



ROME-FLOYD
PARKS&RECREATION

**Youth Softball
Coaches
Handbook**

Mission Statement

The mission of Rome-Floyd Parks and Recreation Authority is to provide high quality, diverse, and accessible programs, services, and facilities that enhance the quality of life for all ages, cultures, and abilities.

Philosophy of Rome-Floyd Parks & Recreation Authority Baseball, Softball, and T-Ball

It is the intent of Rome-Floyd Parks and Recreation Authority to offer a program on an equal opportunity basis. It is the belief of Rome-Floyd Parks and Recreation Authority that competing in youth sports is crucial to developing character and self-esteem. Rome-Floyd Parks and Recreation Authority also believes that lessons learned in competition can be applied in all life endeavors. Therefore, all individuals wishing to participate will not be discouraged from doing so. Teams are organized to maximize participation for all. Each participant who is dressed out and fit to play will play. Rome-Floyd Parks and Recreation Authority views all volunteer coaches as an integral component to the success of the program. Cooperation and communication are essential to maintain a quality experience for all. Coaches should strive to maintain a good working relationship with parents, players, and the program coordinator. Participants will reflect the character and attitude of the coaching staff. Therefore, it is imperative that all coaches display and model excellent sportsmanship and high moral character at all times. Coaches should refrain from any action that would tarnish their reputation with the teams in their league or the program.

Governing Rules

The governing body of the Rome-Floyd Parks and Recreation Authority Baseball, Softball, and T-Ball program will be composed of Rome-Floyd Parks and Recreation Authority Staff. Any rules not covered by Rome-Floyd Parks and Recreation will be covered first by the Georgia Recreation and Parks Association, then by Georgia High School Association Rules.

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**All schedules, rules, and scores can be found at
<http://www.teamsideline.com/sites/rfpra/home>**

Game Facilities

Alto Park

Upper Alto (Fields 1-5)



Lower Alto (Fields 6-8)



1014 Burnett Ferry Road
Rome, GA 30165

Riverview Park (Behind the Levee)



255 Jewell Frost Drive
Rome, GA 30165

Hugh Selman Baseball Complex (North Floyd)



102 North Floyd Park Road
Rome, GA 30165

Practice Facilities

Armuchee Park

539 Jones Mill Road NE
Rome, GA 30165

Coosa Park

52 Krannert Drive NW
Rome, GA 30165

Etowah Park

1325 Kingston Highway
Rome, GA 30165

Garden Lakes

2903 Garden Lakes Boulevard
Rome, GA 30165

Midway Park

125 Midway Park Road SE
Rome, GA 30173

Riverside Park

215 Chatillon Road
Rome, Georgia 30161

Shag Williams Park (Shannon)

40 Minshew Road NE
Shannon, GA 30172

Wolfe Park (Lindale)

106 Park Avenue
Rome, GA 30147

Article I

Coaches' Information

Rome-Floyd Parks and Recreation encourages anyone who is interested in being a positive force in a child's life to contact a recreation staff member and fill out a coaching application. Coaches are role models for teaching the fundamentals of the sport, sport skills, tactics and sportsmanship. Coaches are responsible for their personal conduct and behavior, as well as, the conduct and behavior of players. Coaches are required to follow the Rome-Floyd Parks and Recreation guidelines at all times. A coach who does not follow the guidelines provided by the Rome-Floyd Parks and Recreation will need to meet with the League Coordinator in order to continue to coach. All volunteer coaches shall be "at will coaches," and may be discharged by the Rome-Floyd Parks and Recreation with or without cause. Only coaches who have been approved by the Rome-Floyd Parks and Recreation will be allowed to go on the field of play or court during practices and games.

Guidelines for all Coaches

- Coaches participating in Rome-Floyd Parks and Recreation youth sports shall:
- Be reliable, and on time. (The first to arrive and the last to leave...)
- Be responsible for distributing a game/practice schedule to parents/guardians prior to the beginning of the season.
- Have with you, the Emergency Contact Information forms for each child on the team at all practices and games that is provided on your roster given to you by RFPR.
- Rome-Floyd Parks and Recreation Authority will have first aid kits at each game site, located in the concession stand.
- Be responsible for ensuring players' parents/guardians are informed of changes to the game or practice schedule. This includes cancellations the day of the game or practice.
- Ensure that each player receives playing time in games according to Rome-Floyd Parks and Recreation policy on playing time. Equal participation in the program as a whole is the desired goal but is not a requirement.
- Be responsible for communicating Rome-Floyd Parks and Recreation playing time policy to parents/guardians prior to the start of the season.
- Have all players and coaches shake hands after the completion of the game.
- Never play an injured or bleeding player. Think of the player first and not the team's final outcome.
- Conduct themselves in a professional manner at all times and shall refrain from directing abusive language and/or gestures toward officials, other coaches, players, fans, and spectators.

- Serve as a role model for players and spectators.
- Leave facilities in the same or better condition than when the team arrived. Be sure to clean the dugout after each game. All trash and debris needs to be in trash cans.
- Remove team from field and dugout promptly after shaking hands with opposing team so that the next team may begin their game.

Head Coach's Responsibilities

- Establish a good working relationship with parents and players, keeping them well informed of practices, games, team rules, etc.
- In efforts to be respectful of parents' time, conduct organized and punctual practices.
- Head Coaches are required to have email and text message capabilities. If not, they must designate a team parent or assistant coach who does.
- Establish a hierarchy, in the event of his/her absence.
- Confirm player eligibility. Each player must have completed the registration process of RFPR.
- Appoint assistant coaches for the team.
- Upon approval by the Sports Coordinator, have the authority to suspend or dismiss any assistant coach.
- Head Coach is responsible for proper conduct of their assistant coach and spectators.
- Ensure that only registered athletes are participating in practices.
- *The State of Georgia has amended Code 19-7-5 under the Official Code of Georgia relating to the reporting of child abuse to include volunteer coaches. Under this code, volunteer coaches are required by law to report any suspected case of child abuse. The purpose of this Code Section is to provide for the protection of children whose health and welfare are adversely affected and further threatened by the conduct of those responsible for their care and protection. It is intended that the mandatory reporting of such cases will cause the Protective Services of the State to be brought to bear on the situation in an effort to prevent further abuses, to protect and enhance the welfare of these children, and to preserve family life wherever possible. This Code Section shall be liberally construed so as to carry out the purposes thereof. If you believe a child is being abused, contact RFPR immediately.*
- If requested by the umpire or game-site Supervisor; head coaches are required to assist in ensuring the parents and/or team spectators to maintain a healthy environment.

Assistant Coach's Responsibilities

- Carry out duties as assigned by the head coach.
- Does not have the authority to discipline any participant without proper consent of the head coach.
- Will not be given the same consideration as a head coach during games.
- NEVER get involved in any discussions during the game with officials.
- Support the decisions of the Head Coach and should never publicly second-guess the Head Coach.
- Can be appointed by a Head Coach to act as a Head Coach during his/her absence.
- Be able to communicate information to parents concerning the team.
- Ultimately, all assistant coaches are under the supervision of the RFPR.

Application

Rome-Floyd Parks and Recreation Authority requires every individual interested in becoming a coach to complete an application and authorization for a background investigation form (will need a copy of his/her Driver's License or State Issued photo identification). Coach's application can be found on our website: www.rfpra.com/sports and must be completed online. All applications are to be submitted and approved prior to the volunteer assisting in sporting activities. This procedure is in place to protect participants from individuals who may be unsuitable as a coach.

Background Checks

Individual volunteers found to be guilty of the following crimes will be disqualified as a volunteer as outlined below. Guilty means the applicant was found guilty following a trial, entered a guilty plea, entered a "no contest" plea accompanied by the court's finding of guilty, regardless of whether there was a conviction or a withholding of guilt. This policy does not apply to charges that resulted in acquittal, dismissal or in an entry of "nolle prosqui".

EVER FOUND TO BE GUILTY OF:

- All sex offenses including child molestation, rape, sexual assault, sexual battery, sodomy, prostitution, solicitation, indecent exposure, etc.
- All felony violence including murder, manslaughter, aggravated assault, kidnapping, robbery, aggravated burglary, etc.

FOUND TO BE GUILTY WITHIN THE PAST 10 YEARS OF:

- All felony offenses other than violence or sex including drug offenses, theft, embezzlement, fraud, child endangerment, etc.

- Multiple misdemeanor drug offenses, simple drug possession or possession of drug paraphernalia, etc.

FOUND TO BE GUILTY WITHIN THE PAST 7 YEARS OF:

- All misdemeanor violence offenses including simple assault, battery, domestic violence, hit and run, etc.

FOUND TO BE GUILTY WITH THE PAST 2 YEARS OF:

- Two misdemeanor DUI charges with a 12-month period.

Any other misdemeanor within the past 5 years that would be considered a potential danger to children or is directly related to the functions of the volunteer including contributing to the delinquency of a minor, providing alcohol to a minor, or theft if the volunteer will be handling money.

Should any pending charges described above be discovered or brought against an applicant during the season, the applicant shall be suspended until such time as to when the charges have been cleared or dropped and reinstatement has been approved by the Athletic Director.

Selection of Coaches

Rome-Floyd Parks and Recreation Authority feels that our coaches set an example not only for the kids but also the parents. Selecting quality, qualified, and well-rounded coaches is our number one priority. All coaches must complete a Coaching Application and sign the Coaches' Code of Conduct form before a coach can be considered by the Rome-Floyd Parks and Recreation. Background checks will be completed on all coaches for every sport. All head coaches must be at least 21 years of age, and all assistant coaches must be at least 18 years of age. Spouse of coach may head coach in a different league and /or be assistant coach in the same league.

Getting Started for New Coaches

- Immediately contact each players parent/guardian on your roster, introduce yourself, and set up a "first meeting" or practice. Contact RFPR if you are unable to reach players' parents.
- At the first meeting, ask for parent volunteers as assistant coaches and/or team parents.
- Choose a practice location that is convenient for the majority of the team. You will work with RFPR staff, if you would like to use an RFPR field. If you have use of a private field such as a school or church, you will only need to meet the restrictions outlined in this manual.
- Select a team name and jersey number and report it to RFPR for scheduling purposes prior to deadline.

- Assign player numbers and order uniforms from a vendor of your choosing. Each parent is responsible for their uniform costs. When ordering, adhere to the restrictions listed in this manual.
- In order to avoid financial hardships on coaches, coaches are instructed to assign a date at which time uniform monies are due. If parents fail to meet that payment deadline, parent should be instructed to set up payment directly with the vendor selected by the team.
- Game and practice balls, bats, helmets and practice tees are the responsibility of the team.
- Encourage players to bring their own equipment to all practices and games.
- Set aside a day and time for team pictures. RFPR is not responsible for scheduling team pictures. RFPR facilities are available for usage for team pictures.

Conduct

- Any player, coach, or spectator acting in an unsportsmanlike manner or in any way that could prove detrimental to the league will be subject to disciplinary action by Rome-Floyd Parks and Recreation.
- There will be no hollering at or harassing of the players on the opposing teams by parents, players, or coaches. If a volunteer coach cannot control this situation, the game will be awarded to the opposing team. The person(s) violating this rule shall be suspended for the following game. This is a decision made by the Umpires and/or the Recreation Staff present.
- Umpires and/or Facility Supervisor will eject any coach, player, or fan from the game or vicinity of the game for misconduct. Failure to leave results in forfeiture of the game. Any coach that is ejected from a game will be suspended for the next scheduled game. Suspended coaches are not allowed in the playing facility. If a coach is ejected from two (2) games, he/she will be suspended for the remainder of the season.
- It is the parent's responsibility to make sure their son/daughter attends all practices and games. **Any child who misses 2 (or 50% of scheduled practices) consecutive practices or games can be benched by the coach for one game with the approval of the sports coordinator.** It is the coach's responsibility to notify RFPR of any child's missed games or practices.
- No alcoholic or tobacco products will be allowed at any of the Rome-Floyd Parks and Recreation Authority facilities.

Article II

Team Formation / Eligibility / Weather Policy

Rome-Floyd Parks and Recreation developed the following guidelines for participation / eligibility / playing time to ensure a wholesome and enjoyable recreational activity for the participants.

Team Formation/Eligibility

- Age control date is ON or BEFORE September 1st of current year.
- All registration fees must be paid in full before the child is allowed to participate.
- A participant MUST be registered with RFPR before participating in any regular season games.
- A legal aged player participating in the RFPR Baseball/Softball/T-Ball program may “play up” one (1) age division beyond their age and must be approved by the RFPR.
- A participant’s residency will not affect the player’s eligibility. There will be a nonresidents fee, which is determined by the Floyd County Commissioners with recommendations from the Rome-Floyd Parks and Recreation Director.
- For Recreation based leagues, players will be required to play for a team within the district they are currently attending.
- RFPR will merge partial districts to form teams.
- All residents and non-residents are eligible to sign-up for any recreational sports regardless the participant’s talent/ability.
- Rome-Floyd Parks and Recreation Staff shall have the authority to suspend any player whose conduct is considered detrimental to the best interest of the Rome Floyd Recreational Authority Programs.

Weather Policy

- Decisions regarding cancelling games due to inclement weather will be released at 2:30 PM the day of games. When games are cancelled, a text will be sent to all coaches, and we will try to put a post on all social media and the website, www.RFPRA.com.
- In the event a game is in progress when inclement weather affects the game, the game will be deemed a “complete game” if game has reached:
 - o 35 minutes...Coach Pitch Leagues (65 min TIME)
 - o 45 minutes...Kid Pitch Leagues (80 min TIME)

- Games that are rained out will be rescheduled by Rome-Floyd Parks and Recreation. If there is a question of a game being played because of inclement weather, RFPR will make the decision of playing or not.
- If conditions from previous weather have rendered the fields unplayable, games will be cancelled immediately upon receipt of that information. If severe weather or rain is imminent on game day, games will not be cancelled until play conditions are unsafe.
- Rest breaks may not be combined with any other type of activity any players must be given unlimited access to hydration. These breaks must be held in a “cool zone” where players are out of direct sunlight.
- **RFPR will not reschedule any games due to extracurricular activities.**
- RFPR has adopted the GHSA practice policy as it related to practice in heat and humidity as listed below:

WBGT	GUIDELINES
Under 82.0	Normal Activities – Provide at least three (3) separate rest breaks each hour with a minimum duration of three (3) minutes each during the workout.
82.0 – 86.9	Use discretion for intense or prolonged exercise; watch at risk players carefully. Provide at least three (3) separate rest breaks each hour with a minimum duration of four (4) minutes each.
87.0 – 89.9	Provide at least four (4) separate rest breaks each hour with a minimum duration of four (4) minutes each.
90.0 – 92.0	Maximum practice is one (1) hour. There must be twenty (20) minutes of rest breaks distributed throughout the hour of practice.
Over 92.1	No outdoor workouts. Delay practice until a cooler WBGT level is reached.

*****Any adult who feels he or she cannot enjoy coaching under these rules and regulations should in all fairness to him or her and the players shall withdraw from the program. The RFPR wishes to thank all of our volunteer coaches for their time and effort this season.**

Article III

Game / Practice Scheduling / Awards

Game and Practice Scheduling

- There will be two games per week, weather permitting.
- Coaches will receive one (2) set practice per week as assigned at coaches meeting and can call the Main Office to schedule up to two (1) additional practices per week before the season begins.
- Once the season begins, all set practices are null and void. In order to reserve a field for practice after the start of the season, the Head Coach will need to call the office to check availability (Refer to Practice Policy and Procedures). Fields are first come/first serve unless previously reserved.
- Practice sessions will be limited to one (1) hour and fifteen (15) minutes during the week and on Saturday. **NO PRACTICES MAY TAKE PLACE ON SUNDAYS AT RFPR FIELDS.**
- Games can be played at Alto Park, Riverview, and Hugh Selman (North Floyd) fields.
- Make-up games in the event of inclement weather cancellations will be attempted to be made up based on field availability.
- Weekday games begin no earlier than 5:30 PM and no later than 7:15PM. (Excluding Prep Leagues)

Awards

- Awards will be given to the League Runner-Up and League Champion [6U-14U Leagues]
**Participation Medals will be given to all participants in T-Ball.
- In the event of a tie between teams, the following tie breaker will be observed (tie breakers will apply to the teams in the tie ONLY):
 1. Head to Head Matchup
 2. Runs allowed
 3. Runs scored
 4. Run Differential

GRPA All Star Tournament Teams

The RFPRA youth sports leagues participate in GRPA (Georgia Recreation and Parks Association) district tournaments at the conclusion of each spring season, where applicable, and with the opportunity of advancing to the state tournament. GRPA divides the state of Georgia into 7 districts. Floyd County is a member of District 5, Class A. District 5 includes Dade, Catoosa, Walker, Whitfield, Murray, Fannin, Gilmer, Pickens, Gordon, Chattooga, Bartow, Cherokee, Polk, Haralson, Paulding, Cobb, Douglas and Floyd counties. GRPA standards for classification list Class A as agencies in which 15,000 or more youth under the age of 17 reside. Class A is the largest classification in the state of Georgia.

District host agencies are determined by participating agencies of each district in each sport classification, age division and gender. The GRPA State Athletic Committee determines each year who will host the state tournament by sport classification, age division and gender. The champion from each district, in each participating age division advances to the state tournament. Depending on the state tournament draw, additional teams from the district tournaments may be invited to participate in the state tournament. Additional invitations would be at the discretion of the State Committee.

All Star Tournament Teams for baseball and softball are only offered for the Spring season.

The GRPA Youth Baseball age divisions are outlined below.

The goal of the tournament team player/coach selection process is to form the best overall team. GRPA Tournament teams representing RFPRA will be determined as follows:

- Tournament teams will be established for players in 8U, 10U, 12U, 14U.
 - If a 6-7 year old plays 8U, he/she is now eligible to participate in All Stars.
- Players may only be considered for tournament selection in the age division that they played in RFPRA regular season.
- RFPRA league coaches are encouraged to discuss with parents about tournament team required commitment from mid-May through the end of the month of June. If any families are unable to make said commitment, this would eliminate them from being placed on a tournament team.
- Tournament team Head Coach will be decided by RFPRA sports staff. Only league head coaches will be considered.
- RFPRA league coaches will be allowed to remove their name from tournament team head coach consideration.

- Each age division's head coaches will determine whether to conduct a tournament team tryout or select by voting based on regular season performances. Voting will be done at the tournament team meeting with a deadline to be determined at a later date. A voting ballot will be established for each age division's head coach to fill out.
- Coaches may select up to 4 players from their team to be invited to the tryouts. If a player isn't able to attend that tryout, they will not be allowed to be selected onto a tournament team.
- RFPRA league head coaches will be given the opportunity to vote for the best ten (10) players from the age division their team is competing in.
- Only ten (10) players will be placed on the tournament team by league coaches voting.
- The tournament team head coach will be allowed to appoint two (2) additional players from their division to finalize the tournament team roster of ten (12) players. The additional two players must have been nominated by their leagues head coach to be considered.
- All players selected must provide a birth certificate to RFPRA by established deadline.
- After the ten (10) players have been identified for each tournament team, a coach will be appointed as the head coach for that tournament team.
- Tournament team head coach will be allowed to select three (3) assistant coaches from their playing division. Two (2) tournament team assistant coaches must be an RFPRA league head coach. One (1) can be an assistant coach from regular season.
- Each tournament team player will be required to purchase a uniform. Maximum cost of uniform cannot exceed \$50 which includes jersey and pants.
- Each tournament team player's family will be expected to incur any travel expenses associated with being a member of the tournament team.
- Dates for GRPA District and State tournament play will be released at a later date and time.

Spring and Fall Youth Softball Rules

ARTICLE IV – ELIGIBILITY

SECTION A – AGE DIVISIONS

1. There are four age divisions for Youth Softball. Participants must be 5 by the age control date: on September 1, current year. The divisions are as follows:
 - a. 8 & Under Coach Pitch
 - b. 10 & Under Combo Pitch
 - c. 12 & Under Coach Pitch
 - d. 14 & Under Coach Pitch
2. Any player or coach ejected from a game for unsportsmanlike conduct will be suspended for a minimum of one game, in addition to the game from which ejected.

ARTICLE V - REGULATIONS

SECTION A – GOVERNING RULES

1. PER GRPA ATHLETIC MANUAL: Official USA Softball Slow Pitch Softball Rules (for use in all championship games of USA Softball) printed in the current edition of the Official Guide for National USA Softball is accepted guide for GRPA games, with the exceptions found in this manual.
2. Courtesy Runners
 - a. At any time, the team at-bat may use courtesy runners for the pitcher and / or catcher.
 - b. The last batted out is to be utilized as the courtesy runner.
 - c. In coach pitch (8U) no courtesy runners are allowed.
3. Rotary Lineup – All players in attendance must bat in the same order throughout the game. (Penalty: out if discovered prior to next pitch).
4. Per the “Return to Play Act of 2013”, effective January 1, 2014, all agencies are required to provide concussion education material to all youth participants and their parents.
5. All head and assistant coaches that are coaching youth teams participating in all levels of GRPA Athletics must have undergone a criminal background check through their Department.
6. Use of audio or visual recording devices, including cell phone, is not permitted in changing areas, rest rooms, or locker rooms. The use of audio or visual recording divisions is not allowed in resolution of protested matters.

SECTION B-LENGTH OF GMAES

Division	Inning	Time
8U Coach 10U Combo 12U LIVE	5	1 hour 5 minutes

Official game clock will begin with the conclusion of the coach's plate meeting.

1. A game that is tied after regulation play shall continue for one inning, utilizing a international tiebreaker. The last schooled batter from the previous inning will be placed on second base. The inning will begin with zero outs. **Only ONE extra inning will be played if the game remains tied, the official result will be a tie.**
2. The score of a forfeited game shall be recorded as 7-0.
3. A game shall be considered complete upon the game clock going under five minutes remaining or all innings have been played. **A game can end early if at the conclusion of an inning a team has an eight run lead in the 5th inning, a twelve run lead in the 4th inning, a fifteen run lead in the 3rd inning. Each team cannot score more than five runs in their half inning.**
4. **A new inning will not start once the game clock has less than 5:00 remaining.**

SECTION C – SPECIAL PROVISIONS

Mandatory participation – all players must bat in the same batting position throughout the game and play a minimum of one uninterrupted inning on defense.

1. **SHORTHANDED RULE – Clarifications**
 - a. To start a game:
 - i. A Game may begin or finish with one less than required to start (8U coach pitch, 10U combo – 9)
 - b. To continue a game once started with a full team listed on the line-up card:
 - i. If a team begins play with the required number of players as listed, that team may continue a game with one less player than is currently in the batting order whenever a player leaves the game for any reason other than ejection. (# of players – see below)
 - ii. If a player shows up after the game has started, they are to be inserted as the last batter on the batting lineup.
 - iii. If a player leaving the game is a runner or batter, the runner or batter shall be declared out.
 - iv. When the player who has left the game is scheduled to bat, an out shall be declared for each turn at bat. An inning or the game can end with an automatic out. If a player leaves the game prior to batting for the

first time in the game, they are to be skipped and no out will be recorded.

- v. A player that has been ejected cannot reenter the game; if removed by the umpire due to an injury, the player cannot return to the game.
2. A 8U / 10U team can start or continue with nine players, unless the tenth player was ejected for unsportsmanlike conduct' then it is a forfeit.
3. With rotary line up, defensive position, changes do not have to reported to the umpire or scorekeeper.
4. A player is not required to sit out the next game for failure to report as a substitute, removal of a helmet after a warning, or carelessly slinging a bat after a warning. A slung bat will result in a team warning for the offending team on the first offense. Each additional slung bat for that team will result in the batter being called out. If the same player continues to violate the rule, the player can be removed from the game. EXCEPTION: unsportsmanlike conduct. A forfeited game (not played) does not count a sit out game.
5. The third-strike foul is not an out in 8U or 10U. (Foul tip into the catcher's glove)
6. When all play has ceased, the umpire will call "time" and all play will be stopped.

ARTICLE VI – EQUIPMENT

SECTION A – APPROVED EQUIPMENT

1. Rubber-molded, cleated shoes are approved for use. Steel spikes are not allowed. All other shoes must meet USA Softball Rule Book Standards. Smooth and soft-soled athletic shoes including tennis ore basketball shoes are acceptable.
2. Helmets must be worn by batters, base-runners, and on-deck participants in youth softball. Chin straps are recommended.
3. For all age divisions/leagues it is mandatory that the pitcher wear a face mask, it is optional for all other infield players.
4. Check www.usasoftball.com for updated list of legal bats.
5. If a team is found using an **ILLEGAL / ALTERTED / NON APPROVED** bat prior to player entering batter's box the equipment shall be removed and play continued.
After player enters batter's box the player will declared out.
6. A Slung bat will result in a team warning, for the offending team on the first offense. Each additional slung bat for that team will result in the batter being called out. IF the same player continues to violate the rule, they can be removed from the game. EXCEPTION: unsportsmanlike conduct.
7. The official ball shall be a sphere formed by yarn wound around a small core of cork, rubber, or similar material and covered with two strips of white horsehide or other authorized material tightly stitched together.

8. Rome-Floyd Parks and Recreation will provide all game balls.
 - a. For 8U and 10U Combo an 11” ball will be used, for 12U a 12” ball will be used.
9. Catchers in 10U Combo division must wear full protective equipment, including mask with throat protector, protective helmet (protective cap in all divisions must cover ears (hockey style helmet), body protector, shin guards, and protective cup in an athletic supporter.
10. Catchers in 8U Coach Pitch are NOT required to be in the full protective equipment but must wear a helmet with mask (this CAN BE a batting helmet with a mask).
11. All players shall wear protective helmets while batting, running bases and when on deck. The helmet is designed as to give protection to the temples and the base of the skull as well as to the top of the head.

SECTION B – UNIFORMS

1. A uniform for softball shall include softball hats / visors, jerseys numbered on back with a minimum six-inch, visible, factory type, non-duplicated numbers and softball pants. (Last names on jerseys are optional, but would be helpful to scorekeepers.
2. Coaches and non-player personal are NOT required to wear matching shirts or jerseys, but it is highly recommended to do so. *However, once you go to All-Stars it is required for coaches to match.*

SECTION C – PLAYING FIELD REQUIREMENTS

1. The following field specifications are required for all games:

Distance between bases shall be:		Pitching Distance shall be:	Batter's Box
8U Coach Pitch	60'	40'	4' x 6'
10U Combo		35'	
12U LIVE		40'	

NOTE: Pitching distances shall be measured from the back point of home plate where the baseline intersects to the nearest edge of the pitcher's plate.

ARTICLE VII – GAMES AND AWARDS

SECTION A – CHAMPIONS / RUNNERS UP

8U and 10U will have champions and runner ups based on final team records at the conclusion of the season. Tie breaker will be applicable to the teams involved in the tie only, the following tie breaker format will be used:

- | | |
|-------------------------|---------------------|
| 1) Head to head matchup | 3) Runs scored |
| 2) Runs allowed | 4) Run differential |

ARTICLE VIII – PROTESTS AND APPEALS

1. Protests are NOT ALLOWED.

8U COACH PITCH SPECIAL RULES

General Rules

1. Team rosters will consist of no less than ten (10) players and no more than thirteen (13) players. Coaches and community leaders should encourage fewer players per team to speed up the game and give each child more one on one coaching. Players will not be added to a roster unless a team drops below the recommended number of thirteen (13) players and permission must be obtained from Rome-Floyd Parks and Recreation.
2. Each team will be allowed five (5) adults in the dugout, one (1) head coach and four (4) assistant coaches (this includes “Team Moms”). Only registered players and volunteers will be allowed in the dugout during games.
3. Offense Coaches: Pitching Coach, 1st Base Coach, 3rd Base Coach, Backstop Coach
4. Backstop Coach is to return a dead ball to the pitching coach and remove bat from home plate.
5. There will be one (1) score keeper and one (1) umpire.
6. Participation Rule: one (1) completed at bat and one (1) completed (3 outs) inning defensively.
7. Only ten (10) players on the field, six (6) infielders (including pitcher and catcher) and four (4) outfielders. The pitcher and catcher positions are **required**. If playing short-handed, the player must come from the infield or outfield. **The team must have a battery.**
8. Six (6) infielders must remain in the infield (1st, 2nd, 3rd Basemen, Shortstop, Pitcher and Catcher).
9. Four (4) outfielders must remain in the outfield (Left Field, Left-Center, Right-Center, and Right Field).
10. Infield is defined as within the parameters of the base paths (60 ft.).
11. Shorthanded Rule: Teams can begin with 8 players. Players arriving late to a game will be placed last in the batting line-up. An out will **NOT** be called if the 9th spot on the roster is vacant.

12. If a player is injured by being hit with a batted ball in the face, throat, or head, time will be called immediately. Base runners will be placed at the judgement of umpire.

NOTE: This is a judgement call and cannot be appealed or protested.

13. A team can finish a game with one less player that required to start (T-Ball/6U/8U – 10 players) (10U and up – 9 players).
14. If a player leaves the game, an out will be recorded in the batting position, provided the batter has already batted.
15. Each game will last five (5) innings or one (1) hour and five (5) minutes, whichever comes first.

Offensive Rules

1. An offensive coach will pitch to his/her own team.
2. The pitching coach may only coach the batter until he/she reaches first (1st) base or after he/she leaves third (3rd).
3. The pitching coach may pitch anywhere between the 20-foot foul arc and the pitching circle.
4. Pitching coach may not cross the foul arc
5. Pitching coach must keep one foot on or straddle the pitching line (this includes foot on pitching circle AND pitching line)
6. PENALTY: First infraction is a warning. Second infraction the batter will be ruled out.
7. Pitching coach must pitch overhanded (any batted ball that hits the pitching coach will be ruled a DEAD ball and called a no pitch.)
8. If the pitching coach intentionally (in the umpire's judgement) allows the ball to hit them, the batter will be ruled out. No runners will advance.
9. The pitching coach must leave fair territory once the ball is put in play.
10. If the pitching coach intentionally (in the umpire's judgement) interferes with a defensive player to keep them from making a play the batter will be ruled out. No runners may advance.
11. Pitching coach should carry two (2) softballs in the field and throw all balls in succession.
12. A batter is allowed a maximum of five (5) pitches to hit the ball into fair territory. After five (5) pitches, the batter is out and will return to the dugout. If fifth (5th) pitch is fouled, batter will receive a sixth (6th) pitch.
13. No bunting allowed. If the batter squares up to bunt and then swings, they will be ruled out.
14. No walks.
15. No stealing bases.
16. No infield fly rule.

Defensive Rules

1. Defensive coaches: up to two (2) coaches can be in the outfield behind the players.
2. Player in the pitching position MUST wear a facemask.

3. The pitcher will stay in the ten (10) foot circle until the ball is hit. The pitcher may have one foot out of the circle.
4. No rolling the ball intentionally will be allowed.
5. The infield fly rule will **NOT** be in effect.
6. Play shall not be stopped by the defensive team heading off or stopping the front runner (unless the third out). Trailing runners may advance on their own risk.
7. The umpire will call "TIME" when the lead runner is stopped from advancing or the lead runner abandons advancement. If a runner is more than halfway when time is called, they will be awarded the next base. Whenever time is called it will be at the umpire's discretion.
8. Clarification: The ball must be in the infield and lead runner has stopped advancing.
9. Infield is defined as within the parameters of the base paths (60 ft.)

10U COMBO & 12U LIVE PITCHING RULES

1. Players in the pitching position will be allowed to pitch until they reach a count of 4 balls and no strikes or 3 balls and 1 strike. A pitcher that reaches a count of 3 balls and 2 strikes will complete the count with that batter.
2. The coach of the batting team will then be obligated to pitch. He/she will finish the strike count.
3. If the pitching coach throws a ball it will count as a strike. If the fifth pitch is fouled, the coach will continue to pitch until the ball is put into play or the batter strikes out.
4. Any batted ball that hits the pitching coach will be a dead ball and called a no pitch.
5. Coach must pitch from the pitching rubber.
6. Coach must pitch underhand
7. Coach cannot come onto the field until time is called and signaled by the plate umpire
8. Pitcher must have one foot in the circle while the coach is pitching. Coach may have one foot on or outside the pitching circle.
9. Per GRPA and GHSA Batting helmets with mask are required in 10U and 12U.
10. No bunting while a coach or machine is pitching, bunting **IS** allowed while a player is pitching. **NO FAKE BUNTS ALLOWED.**
11. The infield fly rule will NOT be in effect.
12. Slap hits are legal
13. Head first sliding is only permitted when returning to a base. Head first sliding is not permitted in any other circumstance.
14. Dropped third strike is **not** in play for **10U Combo**.
15. Dropped third strike **IS** in play for **12U**.
16. **12U ONLY** – Base runners may leave base on the pitchers release.
17. Runners may steal (modified steal for 10U) all bases. Disclaimer: Stealing home plate may be prohibited at GRPA All-Stars level.

Concussion

INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to or after* a hit or fall

Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



cdc.gov/HEADSUP

CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

Children and teens who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)



Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

- I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete's Name Printed: _____ Date: _____

Athlete's Signature: _____

- I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian's Name Printed: _____ Date: _____

Parent or Legal Guardian's Signature: _____

Revised January 2019



CONCUSSION IN YOUTH SPORTS

SIGNS AND SYMPTOMS

SIGNS OBSERVED BY PARENTS OR GUARDIANS

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

IMPORTANT PHONE NUMBERS

FILL IN THE NAME AND NUMBER OF YOUR LOCAL HOSPITAL(S) BELOW:

Hospital Name: _____

Hospital Phone: _____

Hospital Name: _____

Hospital Phone: _____

For immediate attention, CALL 911

It's better to miss one game than the whole season.

For more information and to order additional materials **free-of-charge**, visit:

www.cdc.gov/ConcussionInYouthSports

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



**Rome-Floyd Parks & Recreation
Spring 2023 Youth Spring Calendar**

Early Bird Registration	Until 1/26/2025
Regular Registration	1/27/2025 – 2/23/2023
Late Registration	2/24/2025 – 2/28/2025
Coaches Meetings	3/10/2025, 3/11/2025, 3/12/2025
Team Formation Meeting	3/10/2025, 3/11/2025, 3/12/2025
Practices Begin	3/17/2025
Team Name / Uniform Color / Numerical Roster Due	3/28/2025
Schedule Release	4/4/2025
Season Begins	4/14/2025
Season [Projected] Ends	5/22/2025

Updated 3.19.2025 BLAMB