

## **Saddle Brook Softball Grades 1st & 2nd Instructional Rules –2025**

### **SAFETY PROCEDURES:**

1. Any coach, parent or player who uses profanity or inappropriate behavior will be asked to leave the game immediately. Infractions of this rule could result in removal from the league as a coach or player.
2. Only registered coaches/team players are allowed in the bench area or field. Parents and siblings should remain in the spectator area. Coaches are responsible for players at all times.
3. No smoking or alcoholic beverages at any time. Parents and spectators included.
4. Jewelry is not permitted at any practices or games.
5. Game Balls are 11" softies or trainers.
6. Batting helmets WITH a face mask must be worn for all batters. No girl should be allowed to bat without a face mask even if hitting off a tee. Fielder Masks are strongly encouraged.
7. Coaches pitch to hitters; if batter is unable to hit Coach pitch, a batting tee may be used. Girls may begin to pitch & catch for coaches if capable.

### **GAME RULES:**

1. Fielders must be playing in proper positions: Pitcher, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, SS, Short Fielder, CF, LF, RF (Start with the infield positions and then place extras in outfield positions). Avoid placing extra defensive players in the infield; this does not help the fielders or the batters. Rotate positions so each fielder gets a chance to play different positions.
2. An inning consists of once through the entire batting order; once the batter that began the inning is due up the inning ends regardless of how many outs there are. However, outs do count so if a girl is out, she should return to the bench area. This is done so the girls are rewarded for fielding plays and batter understands they can be called out.
3. Use a lineup and keep it the same throughout the game. Regardless of the lineup each girl will get the same number of at-bats but using a lineup teaches them the concept of a batting order.
4. No keeping track of the count. There are no strikeouts; there are no walks. Every batter gets a chance to hit (use tee when needed).
5. One base on an overthrow (optional); dead ball/no advancement on any overthrow may be used instead.
6. Pitching distance should be between 30-35 feet when coaches pitch (Coaches should have a glove with them to protect themselves and allow a player to play the position of pitcher to field plays) and 35 feet when girls are pitching (Do not move a girl closer; if she cannot reach the plate she should not be pitching. Girls pitching from closer than 35 feet is dangerous).
7. Bases are 60 feet apart and a Double Base must be used at first base.
8. No keeping score.
9. Sliding is allowed if capable; however, teach the fielders not to interfere with the base runner.
10. Girls should lineup at the end of each game to shake hands; Coaches also.
11. Remember, this is an instructional league and the rules of softball should be kept in effect. Boredom is very common so at this age so try to keep things moving along so the girls are involved. The use of smaller teams for a game should help. Always try to keep it fun.
12. Avoid the "last girl up hits a home run and everyone runs the bases" as they are trying to learn the game properly and that is not an aspect of the game at this age.

### **WHEN THE GIRLS LEAVE THIS LEVEL THEY SHOULD HAVE BEEN INSTRUCTED OF THE FOLLOWING:**

1. Sportsmanship and fair play.
2. The correct way to throw the ball and which foot they should be throwing off of.
3. The correct way to hold a bat.
4. Running through first base.
5. All of the basic rules: Running from base to base, what the positions are called and where they are located, how many balls, strikes and outs are in a game, the importance of a lineup, etc...
6. Safety on playing infield positions and always being aware of the ball at all times!
7. Beginning pitching/catching for girls who are interested.
8. Preparing 2<sup>nd</sup> Graders for real games that they will start playing next year.

The goal of this division is to have fun with learning the basics of the game so they will be improved next season. The object is for the players to enjoy the sport that they want to come back and play next year. Remember, there are girls at this division who are first-timers as well as girls who may just be naturally good. We try to reach a common ground so the inexperienced players can improve while not "playing down" to the experienced players.