

# 2016

## ADIRONDACK GIRLS SOFTBALL LEAGUE RULES AND REGULATIONS

\*\* AGSL rules supersede ASA and Babe Ruth League rules for REC play. \*\*

\*\* During REC play please refer to ASA rules for a topic not covered here.\*\*

\*\* Babe Ruth League, Inc. information is on page 16\*\*

### RULE 1 – PLAYERS, SUBSTITUTES, COACHES

#### A. PLAYERS:

All players must be permanent residents of the city, town, village, school district, or fire district of the team that they are playing for. A player is only eligible to participate in one Babe Ruth League.

The age determination is **January 1<sup>st</sup>**.

**Players cannot be on more than one AGSL roster during any season.**

#### Visitors/Guests:

Visitors can only play when coaches from both teams agree to it BEFORE the game.

Visitors may only participate in two regular season games.

Visitors may not pitch or catch.

Visitors may not participate in All Star, Playoff or Championship games.

#### Teams:

Any established team (i.e. – School, Travel, another league) will not be allowed to participate in AGSL games unless it is an EXHIBITION ONLY game.

Teams from two or more communities may combine to form a team when there are not enough players from the individual communities to form a complete team. An example: when school districts or youth commissions merge.

When there is a conflict as to whether a girl should be playing on one team or another, **it will be proposed by a coach in writing and approved by the League board to decide on which team the girl will play for.**

In the event of a folding team, a meeting will be called ASAP among the coaches of that division and the board of the league to determine a solution in the best interest of the girls. No girls from the folding team will be allowed to play until there is a resolution to the folding team. **If that team has completed half of their season's scheduled dates, then their season is finished and the girls may not be placed on any other team.**

**Players may not be brought up to a higher level for the entire season unless drafted for reasons such as not enough registered girls (See Rule 4, Subsection D, "Number of Players") at the higher level.**

**Playoff eligibility:**

All players on a roster must participate in a minimum of three games (14U and 18U) to be eligible for playoffs. In order to be a pitcher or catcher in the playoffs, a rostered pitcher or catcher must participate in a minimum of 75% of a team's scheduled regular season games.

Circumstances such as illness, injury, or family-related problems that cause any player to miss games must be agreed to by a league official prior to game time. Otherwise the above rule is in effect.

**B. SUBSTITUES:**

There will be no "borrowing" players from same team levels. Players may be brought up from a younger division team as a substitute to make a team of 10 for 12U, 14U and 18U. **Substitutes cannot be brought up to pitch or catch. A player on a higher roster may not play below their roster level.** Should any player from a younger division play in four or more games at an older division she will be considered ineligible for those games and a forfeit situation will result.

A team using a substitute from a lower level must notify the opposing coach at game time. Coaches are required to keep record of how many games a lower division player has **played** at the higher level, and must notify division coordinators.

**C. COACHES:**

**ALL COACHES MUST BECOME CERTIFIED AND BE BACKGROUND CHECKED**

Go to <http://www.baberuthcoaching.org/store/showProduct.cfm?isbn=9780736067591> ("Coaching Youth Softball"). Click on the "Buy course" link. The cost is \$19.95 and will show up as "Coaching Youth Softball: The Ripken Way for Babe Ruth Softball Coaches".

**Conduct:**

Coaches are responsible for the safety of their players during all league games and practices. Coaches are also advised to use discretion regarding "running up" the score. Coaches must act in a sportsmanlike manor and are responsible for the conduct of their players during all league games and functions. All coaches and assistant coaches will adhere to the code of conduct under ASA and AGSL rules and will be required to sign a code of conduct. **Coaches are responsible to report any and all unsportsmanlike incidents to a league official in writing.** This includes, but is not limited to, negative social media posts by coaches or their players. Unsportsmanlike conduct may result in a player or coach being suspended from participating in play, depending on the severity of the act. The unsportsmanlike act could result in suspension of from one to all of the team's remaining games for that individual based on the decision of at least 3 league officials.

It is the Coaches responsibility to inform all players and their parents and guardians of the rules and consequences.

### **Rosters, Games and Scores:**

Coaches are responsible for maintaining their team rosters and schedules, as well as keeping record of scores of games (**and names of pitchers and catchers for 14U and 18U**). **A Coach cannot switch to a player, nor can a player switch to a Coach once the rules meeting is over.** Coaches must notify division coordinators of final scores and are responsible for rescheduling games when necessary.

The coach/manager of the home team must notify the coach/manager of the visiting team of unplayable conditions due to weather as soon as possible. A time before 5 PM for weekday evening games is preferred. **Coaches are responsible when canceling games.** NOTE: Coaches should rely on personal contact rather than a phone answering machine since they are unreliable.

Coaches must notify opposing coaches of **non-weather related postponements**; such as work related or emergency situations as soon as possible.

**Should a game be postponed for whatever reason**, it is recommended that coaches give notice when circumstances for such postponement are known to avoid inconveniences. An advance notice of 24-48 hours is preferred. A game may not be postponed if both teams have the required number of players available to play on the scheduled game date.

Coaches must be prepared to play all regular season, playoff, and championship games as designated at the scheduling meeting and that are in the master schedule. Coaches must notify division coordinators regarding any postponements and rescheduling of games. (See also: RULE 10 – UMPIRES AND SPECTATORS)

**Should the coaches and division coordinators involved with a postponed game be unable to agree on an appropriate reschedule date, the game will be a case for arbitration.**

## **RULE 2 – THE PLAYING FIELD**

**\*\* Field condition must be in acceptable playing conditions to both teams \*\***

### A. BASELINES:

All playing fields will have the batter's box, first base and third base lines marked when possible. Baselines shall be 60 feet for all divisions.

### B. PITCHERS MOUND:

The pitchers plate shall be 40 feet from home plate for 12U, either 40 feet or 43 feet from home plate for 14U, and 43 feet from home plate for 18U. If a regulation pitchers plate is unavailable, umpires must be notified before the start of the game.

### C. FENCES:

The minimum fence distance for regulation softball is 200 ft from home plate for 14U and 18U.

D. BASES:

Regulation 15-inch bases shall be used for all league games. Use of the double base at first base is optional for 12U and mandatory for 14U & 18U. All bases must be anchored.

**RULE 3 – EQUIPMENT**

A. FOOTWEAR:

**Metal spikes are not allowed.** Rubber cleats are permitted. Players must at least wear sneakers.

B. HELMETS:

The NOCSAE approval must be visible on the outside of a helmet.

Batting helmets must be worn when a player is batting, standing on deck, or acting as a base coach. (See also: RULE 3, D – Catchers Equipment)

All helmets must have chinstraps or be adjustable fit helmets. **Chinstraps and faceguards are mandatory at all age levels.** (See also: Rule 3, C – FACE MASKS)

**Helmets may not be the same color as the ball.** (See also: Rule 3, D - Uniforms)

C. FACE MASKS:

Players on the infield: Starting in 2016 it is mandatory for all 12U infield players to wear a facemask. For the 14U and 18U divisions it will be phased in. 14U: Facemasks will be mandatory in 2017. 18U: Facemasks will be mandatory in 2018. **NOTE: Should the ASA change their rules prior to 2017 or 2018 to reflect mandatory facemask use this section will be updated accordingly.**

Players in the outfield: Facemasks are optional.

D. UNIFORMS:

All players shall wear same colored jerseys during games when possible. **Players may not wear anything which is the same color as the ball.** Long pants are optional for all divisions. Caps and/or visors are optional.

E. CATCHERS EQUIPMENT:

Helmets, face guards, throat guards, chest protectors, and shin protectors are mandatory for all catchers. A catcher's helmet must be worn when warming up a pitcher on or off of the field.

F. BATS:

Only regulation softball bats are permitted during league play. Handles must be taped. **No baseball bats are allowed.** For 14U and 18U bats must be at least ASA 2000 stamped. Uses of ASA 2000 softball bats are optional at all other age levels. **Per ASA Rules (Rule 3 Section 1A) ASA 2013 certified bats are not allowable in girls' fast pitch. For the most up to date bat list go to: [Certified-ASA-Equipment](#)**

G. SOFTBALLS:

The league will use .47 core or lower ASA leather (no synthetic) softballs. Regulation softballs may be yellow with red, or white with red seams. 12" ASA Softballs are used.

H. ILLEGAL EQUIPMENT:

Players cannot wear distracting objects during games. **No jewelry may be worn during games.** (\*\* Med alert jewelry is allowed provided it is taped \*\*) Any illegal equipment must be removed from the game at the time of discovery. Pitchers may not wear any type of distracting sliding guards.

**RULE 4 - THE GAME:**

**\*\* Posting of game video on the internet is not allowed\*\***

A. LENGTH:

***DEFINITIONS: "Weekend" is a Saturday or Sunday***

**(See also: RULE 11 - Modifications)**

**12U:** The normal length of a game is 6 innings

**14U and 18U:** The normal length of a game is 7 innings.

**ALL DIVISIONS:** A game is official upon the completion of 5 innings, or after 4 and a half if the home team is leading, including playoff and championship games. Weekend morning or early afternoon games will have a length of two and one half hours. Weekend games that start after 6 PM carry the same restrictions as weekday games.

Any changes for game start times must be discussed and agreed upon by both coaches.

(See RULE 4, B – GAME TIMES)

If a game cannot be considered official, it will be resumed from where it was called, and completed at another date. Additional umpire fees will apply. (See also: RULE 10 – UMPIRES AND SPECTATORS)

B. GAME TIMES:

League games shall begin at **6 PM** during the week. Weekend games may begin at different times. The home team is to complete practice by **5:30 PM** and turn the field over to the visiting team so that they may complete practice by **5:50 PM**.

**Should a team fail to contact an opposing coach to postpone a game, and/or fail to show or have enough players at a scheduled time, the division coordinator must be notified. Between the coordinator and the two coaches a mutual decision is to be made. Forfeit only as a last result. At 14U and 18U, if a visiting team does not show up for a scheduled game, they will be responsible for paying the cost of the umpire.**

C. RUN LIMITS:

**Umpires must be informed of these limits if unaware.**

- 12U will have a five run limit per inning, except for the sixth inning.
- 14U will have a 6 run limit per inning, except for the seventh and all subsequent innings.
- Per “RULE 4, A – Game Length”: If a game is mutually agreed to be only 5 innings, the 5<sup>th</sup> inning may be considered the last inning and have unlimited runs.
- There is no mercy rule at 12U.
- At 14U and 18U there is a mercy run limit of 15 runs ahead after the 5<sup>th</sup> inning or bottom of the 5<sup>th</sup> when the home team is already leading by 15 or more runs.
- At 18U there is no run limit per inning.
- 14U and 18U: The International Tiebreaker Rule shall be used after the seventh inning. (The batter who had the last out from the previous inning starts at second base).

D. NUMBER OF PLAYERS:

**REGULAR SEASON:**

There will be 10 players in the field for 12U and 14U and 9 players for 18U.

- Teams in the 12U and 14U divisions will bat all players.
- The 18U division will have 10 players in the batting order including an AB (added batter). AB may move freely in and out of defensive alignment as long as she remains in her spot in the original batting order that she was in as the AB.
- Teams may use the “shorthanded rule” and start with 8 players. No out shall be taken for the ninth or tenth spot in the batting order. (A game cannot continue with less than 8 players).
- No out shall be taken if a player leaves a game due to injury or other reasons.
- When a game is a continuation of a suspended game, substitutes may be used for players absent from the original lineup. No out shall be taken if shorthanded.
- All players listed in a team’s lineup must play at least two (2) innings in the field in the 12U and 14U divisions.

## **PLAYOFFS:**

For 14U and 18U the standard Flex/DP rule **may** be used. In brief:

- A. When the coach submits their line-up the other team AND the umpire must be notified.
- B. If used, FLEX must be listed 10th in the batting order.**
- C. Mark the starting DP slot.
- D. Any 9 players may play offense at any time AND any 9 players may play defense at any time with the following exceptions:
  - 1. The DP and the FLEX can never play OFFENSE at the same time.
  - 2. The DP can never play DEFENSE only.
  - 3. The FLEX can never play OFFENSE only.

### RE –ENTRY

- A. All players (including substitutes) may re-enter ONCE, but only in the same batting slot that they departed from.
- B. The starting player and her substitute CANNOT be in the order at the same time.
- C. If the DP is used:
  - 1. The FLEX can only enter the offensively in the starting DP slot.
  - 2. If the DP enters the game defensively, the person replaced defensively becomes the OFFO (Offense only or TOP – Temporary Offensive Player) and **both players retain their same batting slots.**
  - 3. **Note: The DP slot in the line-up does not change.**

### E. INFIELD FLY RULE:

The infield fly rule will be in effect for 14U and 18U. No infield fly rule for 12U.

### F. SUBSTITUTIONS:

Free substitution is allowed in the field in all divisions except for the 18U. Free substitution is not possible at the 18U level because only 10 players bat in the lineup.

G. FORFEITS:

No regular season, all-star, playoff, or championship game shall be declared a forfeit except under ASA rules.

**14U and 18U:** If a team shows up for a game with the right number of players and the other team doesn't, then the first team gets a forfeit win and the second team gets a forfeit loss. Swapping/combining of players is *\*not\** allowed. The ump must still be paid. A forfeit loss does not affect player eligibility or team eligibility for minimum games played requirement for playoffs but a forfeit win **does** count as an official game.

**12U:** Teams must combine to play a game if one team is short players.

H. PLAYOFF SEEDINGS:

Each team during the regular season gets 2 points for a win, 1 point for a tie, and 0 points for a loss. A team gets 1 point for a forfeit win and -2 points for a forfeit loss. At the end of the season teams are seeded high to low based on points. Tiebreaker is head to head, and then lowest runs allowed.

In order for a TEAM to be eligible for playoffs they must have played 75% of their scheduled games. In the event of a game cancelation due to circumstances OTHER THAN WEATHER RELATED the coaches must make every effort to reschedule the game. Failure to reschedule that game will result in a loss for the team who canceled and failed to reschedule

The highest seeds are awarded home field for as long as they win. The highest seeded team will play the lowest seeded team.

I. WEATHER:

The League follows the NYSPHSAA heat index procedures. See attached sheet for detailed information.

The league has adopted the Section 2 thunder and lightning policy. Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion – thunder is thunder, lightning is lightning.

When thunder is heard and /or when lightning is seen, the following procedures should be adhered to:

- a. Suspend play and direct participants to go to shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).
- b. Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.
- c. After thunder and/or lightning have left the area, **wait 30 minutes** after the last boom is heard or strike is seen before resuming play or competition.

## **RULE 5 – PITCHING REGULATIONS:**

### **A. REGULAR SEASON-PLAYOFFS:**

Pitchers may pitch no more than 12 outs (may be non-consecutive) for 12U and 14U. In case of extra inning games, any pitcher may pitch 3 more outs. Pitchers for the 18U division have no limits on innings pitched.

**Pitchers have a “hit by pitch” limit of two batters per inning. If a pitcher hits a third batter in an inning then a new pitcher must enter the game for that inning *and* the next inning. (12U, 14U).**

## **RULE 6 – BATTING REGULATIONS**

### **A. DROPPED 3<sup>rd</sup>-STRIKE:**

A batter may advance to first base if the catcher drops the third strike provided that first base is not occupied, or two outs and first base occupied.

## **RULE 7 – BASERUNNING**

### **A. REGULAR SEASON:**

Courtesy runners may be used **ONLY** for injured players in any division. Courtesy runner will be the player who made the last out. (See also: Rule 4, D – *PLAYOFFS*)

## **RULE 8 – PROTESTS (14U & 18U)**

### **A. REGULAR SEASON AND PLAYOFFS:**

A coach must notify the opposing team’s coach of an intention to protest the game during the game, and then contact the division coordinator, in writing, **within 24 hours**. The League President will schedule a protest hearing, and the protest will be decided by a panel of arbitrators. **For types of protest that are allowed and not allowed please see the ASA Softball Rule Book.**

## **RULE 9 – SCORING**

### **A. REGULAR SEASON AND PLAYOFFS:**

The home team is responsible for keeping the official score. It is recommended that both teams have a scorebook and scorekeeper at each game. **Coaches or scorekeepers must sign both scorebooks upon the completion of each game.**

## RULE 10 – UMPIRES AND SPECTATORS

### A. UMPIRES:

**All Certified umpires MUST be paid PRIOR to game start in cash.**

**\*\*\* NO CHECKS OR VOUCHERS \*\*\***

**12U:** Umpires must be at least 15 years old and have knowledge of both ASA and AGSL rules. A home plate umpire may not be a blood relative of a player or coach. The home team must provide the home plate umpire and the visiting team has the right to provide the base umpire. **At 12U a game may not start until there are 2 umpires.**

**14U & 18U: Certified umpires are mandatory.** Umpires must be provided with lineup cards. **No ASA certified umpire is to be contacted directly by any coach. Your Division coordinator will contact them to schedule games.**

### **ALL DIVISIONS:**

- Umpires must be aware of rule modifications at the beginning of each league game.
- There will be no verbal or physical abuse of an umpire. Violation may result in automatic ejection from the game. Physical abuse of an umpire will result in the end of the game, a forfeit by the offending team and removal from the league for up to two years.

#### 1. ASA CERTIFIED UMPIRE FEES:

2016

\$60.00 – 1 umpire, 1 game

\$ 30.00 – SAME umpire for continuation of called game due to weather

\$42.00 - Per umpire for 2 or 3 umpires per game.

### B. SPECTATORS:

Spectators are considered part of the game and may cheer for their teams. Spectators will also adhere to a sportsmanlike manner under ASA rules. **There will be no physical or verbal abuse of umpires, players, coaches, or officials on the field. No spectators or coaches will say “good pitch” before the call of the umpire in an effort to influence their decision. Spectators not adhering to sportsmanlike conduct may be ejected. Coaches and players on the field are the only people permitted to speak with umpires when the game is in progress.**

## **RULE 11 – MODIFICATIONS**

### 12U

- A base runner **may** leave a base as soon as the pitch is thrown.
- Runners may only steal one base per each pitched ball.
- Stealing home is not permitted.
- No new innings shall begin after 8:15 PM during the school year.
- The balk rule will not be in effect.
- Outfielders must play at least 10 feet behind the base line.
- Five run limit per inning.
- One base on an overthrow or passed ball. (Runner may NOT proceed to home plate on an overthrow.)

### 12U, 14U

- Bunting and sliding are allowed; intentional contact with fielders will result in an out.
- No advancing when the pitcher has the ball in the pitchers circle.
- One **team** warning will be given for throwing a bat. Subsequent batters will be called out.
- All players must play at least 2 innings in the field. All players will bat.

### 14U , 18U

- No new inning will start after 8:30 PM on non-lighted fields. It will be at the discretion of an official to end the game due to darkness if it is prior to 8:30 PM on non-lighted fields.

**NOTICE: FOR ANY SITUATIONS THAT ARE NOT COVERED BY OUR LEAGUE RULES, PLEASE REFER TO THE CURRENT EDITION OF THE “ASA SOFTBALL RULE BOOK” FOR REC GAMES. ANY EXCEPTIONAL CIRCUMSTANCES MAY BE BROUGHT BEFORE THE LEAGUE.**

## ADIRONDACK GIRLS SOFTBALL LEAGUE BY-LAWS

### **Mission Statement:**

The Adirondack Girls Softball League (AGSL) is open to all girls' ages 8-18 in Fulton, Montgomery, Schoharie, and Saratoga counties, and surrounding areas, and was founded to promote recreation and instruction in the game of softball. The AGSL is affiliated with the Amateur Softball Association (ASA) of New York State and Babe Ruth League, INC. All girls registered in the AGSL will have the opportunity to improve their skills and enjoy a season's worth of softball.

**\*\* AGSL rules supersede ASA and Babe Ruth League, Inc rules for Rec games. For a subject not covered, please refer to ASA rules.\*\***

### **DEFINITIONS**

#### A. LEAGUE PRESIDENT:

Oversees the day-to-day operations of the league, and promotes the league through its policies. DUTIES INCLUDE: holding league meetings as necessary, holding arbitration hearings should they arise, overseeing graduation, all-star and championship games, as well as any other matters of importance to the league.

#### B. LEAGUE TREASURER:

Handles all monies for the league. The league treasurer will handle registration fees to be paid by each team entered for that season, and will handle payment of umpires for playoff and all star games or as needed.

#### C. LEAGUE SECRETARY:

Will maintain the league rules and ensure that all coaches have a copy of the current rules at the start of each season. Will contact communities regarding fielding teams for each season and create a list of coaches and their phone numbers before the season begins, and will notify coaches of all league meetings. Will get ASA and Babe Ruth materials at the beginning of the season.

#### D. LEAGUE VICE PRESIDENT:

Will conduct the league meetings and oversee the selection of division coordinators. Will hear any cases for amendments to the league rules and conduct votes on such when necessary. Will be the lead public relations officer for the league. The league vice president will enforce the league rules.

E: TRUSTEES:

Consist of three (3) adults serving a two (2) year term. Will act as arbitrators in cases where potential conflict of interest arises with league official and/or coaches from the same area. Will act as interim league officers in cases of emergencies.

**2016 – 2018 TRUSTEES**

- 1. Pat Pietrowski**
- 2. Dan Dymes**
- 3. Ted Horn**

F: DIVISION COORDINATORS:

Will ensure that all teams complete schedules within their divisions and will create a “master division schedule” at the scheduling meeting. Will be determined at the rules meeting or the scheduling meeting. **Coordinators will maintain schedules for their divisions only and coaches will contact coordinators with results.**

**Must email a copy of all official Adirondack Girls Softball League team rosters to League Secretary at [agsl@broadalbin.org](mailto:agsl@broadalbin.org)**

**No League official or trustee will be a Division Coordinator.**

G: ARBITRATORS:

Will serve as a panel of individuals selected at the beginning of each season to determine cases of protests brought before the league. The decision of the arbitrators in such cases shall be final.

H: ROSTERS:

Only official Adirondack Girls Softball League rosters will be accepted.

NEW players are required to submit a copy of their birth certificate to their coach. Coaches **MUST** provide a copy to the league president. (See “**RULES ADDIUM**” - *Babe Ruth League, INC information* for more details.)

**\*\* Babe Ruth League Team rosters must be finalized (including birth certificate for any NEW player) by April 15 in order to submit tournament and all star team information on time and order ID cards.**

Any roster NOT turned in to the DIVISION COORDINATORS by the first game, and any others that follow where the roster is not turned in, will result in the game being exhibition only. **Final Adirondack Girls Softball League** rosters must be in the hands of the division coordinator on **June 3rd for 12U and June 17th for 14U and 18U. There is no limit to the number of players on any AGSL roster.** The season **MUST** begin with a minimum of nine players on the roster. **14U and 18U team rosters turned in after the deadline will result in non participation in playoffs.**

**Rosters with ADD ON players that are turned in after the deadline will make the ADD ON players ineligible for consideration in any league play, or inclusion on the Adirondack All Stars tournament team.**

Official rosters will be the responsibility of the coaches/managers, and must be carried with them at all league games. Lineup cards must be exchanged before games begin, and coaches notified of all changes (18U).

\*\* All 14U and 18U rosters and scorecards must indicate at least one pitcher and one catcher.

\*\* The league president will sign all rosters before the start of each season. For anything beyond the scope of the AGSL “Rules and Regulations”, Rule 1, subsection A, any changes, such as permanently bringing up a player, must be brought to the attention of a league official in writing.

H: ENTRANCE FEES:

The league entrance is **\$250.00** per team for 12U, and **\$375** per team for 14U and 18U. Fees include insurance and Babe Ruth League, INC team registration. 14U and 18U fee also includes ASA team registration. If 12U ASA team registration is needed additional fees will be applied. Teams, who have not paid their entrance fee by the designated date, will not be allowed to participate in the playoffs. Coaches/managers are responsible for contacting their Youth Commissions, Sponsors, or Treasurers to make sure the fees are paid. Vouchers are accepted.

**Entrance fee is made payable to the Adirondack Girls Softball League. PO Box 844, Johnstown NY 12095-0844.**

Payment due by April 1 (2016) and January 15 starting in 2017 for everyone.

Any late entries will be reviewed by the league officials and a pro-rated entrance fee will be figured.

REFUNDS: There will be a \$50.00 processing fee for any refund. If you are unable to field a team you must let the league know in writing. **A full refund is not possible.**

I: MEETINGS:

There will be at least one meeting per year, the scheduling and rules meeting. Every team must send a representative to this **mandatory** meeting in order to participate in league play.

Any team that has expressed interest prior to the yearly meetings, and who fails to send a representative to this meeting; or a team that would like to join after the yearly meeting has occurred, will be considered provided they agree to the following:

1. The rules of the Adirondack Girls Softball league are active for the season and that team's right to have a voice in any rules discussion is waived for the season.
2. A code of conduct must be signed by all coaches of the team.
3. Available game dates must be submitted in "writing" (Via email) to the division coordinator for approval.

This must happen **PRIOR** to the **FIRST** game of that division's scheduled first game.

If, failing the above, a team still wishes to participate in league play, they may only do so as exhibition games. A certificate of insurance will still be required for any team participating in exhibition games.

J: INSURANCE:

All teams in the AGSL will be covered through their entry fees. Insurance will be valid from the month it was issued until February 1 of the following year. Independent teams entering the league late must provide proof of insurance coverage (Copy of certificate of insurance) before the first game. Independent teams may acquire insurance through Bollinger at [www.BollingerASA.com](http://www.BollingerASA.com) or Robert J Hoy agency in Broadalbin. **Insurance must be acceptable for ASA and Babe Ruth League play.**

**RULES ADDIUM**  
Babe Ruth League, INC information

**1. BACKGROUND CHECKS**

Background checks will be done on all volunteers associated with the league, even if they already have been background checked by another league/school/youth commission.

**Effective for the 2015 season and beyond, a background check will be valid for a three-year period for any volunteer who successfully passes a nationwide background check.**

The background screening process must be done prior to any individual assuming their duties for the current season.

If a coach/manger is removed, or removes themselves, for two days or longer, then the new person must go through the background check process if they have not already done so.

**2. PLAYERS**

All players must provide an “original birth document (as indicated in Babe Ruth Rule 0.04, paragraph 1) or certified copy” to their coach. The coach must provide the AGSL access to it so the AGSL can verify the players age. Once verified the player will be issued an ID card that will be valid for “the participant’s entire career in Babe Ruth and serves as the player’s official birth document”

**3. CERTIFICATION**

**ALL COACHES MUST BECOME CERTIFIED.**

Go to <http://www.baberuthcoaching.org/store/showProduct.cfm?isbn=9780736067591> (“Coaching Youth Softball”). Click on the “Buy course” link. The cost is \$19.95 and will show up as “Coaching Youth Softball: The Ripken Way for Babe Ruth Softball Coaches”.

**Once complete you must save your certificate and email it to [AGSL@broadalbin.org](mailto:AGSL@broadalbin.org)**

**4. 2016 PLAY OFF and TOURNAMENT GAME INFORMATION:**

1. Mid Atlantic Regional – all ages. Mt Olive, NJ July 14 – 17
2. Babe Ruth Softball World Series. Jensen Beach, Stuart, FL

12U – August 4 – 11

14U and 16U – July 26 – August 3



## HEAT INDEX PROCEDURES

### Administration of Heat Index Procedures:

- Heat index will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- The athletic trainer, athletic director, or school designee will use the [accuweather.com](http://accuweather.com) website to determine the heat index for the area of the contest/practice. The [accuweather.com](http://accuweather.com) website can be reached through the NYSPHSAA website. Once a person is on the [accuweather.com](http://accuweather.com) website, they will put in the zip code for the location of the contest/practice and the website will give them the air temperature as well as the RealFeel temperature (heat index).
- If the RealFeel temperature (heat index) is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the RealFeel (heat index) at halftime or midway point of the contest. If the RealFeel (heat index) temperature is 96 degrees (Fahrenheit) or more, the contest will be suspended.

**Please refer to the following chart to take the appropriate actions:**

	RealFeel (Heat Index) under 79 degrees	Full activity. No restrictions
<b>R E C O M M E N D E D</b>	Heat Index Caution: RealFeel (Heat Index) 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: RealFeel (Heat Index) 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when ReelFeel temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: RealFeel (Heat Index) 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when RealFeel temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
<b>REQUIRED</b>	Heat Index Alert: RealFeel (Heat Index) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.