

2018 CHGSL Instructional Guidelines

These guidelines are intended to give coaches in the instructional division a general framework for organizing games, but with the flexibility to adjust gameplay to fit the skill level of their teams. Coaches are encouraged to vary from these guidelines to improve gameplay or enhance the enjoyment of their players. Coaches should meet just before each game to discuss and agree upon game details.

I. THE PLAYING FIELD

- A. Set-up: Home team shall be responsible for setting up the field.
 - 1. Placing and removing the bases. 50- 60' base distance should be used.
 - 2. A Double first base is required. The orange side of the base should be positioned in foul territory. During play, a fielder plays the white side of the base and the baserunner targets the orange side of the base.
 - 3. A SB11" Dudley Fastpitch Softball or other 11" softball in fairly good condition should be used.
- B. Smoking is not permitted at the ballfield.

II. EQUIPMENT

- A. Batting helmets with face masks and chin straps: Players must wear batting helmets with face shields and chin straps when on the bases and batting.
- B. Jewelry: Players must not wear any jewelry (except medical bracelets and headbands).
- C. General Equipment Guideline: Equipment is furnished by CHGSL. Players may use their own bats and helmets as long as they are in good condition.
- D. Coach/Player Conduct with Equipment: Coaches and players cannot throw any equipment. Players throwing a bat: the first time is a team warning. The second time any player throws a bat the batter is OUT - dead ball. (No play).
 - 1. No cell phone use during the game on the playing field by any coach or player, except for approved use for scorekeeping.
- E. Uniform: Players must wear sneaker-type footwear or molded cleats. No metal cleats.
- F. Mouthpieces or face guards are strongly recommended for all players.

III. PLAYERS, COACHES, SUBSTITUTES

- A. Team Conduct: No intentional roughness by one player against another. For example: tripping, deliberately crashing into, pushing, pulling, and hitting. No swearing. No bad name calling of members of the other team. Terms such as no hitter, easy out, swing, etc. are not allowed.
- B. Substitution: Free substitution of players in the field is encouraged.

IV. THE GAME

- A. Game Length: All regular season games are 4 innings or 60 minutes unless a different game length or time limit is mutually agreed upon by both coaches.
- B. Game Score: Not necessary.

- C. Game Stoppage: Games are to be stopped in case of inclement weather or lack of interest from the girls. The coaches shall decide if the games cannot be continued. ** In the event of lightning, all players, families, etc. should wait at least 30 minutes after the lightning flash to resume play.
- D. Batting Lineup: Both teams will bat the entire line-up. Coaches may use discretion based on flow and speed of game. (Except in Disciplinary Action the coach with that player must let the other coach know in advance.)
- E. Players: Every player present for the game and in the lineup must play a minimum of 2 innings in the field.
 - 1. Up to 4 outfielders (outfielders must play at the edge of the outfield grass). Outfielders must throw the ball to an infielder, and can only throw to second or third base on a hit. Outfielders are allowed to throw to any base to get a force out on a runner who has left the base, or on any pop up caught to create a double play.
- F. Each player is allowed to play a maximum of 2 innings at any one field position. This rule is in place to allow the young girls to not be stuck in one position the whole game. The object of the game at this level is to learn basic fielding and hitting techniques while having fun.
- G. Infield Fly: No infield fly rule.
- F. Batting:
 - 1. A designated adult, (coach or parent) will pitch 5 pitches to each batter from a position approximately 25' from home plate. After the 5th pitch, the tee will be brought out.
 - 2. Balls hit in the infield or that reach the outfield through a field error will be ground rule singles. All runners will advance one base.
 - 3. No advancing on overthrows.
- G. Fielding: Bases must not be blocked by the fielders; they must be accessible to the base runner.
- H. Catchers: A catcher must wear standard catching equipment including shin guards, chest protector, and catcher's mask. She must stand a safe distance from home plate. Either the coach or a player may return the ball to the coach/pitcher.