



**Softball Rules
2018 Season**

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LEAGUE ORGANIZATION:

Girls Division

- PEE-WEE- 6, 7, 8 and 9 year olds based on age as of 4/30/18
- MIDGET –10,11, 12, 13 year olds based on age as of 4/30/18

The Leisure Services Department reserves the right to redistribute age ranges based upon enrollment in each division.

All girls play in their respective divisions provided that they are registered with the City of Sunrise Leisure Services before participating in the sport. (Exception will be considered only by parent request in writing at time of registration to the Department of Leisure Services. No player will be able to play down onto a lower division.

Athletic Supervisor is the supervisor of the softball program.

TEAMS

In all divisions , nine (9) players are to be placed in defensive positions. Games may begin and be played with seven (7) players. Should the 8th or 9th player arrive late, she will immediately be placed in the game regardless of arrival time and her name inserted at the bottom of the batting order. Her name must be reported to opposing scorekeeper and plate umpire.

Any team dropping below seven (7) players will immediately forfeit.

All players who participate in post-season play must participate in 50% of regular season play.

PLAYER ELIGIBILITY

Only players of eligible age whose eligibility is determined by the Leisure Services Department shall have active participation in the program.

Dates of birth of new players shall be certified by birth certificates, hospital certificates, or legal documents which must be presented to a league official at the time of registration or registration will not be accepted.

Photostat copies of any of these certificates are acceptable. Notarized statements from parents or others are not acceptable.

The replacement players will come from the waiting list based on the next available player in order of date and time of sign-up.

No team may obtain a replacement player after half of the regular season games have been played unless their roster falls below the minimum number of players required to start a game under these rules. No player shall be recruited or otherwise added to the waiting list after 50% of the regular scheduled games have been played.

Failure to follow this rule may result in the suspension of the coach and/or forfeiture of the game(s). Once assigned a player is eligible to play in all subsequent games.

SUBSTITUTIONS

Open substitutions in the field may be made at the beginning and end of every inning.

No player will sit the bench for two (2) consecutive innings.

After substitutions have been made, and in the event of injury or ejection for disciplinary purposes to the player, a player will re-enter the game to replace the injured or ejected player provided all other eligible players have previously entered the game at that point.

EQUIPMENT

Shoes with metal spikes or metal cleats are prohibited. Proper athletic footwear must be worn. Sneakers or rubber cleats (no Velcro's) must be worn by all players, coaches, and managers. Barefoot on the playing field or in the coach's boxes is prohibited. PENALTY: Participants will be asked to leave the field and will not be allowed to return unless this rule is complied with.

Catchers will wear protective headgear (mask, throat guard, and helmets), chest protector, and shin guards as provided by the Leisure Services Department. Equipment must be worn at all times. *NOTE: Game will be halted and equipment shared if necessary.* PENALTY: Failure by refusal to wear proper equipment will result in catcher being ejected from the game.

Visors – All visors must be the same regardless of whether or not all girls wear them. All girls do not have to wear a visor. *NOTE: Plastic visors are not allowed.*

Conventional softball shirts, pants, and a visor will be furnished by the Leisure Services Department.

A regulation 11" softball will be used in the Pee Wee and Midget divisions.

All offensive players must wear protective headgear. If a parent requests headgear with a protective facemask, please contact the Leisure Services Department.

26-inch Baseball Tee Ball bats may be used in the PeeWee Division.

No hard casts may be worn in games or practices.

PITCHING/BASE DISTANCE

Girls Divisions	Pitching Distance	Base Distance
PeeWee	35 ft.	45 ft.
Midget	35 ft.	60 ft.

PLAYING RULES

Any rules that are not stated in this rulebook will be governed by the National Federation of State High School Association (NFHS)

Regulation games shall be seven (7) innings duration, or the time imposed by the league. Pee-Wee will be an exception to this, and in this case five (5) innings will constitute a complete game or imposed time limit.

All Divisions: There shall be a five (5) run limit per inning per team at which time teams shall change sides. Unlimited runs can be scored only in the “official final inning” which is the 7th inning in all divisions except Pee Wee, in which the final inning is the 5th inning.

In all divisions, except Pee-Wee, if at the end of five (5) innings the visiting team is ahead by 10 runs, the game shall end or, if after 4 ½ innings the home team is ahead by 10 runs, the game will end.

Throwing of gloves or bats intentionally may warrant ejection from the game.

Line-up cards must be presented to the umpire and opposing team prior to start of game.

Both coaches and umpires must sign the game sheet. *Game sheet is the city's official record of the game. Coaches are advised to review and verify that all information is correct before signing.*

Time limits on games will be as follows: No new innings will begin after the time limit has been reached.

Division

Pee-Wee..... 1 hour 10 minutes

Midget..... 1 hour 15 minutes

Once an inning has begun, it must be completed and if tied at the end of seven (7) innings (Pee-Wee, 5 innings), or time limit, one (1) extra inning will be played with “City of Sunrise” Tie Breaker for one inning. Last batter of previous inning to record an out starts on 2nd base. The batter will have a count of zero (0) balls and zero (0) strikes and no outs. Batters will receive one pitch, and only one pitch. If tie is not broken, the game will enter the standings as a tied game.

Game time is forfeit time for all games with the exception of a 6:00pm game, which will have a 10-minute grace period. This will not be deducted from game time. There is no grace period for weekend games or weeknight games beginning later than 6:00pm. The Umpire has official game time.

If a batter cannot complete their turn at bat due to sickness or injury, the next batter will complete her turn at bat with a new count. The injured player's name will be removed from the line-up for duration of game. No out occurs on sick or injured batter.

If a base runner cannot continue due to sickness or injury, the last person with a previously recorded out will complete the base runner's duties.

Games called which are less than regulation:

In determining tie games after five innings (regulation game) have been played, the home team must have had the opportunity to bat and tie the score. If the home team has scored more runs than the visiting team and the game is called in the bottom of the fifth or sixth inning, the home team shall be the winner. If the visiting team has scored more runs than the

home team in the sixth or seventh inning and the home team has not had the opportunity to complete its turn at bat, the game reverts back to the previous inning. If that score was tied, it would be a tie game. If the score was not tied, a winner would be declared if one team was ahead and five full innings had been played.

If a game is called before five full innings have been played (four and one-half if the home team is ahead), the game will be resumed at the point at which it was called.

All eligible players of the team will be in the batting line-up for the entire game. This applies to all divisions.

Home team must occupy 1st base dugout.

Stealing – There will be no stealing in the PeeWee Division. Stealing is permitted in all other divisions. In the Midget Division base runners can steal only one base at a time, and are not permitted to steal home.

Third Strike – If the catcher should miss the ball on the 3rd strike in the Senior Division, the player may advance to first base if 1st base is not occupied. If 1st base is occupied, the batter will be out and the runner on 1st base can advance at her own risk – except for the Pee Wee and Midget Division (No stealing is allowed in this division on a missed/dropped third strike). In the Senior division if there are two outs and the catcher should miss the ball on the 3rd strike the batter may advance. This is only permitted in the Senior division.

Bunting is allowed in all Divisions except PeeWee.

Speed Up Rule – with one/two out the catcher is allowed a courtesy runner (the last recorded out).

Pitching – In the Midget division a pitcher will be allowed to pitch 6 innings per week with no more than 4 innings per game. A week is considered Sunday through Saturday.

DIVISION TITLE

Divisions with six (6) or more teams will be awarded placement trophies for 1st, 2nd and 3rd place finishers. Divisions with five (5) or fewer teams will be awarded placement trophies for 1st and 2nd place finishers only. All other teams will be awarded participation trophies only. At the conclusion of the season, trophies will be awarded at the annual awards ceremony.

There will be a single elimination tournament at the conclusion of regular season play with all teams participating. The championship team will receive some type of award. Teams will be seeded at random during player drafts.

At the end of the season, should two or more teams be tied for first, second, or third place, the following tiebreaker system will be in effect:

Step 1: Head to head competition.

Step 2: Least number of runs yielded in the head to head competition.

Step 3: Least number of runs yielded for the entire season. Note: Once a tie is broken, any subsequent ties will refer back to step 1 to break that tie.

ADDITIONAL RULES PERTAINING TO PEE-WEE SOFTBALL ONLY

A complete game shall consist of five (5) innings unless the home team is winning after four and a half (4-½) innings.

In case of bad weather or other incidents, causing game termination, four (4) full or three and half (3 ½) innings, if the home team is ahead, shall constitute a complete game. If not, the game will be rescheduled beginning exactly where the game was suspended.

The base runner must stay on the base until the ball is hit. They may not lead off the base before, during, or after a pitch.

There is no stealing in the PeeWee Division.

The batter/runner may advance at her own risk one base plus an additional base on any overthrow at first base into foul territory.

The ball will be considered dead once the pitcher has control of the ball and has stepped inside the pitcher circle with both hands raised. If the base runner is more than halfway to the next base, then they may advance. If the base runner is less than half way to the next base, then they must return to the previous base. The ball is back in play when the next batter hits the ball.

The infield-fly rule will not be used.

Intentionally rolling the ball for a put out will be illegal.

No bunting.

Pitching

Coaches will pitch to the batter for 6 pitches only.

If batter has not hit the ball fairly, or struck out on any three pitches at the conclusion of the allotted six pitches, batter will be declared out. There will be no walks.

Designated coach pitcher (D.P.) cannot field the position.

If a batted ball strikes designated pitcher, ball is declared dead; pitch does not count, and the batter returns to bat.

Defensive player shall stand within five feet of the pitching rubber but not directly behind the D.P.

D.P. is permitted to vocally coach the batter, but not the runners after the ball has been delivered. No delay of game will be tolerated.

D.P. must make all reasonable attempts to prevent their interference in a play or with a hit ball. The D.P. will go into foul territory if possible or squat down.

The defensive catcher will supply a reasonable target for D.P.

Must pitch from the 35 feet rubber mark.

Athletic Supervisor Duties

- Will have the authority to suspend any manager or coach; this is subject to appeal.
- Will act as overall coordinator for the program.
- Is responsible to assist the Department of Leisure Services in implementing all the rules and regulations.
- Is responsible for appointing the coaches and softball committee.
- Coaching combinations will be assigned or approved by the Department of Leisure Services.

UMPIRES

Umpires shall have complete authority over the game, players, coaches and spectators. They may expel any player, coach, or spectator for indecent language, unsportsmanlike conduct, or any infraction of rules. Refusal of expelled player, coach or spectator to leave the "playing area" within 2 minutes will constitute a forfeit. NOTE: League Administrators and City Athletic Department personnel WILL NOT interpret any rule from the time a game begins, until the time it ends. They may, however, enforce any and all rules regarding conduct or coaches, players and parents contained herein.

Officials will wear distinctive uniforms and carry city rulebook.

Umpires will be responsible for inspecting field surface irregularities and sideline hazards prior to game. Umpires will also check player's equipment and uniforms to determine if they are acceptable.

Umpires are instructed to discuss matter in question ONLY with the Manager, NOT an assistant or League Administrator.

Coaches shall not demand the removal or the scheduling of a particular umpire.

FACILITY USAGE

No soft toss, pepper games, or hitting balls against fences.

Teams are to stay off infields when field maintenance staff is preparing ball fields.

Remove all litter from dugouts and dispose of properly at the conclusion of games or practices.

Field maintenance to be performed by authorized city staff only.

Field lights will be turned off at 9:45 p.m., except during league games.

Vehicles are not allowed inside interior park gates. Do not block emergency access areas, maintenance drive, or park in posted zones. Park Rangers may close fields to practice or games due to weather or safety factors. Whenever possible, field maintenance staff or park rangers will make determinations on field conditions at least one and one-half hours prior to schedule game times or practice times. Failure to comply with requests of park rangers or field maintenance staff may result in loss of field privileges. Fields are closed when park or ball field gates are locked. Do not enter fields when gates are locked.

Contact Information

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Beat the Heat: Safe Strategies for Back-to-School Sports Training

Heat illness during practice or competition is a leading cause of death and disability among U.S. high school athletes, according to the [Centers for Disease Control & Prevention](#). But heat illness is entirely preventable, says Michael Swartzon, M.D., a primary care physician at Doctors Hospital's Center for Orthopedics & Sports Medicine. With proper training, practice scheduling, water intake, rest periods and emergency treatment available on the sidelines, most young athletes can safely participate in outdoor sports in warm weather.

"It's important to identify athletes with the sickle cell trait and those taking certain supplements or medications, such as ADHD medications, because these factors can make them more susceptible to heat illness," Dr. Swartzon explained.

After athletes are cleared for training, gradually increasing practice frequency, duration and intensity minimizes exertional heat-illness risk, experts say. The National Athletic Trainers Association (NATA) has issued guidelines on how to acclimatize athletes to hot-weather activity over a 14-day period. Among the recommendations: No more than one practice per day for the first five days; no equipment beyond a helmet the first two days; and no more than a helmet and shoulder pads on days three through five.

The AAP and NATA advise school sports programs to follow prevention strategies to guard against heat-related illness.

Additional prevention strategies from the AAP and NATA include:

- Have athletic trainers on-site to recognize and treat possible injuries and heat illness.
- Keep athletes well hydrated before, during and after exercise. Coaches should allow free access to water and sports drinks.
- Evaluate athletes individually for play in hot weather. Kids who are more vulnerable, including those who are overweight or have diabetes, should be closely monitored.
- Sit out kids who show signs of illness, such as fever, diarrhea or extreme fatigue, or who were recently ill. These symptoms can decrease the body's exercise-heat tolerance.
- Intersperse rest periods during practices to lower body temperature and allow ample time to hydrate. Athletes should rest two to three hours between same-day practices or games in hot weather.
- Advise athletes to wear lightweight, light-colored, loose-fitting clothing. The best choice is moisture-wicking, quick-drying gear that doesn't absorb sweat.
- Ensure all coaches, trainers and athletes know the signs of heat stress, which include dizziness, confusion, muscle cramps, headache, nausea, weakness, excessive thirst, cool and clammy skin. Athletes should be encouraged to report if a teammate appears to be struggling.

- Have an emergency action plan. When the risk of heat illness is high, NATA advises trainers to have an immersion tub filled with ice and water ready to cool potential victims.

According to NATA, the treatment rule is: Cool first and transport to the emergency room second. If an immersion tub is not available, trainers should lie the athlete down in a cool, shady area while waiting for emergency personnel to arrive. Tight clothing or safety gear should be removed and ice packs or water applied to promote cooling.

Visit www.baptisthealth.net/wellness



Eating for Exercise – Lucette Talamas, R.D.

Everyday Eating

- Fill half your plate with fruits and vegetables.
- Make at least half your daily grains whole grains.
- Choose lean protein foods and vary your protein sources.
- Choose low-fat or nonfat dairy products.
- Choose healthier fat sources like nuts, seeds and vegetable oils.
- Control portion sizes to achieve and maintain a healthy body weight.

Making appropriate food and beverage choices may enhance your performance during exercise. When planning and preparing meals and snacks, incorporate the following tips:

Everyday Eating

Making appropriate food and beverage choices may enhance your performance during exercise. When planning and preparing meals and snacks, incorporate the following tips:

What to Eat

Foods can be classified into 3 macronutrients: carbohydrates, protein and fat. Your body relies mainly on carbohydrates before, during, and after exercise. Protein and fat are also important components of a balanced diet. Consuming the correct amounts of carbohydrates and protein will improve your workout.

Carbohydrates: Carbohydrates are the main source of fuel for your body and provide you with energy for your workout. The majority of your pre and post workout snacks should consist of carbohydrates. Carbohydrate rich foods that are whole grains include whole wheat bread, cereal, brown rice, whole grain pasta, whole grain bagels and English muffins, oatmeal, whole wheat couscous, quinoa and more! Other sources of carbohydrates include all fruits, starchy vegetables like potatoes, peas, corn, and yucca, beans and legumes, milk and yogurt products.

Protein: Protein helps to repair and build muscles and is an essential part of pre and post workout meals. The amount of protein the body needs is easily met through the foods we eat and additional protein supplementation is rarely necessary or recommended for the average exercising adult. Animal sources of protein include chicken, turkey, seafood, eggs, dairy products and meat; remember to choose lean cuts of meat. Plant sources of protein include bean and legumes (which also contain carbohydrates) as well as all nuts and seeds (which also contain healthy fats).

Here are some examples which contain an appropriate balance of carbohydrates and protein:

- Yogurt with fruit
- A piece of whole fruit and a serving of nuts
- Sandwich with lean protein on whole wheat bread
- Whole grain crackers and low fat cheese
- Whole grain crackers and peanut butter
- Oatmeal with fruit and a serving of nuts

- Mini whole wheat bagel with peanut butter
- Lowfat milk

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Sources

- 1) Sports, Cardiovascular and Wellness Nutritionists Dietetic Practice Group. Sports Nutrition; a practice manual for Professionals, 4th edition. 2006.
- 2) Clark, Nancy. Sports Nutrition Guidebook. 2008.
- 3) Academy of Nutrition and Dietetics www.eatright.org

When to Eat

Food is a source of fuel during physical activity. What you eat throughout the day as well as before and after your workouts will impact your performance. Avoid skipping meals, especially breakfast. Plan, prepare, and eat balanced meals and snacks every 3 to 4 hours throughout the day to ensure adequate energy during your workout.

Pre-Workout: Either a pre-workout meal or snack should be eaten, depending on the time of day that you exercise. If you exercise first thing in the morning and don't eat breakfast or if there is a gap more than 4 hours since your last meal, you should plan to eat a snack 1 hour before exercising. Choose a carbohydrate snack which will digest faster than protein and fat to prevent stomach-intestinal discomfort during exercise. If you had a meal that contained carbohydrates and protein before your exercise, allow 3-4 hours for a large meal to digest prior to exercise.

Post-Workout: Eat within 45 minutes after a workout to aid in restoring your muscles and energy stores. If you can't get to a meal within 45 minutes, pack a carbohydrate-rich snack. Once you are able to have your post exercise meal, include both carbohydrates and protein.

Hydration

Proper hydration is a key component of physical activity. The overall goal of proper hydration is to prevent dehydration without over-drinking. Fluid needs are different for each person. Follow these tips as a guide to make sure you are adequately hydrated before, during, and after exercising.

- Choose water instead of beverages with added sugar. Beverages with electrolytes (like Gatorade and PowerAde) should only be consumed if intense exercise lasts longer than 1 hour.
- Drink water before, during, and after exercising and throughout the day.
- Monitor your hydration status by monitoring the color of your urine and strive to produce light-colored urine.
- Watch for signs of dehydration which include thirst, flushed skin, premature fatigue, and increased body temperature.

Supplements

Your body has the amazing ability to grow and repair itself when it receives the appropriate nutrients. General exercising does not increase your micronutrient (vitamin and mineral) needs. All of the necessary macronutrients and micronutrients your body requires for daily living and exercising can be found in food. Additional supplementation is not required for exercising when you consume the right types and amounts of foods.

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Sources

- 4) Sports, Cardiovascular and Wellness Nutritionists Dietetic Practice Group. Sports Nutrition; a practice manual for Professionals, 4th edition. 2006.
- 5) Clark, Nancy. Sports Nutrition Guidebook. 2008.
- 6) Academy of Nutrition and Dietetics www.eatright.org



Keep the Beat, Protect Kids' Hearts

It can make your own heart skip a beat: Hearing news of a young athlete dying after the physical exertion of a high school or college sporting event.

The [American Heart Association](#) estimates that nearly 360,000 out-of-hospital sudden cardiac arrests occur each year in the United States and 92 percent of those results in death. The Centers for Disease Control and Prevention reports that 1 percent of those arrests happen to people under the age of 35.

That seemingly small percentage represents too large a number for cardiologist [John Dylewski, M.D.](#), medical director of cardiac electrophysiology at [South Miami Heart Center](#).

Dr. Dylewski recommends student athletes have annual electrocardiograms, or EKGs, which can show abnormalities in the heart's electrical system – a common cause of sudden cardiac arrest, according to the [Sudden Arrhythmia Death Syndromes Foundation](#).

Dr. Dylewski warns, however, that a normal EKG doesn't necessarily mean a normal heart, as other factors, such as the heart's anatomy, may also lead to sudden cardiac arrest. Abnormalities in the structure of the heart may also cause electrical problems in the heart, but are usually best detected using an ultrasound, or ECHO, of the heart which shows what the heart looks like inside the body.

[Madeleen Mas, M.D.](#), medical director of [Baptist Children's Hospital](#) Pediatric Cardiology, says that the leading cause of sudden cardiac arrest related to the heart's anatomy is a structural defect known as cardiomyopathy, or an enlarged heart. Dr. Mas explains that the extra mass of the heart, which can be caused by increased muscle, in most cases, or by fat or scar tissue, can disrupt the path of electrical signals in the heart and lead to irregular heartbeats and death.

Dr. Mas points to illness as another source of sudden cardiac arrest linked to the structure of the heart. Myocarditis occurs after a cold or flu virus causes the body's immune system to attack the heart.

"Few people realize that viral symptoms should subside four to five days after the onset," Dr. Mas said. "If fatigue, shortness of breath and lightheadedness persist, insist on getting your heart checked. Treatment for myocarditis requires no sports for at least six months."

Watch for Signs

Both Dr. Mas and Dr. Dylewski recommend that parents pay close attention to their kids' ability to participate in activity and certain words kids may use to describe symptoms.

- Children may describe a "flipping" or "fluttering" in their chests or pain in their throats.
- They may experience shortness of breath and not be able to keep up with their friends.
- Dizziness or fainting also indicates a potential problem.
- Paleness, especially after activity, may be a sign.

[Schedule an EKG](#) for your student athlete at [Baptist Medical Plazas](#) at Coral Springs, Davie and Pembroke Pines.

For more information, visit www.baptisthealth.net/wellness



Concussions Hit Younger Athletes Harder

Here are some sobering statistics for parents of young athletes playing organized, high-contact sports, particularly football at the high school level or earlier. Football is the No. 1 sport (followed by soccer) that causes the highest frequency of concussions, up to 10 percent of players each season. Of those, 70 percent have symptoms of a concussion, but did not know they had one. Forty percent of high school players knew they had suffered a concussion, but wouldn't tell anybody.

These are findings from various studies done on high school football players, and they indicate that all participants need to get better educated about the dangers of not knowing or ignoring the signs and symptoms, according to [Richard Hamilton, Ph.D.](#), Clinical Director, [Brain Injury and Concussion Rehabilitation Programs](#) at Baptist Hospital.

But younger adults in high school and middle school, and younger kids in pee-wee leagues, are more susceptible to concussions.

A concussion is caused by a blow to the head or body, a fall, or another injury that jars or shakes the brain inside the skull. The injury usually alters how the brain functions — for a relatively short period of time in most cases. Except for possible cuts or bruises on the head or face, there may be no other visible signs of a brain injury.

Moreover, you don't have to pass out, or lose consciousness, to have a concussion. Some people will suffer the more expected symptoms, such as passing out or short-term memory loss.

Because of even a small chance of permanent brain problems, it is important to contact a doctor or head for the emergency room for proper diagnostics and treatment if you or someone you know has symptoms of a concussion.

Symptoms include:

- Headaches
- Dizziness
- Balance issues
- Attention deficit problems
- Trouble sleeping
- Light/noise sensitivity

“Education is the biggest factor for players, parents and coaches,” Hamilton said. “They need to understand what a concussion is, what are the signs and symptoms and the importance of treatment and proper management techniques.” When it comes to many cases when athletes want to return to action too soon after a concussion, the motto — “When in doubt, sit them out” — should apply, Hamilton said.

The biggest danger amounts to “second impact syndrome.” That’s when an injured player suits up and plays again before a full recovery period, usually two to three weeks, and then suffers a second concussion.

“In a small number of cases, if you have second concussion before being completely healed, you could suffer massive swelling,” Hamilton said. “Fifty percent could die, and the other 50 percent could suffer permanent brain damage.”

“A concussion temporarily alters how a brain functions,” Hamilton said. “If properly cared for, we believe that most athletes will have a full recovery. But they need physical and cognitive rest, with a reduced academic load and no demanding mental activity, such as even texting and computer games, during recovery.”

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