



# Ridgefield Girls Softball

## 2016 – 10u Expectations, Goals, Rules & Safety

### **Expectations:**

The 10u fast pitch teams continue to have the goal of building player fundamentals and player skill improvement, but at a higher level of competition. An 11" regulation softball is used and delivered to the batter by a player from 35' with coach relief pitching. Coaches will identify pitchers at the start of the season so they can continue to develop their pitching skills during the season.

Games are six innings or 1 hour and 45 minutes. Each player plays at least three innings defensively assuming a six inning game and remains in the batting lineup the entire game. If available, the games will be umpired by patched umpires. Otherwise, high school students will umpire. Scores and standings are kept.

Teams are selected via a draft system. Teams meet twice during the week for a practice and a game, and one time on the weekend for games. There may be opportunity for girls to play in a tournament at the end of the season where coaches will pick the best players from each team. Players must have played in half the games throughout the season to qualify for the tournament team.

### **Goals:**

- Proper overhand throwing mechanics
  - o Correct grip (C-grip)
  - o Throw (grip, stance, target, throw, follow through)
  - o Long throws
- Proper catching/receiving mechanics
- Hitting
  - o Stance
  - o Grip (line up flats of knuckles)
  - o Load
  - o Swing
  - o Follow through
  - o Bunting (stance & square)
  - o Understand strike zone (balls & strikes)
- Base running
  - o Running from & to each base
  - o Leading
  - o Stealing (delayed & straight)
  - o Tagging up
  - o Sliding
- Infield
  - o Ready position
  - o Fielding ground balls
  - o Charging ground balls



# Ridgefield Girls Softball

## 2016 – 10u Expectations, Goals, Rules & Safety

- Backhand
- Backing up
- Bunt
- Steal
- Cut off (SS & 2<sup>nd</sup> base)
- Run down
- "Where's the play?"
- Return ball to pitchers circle to end play
- Outfield
  - Catching/receiving mechanics
  - Crow hop
  - Communication
  - Backing up
  - Path to ball & drop step
  - Cut off
  - "Where's the play?"
- Pitching
  - Continue with basics
  - Throw strikes!
- Catching
  - Handling bunts
  - Throws to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>
- Continue to improve sportsmanship
- Get to know & support your teammates
- Have fun!

### Rules:

1. An 11" regulation softball is used.
2. There will be a maximum of ten (10) defensive players on the field. Six players are allowed on the infield (Pitcher, Catcher, 1<sup>st</sup> Baseman, 2<sup>nd</sup> Baseman, 3<sup>rd</sup> Baseman and Shortstop). The rest of the players must play in the outfield grass.
3. Each inning will end either after 3 outs or after 5 runs are scored except the last inning which needs to end with 3 outs.
4. Offensively, there will be a continuous batting order. All players will be included in the batting order (including those not currently playing in the field).
5. Pitchers must pitch 35' from home plate. Bases are at the 60' standard.
6. A pitcher can pitch a maximum of three (3) innings per game. One pitch thrown in an inning counts the same as one (1) full inning pitched.
7. No walks are allowed. When the count reaches four (4) balls, the manager/coach of the team batting will continue to pitch to the batter. The batter maintains the number of strikes and cannot walk. The player cannot advance to first base if the coach's pitch hits the player. Coaches are to pitch



# Ridgefield Girls Softball

## 2016 – 10u Expectations, Goals, Rules & Safety

35' from home plate. The umpire will continue to call balls and strikes when the coach pitch is in effect.

8. Any batter hit by an opposing pitcher shall be awarded first base, unless it is after the ball has bounced. Balls that bounce before hitting the batter will be counted as a ball. Batters must make a reasonable attempt to avoid the pitch. (Umpire discretion)
9. Base runners can advance at their own risk until the ball is returned to the pitchers circle and time is called by umpire.
10. Base runners can tag up on fly balls. There is NO infield fly rule.
11. Base runners may lead at pitchers release.
12. Base runners can only steal 3<sup>rd</sup> base. The runner will be sent back to 2<sup>nd</sup> base unless the catcher maintains "control" of the ball after the pitch. The ball must be caught, or within arm's length of the catcher. (Umpires discretion)
13. No dropped 3<sup>rd</sup> strike rule (batter does not have the opportunity to run to 1<sup>st</sup> base when catcher drops 3<sup>rd</sup> strike).
14. Bunting is allowed except when coach is pitching
15. Catcher must wear all protective gear
16. Pitcher & corner infielders are required to wear fielding masks.
17. 2<sup>nd</sup> Basemen and Shortstop are encouraged to wear a fielding mask, but not required.

### **Safety:**

1. All players should be warmed up and stretched before each practice and game.
2. Pitchers must warm-up away from all spectators. Catchers must be in full gear while warming up a pitcher.
3. There will be no practice swings in the dugout. The next batter should be at the end of the bench with the helmet on. All bats are to be kept in the bat rack until the player is ready to approach the plate.
4. Players should be on the bench if not in the game.
5. Players shall not wear jewelry during any game.
6. Facemasks are required for Pitchers, 1<sup>st</sup> Basemen and 3<sup>rd</sup> Basemen. Facemasks are strongly encouraged for 2<sup>nd</sup> Basemen and Shortstops.
7. All accidents and injuries shall be reported to the manager or assistant coach.