



CARMICHAEL GIRLS

SOFTBALL

**GENERAL INFORMATION RULES
CONSTITUTION AND BYLAWS**

2023 Season

Rev. 9/20/2022

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Carmichael Girls Softball Code of Conduct

Welcome!

This is the 54th year that Carmichael Girls Softball (CGS) has provided a positive environment for girls through organized softball. We are looking forward to a wonderful 2023 season.

From the eager learners in T-Ball to the advanced level of play in the Major Division, our emphasis will be on **FUN and FRIENDSHIP**. We will focus on the important principles of **SKILLS AND SPORTSMANSHIP**.

The success of the softball program is due to the hard work of parents, board members, managers, coaches and volunteers. Carmichael Girls Softball's success is entirely based on the efforts of all of the people involved.

Thank you for your support and with your help we will continue the proud tradition of this organization.

Sincerely,

**The Board of Directors
Carmichael Girls Softball**

CHAPTER 1. INTRODUCTION

Carmichael Girls Softball (CGS) was formed in 1969 and is one of the 20-plus leagues that form the Northern California Girls Softball Association (NORCAL).

CGS provides recreational play for approximately 300 girls between the ages of 5 and 18 with emphasis on instruction and progressively more competitive play as the girls mature. The principles of team play, and sportsmanship are stressed. All girls, regardless of their age or experience, are encouraged to join in the fun of recreational softball.

The regular season begins with team practices in early February. Games begin around mid-March and continue until late May. The All Star season begins with practice in early mid-May and culminates with an All Star tournament between all of the NORCAL leagues in mid-July. The Fall Ball season begins August 1 and ends in November. Our "B" and "A" level teams (also known as Carmichael Crash) can play from January through December.

Little Ladies (T Ball), Rookie and Mini-Minor Division games are played in competition against other Carmichael teams. Mini-Minor, Minor and Major Division teams play other teams from NORCAL as well. Crash teams exclusively play external teams.

Teams are formed into the following age groups: Little Ladies (6 and under) 4 ½-6 years old, Rookies (8 and under), Mini-Minors (10 and under), Minors (12 and under), Majors (can be 18 and under). Under USA Softball rules, the girl's age of January 1 as of the playing year determines into which Division the girl is placed. In the Mini-Minors and Minor Divisions, the evaluation of players is followed by a "blind draft" to assure that teams are evenly balanced. The evaluations are done at the end of the previous season by coaches and cover pitching, catching, throwing, fielding, and hitting.

The Board of Directors meetings are held monthly. The "nuts and bolts" of running the season are discussed. Topics include registration, field schedules and preparation, fundraising, uniforms, rules, insurance, and snack bar operation. These meetings are open to the public.

Each year the board reviews the league by-laws. Changes are made as deemed necessary to keep the league current and competitive with USA Softball and peer leagues. Any ideas from parents are welcomed and will be considered for league adoption. Please communicate any ideas for improving the league to any of the Board members.

CHAPTER 2. BOARD OFFICERS AND RESPONSIBILITIES

Board officers are elected at the June General Meeting and serve for a term of one year from July 1 through the following June. Executive Board consists of the President, Vice President, Treasurer, Registrar and Secretary.

PRESIDENT: The chief executive officer has a general supervision, direction, and control of the business and affairs of the organization. The President must be in an elected position to be eligible to be elected President. The President also:

- Presides at all board meetings
- Obtains field permits for season practice and organization play
- Obtains park use permits for opening and closing days
- Obtains charitable solicitation permit from the County of Sacramento
- Obtains organization insurance
- Coordinates Opening Day Ceremonies
- Coordinates Closing Day Ceremonies
- Assists other Board members, when needed, with the direction of their duties
- Semiannually, audits the financial records

VICE PRESIDENT (VP): In the absence of the President, performs all duties of the President. It is desirable that the VP runs for President on the next Board. The VP must have served in a board position to be elected VP. The Vice President also:

- Oversees Division Agents and assists with issues
- Assists the President with the Opening and Closing Day Ceremonies
- Performs other duties as may be prescribed by the President
- Field assignment coordination/scheduling
- This is an elected position.

TREASURER: Maintains accurate financial records and also:

- Keeps account of organization disbursements and receipts
- Maintains organization checking account(s)
- Prepares periodic financial statements for Board meetings
- Fulfills federal, state, and local requirements related to non-profit statutes and operations
- Coordinates annual budget committee meeting.
- Performs other duties as may be prescribed by the President
- This is an elected position and must have served in a board position to be elected.

SECRETARY: Takes Minutes of each meeting, Attendance, emails reminders of upcoming meetings, handles document changes and organizes the league directory. Maintains league records. This is an elected position and must have served in a board position to be elected..

DIRECTORS OF COMMUNICATIONS: This may be split into two positions. Manages the league website and social media sites (Facebook, Instagram, Twitter, TikTok), facilitates communications. This is an appointed position.

MAJOR, MINOR, MINI-MINOR, ROOKIE & LITTLE LADIES PLAYER AGENTS:

Supervise activities within a Division. These are appointed positions. The Agents also:

- Works with Vice President to coordinate scheduling
- Supervise the skills assessment, if needed
- Supervise the player draft
- Make sure that coaches are teaching "Age Appropriate" skills
- Rule on rescheduling requests
- Rule on player discipline
- Arrange, coordinate, and oversee playoff games
- Oversee All Star tryouts
- Ensure that the teams abide by organization rules
- Coordinate and oversee Fall Ball organizational play
- Perform other duties as may be prescribed by the President

NORCAL REPRESENTATIVE: Acts as the communications link between NORCAL and the Carmichael Organization. This is an appointed position. The NORCAL Representative also:

- Attends all Northern California Girls Softball Association (NORCAL) meetings.
- Reports NORCAL issues to Carmichael Board
- Represents CGS's views at NORCAL meetings
- Assists in coordinating the NORCAL All Star tournament by providing NORCAL information to the board and All Star managers
- Organizes tournaments hosted by Carmichael
- Performs other duties as may be prescribed by the President

REGISTRAR: Supervises organization publicity and player registration. The Registrar also:

- Coordinates player registration sign ups
- Maintains TeamSideline
- Provides team rosters for the President, Agents, and Managers
- Assists the President with Opening Day Ceremonies
- Assists Treasurer with billing discrepancies regarding registration
- Performs other duties as may be prescribed by the President
- This is an elected position and must have served in a board position to be elected.

EQUIPMENT MANAGER: Inventories, purchases (within a prescribed budget), and distributes equipment. The position also:

- Inventories, purchases, stores, and distributes equipment used in the games such as: Catchers gear, game balls, practice balls, bases, chalk, etc.
- Works closely with Field Maintenance Manager for field requirements, both during the season and field prep before the season begins.
- Ensure Jr. Umpires are properly equipped
- Performs other duties as may be prescribed by the President.
- This is an appointed position.

UMPIRE IN CHIEF: Acts as an impartial judge when disputes or questions arise between teams regarding playing rules. The Umpire also:

- Rules on game protests
- Arranges and coordinates umpires
- Supervises umpires
- Evaluates Jr. umpires
- This is an appointed position.

Crash COORDINATOR: Coordinates activities involved with the Carmichael Crash Program (Select and Travel)

- Assists Crash coaches with tryouts
- Review budgets
- Assists with procurement of uniforms and practices shirts for each Crash team as needed
- Assists with scheduling of tournaments as needed
- This is an elected position.

SPONSOR COORDINATOR:

- Obtains organization sponsors
- Delivers plaques to sponsors
- Assists with fund raisers
- Assists with the ice cream social
- This is an appointed position.

UNIFORM / TROPHY / PICTURE MANAGER:

- Orders and receives uniforms, medals and trophies for all divisions for regular season, All Stars, and Fall Ball.
- This is an appointed position.

FIELD MAINTENANCE COORDINATOR:

- Coordinates all field maintenance with parks department and coordinates field set up and maintenance
- Attends and runs all field maintenance days
- Coordinates field equipment needs w/ the Equipment Manager
- Upkeep of field boxes, making sure all boxes have (1 rake, 1 drag, sprinkler, bases and a 1st Aid Kit)
- This is an appointed position.

SNACK BAR COORDINATOR:

- Coordinates snack bar staffing w/ volunteer coordinator.
- Purchases all food and supplies for snack bar.
- This is an appointed position.

VOLUNTEER COORDINATOR:

- Tracks and confirms parent volunteer hours

PARENT COORDINATOR: Coordinate Team Parent responsibilities

SAFETY COORDINATOR:

- Maintain responsibility to create awareness, through education and information, of the opportunities to provide a safer environment for children and all participants of the League.
- Develop and implement a plan for increasing safety of activities, equipment and facilities through education, compliance and reporting. The Safety Officer is responsible for developing the League's safety plan which includes, but shall not be limited to:
 - Education and Training - Facilitate meetings and distribute information

among participants including players, managers, coaches, umpires, league officials, parents, guardians and other volunteers. Coordinate training and safety classes for the managers and coaches – maintain an updated list of persons who have attended and those who need to attend;

- Compliance - Promote safety compliance leadership by increasing awareness of the safety opportunities that arise from these responsibilities;
 - Protection - Act as an oversight authority and/or point of communication, in coordination with the League's Registrar, for required background checks for Managers, Coaches and Volunteers that will have repeated access to the players;
 - Enforcement - Enforce safety rules and regulations at the park and on the fields when an issue has been observed or reported.
 - Reporting - define a process to assure that incidents are recorded, information is sent to league/district and national offices, and follow-up information on medical and other data is forwarded as available. Follow up on all incidents or near incidents, and prepare a report for the President to review with the Board of Directors;
- Where safety and/or weather-related issues/concerns arise, the Safety Coordinator shall consult with the President, Vice President, and/or head of Field Maintenance Coordinator to determine if field conditions are suitable for play.
 - Serve as the primary point of contact and lead coordinator of activities for the League's Safety Committee.
 - Maintain responsibility for procurement and inspection of first aid and safety equipment.

CHAPTER 3. SPECIAL EVENTS

Free January Player Clinics

CGS hosts 1-2 free player clinics prior to the start of the spring season. Players of all ages are encouraged to rebuild their skillsets with targeted drills around hitting, fielding and throwing. CGS may partner with external organizations to run the clinics, strengthening our community reach and partnering with similar organizations. Equipment swaps and volunteer registration are also encouraged.

Team Announcement/Ice Cream Social

Players find out which team they're on, meet their manager and coaches, and see friends they played with last year. Important announcements will be made regarding the upcoming season. Each team will have a reserved table. Team managers will answer questions about the upcoming season, sign up volunteers, and discuss plans for practices. Players and parents are expected to attend.

Opening Day

Opening Day is usually the second Saturday in March. This important day starts at Carmichael Park. After a parade, there is a brief opening speech by the President. The Board of Directors, Managers, Coaches, and Players are introduced. Games will be held throughout the day.

Closing Ceremonies

The end of the season is celebrated at Carmichael Park. Awards are presented to all players in each division. The "BE" Game will be played after the closing ceremony. The All Star nominees for Major, Minor and Mini-Minor divisions are announced (as applicable).

CHAPTER 4. COACHES AND MANAGERS

Each team will have a coaching staff of a minimum of two coaches (one a “head coach”) and one manager, at least one of whom must be a female at least 21 years of age. All team managers and coaches are subject to approval by the Board after careful study of all applicants' qualifications, and a background check performed by an outside agency.

Each team's staff must also consist of at least one of each of a scorekeeper and team parent.

MANAGERS

Each manager should have a team parent meeting immediately after the draft (within a week is desirable) to explain organization activities, recruit volunteers, and go over practice schedules. The manager should encourage all parents and family members to participate in team and organization activities.

Manager Duties During the Season:

- Obtain volunteers for team parent and scorekeeper. This is easiest to do at the Ice Cream Social. The team roster, available from the Player Agent, shows which parents have volunteered when their daughter registered.
- Distribute uniforms at the beginning of the season. Care for equipment during the season. Return equipment at the end of the season.
- If you, or the team parent are unable to be present, see that an adult female (21 years of age or over) is present at all team activities.
- Learn the game and ground rules. Study this handbook, NORCAL, and USA Softball rule books.
- Notify the division agent within 24 hours of a girl quitting a team. The agent will make every effort to obtain an equivalent (same age and ability) replacement from the waiting list.
- Keep players "permission for medical treatment" (contained on the registration form) with you at all games and practices.

Manager Duties at the Games:

- Ensure that a scorekeeper is at each game
- Bring necessary equipment and supplies to each game. Do not loan team's equipment. If replacement or additional equipment is needed, contact the equipment manager.
- Maintain control of the team. Discipline in a fair way. Practice and encourage sportsmanship whether winning or losing. You set the example for the team.

COACHES

The coaches train the girls in softball fundamentals and set the example of good sportsmanship. Coaches should know the game and ground rules. Study this handbook, NORCAL, and USA Softball rule books. Coaches and managers are expected to work together on lineups, team positions, and strategy. It is important to be fair, impartial, and patient. Give constructive criticism and advice. Instill respect for

the umpire. Promote team safety and attend all team functions. The home team's coach is responsible for having the field set up with bases and chalk lines. Also, dragging the field, and storing bases & equipment after the game. Field preparations should be completed 30 minutes prior to game time. Coach must also record all illnesses, absences, benching, suspensions and injuries in the scorebook. Show the type of injury, how it happened, the date and time. Insurance claims may not be honored unless the injury is properly noted in the scorebook. During practice for organization insurance purposes the manager must document any and all injuries which occur at practice. These must be reported to the Division Agent.

TEAM PARENT

The team parent is an invaluable assistant to each team. This position is parent volunteer hours eligible. The manager may ask the team parent for help with any of the tasks listed under "manager's duties". She/he may also be asked to plan team parties, such as after the game pizza with players and parents, occasionally throughout the season as a reward and morale booster. If your sponsor is a pizza shop, plan at least one party there. The Team Parent should also keep track of parent volunteer hours and create snack schedule (should the team need)

SCOREKEEPER

The Scorekeeper keeps accurate records of each game. If unable to attend a game, the Scorekeeper must notify their manager well in advance so alternate arrangements can be made. The scorekeeper should:

- Keep the record book neat and legible at all times for the manager, coaches, umpires, and player agent who will be referring to it.
- Know lineups and position numbers, spell names correctly using the first and last name (many girls have the same first name causing confusion when reviewing score books).
- Record the game starting time in the scorebook. Ask the umpire for this time.
- Record all substitutions and changes for both teams. Including Pitching changes.
- Be impartial at all times.
- Keep track of strikes and balls to assist the umpires.

CHAPTER 5. GAME AND PRACTICE GUIDELINES FOR ALL DIVISIONS

Discipline

A coach/manager may suspend a girl from game play temporarily for reasons of discipline. The manager must notify the opposing team's manager and the player agent (if available) prior to the game. This is the only form of discipline permissible by a coach/manager.

Game Times

The organization will observe the following guidelines for starting times on weeknights:

Little Ladies	5:00 p.m.
Rookies	5:30 p.m.
Mini-Minors	5:30 p.m.
Minors	5:30, 6:00, or 7:00 p.m.
Majors	6:00 p.m.

Note that some games may start later or slightly earlier depending on scheduling logistics, “under the lights” games, or other reasons that need to be properly communicated to parents. Weekend games are played on Saturdays and can occur at any time. Game schedules will be posted on the CGS Website. Any exceptions to these times must be secured 48 hours in advance. Game time control belongs to the umpire.

Home Team

The home team is on the third base side of the diamond. The home team shall provide a new game ball for each organization game. The visiting team should provide a back-up ball in good condition. The home team will set up bases before the game and take down and store bases after the game. After the game, the pitcher’s mound and home plate must be raked.

Practice

Team practice can begin after February 1 in alignment with USA Softball insurance policies. Coordinate with Field Manager and Equipment Manager for field schedules. Schedules will be posted on the CGS Website.

Safety

Safety is of the utmost importance. Proper attire, including appropriate footwear, should be worn at all times. Bats should be swung in designated areas only. Catchers must not get behind the plate without full gear. Catchers must wear a facemask whenever catching a pitcher, including both warm up and games. This is a requirement of our insurance carriers. All offensive players in Little Ladies, Rookies, Mini-Minors, Minors, and Majors must wear a helmet with a face guard when out of the dugout. Helmet chinstraps are no longer required for batters, but are recommended, and when worn must be fit properly and fastened when the batter is on the field. Player's hair should be tied away from the face. Players may not wear jewelry of any kind, but special consideration will be made for newly pierced ears, medical jewelry, or religious jewelry. Girls may cover stud earrings with tape or band aids. Only managers, coaches, and players are allowed in dugouts. Coaches/managers are expected to walk

the field, dugout areas and stands prior to each game/practice to assess potential safety and cleanliness hazards. All pitchers and infielders in 8u through 16u must wear a protective fielder's mask.

Sportsmanship

Opposing teams will not yell at, taunt, bait, or otherwise try to distract other players. Comments should be limited to the encouragement of your own team. Following initial warning for violation, the player and head coach will be ejected on the next occurrence. To provide a positive playing environment, verbal abuse, arguing over judgment calls, or any action which is contrary to the purposes of this league, will result in a warning being given to the offender by the umpire. Subsequent warnings will result in ejection or forfeiture of the games. This includes everyone. No player, coach or audience member may direct chants at a pitcher in motion at any time without exception.

Uniforms

All girls should wear proper team attire. Hats/visors are optional. The organization will furnish team shirts. Sliding pants should be worn. Shoes with rubber cleats or soles are required for 6u through 12u. 14u and above may wear metal cleats.

CHAPTER 6. LITTLE LADIES (T-BALL) DIVISION PLAYING RULES

The T-Ball division provides an opportunity for girls 4 ½ to 6 years of age to learn the fundamentals of softball in a fun and relaxing atmosphere. All girls play in every game, regardless of ability, and all girls remain in the batting order throughout the entire game.

Ball in Play

Any batted ball must travel a minimum of 15 feet and be a fair ball to be considered in fair playing area and in play. All such balls remain in play until play is stopped as indicated in Dead Ball Rule.

Outfield Hit. Any ball hit past the base line is considered to have been hit to the outfield. Any thrown ball from the outfield which goes out of bounds is a dead ball situation and base runners will be entitled to advance one base past the last base safely reached.

Infield Hit. Any batted ball that is stopped or caught in front of the base line is considered to have been hit to the infield unless it is fielded by an outfielder. Each base runner may only advance one base for any ball hit to the infield, regardless, of whether or not there is an overthrow. After a play or attempted play by an infielder on a ball hit to the infield the ball becomes dead. Any batter/base runner not removed from a base on the play may advance no more than one base. The base runners are at risk in attempting to advance this base.

Base Running

Base runners must remain in contact with their base until the ball is hit. Once the ball is put into play, base runners may advance at their own risk until the ball becomes dead. Once the ball is in the hand of a player in the infield all base runners must not advance further. Base runners will be removed from the bases for any situation as specified in the USA Softball rulebook.

Batting

All players will bat each inning (the "all players bat" rule). There shall not be a required batting order, but players may bat only once per inning.

Coaches may choose to have balls batted off a tee placed on home plate or they may pitch to their players at their discretion. The offensive coach shall be responsible to see that the defensive team is ready to play and then place the ball on the tee. It is also the offensive coach's responsibility to remove the tee from home plate after a batted ball, should there be a possibility of a player making a play. The batter shall be allowed four swings to hit a ball into fair playing area or the batter is out.

Coaching

A maximum of three defensive coaches may be on the field at one time. These coaches are required to be positioned in the outfield and may not enter the infield during live play. No more than four adults may be in the dugout at any given time.

One offensive coach will be positioned in the third base coaching box, another in the

first base box.

Dead Ball

As used here, dead ball means anytime the play is stopped. Base runners may not advance when the ball is dead. The ball is dead when, after, being batted into fair playing area, the player in the pitching position has the ball in her hand and is within the eight-foot circle of the pitcher's plate (even on the last batter of the inning). All other dead ball situations as identified in the USA Softball rulebook shall also apply

Equipment

Teams participating in the Little Ladies program will utilize a 10 inch Rawlings RIF ball or other safety ball provided by the organization. Each batter is required to wear a helmet with an officially approved (NOCSAE) mask.

Field Specifications

The base distance for the T-Ball program may be 50 or 60 feet. The distance for the pitching plate shall be 30 feet. These rules may be waived to conform to the conditions of the field or area available; however, under no circumstances will these distances be shortened by more than 5 feet.

Game Time Limits

The official T-Ball game shall consist of a full three innings.

Infield Fly Rule

The infield fly rule will not be utilized in the T-Ball program.

Protests

There are no protests in the T-Ball division.

Scoring

No scores or standings will be kept in the T-Ball division. This is a developmental program, which shall stress the instruction of softball skills and the promotion of sportsmanship.

Team Composition

No games will be forfeited due to the lack of players. If the coaches agree, players may be borrowed from the other team to make up the shortage.

All players will play in the field every inning. These players shall be positioned as follows until the ball is hit and put into play: Pitcher, one foot within the 8' pitcher's circle; four infielders, even with or in front of the base line; four outfielders, remaining players positioned as the defensive coach determines.

Outs

There are no outs in T-Ball, but players should be encouraged to throw the ball to first base on each hit.

Due to safety concerns at this age level, physical contact such as tagging of batters or base runners should be limited. Due to the “all players bat” rule, we do not keep track of outs. Therefore, the three out rule is not enforced.

Positions

All fielders must play in their designated area. Infielders are allowed to move up 5 feet from the base path. They may not play up closer for weak hitters. Pitcher must stay within the pitcher's circle until the ball is put into play. Outfielders must stay beyond the base path, on the outfield grass, as to not interfere with base runners.

Batting/Fielding Rotation

Consult with the T-Ball agent for recommend batting and fielding position rotations.

CHAPTER 7. ROOKIE DIVISION PLAYING RULES

The Rookie division provides basic instruction for girls 8 and under (8U). All girls play in every game, regardless of ability, and all girls remain in the batting order throughout the entire game. The rules of play are those of CGS, NorCal, and USA Softball with exceptions noted below.

Base Running

- Stealing is not permitted.
- Sliding is allowed.
- Runners will be allowed to lead off up to 15 ft on the release of the pitch.

Batting

- All girls present will bat in a continuous batting order, whether they are in the game on defense or not.
- 4-Run Rule. A 4-run rule will be in effect to keep games competitive and moving. Under this rule, no more than 4 runs will be counted towards a team's score in any inning. The play upon which the 4th run scores will be allowed to proceed to completion, but no runs scoring after the 4th will be counted. The scorekeeper will notify the umpire at the completion of the play that 4 runs have scored, and the half inning is over.
- Throwing the bat will result in an out after one warning by the umpire. There will be a limit of one warning per girl during the game. This warning will be noted in the scorebook.
- Carrying the bat will not result in being called out.
- There is no infield fly rule in the Rookie division.
- If batter is hit by a pitch, she may either continue with the at bat or advance to first at the coaches' discretion.

Dead Ball

- Play is dead when the ball is in a player's control within the infield area (within the baseline). (i.e. if a runner is advancing to 3rd base when the infielder controls the ball, they must stop at 3rd base. If not, they are off the base at their own risk and may be put out. If they reach home (the next base) safely, the umpire will return the runner to 3rd base.
- Runners can only advance one base on a batted ball being fielded in the infield that has not crossed the 10' outfield line.
- Runners and batter/runner may advance extra bases while a hit ball remains in the outfield and must stop at the next base once the ball is in control in the infield.
- Runners and batter/runner may be put out if they advance beyond the base they are entitled to. At the end of play, the umpire will return all runners to the base(s) they are entitled to if they have not been put out.
- No dropped third strike.

Field Specifications

- The pitching distance will be 30 feet.
- The distance between the bases will be 60 feet.

Game Time Limits

Games will be 6 innings or 1 hour and 15 minutes long whichever occurs first, with no new inning beginning after the time limit and a drop dead time limit of 1 hour and 30 mins.

Pitching – Season

- Player-pitch will be the entire game and season.
- Except in a tie game, a girl may not pitch more than two (2) innings per game per pitcher.
- The pitcher should have the front foot in contact with the pitching rubber before beginning delivery.
- No illegal pitch calls will be made by the umpire. The umpire may remind the pitcher to put the front foot in contact with the pitching rubber before beginning delivery. If in the umpire's opinion the pitcher is gaining a gross advantage from an illegal pitch, then coach must correct or remove the pitcher.
- Pitchers will not be limited in changing delivery styles.
- After the player throws 4 balls, a coach or manager from the batter's team will pitch any remaining strikes. For example, if the count is 4 balls and 1 strike, the coach/manager will throw a maximum of 2 pitches. All coach/manager pitches are considered strikes. If a batter has 2 strikes against her the coach only has one chance to throw a ball good or bad pitch, the batter must swing with 2 strikes. Strikeouts will be recorded as outs.
- The coach/manager must stand completely within the pitching circle and preferably pitch from the pitcher's plate. Player-pitcher must have at least one foot in the pitching circle during the pitch by coach-pitcher.
- In the event the batted ball strikes the coach pitcher, the ball is dead and all base runners return to their original positions. It will be declared "no pitch".
- The Rookie pitcher must have one foot inside the pitching circle when the coach/manager is pitching.
- The batting tee will not be used.
- 10" Rawlings RIF ball used.

Protest/Forfeits

There will be NO protests in the Rookie division. No games will be forfeited due to the lack of players. If the teams agree, players may be borrowed from the other team to make up the shortage.

Substitutions

Unlimited substitutions are allowed.

Umpires

Trained umpires will be used as available during the season. The coaches and managers for the teams playing shall umpire their game. No parent shall umpire unless he/she has been insured through the league.

Coaching

During the first half of the season, a maximum of two defensive coaches may be on

the field at one time. These coaches are required to be positioned in the outfield and may not enter the infield during live play. A maximum of four adults are permitted in the dugout at any given time.

Walks

There will be no walks in the Rookie division.

Fielding

All outfielders shall remain at least 10 feet behind the baseline, on the outfield grass.

CHAPTER 8. MINI-MINOR DIVISION PLAYING RULES

The purpose of the Mini-Minor division is to improve the basic skills of each player and to introduce girls 9 and 10 to a more competitive level of softball. Approximately 40% of the girls in this division have never played organized softball. The rules of play are those of Nor Cal and USA Softball.

Batting

- All girls present will bat in a continuous batting order whether in the game on defense or not. There will be no designated hitter.
- 5 Run Rule. A 5-run rule will be in effect to keep games competitive and moving. Under this rule, no more than 5 runs will be counted towards a team's score in any inning. The play upon which the 5th run scores will be allowed to proceed to completion, but no runs scoring after the 5th will be counted. The scorekeeper will notify the umpire at the completion of the play that 5 runs have scored.
- Courtesy runner allowed for pitchers and catchers only. Any player in the game may be the courtesy runner for the pitcher or catcher. The same player may not be the courtesy runner for the pitcher and catcher. If courtesy runner is on base and their spot in the lineup comes to bat, they are called out are removed from the base and they take their turn at bat. Pitcher and catcher changes must be reported to the umpire.
- No infield fly rule.

Field Specifications

- The pitching distance will be 35 feet.
- The distance between the bases will be 60 feet.

Game Time Limits

- Games will be 6 innings or 1 hour and 15 minutes long. No new innings will begin after the time limit. Any new inning started shall be finished unless another rule applies.
- Games can end in a tie during the regular season.
- Playoffs: Games cannot end in a tie; if the score is tied at the end of 1 hours and 30 minutes, see NORCAL rules.

Pitching

- No girl may pitch more than 2 innings per game. (During the playoffs, no girl may pitch more than 7 innings in each consecutive group of two scheduled games, with the second game always defined by an even number (1, 2, 3 4, etc.). A bye is the same as a game played in the pitching rotation during the playoffs.)
- One pitch to a batter in an inning shall constitute an inning pitched.
- If a tie occurs at the end of 6 innings, the pitcher of record may continue to pitch. (For playoffs, extra innings count against the 7 inning limit if occurring in the first game of eligibility. For example, if the starting pitcher has pitched 7 consecutive innings and is the pitcher of record at the time of the tie, she may continue to pitch. However, she is not eligible to pitch in the second game of the two game set.)
- 11" ball used.

Forfeits, Postponed and Suspended Games

- No games shall be forfeited.
- Games called due to weather will be rescheduled. If game play has already commenced, the umpire will make the determination as to whether to call the game.
- Postponed or suspended games shall be rescheduled as soon as possible. If the two managers cannot agree upon a date, the player agent will set the date. Games will be resumed from the point at which play was suspended, rather than from the beginning.

Protests

The Head Coach should protest only as a last resort. Do not delay the game. (See USA Softball Rule Book, Rule 11, sections 1 7).

Team Composition and Playing Time

- Teams will consist of 9 players on the field when 9 are available to play. Games will commence regardless of the number of players available to play as there are no forfeits.
- When LESS THAN 9 players are available, the team's head coach/manager can contact the Mini Minor Division Agent(s) to request a substitute. The agent(s) will maintain a list of players who would like to be available to substitute when teams know they will have less than 9 players for a game. The agent(s) will contact the next player listed in linear order until a player can play; once a player is available, the agent will then let the manager know who the player is so they can prepare. Once a substitute player has played, she will go to the bottom of the list to be available again once all other players have been used/called. Substitute players will bat last and only play outfield. No substitute players allowed during playoffs.
- **Equal Playing Time:** coaches will do their best to ensure that ALL players receive equal playing time (offensive and defensive) in games throughout the season. Exceptions can be made at the coaching staff's discretion for repeated practice/game absences due to reasons other than school/religious functions, major family event, and/or injury/player request.
- **Fielding**
- All outfielders shall remain at least 10 feet behind the baseline.

Advancing Bases

- The dropped third strike rule WILL be enforced during the entire season.
- Base runners may attempt to advance if a play against a runner has been made on a hit ball.

CHAPTER 9. MINOR DIVISION PLAYING RULES

The purpose of the Minor division is to improve the basic skills of each player and to introduce girls 11 and 12 (12U) to a more competitive level of softball. Approximately 40% of the girls in this division have never played organized softball. The rules of play are those of CGS, NorCal, and USA Softball with exceptions noted below.

Base Running

Base runners may attempt to steal a base after the ball has left the pitcher's hand or if a play against a runner has been made.

Batting

- All girls present will bat in a continuous batting order whether in the game or not.
- 5 Run Rule. A 5-run rule will be in effect to keep games competitive and moving. Under this rule, no more than 5 runs will be counted towards a team's score in any inning. The play upon which the 5th run scores will be allowed to proceed to completion, but no runs scoring after the 5th will be counted. The scorekeeper will notify the umpire at the completion of the play that 5 runs have scored, and the half inning is over. If the 5th run scores on a stolen base, wild pitch, etc., the batter at the time that the 5th run scores will be the first batter in the next inning if their at-bat was not otherwise complete.

Field Specifications

- The pitching distance will be 40 feet.
- The distance between the bases will be 60 feet.

Game Time Limits

- Games will be 6 innings or 1 hour and 15 minutes long. No new innings will begin after the time limit.
- Should a game not qualify as official because it fails the 5 inning rule (5 innings completed within 1 hour and 15 minutes), the head umpire will rule the game official by declaring the winning team the one that was ahead at the appropriate end-inning mark.
- No new inning will begin after 1 hour and 15 minutes from the beginning of the game. Any new inning started shall be finished unless another rule applies. Games can end in a tie during the regular season.
- Playoffs: games cannot end in a tie; if the score is tied at the end of 1 hour and 30 minutes, see NORCAL rules.

Pitching

- No girl may pitch more than 7 innings in each consecutive group of two scheduled games, with the second game always defined by an even number (1, 2, 3 4, etc.). A bye is the same as a game in the pitching rotation.
- One pitch to a batter in an inning shall constitute an inning pitched.
- If a tie occurs at the end of 7 innings, the pitcher of record may continue to pitch. Extra innings count against the 7 inning limit if occurring in the first game of eligibility. For example, if the starting pitcher has pitched 7 consecutive innings

and is the pitcher of record at the time of the tie, she may continue to pitch. However, she is not eligible to pitch in the second game of the two game set.

- 12" ball used.

Forfeited, Postponed and Suspended Games

- No games will be forfeited.
- Games called due to weather will be rescheduled. If game play has already commenced, the umpire will make the determination as to whether to call the game.
- Postponed or suspended games shall be rescheduled as soon as possible. If the two managers cannot agree upon a date, the player agent will set the date. Games will be resumed from the point at which play was suspended, rather than from the beginning.

Protests

The Head Coach should protest only as a last resort. Do not delay the game. (See USA Softball Rule Book).

Substitutions

Unlimited substitutions are allowed with the exception of pitchers. Only the starting pitcher is allowed to re-enter or re-assume the pitcher position after having left the game or having assumed another defensive position, provided she has innings available under the seven inning pitching rule, and may do so only once.

Team Composition

- Teams will consist of 9 players on the field when 9 are available to play. Games will commence regardless of the number of players available to play as there are no forfeits.
- When LESS THAN 9 players are available, the team's manager can contact the Minor Division Agent(s) to request a substitute. The agent(s) will maintain a list of players who would like to be available to substitute when teams know they will have less than
- 9 players for a game. The agent(s) will contact the next player listed in linear order until a player can play; once a player is available, the agent will then let the manager know who the player is so they can prepare. Once a substitute player has played, she will go to the bottom of the list to be available again once all other players have been used/called. Substitute players will bat last and play outfield only. No substitute players will be permitted during playoffs.
- Equal Playing Time: coaches will do their best to ensure that ALL players receive equal playing time (offensive and defensive) in games throughout the season. Exceptions can be made at the coaching staff's discretion for repeated practice/game absences due to reasons other than school/religious functions, major family event, and/or injury/player request.

Fielding

All outfielders shall remain at least 10 feet behind the baseline

CHAPTER 10. MAJOR DIVISION PLAYING RULES

The purpose of the Major Division is to improve game skills and to provide a more competitive environment for girls 13, 14, 15, and 16, although some girls who have never played before do join at this level. Many girls in this Division try out for high school softball. The rules of play are the same as the Minor Division with the following exceptions:

Field Specifications

The pitching distance will be 43 feet.

Game Time Limit

- If a tie game occurs after 7 innings or 1 hour and 15 minutes, play will continue for 1 more inning. If it is still unbroken, the International Tie Breaker Rule will come into effect until a winner is determined.
- 5-Run Rule. No more than 5 runs may be scored per inning. Championship play may deviate from this rule if both sides agree.

Team Composition

- Teams will consist of 9 positions on the playing field.
- No games shall start with fewer than 8 players and finish with fewer than 6 players.

CHAPTER 11. BYLAWS CARMICHAEL CRASH PROGRAM

Program Overview

- **Description:** Carmichael Crash is an advanced program offered by Carmichael Girls Softball and is governed by the constitution and bylaws of Carmichael Girls Softball as such.
- **Divisions:** CGS will align its programs with USA Softball (currently including 10u,12u and 14u divisions). Travel teams will be added when determined necessary and/or desired. All teams must be identified at the beginning of the season to establish the team budget.
- **Oversight:** The Crash program will be managed by the existing CGS Board members and/or Crash coaches. Coaches and/or team representatives may be asked to be present at Board meetings to provide ongoing program updates.
- **Seasons:** CGS will support two seasonal options for the Crash program, to be determined by the coaches and the Board by age division:
 - **Full Year:** January to December
 - **Half Year:** Spring through Summer and/or Summer through Fall.
- **Game Schedules:** Schedules will be combination of tournaments and inter-league games as determined by the Crash coaches and the Board. Pre-determined tournaments will be communicated prior to registration; however, additional tournaments (and inter-league games) may be added throughout the season as well. If there are additional costs involved with incremental tournaments, fundraising efforts may be considered to pay for them.

Costs and Registration

- **Fees:** Fees will be determined by pre-selected tournaments, uniforms, practice shirt, insurance and other CGS overhead costs. The Board, in conjunction with the President, Registrar, Treasurer and Team Coaches will set the initial registration fee.
- **Fundraising:** Fundraising efforts may be considered as a means to raise additional funds for Crash programs (additional tournaments, equipment, etc.); however, families must be given an option to “buy out” their participation in a particular effort with an equivalent dollar amount if they would prefer not to participate. All money generated must be submitted to the league treasurer. It will then be added to the team budget and available for use.
- **Registration Process:** Crash registrations must occur 100% on-line through CGS’s standard registration process and all monies must flow similarly through the Registrar and Treasurer due to bookkeeping and legal/insurance reasons – without exception. This includes any mid-season player replacements.

Coaches

- **Expectations:** Crash coaching staffs are expected to exemplify and maintain the absolute highest levels of integrity and tact at all times when representing CGS. Crash programs are high visibility within the community and represent the Carmichael Girls Softball brand at all times. All Crash coaches/volunteers must sign and adhere to the CGS Coaching Code of Conduct. Any breach of this program at any time will be handled immediately and may result in dismissal of

the coach after an official hearing.

- **Selection Process:** Crash coaches will be selected according to the CGS Coach Selection Process (Chapter 13, Article XII). Past experience, demeanor and feedback with the league and particularly with the Board should weigh heavily into the final decisions, in addition to how these people will represent both CGS and the program itself throughout the duration of their tenure. All associated volunteers for each divisional team should be proposed and communicated prior to coach selections.

Player Selection and Eligibility

- **Tryouts:** All players must be assessed on an equal opportunity basis through a process of tryouts to be assessed by a combination of Crash coaches and others as determined/approved by the Board. Every effort should be made to communicate with as much lead-time as possible to all eligible and interested players.
 - **January Program Start Date:** Tryouts will occur in November/ December.
 - **June Program Start Date:** Tryouts will occur in early May.
- **Roster Selections:** Based upon the tryout assessments, Crash coaches will present a proposed roster to the Board and must receive approval to move forward with the selections prior to notifying players. Every player that tried out must be personally informed (either in person or via a phone call – no emails) of the decision to place them on a team or not within one week of the final tryout date.
- **Eligibility:** All girls within the associated divisional birth date and CGS zip code parameters are eligible to participate as long as the family remains in good standing with the league. Exceptions will be considered on a case-to-case basis. Any player who has quit a CGS team for any reason will be ineligible to play for a Carmichael Crash team during the same calendar year.
- **Player Replacements (mid-season):** If a roster spot opens up mid-season, coaches must hold at least one open/public tryout session communicated via email and/or via CGS's Facebook page (and other forums as needed). Any player currently on the roster of another CGS team will be deemed ineligible until that team has concluded its season.

CHAPTER 12. EQUIPMENT

Equipment will be signed out to the team coach/manager. The team coach/manager will be held accountable for the equipment they sign for. Normal wear and tear of equipment is expected. Please do not label, mark, or tape any of the organization's equipment. Your equipment manager has spent many hours trying to remove old masking tape, label tape, ink, and paint from equipment and catcher's gear.

It is the team coach/manager's responsibility to return their team's equipment at the organization's final day. There will be a designated area where equipment will be collected and checked in. This applies to all teams. A reminder notice will be sent to each manager one week before the final event.

After checking out equipment, the coaches/managers can trade for smaller or larger sizes with either the equipment manager. The equipment manager will be available throughout the season to help with exchanges and repairs.

Batting Cages

During the regular season, the batting cages will be made available for the mini-minor, minor and major division teams. During the practice season, the mini-minor, minor and major agents will coordinate with the field manager and equipment manager to schedule the use of the batting cages on an equal basis. Once games begin, team managers can contact the field manager and equipment manager to schedule the use of the batting cages on a first come, first serve basis. Do not remove the machine from the batting cages.

First Aid Kits

Every team will be provided a first aid kit. Make sure you keep it adequately supplied to meet your team's needs.

CHAPTER 13. CONSTITUTION AND BYLAWS OF CARMICHAEL GIRLS SOFTBALL

ARTICLE I. LEAGUE NAME

The name of this organization shall be Carmichael Girls Softball, a non-profit organization and an affiliate of the Northern California Girls Softball Association (NORCAL)

ARTICLE II. ORGANIZATIONAL PURPOSES

- To perpetuate an organized recreational program for young girls that stresses self-responsibility, citizenship, sportsmanship and friendship.
- To have responsible adults controlling the program on the playing field and to have their leadership and experience available for the training of these future citizens.

ARTICLE III. MEMBERSHIP ELIGIBILITY

- League membership shall include all members of the Board, Managers, Coaches, Parents, and/or Legal Guardians of girls participating in the organization.
- Eligibility for players shall be specified by the rules and regulations of the NORCAL.

ARTICLE IV. OFFICERS, AND ELECTED AND APPOINTED BOARD MEMBERS.

- The elected officers are President, Vice President, Registrar and Treasurer, Pride Coordinator. Elected officers are elected by a majority of members present at a general meeting.
- All other officers will be appointed by the President/Board as deemed necessary.
 - They shall serve as voting Board members.
- The immediate past President can be a voting member of the Board of Directors for up to one year following their term as President.
- The Board of Directors of CGS shall consist of all elected and appointed officers, and the immediate past President.
- A quorum of the Board shall consist of 2/3 of the Board members as defined in Article IV, Sections 1, 2, 3 & 4.
- When an Officer fails to attend TWO consecutive regular meetings or fails to perform his or her duties, he or she may be relieved of office by a majority vote of the Board present.
- ALL Board Officers are required to participate in ALL LEAGUE ACTIVITIES, including organization of and participation in opening and closing day activities.
- All Officers and elected and appointed board members are required to follow the CGS Code of Conduct as attached. All board members will be required to submit a signed copy of the CGS Code of Conduct.

ARTICLE VI. REMOVAL OF DIRECTORS

A Board Member may be removed by a quorum vote of the current Board. Request for removal of a Board member(s), must be in the form of a written submission via Incident Report to the Board. The Incident Report must be submitted to the Board and approved for further review. Approved Incident Reports approved shall warrant a special meeting of the Board in which both sides of the complaint shall be presented. Individuals listed in the

Incident Report will be notified no less than 24 hours prior to the Special Board Meeting. Both sides will have their opportunity to state their case before the Board in this meeting. Thereafter, a secret ballot vote for the removal of said Board Member will occur. The board member up for removal has the ability to vote by secret ballot. Proxy votes will not be accepted. All board members are subject to dismissal for any reason of misconduct or for any act that would discredit the League. Resignations will be by written notice to the League and must be accepted by the Board. Should it be deemed necessary, any member of the Board may be immediately removed at a special closed session by the Executive Board and then taken forward to the full Board with the Executive Board's recommendation.

Causes for immediate removal from a position as a board member include but are not limited to:

- Convicted of a felony.
- Convicted of a misdemeanor involving:
 - Any sort of lewd or violent act.
 - An act involving the abuse of drugs and or alcohol.
 - An act involving the abuse or neglect of a child/children.
- Willful destruction of property of the league.
- Any act compromising the safety of a league member.

ARTICLE V. MEETINGS

- There shall be two General Meetings held per year. (December and June)
- Prior to any General Meeting, the membership shall be notified in writing (email/website/letter).
- A quorum at a General Meeting shall consist of those present.
- The Board of Directors Meeting shall be held monthly or as needed.
- Special meetings shall be called by the presentation of a petition signed by 25% of the General membership or by the Board of Directors.

ARTICLE VI. COMMITTEES

- Bylaws Committee will consist of the President, Vice President, Treasurer, and Registrar along with other assigned and will be responsible for any and all updates to the bylaws.
- Finance Committee will consist of the President, Vice President, Treasurer, and Registrar along with others assigned and will be responsible for the annual budget as well as any budget amendments or updates.
- Rules Committee will consist of those assigned and will oversee any and all rule updates for each season.
- Coach Selection Committee will consist of five (5) current CGS board members, not including division agents or the President, and will serve for an entire year (Spring/All Stars/Travel Ball/Fall Ball). If a member of the committee is one of the coaches to be considered for an open position, another eligible board member will replace that member for the respective coaching decision.
- Safety Committee - The Safety Committee's mission is to enhance and preserve the safety of the League's players, volunteers, families and bystanders. The

League's Safety Committee, led by the Safety Coordinator, shall consist of any number of assigned Board Members or league volunteers (as approved by the Board). Committee members will serve as an extension of the Safety Coordinator and league authority in the oversight and maintenance of the League's safety plan for operations, facility maintenance, injury reporting, and season activities. The Safety Committee will endeavor to gather twice within the active season, or as regularly as operations require, to discuss implemented safety measures and necessary improvements. The Committee will present recommendations for safety enhancements to the Board.

- Field Maintenance Committee shall consist of 3-4 members including the Field Maintenance Coordinator. The committee will be responsible to: Develop an annual schedule for walking all of the fields as a group. Develop a plan for field improvement and maintenance. Organize and schedule field day(s)/workday(s) for improvements (as needed). Develop a field maintenance training plan for coaches. Develop a budget for field improvement projects and present to the Board of Directors. Assist the FMC with field maintenance training sessions for coaches. Assist the FMC with the scheduling of field prep volunteers for all tournaments host by the League.
- Public Relations Committee shall consist of 3-4 members including the Director of Communications. The committee will be responsible for updating on a continuously and regular basis the website, all social media sites, and sending out all communications to ensure the community are apprised of the league's activities and projects. The determination of how often communications will be decided by the committee and brought forth to the board members on a monthly basis. The committee shall present a communication plan every year at the concluding of the spring season for the next full year. The committee should be prepared to work and facilitate communications with the board, park district, teamsideline, and the participants of the league and all members of the Carmichael community.

ARTICLE VII. RULES AND REGULATIONS

The playing rules shall be the current rules as published by CGS, NorCal, and USA Softball, except where they conflict with the NORCAL playing rules.

ARTICLE VIII. THE TREASURY AND FUND CONTROL

- All funds donated, collected, raised, or appropriated by or to this local organization shall be kept in one central account under the authority of the treasurer.
- Board approval is needed for spending/reimbursement over \$500 or anything not in the original budget.
- The President shall audit the organization's books at the end of every playing season and at other times at the Board's discretion.
- Any executive board member can ask and vote for an external audit at any time.
- All funds spent shall be voted on and passed by the Board prior to disbursement.
- Legal signatures shall be the President, Vice President, Treasurer, and Registrar.

ARTICLE IX. METHOD OF AMENDMENT OF THE CONSTITUTION

- Any proposed amendments shall be submitted to the Board prior to the presentation at a General meeting.
- All amendments shall be approved by the Board before being submitted to the General meeting.
- All amendments shall be approved by a 2/3 majority of the attending members at a General meeting.
- Amendments shall not be in conflict with the Official Rules and Regulations of NORCAL, or its principles.

ARTICLE X. BLIND DRAFT FOR MINOR and MINI-MINOR TEAMS

The following draft procedures shall be followed:

- Establish the number of teams based on the number of sign ups as of the last day of registration.
- Establish limits on the number of girls per team: minimum 10, maximum 13. A waiting list will be formed.
- Rank the players by a combination of age, experience, and ability, making a master list.
- The manager and head coach's daughter may be placed on the same team. One assistant coach's daughter may also be placed on the same team provided that she is not ranked the same as the manager or head's coach's daughters. Sisters may play on the same team regardless of ranking. No team may capture more than one player with established pitching ability that, in the opinion of the Board, would give that team an
 - unfair advantage. Carpool captures are not automatically allowed but may be allowed if all managers and the player agent within that division agree. Each carpool is evaluated on an individual basis.
- The Player Agent will categorize players in descending range of ability.
- To assure even teams:
 - Independently draw a #1 and a # 2 pitcher. Note: All pitchers must be evaluated as pitchers, if they intend to pitch during the season. Girls who are known to be pitchers need not be evaluated as pitchers if they agree not to pitch during the season.
 - Independently draw a # 1 catcher.
- Prepare cards with player's name on one side (hidden) and their ability ranking on the other (shown). Prepare cards for each group of pitchers and catchers.
- Put the names of captured players into the matrix under the appropriate manager round.
- Complete the draw of all remaining players. Give the team representative the player's registration form.
- Late sign ups and girls with no ratings will be placed on a waiting list for replacing players who drop out and for balancing teams. Player replacements shall be evaluated by the player agent and that division's managers and coaches, if practicable, as follows:
 - The player agent will decide on an evaluation date for the replacement player. The agent will notify each manager in the division at least 7 days prior to the

replacement player's evaluation date. If all of the managers waive the 7 day minimum notification, an evaluation can take place at an earlier date. The evaluation can take place whether or not managers and coaches can be present on the date selected by the player agent. It is not mandatory that the evaluation date be acceptable to each manager or her coaches. Agents will attempt to accommodate as many of the manager's schedules as practicable.

- If the replacement player is a pitcher who can, in the opinion of the evaluators, impact the balance of the division, the player cannot be placed upon a team until such time as her placement will not give any one team a significant advantage.
- If the player agrees not to pitch at all during the season, she may be placed upon a team as soon as a position is available.
- In each round, the sequence for the draw shall be random selection.
- Draw shall be from the remaining players in that round with cards lying face down in order of ability ranking (from player evaluations).
- Only teams with an open square will draw on any given round.
- Any underage girl wishing to play in a division above or below her age division must be evaluated by those responsible for evaluating the desired division. Those evaluators in conjunction with the division agent shall decide if the girl will be permitted to "move up" into the older division. In order to be eligible for move up, the player must have one year prior experience. Further, if a player is approved to move up into a higher division, a waiver must be signed by the parents of that player.
- Above all else, regardless of whether the player agent is coaching a team within his/her division, it is the agent's primary duty to create balanced teams.

ARTICLE XI. DETERMINATION OF FIRST AND SECOND PLACE TEAMS

First and second place teams in divisions from 10u and above will be determined by a post season double elimination tournament. Opening pairings in the tournament will be determined by the finishing positions in the regular season. The 6 and 7 inning pitching limits will be applied to each two game set in the tournament.

ARTICLE XII. SELECTION OF ALLSTARS PLAYERS, MANAGERS, AND COACHES

- **CGS All Stars Program.** CGS offers its Spring participants a full regular season schedule and a post season tournament in fulfillment of its role as a NORCAL league. In addition to the regular season, CGS offers to selected players the opportunity to participate in the All Stars program sponsored by NORCAL. The League offers All Stars with two goals in mind:
 - Provide All Stars participants advanced training in a highly competitive environment, and
 - Project the best image of the league possible to the Sacramento area community through excellence in All Stars competition.
 - CGS All Stars is a privilege, not a right. It is by nature exclusive. The league strives as best it can for objectivity in assembling the teams. Girls are selected to All Stars based on a tryout process, but the amount of team oriented attitude, good sportsmanship, effort and hustle, and the level of excellent play exhibited during the regular season is also considered. The

manner of All Stars selection is set forth in the CGS by laws.

THERE IS NO GENERAL RULE THAT ALL GIRLS SELECTED TO AN ALL STARS TEAM WILL RECEIVE EQUAL PLAYING TIME NOR NECESSARILY PLAY THE POSITIONS THAT THEY DESIRE AND/OR HAVE PLAYED IN THE PAST. PLAYING TIME AND PLAYING POSITION ARE LEFT TO THE DISCRETION OF THE MANAGER AND COACHES OF THE ALL STAR TEAM.

All Stars Participation. CGS requires All Stars to attend:

- 80% of All Stars practices;
- Warm up tournaments; and
- Entire NORCAL All Stars tournament.

CGS realizes and acknowledges that there are occasions when a conflict may arise between a player and a warmup tournament that is beyond the player's control. Any conflicts players may have with the warmup tournament(s) shall be resolved by the Head Coach and Manager of the respective All Stars team. All disputes will be referred to the CGS Board of Directors.

All Stars Selection.

Objective

The objective is to form All Star teams in a fair manner that will best represent the League in post-season competition.

Procedure

No later than the middle of April of the current year the Player Agents will notify the manager of every team in each Division of the date, time, and location of the All Star selection tryouts (if a tryout is needed). Ideally the tryout is held on a Saturday

Selection of managers & coaches

The managers & coaches will be selected by a committee established by the official Coach Selection Committee. CGS realizes that the selection of the Head Coach is the most important decision for the overall All Star experience. With that in mind we have the following guidelines for selecting a head coach.

- Any interested Manager/ Head Coach within the division may apply to be selected as the All Star Manager/Head Coach of their Division. Per NORCAL rules, the coaches and managers must have served in a
 - minimum of 50% of the games in their respective division.
 - The Board reserves the right to select a manager & coaching staff that will represent the league in the most professional manner.
- The Head Coach must be A.C.E. certified. It is suggested that an assistant coach or the team Manager also be A.C.E. certified.
- CGS will consider the following factors: Knowledge of the game, player motivation skills, emotional stability, managing experience, and reputation.

Number of Players on Each Team

The All Star teams will consist of a minimum of 12 players and a maximum of 15 players. All players from each division are welcomed to tryout, but they must understand the commitment criteria as outlined below.

Commitment

Players who desire to be considered to play on the All Star team must submit a "Player & Family Commitment Agreement" form no later than April 30th. If a tryout is needed, a point driven system chooses the first 10 players (see below). Additional players may be added from the top 20 in points at the Head Coach's discretion. All eligible players will be invited to their division's All Star tryout where they will be rated in a skills assessment. Each team should have 2 alternates. These alternates are not expected to practice but are encouraged to since they may be called upon to replace an injured player or a player who is no longer able to fulfill the requirements to play on the team. Once a replacement player is bumped up to the official All Star team, she is responsible for any monetary commitment, if deemed necessary by the league.

Open Selection

There is no requirement that each team be represented on the All Star teams.

Replacement Due to Injury or Other Loss

In the case of injury or other loss of a player, replacement players may be added to the team. The coaching staff will select a replacement player. The All Star coaching staff will select a player from the remaining players on the potential All Star players list, subject to the approval of the Player Agents. If the list has been exhausted, then the All Star coaching staff may select the replacement player from any girl remaining (not selected for post-season play) from the Division.

Drop Policy

No All Star player may be dropped from an All Star team without the approval of the Board

Tryout format

A panel of at least 3 assessors, not to exceed 5, will be the evaluators. Ideally the panel will consist of current or former board members and/or former coaches of the division being rated. To keep it somewhat confidential, we will assign numbers to the girls and record all names on a master list. Our chosen evaluators will grade the girl's skills based on a very basic point system: 1/2 to 1 point for completion of each skill event. Each girl is given 5 tries (max 5 points). These figures are tallied, and the team is formed based on the top 10 point winners. 2-5 coaches' picks will be added based on team position need.

ARTICLE XIII. COACH SELECTION PROCESS

Normally, Division Agents will work with registered volunteers to make coaching staff decisions; however, there are cases when a more formal process will be utilized. When determining these coaching staff decisions (as outlined below), Carmichael Girls Softball will utilize a "Coach Selection Committee" whose purpose is to provide an educated decision in the league's best interests on coach selection to the respective division

agent(s) when faced with the following:

- All Star coach selection(s)
- “A” and “B” division coach selection(s)
- Spring or Fall Ball coach selection(s) when there are more volunteers than coaches needed based upon player registrations.

The Coach Selection Committee will consist of five (5) current CGS board members, not including division agents or the President, and will serve for an entire year (Spring/All Stars/Travel Ball/Fall Ball). If a member of the committee is one of the coaches to be considered for an open position, another eligible board member will replace that member for the respective coaching decision.

Division agents, the President and other board members are expected to provide insight and recommendations to the Coach Selection Committee; however, the Committee has final say on all decisions. Additionally, the Committee may ask coach volunteers to complete an application and/or to meet with the Board via an interview process at their discretion; however, all candidates will be given the same equal opportunities.

Selection criteria will include: History within the league (past volunteering, experiences, feedback, surveys, etc.), Adherence/support of the Coaching Staff Code of Conduct and, Ability to represent CGS's mission and goals. Selection criteria will **NOT** include: Coach(es) past win/loss record. Committee selections must be unanimous.

ARTICLE XIV. CALENDAR

JULY:

- Joint meeting of old and new board members
- New Board installed
- All committees appointed
- All Star tournaments
- NORCAL Fall Ball meeting
- Fall Ball begins

August:

- Annual reports and records assigned
- Audit committee assigned (as needed)
- Budget meeting scheduled
- Bylaws meeting scheduled
- Rules committee meeting scheduled

September:

- Annual reports and records due
- Audit committee findings report (as needed)
- Proposed rule changed submitted
- Registration details discussed

- Request Coaching applications

October:

- Reading of proposed rule changes
- Planning of Crash tryouts
- Planning for player evaluations
- Planning season calendar

November:

- Crash Coaches selected
- Planning Coach Clinic and Draft Day
- Early registration begins

December:

- Review and approve league budget
- Review and approve Crash teams
- Planning Ice Cream Social

January:

- Regular registration closes mid-January
- Planning Opening Day
- Confirm Picture Day
- Player Evaluations/Divisions Formed/Division Draft
- Late Registration closes last week of January

February:

- Ice Cream Social
- Planning fundraising activities
- Practice begins
- NORCAL interleague meeting
- Field workdays scheduled
- Finalize practice schedule

March:

- Planning mid-season event
- Finalize game schedule
- Opening ceremonies

April:

- Official League games begin
- Planning Closing Day
- Planning all star coaches/tryouts
- Planning playoffs
- Planning Fall Ball

May:

- All Star Manager/Coaches approved
- All Star tryouts and teams selected
- Closing Ceremony/BE Game
- All Star practice begins

June:

- All Star tournaments begin
- General Board Meeting
- Board position election



Carmichael Girls Softball Code of Conduct

Vision

The Carmichael Girls Softball League (CGS) strives for a safe and healthy environment for all participants and espouses the ideals of positive sportsmanship and behavior appropriate for supporting a climate that nurtures the development of good moral, physical, and mental standards for its youth players. As such, CGS expects all participants in the league to understand the ideals reflected in the Code of Conduct and demonstrate acceptable behavior at all times.

Responsibility for Conduct

The following section outlines six areas of unacceptable behavior and provides the potential minimum and maximum penalties for violations. Players, league volunteers, parents, and spectators with past Code of Conduct violations may face more severe penalties than those identified as potential maximum penalties below.

It is the expectation of the league that managers are responsible for keeping league volunteers associated with their team, as well as their players, parents, and spectators, to a standard of behavior aligned with CGS's vision. Managers are responsible for the behavior of all parties related to their team.

Players, league volunteers, parents, and spectators shall not:	Potential minimum penalty	Potential maximum penalty
1. Consume alcohol or use illegal drugs, marijuana, or tobacco on the field or in the playing area (bleacher and other areas routinely used by spectators) during practices, games or other activities where players are present	Ejection from field or playing area	Ban from field or playing area for all practices, games, or other league activities and report to appropriate authorities, where applicable
2. Signal "time", "safe", "out", "fair ball", or "foul ball" or use any other phrases such as "swing" or signals of the umpires that could confuse the players, managers, or coaches	Suspension for remainder of game	Suspension for two full games following the game of incident

3. Initiate unwanted physical contact or demonstrate hostile behavior or be physically aggressive toward any player, game official, league volunteer or director, or spectator during practices, games, or other league activities	Ejection from practice, game, or other league activity and suspension for two full games immediately following the ejection	Suspension for remainder of the season and the next full season
4. Use vulgar language or hate speech or be verbally abusive toward any player, game official, league volunteer or director, agency representative, or spectator during practices, games, other league activities, or via social media or other settings including, but not limited to, taunting, harassment, intimidation, threats, bullying, or offensive gestures	Ejection from practice, game, or other league activity and suspension for two full games immediately following the ejection	Suspension for remainder of the season and the next full season
5. Refuse to abide by a decision or ruling made by a game official or league volunteer or director in the course of a practice, game, or other league activity	Ejection from practice, game, or other league activity and suspension for the next full game immediately following the ejection	Suspension for remainder of the season
6. Fail to leave the field or playing area immediately if ejected	Suspension for next full game immediately following the game of ejection	Suspension for remainder of the season

Violation Review Process

If unacceptable behavior is witnessed and/or a manager's attempt to resolve a problem directly or with the assistance of a league Division Agent is unsuccessful, a formal complaint should be submitted in writing to the league President, including date and time of offense, details of the event, and names and contact information of witnesses where available. The Board President will coordinate with a league Division Agent to determine if the complaint may be a violation of the Code of Conduct and gather additional information where necessary.

A Code of Conduct violation review will be initiated for complaints deemed to be a potential violation. The league President has the power to immediately suspend any person with a serious enough charge against the person to warrant such action, until after the hearing. The following process will be used as a general guide for the Code of Conduct violation review.

Violation review hearing scheduled for next regularly-scheduled league Board of Directors meeting. Involved parties invited to address Board members in an open session during the Board of Directors meeting. Violation review completed by Executive Board members during closed session at the Board of Directors meeting. After the completion of the hearing, the Board of Directors will do one of the following: admonish, temporarily suspend, expel, establish probationary period, or acquit the accused. Involved parties will be notified in writing of the results of the hearing within 10 days following the Board of Directors meeting.

Acknowledgement

A registered player or league volunteer will not be permitted to participate in practices, games, or other league activities until this document is signed and returned to the manager. By signing below, I/we:

Agree to abide by the Code of Conduct as outlined above. Acknowledge that the Code of Conduct has been described in detail to the registered player, where applicable.

Understand that spouses, relatives, or friends that attended practices, games, or other league activities are subject to the Code of Conduct

Parent/Guardian/League Volunteer Signature: _____

Print Name: _____ Date: _____

For parents/guardians, please list the name(s) of the registered player(s):

Player 1: _____

Player 2: _____

Player 3: _____

For league volunteers, please check the appropriate box

Manager

Coach

Team Parent

Scorekeeper

Other, Please Specify _____