

GIRLS YOUTH SOFTBALL

ROGERS COMMUNITY SCHOOL RECREATION ASSOCIATION

LEAGUE MANUAL



GETTING KIDS IN THE GAME!

League Basics

The Rogers Community School Recreation Association (RCSRA) Board of Directors is charged with establishing policies and guidelines that govern our youth recreational sports programs. This group of individuals takes this responsibility very seriously, keeping in mind that the ultimate goal is for every child to have the opportunity to participate, regardless of athletic ability or financial status.

The RCSRA and Rogers Parks & Recreation Department staffs implement the policies and guidelines established by the RCSRA Board of Directors. The League Directors constantly strive to make each experience a positive influence in the participant's life.

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Website

The Recreation website is a valuable resource that we use for conveying information. Forms used by the league, game schedules, rules, cancellations due to inclement weather, and other announcements and information can be found at www.rogersar.gov/recreation.

Coaching Procedures

1. Head coaches will contact the parents of the players on their teams as soon as possible after the coaches meetings, to notify them of the time that the first practices will be held.
2. Prior to attending any practices or games, each head coach and assistant coach must complete a volunteer coaching application. The application can be found on the website or at the Rogers Activity Center.
3. Each head coach should hold a parent/child meeting prior to or at the beginning of the first practice. At this time the coaches can communicate what they expect of the players and the parents, as well as what the players and parents can expect of them. At this time, the coach can hand out a team phone tree, roster, and any additional team information.
4. Head coaches choose the time and location of practices. A scrimmage, meeting, or team assembly is considered to be a "practice". No more than two practices a week for 6 & Under teams and no more than three practices for all other divisions.
5. Head coaches should arrive a few minutes early to practice in order to be ready to begin at the scheduled practice time. Coaches are encouraged to create a schedule for each practice, to ensure that each practice includes sessions devoted to conditioning and skill development.
6. UNREGISTERED players are NOT allowed to participate in any practices or games.
7. Each team is responsible for picking up all water containers, cups, bags or any other litter after each game.
8. EQUIPMENT: Each head coach is provided with softballs, batting helmets, catching equipment, bats, and batting tees (if needed). Coaches are required to turn in gear at the end of the season. The league provides each player a game shirt. The

parents/guardians are responsible for providing their child with a fielding glove and cleats or shoes (soccer cleats are okay.)

9. Coaches DO NOT assign players to teams. Any parent who approaches a coach regarding team placement should be referred to the League Director.
10. Coaches are the only ones on the field that can talk to the officiating staff. Please communicate this to the parents and spectators of your team.

Dealing with Parents

Communication is essential to successfully controlling any situation that may develop during the season. Communication begins with you making the first move. Have a parent meeting to discuss the plans for the team and upcoming season. Also set the ground rules and code of conduct. This parent meeting is imperative. The best way to avoid problems is to make sure everyone is on the same page and understands the rules.

Cheering

All cheering shall be of a positive nature. We encourage cheering as it is good for team bonding, it can be a lot of fun and it is done even at the collegiate level. However, it may not be done in such a manner as to attempt to distract the batter.

Team Parent

There are several functions throughout the season that require coordination. These events will be much easier for you to manage if you have an efficient team parent who can organize the girls and parents. Team parents can help bring snacks and drinks for games and practices, organize team meetings, keep accurate records in the team scorebook, be an extra hand at practice, etc. Encourage parent involvement.

Program Evaluations

Program evaluations are extremely important and help us evaluate and plan for the next season. Please fill out and encourage all parents to fill out a parent evaluation form at the end of the season. The forms can be found on the website or at the Rogers Activity Center and turned into the front desk.

Weather Cancellations

In the event of inclement weather, cancellations will be posted on the Recreation website, Facebook, or you may call the cancellation line at the Rogers Activity Center at (479)631-0336 ext. 1. The center will rule on game cancellations up until 4:00 p.m. each day and by 8:00 a.m. on Saturdays.

Rogers Youth Softball Code of Conduct

All coaches, players, spectators, and league staff shall be treated with courtesy and respect at all times.

Coaches

1. All coaches shall promote and maintain good sportsmanship at all times, including at all practices, games and team functions.

2. Coaches shall comply with the league code of conduct and any additional league rules set down by the league staff.

Players

1. Players are required to attend games, practices or league functions.
2. Players must be on time for practices and games.
3. Players need to contact their coach if they cannot attend a practice or game.
4. Complete uniforms must be worn at every game.
5. Commitment to and respect for your teammates and coaches are required.
6. Hustle at all times and give good effort.
7. Work hard to learn the positions that you are put in and have fun.
8. Look at coaches when they are talking to you (individually and in groups).
9. Work hard in practice, and work hard on your own outside of practice.
10. Ask questions when you do not understand something.
11. Never question the umpire during a game (close calls, questionable strikes, etc.)
12. If a player has a problem regarding the team, she must speak to the coach first. If the problem is not resolved then she should speak to the League Director.

Parents/Spectators

1. Parents/spectators should encourage players and not disrespect players, coaches or umpires.
2. Be positive (to kids, to other parents, to coaches). Being positive is contagious, but so is being negative.
3. Avoid coaching from the stands, it confuses and frustrates the players.
4. Spectators are not to be on the players' bench or in the playing area.
5. Keep it about the kids – not about positions, line-ups, close calls, or coaching decisions.

Disciplinary Guidelines:

Enforcement of the league playing rules shall be the sole responsibility of the officiating staff assigned to the game. Enforcement of additional code of conduct rules shall be the joint responsibility of the League Director, officiating staff assigned to that game, any league staff present at the game, and RCSRA administrative staff.

Violations of conduct rules for coaches, fans and players include (but are not limited to) the following:

Fighting

Foul language

Derogatory remarks made to umpires, coaches or League officials

Cheating or fraud of any kind

Destruction of league or city property

Continued use of improper equipment or wearing of an improper uniform after being warned

If a coach, player, or fan is ejected from a game, he/she must leave the playing field immediately. In addition to ejection from the game, the individual may receive an additional suspension and/or penalty assigned by the league director.

Conducting a Practice

BE PREPARED. Take time to jot down your goals for the practice the night before and have five additional “go to” drills. “Go to” drills are for those moments when you cannot think of anything else to do or when you have finished your goals early.

NEVER have too many kids standing. A good way not to have kids standing around is use stations in your practice. Be in charge. Control the practice. Once control is lost it is hard to get back.

Skills to Teach in Each Division

T-Ball Goals

- Basic Throwing Technique (20-40ft accurately)
- Basic Catching Technique (glove angle, two hands)
- Basic Hitting Technique
- Basic Fielding Technique (Grounders)
- Sliding
- Run in the Correct Direction, Dropping the bat, Outs...
- Name All Positions

Machine Pitch Goals

- Throwing and Catching (60-80ft accurately)
- Basic Fly Balls
- Basic Rotations
- Basic Base Running (running through 1st, stopping on others, tagging on flies)
- Basic Agility
- Continue Hitting
- Bunting
- First Base Stretch and Tags
- Backing Up
- Lateral Grounders
- How to Tag a Runner
- Force Out vs. Not Force
- Tosses & Flips
- Strikes & Balls

10 & Under Fastpitch & Older Goals

- Pitching & Catching Technique
- Throwing & Catching (60-100ft accurately)
- Hitting & Bunting
- Advanced Base Running (stealing, pickles, situational stuff)
- Advanced Fly Balls & Grounders
- Beginning Situations
- Advanced Rotations
- Cutoffs

FASTPITCH FIELDING GLOVE SIZING CHART

AGE	INFIELD	OUTFIELD
UNDER 8	9" – 11"	10.5" – 11.5"
9 – 13	10" – 11"	11" – 11.5"
HS / ADULT	11.5" – 12.5"	12.5" – 13"

FASTPITCH BAT SELECTION CHART HEIGHT (in inches)

Weight (in pounds)	36- 40	41- 44	45- 48	49- 52	53- 56	57- 60	61- 64	65- 68	69- 72	73+
<60	26"	27"	28"	29"	29"	29"	29"	30"	31"	31"
61-70	27"	27"	28"	29"	30"	30"	30"	31"	31"	31"
71-80	27"	28"	28"	29"	30"	30"	31"	31"	31"	32"
81-90	27"	28"	29"	29"	30"	30"	31"	32"	32"	32"
91-100	27"	28"	29"	30"	30"	31"	31"	32"	32"	32"
101- 110	28"	29"	29"	30"	30"	31"	31"	32"	32"	32"
111- 120	28"	29"	29"	30"	30"	31"	31"	32"	32"	33"
121- 130	28"	29"	29"	30"	30"	31"	32"	33"	33"	33"
131- 140	28"	29"	30"	30"	31"	31"	32"	33"	33"	33"
141- 150	28"	29"	30"	31"	31"	31"	32"	33"	33"	33"
151- 160	29"	29"	30"	31"	31"	32"	32"	33"	33"	34"
161- 170	29"	29"	30"	31"	31"	32"	32"	33"	33"	34"
171- 180	29"	29"	30"	31"	31"	32"	33"	33"	34"	34"
180+	30"	30"	31"	31"	32"	32"	33"	33"	34"	34"

MOST POPULAR BAT LENGTH BY AGE

AGE	5-7	8-9	10	11-12	13-14	15-16	17-18
LENGTH	24-26"	26-28"	28-29"	30-31"	31-32"	32-33"	32-34"