducing the line-up to 8 players, an automatic out will be taken in her place in the batting order.
- G. The batting order shall consist of all the players on the team roster for the 10 and under and 12 and under divisions. A manager is allowed unlimited substitutions.
- H. In the Fourteen and under, Sixteen and under and Eighteen and under divisions, the batting order shall consist of the players on the field, unless manager is using the DP and DEFO. Please refer to the ASA manual on using substitutions and re-entry for the remaining players on the team for insertion into the batting order.
- I. In the Ten and under division only, players are not allowed to take a walk, unless hit by pitch. Upon the fourth ball called, the offensive coach will pitch to the batter. The defensive pitcher will remain in the circle during each pitch. The batter's count upon the fourth ball called will determine the number of pitches remaining of which the offensive team's coach may pitch to the batter. Note: the batter will either strike out or hit the ball. If the count is 4 balls and no strikes, the coach will pitch 3 more pitches. If the count is 4 balls and 1 strike the coach will pitch 2 more pitches. If the count is 4 balls and 2 strikes, the coach will pitch 1 more pitch. Whenever the coach is pitching, the runners are not allowed to steal. If a player attempts to steal, she can be called out. If the coach is hit by the ball or if in the umpire's judgment the action of manager/coach interferes with the batted ball or interferes with the play, the batter will be called out and the runners will return to the previously held base (unless that is the third out).
- J. In the Ten and under division only, (1) in infield fly rule is not in force, (2) the dropped third strike rule is not in force; (3) base stealing is allowed from first to second base, and second base to third; (4) A player cannot steal home; (4) a player can only steal one base at a time.
- K. At the discretion of the manager on offense, the player in the deck circle shall be allowed to stand in the on deck circle behind the batter regardless of which dugout the offensive team occupies.
- L. The umpire shall use his/her discretion to declare an OPEN inning earlier than the fifth inning, after 1 hour of play.
- M. All players must play a minimum of two consecutive innings on defense. This rule may be waived in the event a player does not attend practice regularly or if there is a disciplinary problem; if all of the players on the roster are not going to participate, the manager must notify the opposing manager and plate umpire. In case of injury, a player may be removed from the game at any time. If it is proven that a player did not play two consecutive innings, the umpire and the two opposing managers will declare the game a forfeit after verification.

- N. A player will be declared ineligible for the season if it is determined that the player is listed on more than one roster either within the association, or outside of the association. In addition, the team will forfeit all games in which the ineligible player participated.
- O. If scores for a game is not reported as proscribed at the current season's EDGFSA Rules Meeting, both teams will forfeit the game.
- P. At the beginning of each game, the coaches of both the visiting and home team must exchange EDGFSA affidavit/roster books. If a coach fails to produce the EDGFSA affidavit/roster book at the beginning of the game, the umpire must annotate in both teams scorebook that book was not present for the offending team. Both teams shall return EDGFSA affidavit/roster books at the end of the game.
- Q. If a team fails to produce the EDGFSA affidavit/roster book at the beginning of the game, that game will result in an administrative forfeit by the league.
- R. If a game needs to be rescheduled and a park or team is being uncooperative about rescheduling the game, the park that is attempting to reschedule the game must notify the President of EDGFSA within 72 hours in order to resolve the rescheduling conflict. If the President of EDGFSA cannot resolve the rescheduling problem, the uncooperative team/park will forfeit the game and the opposing team will be awarded a win by forfeit.

revised: 12/2/14

Additional Resources

The following pages are just a few additional resources that can be found online to assist you as a coach/team mom.

Youth Sports Associations that provide youth sports info; articles on coaching/ skills/ drills; online-coaches certification.

<http://edgfsa.org>

www.georgiaasa.com (Georgia ASA)

www.nays.org (National Alliance for Youth Sports)

<http://doylebaseball.com> (Doyle Baseball)

www.ASEP.com. (American Sport Education program)

****Coaches Certification**

- *Coaches must be certified prior to the Coaches Clinic on Saturday, March 28, 2015.*
- Preferred Coaches Certification vendor: ASA - ACE Coaching Certification. Badges are provided once certification is successfully completed, which should be placed on a lanyard and worn at each EDGFSA softball game.

Tips and Drills

Practice is key to safety and preparedness of players. There are many resources for tips and drills that can be found on the internet. Below are a few resources and ideas.

“Practice has several purposes. Learning to perform, developing, maintaining, and perfecting skills are the basic objectives of a beneficial practice. In the pursuit of these objectives, such areas as discipline, teamwork, persistence, timing, mental toughness, responsibility, organization, and gamesmanship play important roles during practice.

Coaches should ensure that learning, developing, maintaining, and perfecting skills are included in each practice. A good practice session also invigorates, enlightens, teaches, develops, excites, encourages, and promotes teamwork among team members. Your ability to select the best drills to match your practice goals often determines the success or failure of your practice sessions.”



Resources

<http://www.stack.com/softball/>

<http://softball.isport.com/softball-guides/>

<http://www.livestrong.com/article/328259-exercise-plans-for-softball-players/>

<http://www.active.com/softball/articles>

<http://www.fastpitchpower.com/how-to-start-a-workout-program/>

<http://www.softball-tips.com/instruction/softball-drills.html>

<http://www.humankinetics.com/excerpts/excerpts/successful-practices-incorporate-drills->

Videos

<https://www.youtube.com/user/SoftballDrills>

<https://www.youtube.com/user/softballperformance>

<https://www.youtube.com/user/Softball360>

Coaching

Motivation

“Every one wants to feel skilled and valued. The best way to motivate some one is to make them feel skilled and valued. This is especially important for young athletes who are just learning the skills and strategies of a sport.

The key to motivating young athletes is to point out their successes, encourage them to improve, and teach them needed skills. The following are strategies coaches can use to create an ideal atmosphere to motivate athletes:

1. Monitor your feedback to athletes
2. Individualize athlete feedback
3. Encourage teamwork."



Positive Coaching

- “1. Communicate unconditional acceptance, regardless of the outcome.
2. The achievement standards set should be within the athlete’s capabilities.
3. Avoid under- or over-coaching. Some athletes need strong guidance; others are more self-directed and need only a consultant.
4. After a tough loss, listen, support, understand and praise. Provide an accepting environment for the athlete to fully feel and express the emotion after the event. Respect and accept those feelings. Do not deny or distort what the athlete is feeling. Do not say, “You did great,” when he knows he didn’t. Instead, point out something positive that was achieved during the competition (e.g. “You maintained good running form through the middle of the race”).
5. Focus on the important lessons of life that can be learned (e.g. being mentally strong in the face of adversity, self-discipline, patience, cooperation). Help your athlete look forward to achieving future goals.”



Resources:

[http://www.appliedsportpsych.org/resource-center/resources-for-coaches/motivating-young-athletes/What Coaches and Parents Can Do Instead](http://www.appliedsportpsych.org/resource-center/resources-for-coaches/motivating-young-athletes/What%20Coaches%20and%20Parents%20Can%20Do%20Instead)

<http://www.active.com/outdoors/articles/how-to-motivate-your-young-athlete-to-get-better>

<https://www.breakthroughbasketball.com/mental/motivate-players.html>

[http://www.gatorade.com/moms/articles/2011/12/8/The Top 5 Mistakes Coaches and Parents Make in Motivating Athletes.aspx](http://www.gatorade.com/moms/articles/2011/12/8/The_Top_5_Mistakes_Coaches_and_Parents_Make_in_Motivating_Athletes.aspx)

<http://www.nays.org/additional-training/>

Injury Prevention

The first line of defense against injury is safety awareness, proper use of protective gear and preparedness. Below are a few tips for when injuries occur.



First Aid

There are many lists identifying what should be in a first aid kit. The best advice regarding first aid is: Be Prepared. You want to know as much as you can about treating injuries to keep the damage from an injury to a minimum.



Also, it's key to know the answer to the following questions before hitting the field:

- ☐ Do you know where the nearest phone is?
- ☐ Do your players know where the nearest phone is, and how to tell emergency personnel how to get where you are?
- ☐ Do you have change if it is a pay phone?
- ☐ Do you have medical release forms?
- ☐ Is your first aid kit well stocked?

R.I.C.E. Principles

Below is an overview of the R.I.C.E. Principles for treating injuries:

R-est: Activity should be discontinued as soon as the pain or injury is noticed. Continued exercise may further aggravate the injury. The concept of "no pain, no gain" is replaced with "train, don't strain; if stressed, get rest." The rest should continue until symptoms of pain and injury subside.

I-ce: An ice pack should be applied immediately to a new injury. Ice decompresses swelling and blood flow and reduces pain. Where there is swelling, application should be continued intermittently for 72 hours. Ice should never be applied directly to the skin and the maximum time for each pack application is 20 minutes. Using ice at bedtime is not necessary unless the pain interferes with sleeping.

C-ompression: Initially, a wet wrap can be applied to give compression. Start distal to the injury and wrap toward the heart. Later, an elastic bandage can be used. It should be wrapped firmly, but not tightly enough to cut off circulation around the injured area. During the early stages when swelling is severe, the wrap should be loosened every half hour, then reapplied. Compression reduces swelling and blood pooling. Compression at bedtime is not necessary unless the pain interferes with sleeping.

E-levation: Elevate the injured part so that it is higher than the heart at all times initially (including during sleep) and whenever possible until swelling has subsided. In this way, gravity prevents pooling of blood and other fluids. See a physician immediately following any major injury.

Resources:

<http://www.active.com/softball/articles/first-aid-tips-for-softball-coaches>

<http://www.momsteam.com/health-safety/general-safety/first-aid>

<http://www.active.com/softball/articles/first-aid-tips-for-softball-coaches>

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