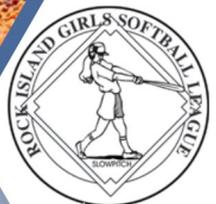


Rock Island Girls Softball League

Coach and Player Handbook

2023 Season



Important Info for Me/My Team

My Team: _____

My Coaches _____

Coaches # _____

Practice Times _____

Important Dates/Notes:

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LEAGUE RULES AND EXCEPTIONS TO NSA RULES

9—13 Division

1. Pitching distance shall be 40 feet
2. Catchers must wear a facemask, body protector, and a helmet. Batter/runner must wear a batting helmet.
3. Bats will be provided by the league. No personal bats are allowed.
4. **Pitchers are required to wear a face mask.** It is suggested that infielders wear one as well. The league will supply each team with two face masks, but players are allowed to use their own.
5. Prior to the start of the game, each coach shall supply the other coach/ official scorekeeper with their starting lineup including their uniform numbers.
6. **All eligible players will play three (3) consecutive innings by the end of the sixth (6) inning.** However, she may re-enter the game more than once if she is replacing a player who has left the game due to injury, illness, or an emergency. A player may re-enter the game anywhere in the lineup after sitting out one full inning. At the top of the inning, the official scorekeeper must be notified of late game re-entry.
7. A game shall consist of nine (9) innings. If a team scores five (5) runs in any inning, regardless of outs, they shall take the field in defense. (Effect, any runs scored over five shall not count.) No game shall end in a tie. If by the end of the **seven (7) innings a team is ahead by eleven (11) runs**, that team shall be declared the winner and the game ended. No game shall end before the seven (7) full innings have been played, with the exception of a time or rain-shortened game.
8. Sliding is optional. If in the umpire's judgment a collision caused by a player is deemed intentional, that player shall be removed from the game.
9. A batter, who in the umpire's judgment has thrown a bat, shall be declared "out", regardless of the outcome of the batted ball. Helmets must be worn at all times while on the bases or running.

LEAGUE RULES AND EXCEPTIONS TO NSA RULES

9—13 Division

10. **No third strike foul rule or infield fly rule in the 9-13 Division.**
11. A team shall consist of ten (10) players on offense or defense at one time. However, a minimum of nine (9) players can play; less than nine (9) results in a forfeit. If a team falls below nine (9) players during a game due to injury, illness, or an emergency, the game will resume at a later date with the same players in that night's original lineup. When playing with only 9 players, the 10th batting position will not be declared an automatic out.
12. **ALL GAMES HAVE A 1:45 HOUR LIMIT. ALL GAMES WILL START ON TIME, UNLESS DELAYED BY RAIN. No inning will begin after the 1:45 hour mark. The end-of-the season tournament games have the same 1:45 hour time limit.**
13. Umpire's will warn coaches, players, and fans of unacceptable behavior or language. The second time they will be asked to leave the park. A third warning will result in a forfeit of the game. **Please see "Violation of Rules" section for more specific information on this topic.**
14. Pinch runners/hitters are not allowed.
15. If a game is postponed, the teams shall resume the make-up game with the same lineup and batting order as when the game was called. The only exception to this is if any of the original players are unable to be at the make-up game any eligible players may then be placed in the lineup.
16. League standing tie-breakers: 1) Head-to-head record, 2) Runs allowed in head-to-head, 3) Coin flip.
17. **Fields with no foul line fences, it is a dead ball (out-of-play) once it crosses an imaginary line which extends from the backstop to the outfield. Runners advance on overthrows, one base from the base last occupied. Foul balls caught past this imaginary line are out-of-play, if it is so ruled in the umpire's judgment. Foul balls are dead.**

LEAGUE RULES AND EXCEPTIONS TO NSA RULES

14—18 Division

1. Pitching distance shall be 46 feet
2. Catchers must wear a facemask, body protector, and a helmet. Batter/runner must wear a batting helmet.
3. Bats will be provided by the league. No personal bats are allowed.
4. **Pitchers are required to wear a face mask.** It is suggested that infielders wear one as well. The league will supply each team with two face masks, but players are allowed to use their own.
5. Prior to the start of the game, each coach shall supply the other coach/official scorekeeper with their starting lineup including their uniform numbers.
6. **All eligible players will play three (3) consecutive innings by the end of the sixth (6) inning.** However, she may re-enter the game more than once if she is replacing a player who has left the game due to injury, illness, or an emergency. A player may re-enter the game anywhere in the lineup after sitting out one full inning. At the top of the inning, the official scorekeeper must be notified of late game re-entry.
7. A game shall consist of nine (9) innings. If a team scores seven (7) runs in any inning, regardless of outs, they shall take the field in defense. (Effect, any runs scored over seven shall not count.) No game shall end in a tie. If by the end of the **seven (7) innings** a team is ahead by **fifteen (15) runs**, that team shall be declared the winner and the game ended. No game shall end before seven (7) full innings have been played, with the exception of a time or rain-shortened game.
8. Sliding is optional. If in the umpire's judgment a collision caused by a player is deemed intentional, that player shall be removed from the game.
9. A batter, who in the umpire's judgment has thrown a bat, shall be declared "out", regardless of the outcome of the batted ball. Runners must wear a helmet at all times while on the bases.

LEAGUE RULES AND EXCEPTIONS TO NSA RULES

14—18 Division

10. **Infield fly rule and third strike foul rule are both in effect.**
11. A team shall consist of ten (10) players on offense or defense at one time. However, a minimum of nine (9) players can play; any less than nine (9) results in a forfeit. If a team falls below nine (9) players during a game due to injury, illness, or an emergency, the game will resume at a later date with the same players in that night's original lineup to resume play. When playing with only 9 players, the 10th batting position will not be declared an automatic out.
12. **ALL GAMES HAVE A 1 HOUR 30 MIN LIMIT. ALL GAMES WILL START ON TIME, UNLESS DELAYED BY RAIN.** No inning will begin after the 1 1/2 hour mark. The end-of-the season tournament games have this same time limit.
12. Umpire's will warn coaches, players, and fans of unacceptable behavior or language. The second time they will be asked to leave the park. A third warning will result in a forfeit of the game. **Please see "Violation of Rules" section for more specific information on this topic.**
13. Pinch runners/hitters are not allowed.
14. If a game is postponed, the teams shall resume the make-up game with the same lineup and batting order as when the game was called. The only exception to this is if any of the original players are unable to be at the make-up game any players may then be added to the line-up.
15. League standing tie-breakers: 1) Head-to-head record, 2) Runs allowed in head-to-head, 3) Coin flip.
16. **On fields with no foul line fences, the ball is a dead ball (out-of-play) once it crosses an imaginary line which extends from the backstop to the outfield. Runners advance on overthrows, one base from the base last occupied. Foul balls caught past this imaginary line are out-of-play, if it is so ruled in the umpire's judgment.**

NOTES/RULES FOR ALL LEAGUE PARTICIPANTS

1. **FULL UNIFORMS MUST BE WORN AT ALL GAMES.** The uniform consists of a **league provided** shirt, shorts, and a pair of socks for every player. Each participant places a order for a specific size shirt and shorts at registration.

Players/Parents: Make sure you double check uniform size at your team meeting to ensure the appropriate size.

Coaches: check your team roster for the correct sizes when you pass out uniforms to your team.

Full uniform is required at all games; shirt, shorts and socks! This rule should be enforced at every game, not just during tournament. Coaches should be wearing the shirts they are provided as well. **NO NAMES OR SAYINGS ON BACKS OF SHIRTS.**

2. Smoking by players is PROHIBITED. Players are not allowed to smoke within the limits of the ballpark while dressed in their uniform. Throughout the regular season and tournament, any player in uniform that is seen smoking in the ballpark will be given one warning. If, at any time after that, there is another occurrence they will be asked to leave.
3. Any individuals not on a team (this includes, friends, family or other players), hanging out around the dugouts will not be tolerated. Only players, coaches, and bat girls/boys are allowed in the dugouts and immediate surrounding areas.
4. Unacceptable Behavior: Umpires will first warn coaches, players, and spectators of unacceptable behavior and/or language. The second time, the offender will be asked to leave the park. A third warning will result in a forfeit of the game. **Please see “Violation of Rules” section for more specific information on this topic.**
5. Teams must provide their own water and ice. Ice and water will not be provided by the concession stand (except in cases of emergency/injury for ice packs).

SPEED OF GAME PLAY

Time Outs/Mound Visits— Time outs and mound visits are limited to **THREE** per game.

Exceptions to this rule are player injury, or (upon umpires discretion) a coaches need to support a player that may be struggling physically/ emotionally.

Time to take the field—**TWO MINUTES** between innings. Players are expected to hustle in and hustle out each inning.

Batters—Batters are expected to be prepared to bat and hustle up to the plate when it's their turn.

Coaches are expected to enforce this rule to ensure appropriate game speed, and to ensure that playing time is maximized.

Code of Conduct

For Coaches

- I will place emotional and physical well-being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will promote an environment for my team that is free of drugs and alcohol.
- I will be knowledgeable in the rules and will teach these rules to my players.
- I will maintain an appropriate coach - player relationship.

For Coaches, Players, and Spectators

Violations of conduct rules for coaches, players, and spectators include (but are not limited to) the following:

Fighting;

Foul language;

Derogatory remarks made to umpires, coaches or officials;

Improper decorum in the dugouts or on the fields;

Cheating or fraud of any kind;

Destruction of Organization or city property;

Continued use of improper equipment or wearing of an improper uniform after being warned;

Malicious conduct of any kind;

Bullying/harassment of any type via any means (in person, on-line, etc.)

Code of Conduct—Violation

- The form below will be available for any coach, parent/guardian, player, or spectator to report concerns with the conduct of any RIGSL participant or spectator
- Concerns MUST be reported to the Board of Directors immediately via rigsboard@gmail.com.
- All forms will be reviewed by a committee to determine next steps or disciplinary action. This committee will NOT include coaches or individuals with a conflict of interest.
- Violation of the RIGSL Code of Ethics could include:
 - Written warning
 - Suspension for a specified number of games (depending on severity)
 - Removal as a coach or player on a team
 - Expulsion/permanent removal from all RIGSL games, practices & activities.



www.rigsl.org
rigsboard@gmail.com
P.O. Box 3961
Rock Island, IL 61204-3961

Feedback Form

Team: _____

Description of feedback: _____

Submitted by: _____ Date: _____

Contact info (Phone or Email) _____

VIOLATION OF RULES

(Policy Statement for Players AND Coaches)

The Board of Directors of the Rock Island Girls Softball League has adopted a NO TOLERANCE POLICY in regard to acts violence or threats of violence in ANY form, on or off the fields of play. ALL threats or acts will be investigated by the proper authorities. All such actions will cause a halt to the game until parties vacate the area.

1. Verbal warning by an umpire.
2. Ejection from game being played AND the following game. (When a coach is ejected from a game, he/she must leave playing area immediately.)
3. Failure to leave playing area or any further harassment will result in a forfeit by the team.
4. Any harassment after conclusion of a game by a coach or player toward an umpire will result in the following:
 - a. Umpire shall file a complaint with the head of umpires.
 - b. Head of umpires will request a hearing before the Board of Directors with all parties involved.
 - c. Board of Directors will issue any further penalties up to and including expulsion from the league.

HARASSMENT OF AN UMPIRE BY A SPECTATOR

1. Umpire will request coach to control spectator.
2. Umpire will give verbal warning to spectator.
3. If the spectator does not comply the umpire shall eject them from the ballpark.
4. Failure by a spectator to comply with umpire's ejection from the ballpark, the game shall stop and the police will be called. Spectator will then be subject to possible trespassing charges.
5. Multiple violations of these rules by a spectator will result in the Board of Directors taking action to ban said spectator from ALL games for the remainder of the year.

RESCHEDULING

There will be no re-scheduling of games unless a conflict becomes known that affects more than one team. If a conflict becomes apparent for one team, the board must be advised 48 hours prior to the game in question for the board to make a decision on whether to reschedule the game.

14— 18 DIVISION 13 YEAR OLD SUB POOL

If you need a substitute player, you must call Merrill to arrange (797-3538 home or 738-3551 cell). Twenty-four hour notice is preferred. **Do not call for substitutes on your own.**

RAIN OUTS

The RI Parks Department, in coordination with the RIGSL Board will then make the decision on weather the fields are playable or not. **The RI Parks Department has the final say.** If the RI Parks Department determines the field is not playable, then it is not playable, do not argue the point.

If fields are determined to be unplayable, a group text message will be sent to head coaches no later than 4:30. If games are cancelled, we will post on social media as well.

DO NOT contact board members or coaches before 4:30 pm. We will make every attempt to play games. Unfortunately, with unpredictable weather, we may have some decisions being made later in the day. If you have not received communication from the Board that games are cancelled, report to your field.

Make up games will be scheduled at an agreed upon date/time within 2 weeks of the original game. Make up games may be played anytime throughout the week or on a weekend, depending on field and umpire availability.

We will attempt to notify the coaches of your rain out schedule by phone; however it is the coach's responsibility to check for the time and place of their make up game. In the event that there are a lot of rainouts, playing on Sunday afternoons, or double headers are possibilities.

No 14—18 Division games will be scheduled for graduation weekend. No games will be scheduled for Fathers Day.

PLAYER PREGNANCY NOTIFICATION AND SAFETY GUIDELINES

The Rock Island Girls Softball League Board of Directors has voted to formalize its long-standing policy in regard to notification of and verification of a player pregnancy.

Historically, notification and verification has come from the player themselves. The board is not ruling out the possibility of some other form of verification, but prefers the open and honest communication from its players.

Each and every coach, upon notification by a player of a pregnancy, must inform a board member immediately of said notification. From the moment the player verifies that she is pregnant, due to safety concerns for the player, she becomes an ineligible player.

Said player may continue participating with her team in any and all manners of activity that does not place said player on the field of play. While said player may “coach”, it has been determined that base coaching, as it requires the player to “take the field,” would not be an “included” activity.

Finally, the Board has confirmed that any and all such players that are subject to this policy are still eligible for their scholarship(s), provided all other scholarship requirements have been satisfied.

RAFFLE INFORMATION

Rock Island Girls Softball League needs the support of parents and girls alike. The fundraising efforts from the raffle help cover operating expenses and help us keep our registration fees low.

Coaches will pick up the raffle tickets at the Coaches Meeting and distribute them to their teams at their team meetings.

All girls must sell a minimum of TWO complete books of tickets. Each book consists of 25 tickets at a cost of \$1.00 each.

Raffle ticket money MUST be turned in before a player will receive their uniform.

The raffle drawing is held after the completion of picture day at approximately 4:00 pm at MORRIS FIELD. The drawing is held rain or shine.

Additionally any girl who sells above and beyond is eligible for a raffle incentive. Raffle incentives are as follows:

Sell 4 Books— Receive \$10 Cash

Sell 6 Books— Receive \$20 Cash

Sell 8 Books— Receive \$35 Cash

Sell 10 Books— Receive \$50 Cash

In addition to the above incentive, the girl who sells the most tickets will get another \$50.00 in addition to the above for their hard work in helping to support the league.

