



Extra notes for coaches 2022

Notes For Coaches

Warm-Up and Arrival Time: It is ideal to ask your players to arrive a half hour before game time. This allows for an outfield and infield warm-up. The home team warms up in the outfield first, then the infield.

Coach talk: The umpires will call the coaches in at 5 minutes prior to game time to go over rules and make sure everyone is on the same page.

Time between innings: Coaches should have their lineups and position charts prepared before the game; this allows for quick turnover between innings.

No inning will be started after 1 hour 40 minutes of game time.

Games that are rained out should be rescheduled for the next home team's practice slot.

When a rain out has been decided, the home team coach must email softball.lgsa@gmail.com

Game scores should be submitted by the home team coach. You will receive the information on how to do so.

Pitching: If a coach needs help teaching pitching, please ask the league for help by emailing softball.lgsa@gmail.com. There are numerous older players who will be happy to attend practices to teach pitching.

Sliding requirement at home plate: Although not required, sliding is strongly encouraged when there is a close play at the plate in order to avoid collision.

No intentional walks, a pitcher must pitch to a batter in the Spring League.

FIELD SET-UP

Coaches don't need to put in the bases at the following fields: Kirkland T, Kirkland Main, Ecclestone, Holleufer. Bases will be kept in bins at the fields and the park attendants will put them in prior to the game. At Christmas Park, Windermere, Harris & Heights coaches still need to set-up the bases which are located in a bin at the park. Coaches will receive the codes for the locks on the bins.

Cross Callups

The definition of a cross callup is a player from the same division but different team that a coach can call to spare on their team. The cross callup rule will apply to the U-9, U-11, U-13, U-15, U-17 and Intermediate.

If a team is missing their strongest or secondary pitcher they can cross call up a pitcher of equal skill. If a team is missing a player, cross callups can only be used to field a team of 9 players (exception if you need a pitcher). Please advise the league by emailing softball.lgsa@gmail.com and the coach you are playing against of the name of your call ups for your game. If your callup is a pitcher, include the name of the pitcher you are replacing. This should be settled before game time as callups must be approved. If you do not follow this protocol you risk forfeiting the game if issues arise.

Cross callups bat at the bottom of the order and are the first to sit out an inning.

LGSA Coaching Guidelines For House and Intercity Ball - All Levels

As a manager or coach of a Lakeshore Girls Softball Association (LGSA) team, I agree to provide positive support, care, and encouragement for each child participating in LGSA by following this Code of Conduct:

I will encourage good sportsmanship by demonstrating positive support for all children, managers and coaches (including those of an opposing team)

I will place the emotional and physical well being of all children on all teams ahead of any personal desire to win

I will treat all other players, coaches, umpires, league officials, and parents with respect, and ask my players to do the same

Always keep in mind that winning is only part of the game. Children also play for fun, enjoyment and exercise. Never ridicule or yell at the players for making mistakes or losing

House Ball:

Let all players play as many positions as possible on a regular basis being mindful of player abilities and safety
Allow all players to play a balanced amount of innings in the infield and outfield
Rotate the batting order every game in order to allow all players the opportunity to bat in different situations
Do not sit out a player for a second time before all other players have sat out their turn, whether in the same game or consecutive games
Have all players dress and play for medal/final games no matter the number of players present
Good judgement should be used by coaches when their team has a substantial lead over another, not to "run up the score". Players in the leading team should be encouraged to attempt to hit any pitches close to the strike zone and avoid taking walks if possible

Intercity Ball:

Allow all players to play a minimum of 1 inning in the infield being mindful of player abilities and safety
Plan your batting order based on merit and ability, being mindful of fairness and realistic skill levels. Allow opportunities from time to time to as many players as possible to move up in the order if they are improving or on a "Hot Streak"
Do not sit out a player for a second time before all other players have sat out their turn, whether in the same game or consecutive games
It is highly suggested that for teams (**U-17 level or higher**) with more than 13 players, a fair and equitable rotation be adopted whereby only 13 players are dressed for games. This rotation should be maintained right through the **regular season** games
For the regional & provincial tournaments 4 key players (this includes pitchers), can be protected and thereby play all games. The rest of the team maintains a fair and equitable rotation based on dressing 12 players for each game
For both regional and provincial final medal games, all players are to be invited to attend the games, although only the above indicated amount of player will play the game. All team players will be included in the medal presentations and team pictures
For lower levels (**U-15 level or lower**), full participation at all games including regional & provincial tournaments is highly encouraged.

Additional Rules and Clarification for the Play-offs

- U-11, U-13, U-15 have 18:30 games and U-17 and Intermediate have 20:30 games.
- U-11 the 5th inning is open
- U-13 and U-15 6th inning is open
- U-17 and Intermediate 6th and 7th innings are open

For 18:30 game

- No new inning after 20:10
- If the game is tied at 20:10 a new inning will begin with 2 outs and a runner at 2nd base (the last out from the prior inning)
- Pitchers inning count gets reset to zero
- If at 20:25 the game remains tied the score will revert back to the last full inning a team was winning.

For 20:30 game

- No new inning after 22:10
- If the game is tied at 22:10 a new inning will begin with 2 outs and a runner at 2nd base (the last out from the prior inning)
- Pitchers inning count gets reset to zero
- If at 22:25 the game remains tied the score will revert back to the last full inning a team was winning.

Gold Medal Games

- If there is a tie after 1hr and 40 mins of regular play we will begin a new inning with 2 outs and a runner on 2nd base (the last one out from the prior inning).
- Pitcher inning count reverts back to zero.
- We will play as many sudden death innings until there is a winner.

Spares and cross callups

- Coaches are allowed to get call ups or cross call for spares. It's all about having enough girls to play a game. Try to cross call up girls of equal playing ability and advised the league by emailing softball.lgsa@gmail.com and let the opposing coach know.
- MVP cards for each team every game
- Coaches from the opposite team can pick one girl from the opposite team to receive the MVP

Spring House League Cheat Sheet

	U-7	U-9	U-11	U-13	U-15	U-17	Intermediate
Bases	45'	45'	45'	55'	60'	60'	60'
Pitching Mound	N/A	30'	35'	38'	40'	43'	43'
# of innings per Pitcher	N/A	N	2	2	3	3	3
Dropped 3rd strike	NO	NO	NO	YES	YES	YES	YES
Innings per game	5	5	5	6	6	7	7
Open innings	N/A	N/A	5th	6th	6th	6th&7th	6th&7th
Base Stealing	N/A	N/A	After ball crosses plate	Pitch release	Pitch release	Pitch release	Pitch release
Max bases on a steal	N/A	N/A	1	unlimited	unlimited	unlimited	unlimited
Min # of players	N/A	7	7	7	7	7	7
Base stealing limit	N/A	N/A	No stealing after 8 run lead	No stealing after 8 run lead	No stealing after 8 run lead	No stealing after 8 run lead	No stealing after 8 run lead
Max # runs per inning	N/A	N/A	4	4	5	5	5
Ball size	11"	11"	11"	11"	12"	12"	12"