

Saddle Brook Softball Grades 1st & 2nd Instructional Rules –2026

SAFETY PROCEDURES:

1. Profanity or inappropriate behavior by any coach, parent, or player will result in immediate removal.
2. Only registered coaches/team players are allowed in the bench area or field. Parents and siblings should remain in the spectator area.
3. Jewelry is not permitted at any practice or games.
4. Game Balls are 11" real softballs (softies or trainers may be used if both coaches agree).
5. 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.
6. Coaches pitch to hitters; if batter is unable to hit Coach pitch, a batting tee may be used. Girls may begin to pitch and/or catch for coaches if capable.

GAME RULES:

1. Fielders must be playing in proper positions: Pitcher, 1st, 2nd, 3rd, SS, Short Fielder, CF, LF, RF (Start with the infield positions). Avoid placing extra defensive players in the infield; this does not help the fielders or the batters.
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 (traditional 3 outs may be used instead if both coaches agree). 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; using a lineup teaches them the concept of a batting order.
4. No keeping track of the count but teach the difference between a "ball" and a "strike". There are no strikeouts; there are no walks. Every batter gets a chance to hit (use tee when needed). Be consistent (ex: each batter gets 5 pitches to hit before the tee is used).
5. One base on a dead ball overthrow (optional); dead ball/no advancement may be used instead.
6. Pitching distance is 35 feet. 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. During coach pitch, Coach should have a glove with them to protect themselves and allow a player to play the position of pitcher to field plays.
7. Bases are 60 feet apart and a Double Base must be used at first base.
8. Keeping score is permitted but the focus is on learning and not winning.
9. Sliding is allowed if capable; however, teach the fielders not to obstruct with the base runner – ex: fielder should not stand on the base without the ball.
10. ALL Players & Coaches lineup at the end of each game to shake hands.
11. This is an instructional division but the rules of softball should be kept in effect.
12. No "last girl up hits a home run and everyone runs the bases." They are trying to learn the game properly and that is not an aspect of the game at this age.

SKILLS TAUGHT:

1. Sportsmanship and fair play.
2. The correct way to throw the ball.
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, where they are located, balls, strikes and outs during an at-bat, the significance of a lineup, etc...
6. Safety on playing infield positions and being aware of the ball at all times!
7. Beginning pitching/catching for girls who are interested.
8. Preparing 2nd Graders for real games that they will start playing next year.

PROGRAM GOAL

This instructional division focuses on fun, fundamentals, and confidence-building so players develop skills and want to continue playing softball.