



Instructional Leagues



K-Ball

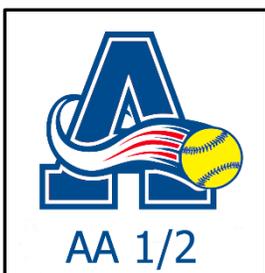
K-ball is an introductory softball program for 4 -6 years olds who want to learn the fundamentals of hitting and fielding. In K-Ball, players hit a ball off a batting tee. The primary goals of K-Ball are to instruct children in the fundamentals of softball and to allow them to experience the value of good sportsmanship and teamwork. A smaller scale grass field (35-foot base paths) and a soft safety softball are used during play. Each team will play about 10 games

during the regular season and there is no postseason. Live coach underhand pitching is introduced during the last 3 games. Games last for 3 innings or a time limit of 1 hour and no score is kept. There is a continuous batting order and every player will bat every inning.

SCHEDULE: Generally, teams practice once a week, either on Monday or Wednesday from about 5:30 to 6:30. One game is typically played on Saturday mornings or early afternoon.

EQUIPMENT: A glove small enough for her hand, but large enough for a youth size softball (9 or 10 inches). Cleats are optional. Bat is optional. AYBS will provide helmets and bats.

SEASON: Practices begin early April. Games will be played late April thru early June.



AA Softball 1/2

AA Softball 1/2 (for girls in grades 1-2) is a Coach Pitch non-competitive division (no score is kept), teaching players the fundamentals of the game and challenging them to hit a pitched ball delivered by a coach. Coaches will be on the field to teach players fielding fundamentals and where the ball should be thrown during each play. Players in this division will likely get 3 at bats per game. A soft safety softball is used and games are played on a standard softball diamond

infield. Each team will play 10 games during the regular season and there is no postseason. Games last for 3 innings or a time limit of 1 hour and 15 minutes. There is a continuous batting order and every player will bat every inning.

SCHEDULE: Typically teams have practiced once a week, either on Monday or Wednesday from about 5:30 to 6:30. One game is typically played on Saturday mornings or early afternoon.

EQUIPMENT: A glove small enough for her hand, but large enough for a youth size softball (9 or 10 inches). Cleats are optional. Bat is optional. AYBS will provide helmets and bats.

SEASON: Practices begin early April. Games will be played late April thru early June.

Competitive Leagues



AAA Softball 3/4

AAA Softball 3/4 (for girls in grades 3/4) is travel softball division continuing to teach players the fundamentals of the game and challenging them to hit a pitched ball delivered by a player. This division also introduces the catcher position and wearing of catching equipment. Players in this division should have basic understanding of fielding positions and where the ball should be thrown during each play. Ashland is a member of the Twin Valley Softball league and ASA

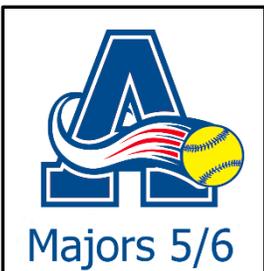
umpires and rules are utilized during every game.

Coaches will be on the field once a pitcher throws three balls. Coaches will continue to teach players the fundamentals and where the ball should be thrown during each play. Outs will be kept and players are not guaranteed a number of at bats due to the competitive nature of this division. A standard 11-inch softball is used and games are played on a standard softball field. Each team will play about 10 games during the regular season and there is no postseason. Games last for 6 innings or a time limit of 1 hour and 15 minutes. Players are placed on teams through a coach's draft. Parents cannot request player/coach placements in this division.

SCHEDULE: Typically teams have practiced once a weekend and play two weekday games. Some games will be played in Ashland and some games are in neighboring towns, such as Holliston, Medway and Millis.

EQUIPMENT: A glove large enough for a youth size softball (11 inches). Cleats are optional but most girls are wearing them at this point. Bat is optional but most girls have her own at this point. Each girl usually owns helmets at this age. AYBS will provide one or two helmets per team and a bat. Girls should also begin to wear pants-not mandatory but a more safe approach of play.

SEASON: Practices begin early April. Games will be played late April thru early June.



Majors Softball 5/6

Majors Softball 5/6 (for girls in 5th and 6th grade). Major League is competitive softball and played on the standard softball diamond and a regulation "hard" softball is used. Each team will play 10 games during the regular season followed by playoffs. Games consist of 6 innings with a time limit of 1 hour and 45 minutes. Players are placed on teams through a coach's draft. Parents cannot request player/coach placements in this division. Ashland is a member

of the Twin Valley Softball league and ASA umpires and rules are utilized during every game.

SCHEDULE: Typically teams have practiced once a weekend and play two weekday games. Some games will be played in Ashland and some games are in neighboring towns, such as Holliston, Medway and Millis.

EQUIPMENT: A glove large enough for a youth size softball (12 inches). Cleats are optional but most girls are wearing them at this point. Bat is optional but most girls have her own at this point. Each girl usually owns a helmet at this age. AYBS will provide one or two helmets per team and a bat. Girls must wear pants since sliding is mandatory for all close plays.

SEASON: Practices begin early April. Games will be played late April thru early June.



Seniors Softball 7/8

Seniors Softball 7/8 (for girls in 7th and 8th grade). Major League is competitive softball and played on the standard softball diamond and a regulation “hard” softball is used. Each team will play 10 games during the regular season followed by playoffs. Games consist of 6 innings with a time limit of 1 hour and 45 minutes. Players are placed on teams through a coach’s draft. Parents cannot request player/coach placements in this division. Ashland is a member of the

Twin Valley Softball league and ASA umpires and rules are utilized during every game.

SCHEDULE: Typically teams have practiced once a weekend and play two weekday games. Some games will be played in Ashland and some games are in neighboring towns, such as Holliston, Medway and Millis.

EQUIPMENT: A glove large enough for a youth size softball (12 inches). Cleats are optional but most girls are wearing them at this point. Bat is optional but most girls have her own at this point. Each girl usually owns a helmet at this age. AYBS will provide one or two helmets per team and a bat. Girls must wear pants since sliding is mandatory for all close plays.

SEASON: Practices begin early April. Games will be played late April thru early June.