



Extra notes for coaches 2023

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 keys for the locks to the appropriate 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 10 players (exception if you need a pitcher).

LGSA Coaching Guidelines For House - 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

Additional Rules and Clarification for the Play-offs

- U-11, U-13, have 18:30 games and Intermediate have 20:30 games.
- U15/U17 have either 18:30pm or 20:30pm games
- U-11/U-13 6th inning is open
- U-15/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.
- 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	Notes
Bases	45'	45'	45'	55'	60'	60'	60'	
Pitching Mound	N/A	30'	35'	38'	40'	43'	43'	
# of innings per Pitcher	N/A	1	2	2	3	3	3	
Dropped 3rd strike	NO	NO	NO	YES	YES	YES	YES	
Innings per game	5	5	5 (min 3)	6 (min 4)	6(min 4)	7 (min 4)	7(min 4)	U9-only completed innings count
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"	