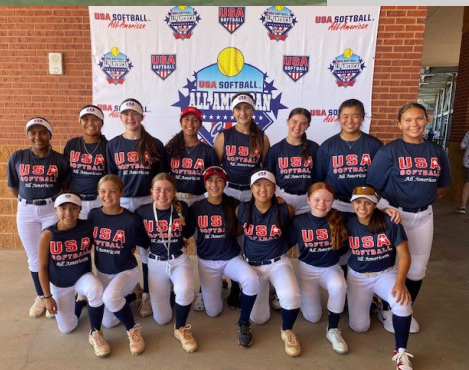




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NOR USA SOFTBALL CAL



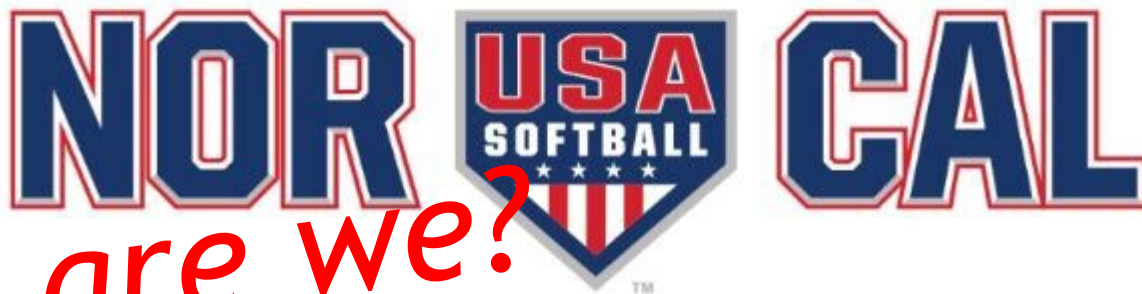
I DONT ALWAYS GET HIT IN SLOWPITCH SOFTBALL...

BUT WHEN I DO ITS BY A GIRL.



Welcome to the NorCal
Roadshow!

GENERAL INFORMATION



Who are we?

- Nor Cal USA Softball Commissioner
- Nor Cal USA Softball JO Commissioner
- Nor Cal Umpire In Chief
- Nor Cal UIC Administrator & Special projects
- Nor Cal Office Administrator
- Special projects & support

Vincent DeFrieze
Nick Schapiro
Sean Beaton
Jill Suico
Diane Hafoka
Kayla Beaton

➤ **District Commissioners:**

- ❖ San Mateo County
- ❖ Marin, Sonoma, Mendocino & Lake Counties
- ❖ Alameda & Contra Costa Counties
- ❖ Monterey, Santa Cruz & San Benito Counties
- ❖ Napa & Solano Counties
- ❖ Butte, Glenn, Colusa, Shasta, Tehama, Plumas, Lassen & Modoc Counties
- ❖ Yuba, Sutter, Yolo, Nevada & Sierra Counties
- ❖ Santa Clara County
- ❖ Del Norte, Trinity, Humboldt & Siskiyou Counties

Jim Rodondi
Sean Beaton
Boyd Robinson
Tina Garza
Sean Beaton

Vanessa O'Laughlin
Vince DeFrieze
Ken Larson
Vanessa O'Laughlin

Zoom Housekeeping

We are recording this presentation and will post on our website

Questions?

During the presentation you may raise your hand for a question or use the chat field and we will answer.

Please sign in - link attached in chat

NEW REGISTRATION PERIOD in effect now

2024 Player and Coach Registrations Period Is September 1, 2023, through August 31, 2024, and will remain that way.

This also holds true for Adult & team registration

Umpires Registrations Will Remain on the Calendar Year.

To be further discussed in our Code Changes section

2024 MEMBERSHIP FEES



2024 Membership Fees

ADULT TEAM REGISTRATION

Includes Liability (only) Insurance

Recreation League

Fastpitch \$ 25.00 per team
Slowpitch \$ 25.00 per team

Individual Travel Team

Fastpitch \$25.00 per team
Slowpitch \$25.00 per team

JUNIOR OLYMPIC TEAM REGISTRATION

Individual Registration & Insurance

\$500 deductible w/o photo

\$18.00

Electronic player photo card upgrade

\$N/C (must upload photo)

\$500 deductible electronic cards

\$18.00

Photo Upgrade

\$0.00

PAL Team Registration - Recreation League (Does Not Include Insurance)

Fastpitch \$ 25.00

UMPIRE FEES

ASSOCIATION UMPIRES

Adult \$80.00 (Includes Background Check)
Youth \$40.00

CITY RECREATION UMPIRES

Adult \$53.00

TOURNAMENT SANCTIONING FEES

\$25.00 per registered team

Mail to: NOR CAL SOFTBALL P. O. Box 5591 San Mateo, Ca. 94402
www.Norcalusasoftball.org

MEMBERSHIP BENEFITS

- ❑ Insurance - Accident and Liability
- ❑ To - From Practice, Game, Tournament Coverage
- ❑ Refer to <https://www.rpsbollinger.com/products-programs/usa-softball> for more information.
- ❑ Individual Membership Card
- ❑ Coach Receives USA Softball Participant Manual (Rulebook) Hardcopy & digital:
<https://www.teamusa.org/USA-Softball.aspx> - under menu - resources. You can even use the CTRL-F feature....

Email Vince DeFrieze if your league or organization needs more Participant Manuals. Include Quantity.

VdeFrieze@norcalusasoftball.org

- ❑ Support!!
- ❑ *Future.....*

More MEMBERSHIP BENEFITS

- ❑ Eligibility to Participate in USA Softball Leagues and Tournaments
- ❑ Insurance Coverage extends to other organization's tournaments when an insured team is playing.
- ❑ USA Softball Merchandise Discount
- ❑ Access to SoftBOK Discuss.....
- ❑ Player / coach training programs -
- ❑ Tourney Machine - tournament tracking
- ❑ Background / Child Protection check
- ❑ League administration support & conflict help

More coming!!

SoftBOK

Softball Body of Knowledge

Overview

A body of knowledge (BOK) is generally defined as a complete set of concepts, terms and activities used by professional organizations to help guide their particular practice or work. SoftBOK™ is a body of knowledge dedicated specifically to the sport of fastpitch softball. It effectively provides organizations, coaches, athletes, and parents access to premium softball instruction conveniently and affordably. SoftBOK™ content can be conveniently accessed from any device with a wireless internet connection.

About the Developer

SoftBOK™ was developed by Darin Delgado, Associate head coach at American River College, Director of Coaching Education for USA Softball of Sacramento, and founder of Elite Athlete Consulting (EAC). Coach Delgado began his professional career in information technology as a computer programmer for Oracle Corporation. After nearly 20 years developing software, his experience coaching his daughters ultimately compelled him to get involved in youth sports. In addition to his position as a softball coach with American River College, Coach Delgado devotes a significant amount of his personal time assisting youth leagues and local softball associations with skills clinics and private instruction.

The Product

SoftBOK™ is the ultimate education resource for fastpitch softball. It consists of empirical softball instruction and educational content derived from over 20 years of experience training athletes at all levels. SoftBOK™ content ranges from individual drills to complete organizational practice plans.



[RUNNING A TEAM A - Z](#)

[FUNDAMENTALS](#)

[PRACTICE PLANS](#)

PRACTICE PLANS



6U



8U



10U/12U



All Star/Travel Ball



Through Contact

The batter, in an athletic position continues the swing by rotating the lower half so at contact point the back foot is pointed to or just inside the ball and the heel is high. The front leg is firm and locked to keep the weight evenly balanced. The back knee is aligned directly with the back shoulder. Both arms are flexed and close to 90 degrees. The barrel stays square through the ball with the palms remaining in an up and down position. The barrel continues taking the same angle as the shoulders. The core remains tucked so the head is outside the feet. The chin is down and on the ball.



Starting Extension

The batter, in an athletic position continues the swing through contact point. The back foot is pointed to or just inside the ball and the heel is high. The front leg is firm and locked to keep the weight evenly balanced. The back knee is aligned directly with the back shoulder. Both arms start to get extension through the ball. The barrel gets out in front of the hands which remain palm up and palm down. The core remains tucked so the head is outside the feet. The chin is down and on the ball.



Finish

The batter finishes the swing with both hands finishing high behind the lead shoulder. The back shoulder finishes underneath the chin. The chin remains down following the ball. The bottom half completes its rotation with the hips and bellybutton facing the pitcher.

FUNDAMENTALS



Batting

- Swing Process
- Tee Inside
- Tee Middle
- Tee Outside
- Sac Bunting
- Base Hit Bunting
- Drag Bunting
- Slapping

Infield Dailies

- Routine Grounders
- Forehands
- Short Hops
- Routine Backhand
- Extended Backhand

Infield

- Fielding Process
- 2nd To SS DP
- 1st To SS DP
- SS To 2nd DP
- 2nd Across Base DP
- Applying Tags
- Drop Step
- First Base Receiving

Outfield

- Basic Fly Balls
- Drop Step Left
- Drop Step Right
- Fielding/Blocking
- Do or Die/Crow Hop

Pitching

Catching

Throwing

Receiving

Base Running

Practice 1

Focus: Understanding the Game, Agility, Catching, Throwing, Base Running, Fielding/Footwork

Practice 2

Focus: Understanding the Game, Agility, Pitching/Catching, Catching, Throwing, Fielding/Footwork, Base Running

Practice 3

Focus: Agility, Pitching/Catching, Throwing, Catching, Hitting

Practice 4

Focus: Agility, Pitching/Catching, Throwing, Base Running, Hitting

Practice 5

Focus: Agility, Pitching/Catching, Throwing, Catching, Infield Dailies, Fielding/Footwork, Base Running, Hitting

Practice 6

Focus: Competition Day! Agility, Pitching/Catching, Throwing, Catching, Infield Dailies, Hitting

Practice 7

Focus: Agility, Pitching/Catching, Infield Dailies, Throwing, Catching, Fielding/Footwork, Hitting

Practice 8

Focus: Agility, Pitching/Catching, Infield Dailies, Hitting, Catching, Throwing, Fly's, Fielding Circuit, Base Running

Practice 9

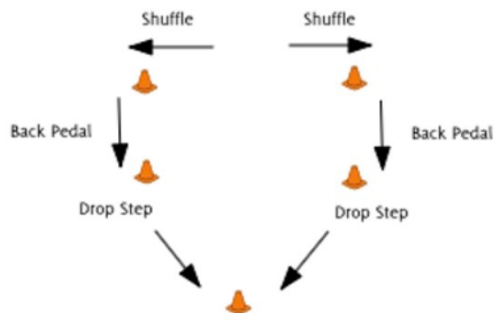
Focus: Agility, Pitching/Catching, Catching, Throwing, Fielding/Footwork, Infield/Outfield,




PRACTICE 4 Focus: Agility, Pitching/Catching, Throwing, Catching, Infield Dailies, Base Running, Hitting

Agility Warm Up (10 Min)

- This agility warm up is performed with their glove tucked
- Player starts at the top and shuffles to their left or right
- Once outside the cone, player back pedals to the second cone
- Once past, player drop steps and sprints to the centered cone
- They immediately go to the ladder as described below
- Repeat and alternate shuffle directions




One Foot In Each Moving Forward
Two Feet In Each Moving Forward
Two Feet In Each Moving Laterally

- Stationary feeds to a player with no glove
- Have player get into a proper fielding position and roll balls directly to them so their feet can stay stationary
- Focus is on getting the player into the proper fielding position and reaching out for the ball with their glove hand palm facing the ball and throwing hand over the glove hand
- Roll 3 to each and rotate

- Forehands/Backhands with tennis ball without the glove
 - Coaches start close and lightly underhand toss balls to the various 9 catching zones
 - In a stationary position, player's move their catching hand to the ball finger tips up/finger tips down
 - The focus isn't on catching the ball, but to get to the ball the correct way
 - Slowly move back as the players get comfortable with getting to the ball
- Now with the glove, have the player get athletic by bending at the knees and having the feet outside the shoulders
 - The coach will again feed 3 balls each from a close distance on their knee and rotate
 - The players will give a target using two hands
 - Focus on having them catch the ball finger tips up or finger tips down in a stationary position

Base Running (10 Min)

- Running with proper mechanics
 - Running on the balls of the feet
 - Elbows in, arms pumping
 - Head up looking at the base ahead
- Running through the first base bag, touching the front of the bag and breaking down
- Rounding first base touching the inside of the bag going to second
- Picking up the 3rd base coach when going to second
- Lead offs emphasizing a step, step, shuffle, shuffle
- After a proper lead off have the player work on getting back to the base staying athletic
- After a proper lead off have the player sprint to the next base

Hitting (30 Min)

- Tee
 - The player sets up in an athletic stance
 - Feet positioned straight or slightly inward with weight on the inside
 - Feet are positioned just outside the shoulders with equal weight on each
 - Have the player just get to contact for 5-7 reps
 - At this point, the back foot and belly button should be pointed to the contact point
 - The back arm should be close to a 90 degree angle
 - Next, have the player get through contact and to extension for 5-7 reps
 - Have the player focus on making contact with the inside of the ball which forces the knob to the ball
 - At extension, the back shoulder should be underneath the chin which is down

TRAINING RESOURCE - SoftBOK

<https://www.eliteathleteconsulting.com/>

& select Softbok

- ▶ Drills
- ▶ Fundamentals
- ▶ Practice Plans
- ▶ Great resource for new (or not so new) coaches for your leagues and organizations.
- ▶ Password is **Usaball2024**



ACE & BACKGROUND CHECKS

- All Nor Cal USA Softball Coaches must be ACE Educated.
This includes assistant coaches, team managers
(*anyone in the dugout*)
- List of criteria that will be used in the screening is listed on the Nor Cal website
(*under the Youth tab - resources/compliance help*).
- Coaches who complete ACE also must register as a Coach through their league (if applicable) or directly with NorCal.
- ACE \$36.00 (\$35.00 for Level 2 and above). Note: This is in addition to the \$18.00 coach membership fee. ACE includes a background check.

NOTE: ACE Certification is Now from September 1st to August 31st!

SafeSport and Concussion Training

- In addition to ACE all Coaches will need to complete both SafeSport and Concussion Training Programs. Both are offered at no cost to the participant.
- Concussion Training. State mandated. Free training is available on the Center for Disease Control web site and the National High School Federation web site. Cdc.gov/headsup and NFHSLearn.com. Either is acceptable.
- SafeSport. State & Federally mandated. Safesport.org (*see CANRA letter on our website*)
- Finger Printing requirements - State law

UMPIRE PROGRAM



TM

Meet our Nor Cal District UIC's!

- ▶ District #1 Spencer Shulz
- ▶ District #2 Mike Jones
- ▶ District #3 Open
- ▶ District #4 Kevin Hager
- ▶ District #5 Rick Solis
- ▶ District #6 Rick Solis
- ▶ District #7 Jeff Pratt
- ▶ District #8 Ed Wong
- ▶ District #9 Chris Keating

▶ ***Need umpire equipment?***

❖ Ed Wong - 925.998.6539 e: edwardwong_99@yahoo.com

UMPIRE PROGRAM GOALS

- ❑ Provide training for all Adult & Youth Umpires
- ❑ Rules resource for Coaches & Commissioners
- ❑ Mentoring Program
- ❑ Recognition & Rewards



We need umpires!

UMPIRE REGISTRATIONS

Nor Cal Umpire Membership Fees:

Adults (18 and over) \$80 (includes BG Check)

All Adult Umpires must have a successful Background Check and complete the current SafeSport online training.

Adult Recreation League Fees \$53.00

Youth (Under 18) \$40 - No background check required

REGISTRATION BENEFITS

- ❑ Participant Manual
- ❑ Online Umpire Manuals
- ❑ *Balls and Strikes Softball Magazine*
- ❑ Rule Interpretations
- ❑ Ability to attend USA Softball Clinics and Schools
- ❑ \$100,000 Medical/Accident Coverage (\$250 Deductible)
- ❑ \$2,000,000 Liability Coverage per occurrence
- ❑ \$5,000,000 Liability Coverage aggregate

YOUTH UMPIRING PROGRAM

Training for Youth interested in umpiring
in your Rec League/s can be facilitated
by our
Nor Cal USA Softball Umpiring Staff.

FREE OF CHARGE
for our leagues to host!

*Contact Your District Commissioner
or Umpire in Chief.*

Our Future...

Review of 2024 Rule Changes

NOTE: All changes below are EFFECTIVE January 1, 2024, unless otherwise noted





JO Pitchers – (Fyi – went in effect in 2023, just a reminder...

- I. (Women's and JO Girls)** In the act of delivering the ball, the pitcher shall take one step with the non-pivot foot simultaneous with the release of the ball. The step must be forward and toward the batter within the 24-inch length of the pitcher's plate. It is not a step if the pitcher slides the pivot foot across the pitcher's plate toward the batter, or if the pivot foot turns or slides in order to push off the pitcher's plate, provided contact is maintained with the plate. Raising the foot off the pitcher's plate and returning it to the plate creates a rocking motion and is an illegal act.
 - J.** Pushing off with the pivot foot from a place other than the pitcher's plate is illegal.
 - K. (Women's and JO Girls)** Pushing off and dragging the pivot foot in contact with the ground or having both feet in the air is allowed.
-



Comm devices not legal:

HOW THE PLATFORM WORKS

STEP 1



BUILD

COACH BUILDS THEIR PITCH
CALLS & OFFENSIVE PLAYS IN
APP

STEP 2



SEND

COACH SENDS IN THE PITCH
CALL OR OFFENSIVE PLAY TO
PLAYERS ON-FIELD VIA THE
COACHES APP

STEP 3



RECEIVE

PLAYER DEVICES DISPLAY THE
CALL

STEP 4



EXECUTE

PLAYERS EXECUTE & WIN!

[GET A QUOTE](#)



ON-FIELD

COACHES APP

The GoRout Softball coaches application is robust and simple. From building pitch calls to offensive plays, to setting defensive shifts for hitters, everything is one touch away.



ON-FIELD

PLAYER DEVICE

The GoRout Softball on-field players devices require no set up, pairing, or programming. Each device is fully encrypted and ready to start receiving calls right out of the box.

Rule 3, Section 6 Exception

Exception: Men's D and E/Rec Slow Pitch, Women's Open, C, D and E/Rec Slow Pitch and Coed C, D and E/Rec Slow Pitch: the only uniform requirement are shirts similar in color with a number.

Comments: Changes the requirement from matching shirts to shirts similar in color. Adds Women's and Coed E/Rec to exception.

Rule 3, Section 6A [2]

Ball caps, visors, and head/sweat bands, both pullover and tied are optional for players. If worn, they may be mixed and must be worn properly. Colors to include black, white, gray, beige, pink or team colors. The colors may be mixed and are not required to be the same for all team members.

Handkerchiefs do not qualify as headwear and cannot be worn around the head or neck. Plastic visors are not allowed.

Comments: Clarifies head/sweatbands pullover or tied are an option, also adds pink as an approved color.

Rule 4, Section 8B

An ejected participant must leave the grounds and have no contact with the umpires or participants in the game and is suspended for one additional game. The ejected participant is restricted from having contact with the team and is not permitted to sit in the stands, dugout, or general locality of the next game. The ejected participant may appeal the one game suspension to the Championship Protest Committee.

Comments: Adds a one game suspension for any participant that is ejected from a contest.

There is an appeal process for the ejected participant.

Rule 6A, Section 6A Effect

EFFECT:

1. Illegal Pitch; refer to Rule 6A, Section 11 for penalty.
 2. After the first offense, if any defensive player continues to place a foreign substance on the ball, that player shall be ejected from the game. If any other substance is found on the pitcher's person, the pitcher shall be ejected.
-

Rule 6B, Section 6A Effect

EFFECT:

1. Illegal Pitch; refer to Rule 6B, Section 11 for penalty.
2. After the first offense, if any defensive player continues to place a foreign substance on the ball, that player shall be ejected from the game. If any other substance is found on the pitcher's person, the pitcher shall be ejected.

Comments: Adds a penalty for the continued use of an illegal substance in Modified Pitch.

Rule 8, Section 2K Effect

Added #4:

4. If an infield fly is ruled, it has precedence over an intentionally dropped ball.

Comments: Clarifies the interpretation ruled in this situation for years.

Rule 8, Section 9A [1]

1. A courtesy runner is officially in the game when reported to the plate umpire.

Comments: Changes when a courtesy runner is officially in the game in Slow Pitch.

Rule 8, Section 9A [2 & 7]

1. A player may be a courtesy runner only once an inning for any player other than the pitcher, any other players can run for the pitcher anytime the pitcher is on base.

Effect: If a courtesy runner is used more than once for a player other than the pitcher they will be called out and removed from the base.

7. Any eligible players that may participate on offense or defense and are on the official line-up including available substitutes may be used as a courtesy runner. In Coed two courtesy runners are allowed for players other than the pitcher, one male and one female. All courtesy runners including those running for the pitcher must be of the same gender as the player they replace.

Comments: Allows an additional courtesy runner for the pitcher anytime they are on base.



REVIEW OF 2024 CODE CHANGES

2024 CODE CHANGES

2024 USA Softball Procedural Code Changes w/ Comments as of November 20, 2023

NOTE: All changes below are EFFECTIVE January 1, 2024 unless otherwise noted.

ARTICLE NUMBER

CHANGE

Article 303 A

Pick-Up Players

DELETE 07. No player may be picked up for Gold Qualifying Tournaments.

Comments: Allows for less restrictions for Gold Qualifying Tournaments.

Article 307 H Coed Class C

Classifications of Championship Play

Two Open classified female players and two male B classified players, no male players from Class A, or the USA Softball Restricted Player's List.

Comments: To allow upper level men's players who want to play Coed the opportunity to do so.



Article 308

Levels of Championship Play

DELETE the Exception only A. Local Association Championships 02. Bracket Options **EXCEPTION: This does not include any 16-Under Gold and 18-Under Gold Fast Pitch Qualifying Play.**

Comments: This allows USAS to open the Gold Qualifiers to be part of already existing tournaments and showcases that have at minimum a single elimination component.

Article 310 L 04

General Regulations of Championship Play

DELETE Unsportsmanlike: Managers are to report any unsportsmanlike or derogatory acts by players or spectators to the tournament director.

ADD Any participant or team personnel ejected from a game will be required to sit their next game. The time frame can be extended by the Championship committee. They cannot sit in the stands, dugout, or general locality of the next game. If they want to appeal the sitting out of the next game, it may be done with the Championship Protest Committee.

Comments: Allows the possibility of appeal or extension.

Article 313 F 03

USA Softball Gold Qualifying Tournaments

03.Tournament Bracket Gold Qualifying Tournaments must provide teams with a minimum of 2 games. These events may use the following formats: Single Elimination, Double Elimination, or 3-game Bracket. Sites hosting Single Elimination must include pool play games prior to the beginning of Single Elimination.

Comments: To allow showcase events which are mostly single elimination, the opportunity to award a berth to the Gold Nationals.

Article 314 K

National Championship Finals

Returning Teams (Champion, Runner-Up, 3rd Place)- 3

National Office- 5

Regional Berths- 4 per Region = 40

Maximum Number of Teams = 48

DELETE 01. Renumber remaining items

02.Change to: Berths allocated to the National Office maybe awarded to teams who have played in Gold Qualifying tournaments and/or teams who have not participated in Gold Qualifying tournaments. Teams receiving a berth from the National Office must meet the necessary requirements for all teams that participate in a National Tournament. The Director of Membership Services shall be responsible for distribution of the berths allocated to the National Office.

03.Unused berths will be returned to the National Office Director of Membership Services for immediate distribution to the current year's tournaments with the largest number of gold teams participating.

04.Change last sentence to read: Extension of the deadline must be approved by the CEO and/or their signee.

Comments: Retooling the berths to award more directly back to the regions to allow more opportunities for additional qualifiers within the region.

Article 408 (New) Local Association Athlete Representatives

01.Selection. A local association athlete representative shall be appointed by each local commissioner. **The appointee must meet the eligibility requirement in accordance with Bylaw 9.3 E.**

02.Term of Office. **Local association athlete representatives shall serve a term of one year and may be re-appointed only if they continue to meet the eligibility requirement in accordance with Bylaw 9.3 E.**

03.Vacancy. If a local association athlete representative position becomes vacant, it shall be filled by appointment by the local association commissioner. **The appointee must meet the eligibility requirement in accordance with Bylaw 9.3E.**

04.Removal. A local association athlete representative may be removed by their respective local commissioner.

05.Duties. Local association athlete representatives shall represent his/her local association in all local, regional, territorial, and national meetings and be eligible for appointment to committees, forums, and panels.

Comments: This new council position was established last year and put into Bylaw (9.3 E). This legislation establishes and defines the protocols for selection, term, vacancy, removal, and duties for the position.

Article 502 F

Panels and Forums

F. Player and Local Association Athlete Representatives This forum shall review proposed amendments to the USAS Playing Rules and Procedural Code; and send **members to other committee, forum, and panel meetings** to express the interest of the athlete/player representatives **regarding competition, legislation, tournament structure, and ideas to increase registration and participation with USAS.**

Comments: Adds Local Association Athletes to this forum and changes the name.

Article 602 V Bidding for National Championship Finals

DELETE V. Tournament Software. All National Championship Finals will use www.tournamentUSAs softball.com

Comments: The TournamentUSASoftball software no longer exists.

Article 603 B 01 Fast Pitch, Modified Pitch, and Slow Pitch Bids

Game fees for Adult Fast Pitch, Junior Olympic Fast Pitch, and Modified Pitch shall be a minimum of **\$50.00** per game.

Comments: As umpire fees across the country have increased a higher minimum is appropriate.

NOR



CAL

2024

Eligibility Information for Junior Olympic Program



2024 USA Softball Age Chart



Match month (top line) and box with year of birth. The player's age and division is indicated on the right.

SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	AGE	DIVISION
2015	2015	2015	2015	2016	2016	2016	2016	2016	2016	2016	2016	7	8U
2014	2014	2014	2014	2015	2015	2015	2015	2015	2015	2015	2015	8	8U
2013	2013	2013	2013	2014	2014	2014	2014	2014	2014	2014	2014	9	10U
2012	2012	2012	2012	2013	2013	2013	2013	2013	2013	2013	2013	10	10U
2011	2011	2011	2011	2012	2012	2012	2012	2012	2012	2012	2012	11	12U
2010	2010	2010	2010	2011	2011	2011	2011	2011	2011	2011	2011	12	12U
2009	2009	2009	2009	2010	2010	2010	2010	2010	2010	2010	2010	13	14U
2008	2008	2008	2008	2009	2009	2009	2009	2009	2009	2009	2009	14	14U
2007	2007	2007	2007	2008	2008	2008	2008	2008	2008	2008	2008	15	16U
2006	2006	2006	2006	2007	2007	2007	2007	2007	2007	2007	2007	16	16U
2005	2005	2005	2005	2006	2006	2006	2006	2006	2006	2006	2006	17	18U
2004	2004	2004	2004	2005	2005	2005	2005	2005	2005	2005	2005	18	18U

Note: This age chart is for USA Softball, and only for the 2024 season
(September 1, 2023 – August 31, 2024)

September 1,
2024

“B SELECT” PROGRAM (10U - 14U)

- ▶ **Teams must be created and approved by a Recreation League.**
- ▶ **Tryouts can be held any time after league registration begins.**
- ▶ **League determines if players are required to participate in league play or not.**
- ▶ **Select B Tournaments & Divisions**
- ▶ **8 & under Select?**

“B SELECT” PROGRAM (10U - 14U)

- ▶ **Player eligibility may be appealed to the JO Commissioner.**
- ▶ **Players can play in more than one rec league but can only try out for one league’s Travel Program.**

HIGH SCHOOL “B” PROGRAM

(14U, 16U, 18U)

- ▶ Can form under the High School category and do not have to be created by a recreation league. No limit on number of high schools.
- ▶ Teams may not try out, practice or participate together prior to the last Saturday in April.

B & C ALL-STAR PROGRAM (8U -12U)

- ▶ Teams must be created and approved by a recreation league.
- ▶ 10U and 12U. League must form a “B” team prior to forming any “C” teams, unless approved by USA Softball of Northern California. No teams are classified “C” until they are classified “C” by Nor Cal.
- ▶ All players must have participated in the recreation league.
- ▶ Teams may not tryout, practice or participate together prior to the last Saturday in April.

8U TRAVEL TEAMS

- ▶ Rec League based only
- ▶ No “A” or “B” 8U teams
- ▶ Rules for Association Championships will be posted on Nor Cal website and can be adopted for tournament play.

INTERLEAGUE ELIGIBILITY

The purpose of the Interleague Policy is to assist the smaller leagues that do not have enough willing/able players to create an All-Star team to compete in USA Softball's Championship Season. The following Policies & Procedures must be followed:

- ▶ a) ALL Interleague All-Star play is subject to sanctioning by Nor Cal.
- ▶ b) Interleague teams must compete in an approved interleague schedule to be eligible for Interleague All-Stars.
- ▶ c) Eligible interleagues must have an open and announced selection process with participants recorded.

INTERLEAGUE ALL-STAR ELIGIBILITY

- ▶ d) Leagues participating in interleague play having sufficient players to form their own All-Star team cannot participate in Interleague All-Stars. Exception: Players not making their home league's All-Star team may participate in interleague All-Stars only if the interleague team does not have enough players to form a team and only when ALL other players are selected.
- ▶ e) Interleague All-Star teams will be classified per Region 10 guidelines.

SANCTION INVITATIONAL

- ▶ USA Softball approved tournaments
- ▶ Must use TourneyMachine.com
- ▶ Must meet USA Softball standards
- ▶ All teams and umpires must be USA Softball registered
- ▶ Playing fields must be prepped
- ▶ Restrooms available onsite
- ▶ Nor Cal USA Softball will not sanction any “C” tournaments prior to May 1st

NOR CAL USA SOFTBALL

PRE-QUALIFIERS

- ▶ The requirement to play in at least one USA Softball Pre-Qualifier Tournament prior to the Nor Cal Association Championships is preferred for 2024. Teams that participate in a pre-qualifier will have first rights to register in Nor Cal Championship play and providing they have paid the entry fee.
- ▶ Teams that do play, will be given first priority to register for Nor Cals. This includes tournaments hosted by other USA Softball associations as long as they have been designated as Pre-Qualifiers.

NEW

Credit Card & other electronic forms now accepted!

DEFINITION: CHAMPIONSHIP PLAY

Championship Play is a tournament or competition from which the winner and other selected teams may advance to higher levels of play of USA Softball.

The following events are considered Championship Play:

- ▶ **Local Association Championships**
- ▶ **Regional Championships**
- ▶ **Territory Qualifying Tournaments**
- ▶ **Western National Tournaments**
- ▶ **National Championship Finals**

ROSTERS FOR CHAMPIONSHIP PLAY

- ▶ The roster deadline for Championship Play is 24 hours prior to the start of Championship Play.
- ▶ Once a team has competed in any Championship event, the player is frozen to that roster and may not compete with another USA Softball team until the original team is no longer eligible for Championship Play (their season is over). If a player leaves a team after Championship Play participation, they may not join another team until the original team is no longer eligible for Championship Play. Team Championship Roster is limited to 20 players.
- ▶ Once a team plays in Championship Play that team's roster is then frozen and the only way additional players can be added is on a Pick-up Player form & subject to NorCal Commissioner approval.
- ▶ No more "Add" players once you have competed in Championship Play.

PICK-UP PLAYER RULES

- Pick-up players must be registered with individual registration (not through the team registration) during the current season at least seven (7) days prior to the start of the National Championship Final.
- If Pick-up player is coming from a USA Softball Registered team, that team must no longer be advancing in Championship Play, unless that player has been released from that team & confirmed by league President.
- Teams are allowed 3 pickup players only for the duration of championship play. Pickup players must be added to team by utilizing the official USA Softball Pick-up Player form. All pickup players must be approved by the Association's USA Commissioner.

PICK-UP PLAYER RULES

Pick up players must be from the team's same or lower classification. Exception: Players who are age eligible may be picked up by a lower age classification team.

- ▶ Gold and "A" can pick up from own Region (10)
- ▶ "B" can pick up from Nor Cal Association
- ▶ "C" can pick up from Nor Cal Association Championships or from within your league

NOR CAL CHAMPIONSHIPS

- ▶ **8C, 10C, 12C - June 21-23 in Hayward/Pleasanton**
- ▶ **10B, 12B, 14B - June 29-30 in Hayward/Pleasanton**
- ▶ **12A, 14A, 16A, 18A - TBD**
- ▶ **10A - June 15-16 in Roseville.**
- ▶ **16B, 18B - June 21-23 in Roseville.**

“A” AND “B” USA SOFTBALL NATIONAL CHAMPIONSHIPS

- ▶ All Nor Cal “A” teams that participate in the Nor Cal A Championships qualify for either “A” Nationals or “A” Western Nationals.
- ▶ All Nor Cal “B” teams that participate in the Nor Cal B Championships qualify for the “B” Western Nationals.
 - ❖ 10/12B’s July 24-28th Salem, Oregon
 - ❖ 14/16/18B’s July 24-28th Seattle, Washington
 - ❖ 12A/14A/16A July 21-27th - Broken Arrow, Oklahoma
 - ❖ 18A - TBD
- ▶ National Tournament Dates and Locations can be found at:

<https://www.teamusa.org/USA-Softball/USA-SB-Events>

“C” REGIONAL CHAMPIONSHIPS

- ▶ **Must play in the Association Championships to qualify.**
- ▶ **Six (6) Berths to Regionals in each classification:**
 - ▶ **8U**
 - ▶ **10U**
 - ▶ **12U**

**Hosted by The Cal State Games
San Diego, Ca. on July 17-21st**

THINGS TO REMEMBER

Sanctioned Tournaments:

You don't need a Championship roster for Sanctioned Tournaments. www.registerUSAsoftball.com has a printable Tournament Roster (non-Championship Roster) for Sanctioned Tournaments that will work.

Regional / National Championship Play Tournaments:

All players must have a Picture ID at sign-in and at all games. You will need to sign-in (try to do this as a team) and do it in the order of the names on the roster. Players need to sign the back of their Photo ID Cards.

There will be other requirements too and we will provide a check off list *(like coach ACE certification, team entry form, fees, venue information, pick up players, team pictures, pin trading, open ceremonies, gift exchange)*



DUDLEY - OFFICIAL BALL

- ▶ Dudley is the official ball for USA Softball of Northern California and the following balls will be used at Nor Cals.
- ▶ 8U: Dudley Protector Level 1 10" (4A146PT)
- ▶ 10U: Dudley SBC11YFP (4Y611) 11"
- ▶ All Other Ages CFP12Y (43865) or SBC12 12"

Did you know that we have special pricing for these Balls?

Go to our website: <https://www.norcalusasoftball.org>



OTHER INFORMATION

USA SOFTBALL of Northern California Code of Conduct!

Code of Conduct

Standards of conduct are part of the USA Softball National Code and Northern California Rule and Regulations. Every member of USA Softball shall respect those standards. Registration with USA Softball constitutes an agreement to follow these standards. A manager, coach, player or other individuals affiliated with the team shall not violate any of the following:

1. Unsportsmanlike conduct or any derogatory action on or off the playing field.
2. Verbal or physical threat upon an umpire or USA Softball official.
3. Destruction of property, abusive behavior or violation of state or federal law.
4. Non-payment of debts to USA Softball or an affiliated member.
5. Failure to have all team members in the JO program individually registered through USA Softball.
6. Failure to have all adult team members in the JO program background checked.
7. Failure to have one member of the team ACE Education during Championship play.
8. Playing under an assumed name or falsifying information to a USA Softball official.
9. Writing checks with non-sufficient funds or closed accounts to a USA Softball official.
10. Commission of fraud perpetrated against a USA Softball representative, team or individual.
11. Commission of fraud larceny against a USA Softball representative, team or individual.
12. Use of any USA Softball logos or trademarks without express permission.
13. Commission of any acts that are contrary to the objectives and purpose of USA Softball.
14. Forfeiting a game in Championship play
15. Competing with or against individuals or teams who are suspended from USA Softball play.
16. Any other acts of suspension as listed in the USA Softball code.

League Structure information

- ▶ Always inform your District Commissioner if you are doing inter-league play and its structure
- ▶ Be sure all your coaches/managers/board members, umpires & players are registered on RegisterUSAsoftball.com And verify that they get approved
- ▶ Check your Bylaws, non profit status, board members listing are current and you are filing tax returns.

Did you know your district Commissioner can help in league and interleague conflict resolution

USA SOFTBALL™



Pacific Coast Region 2024 Junior Olympic Policies and Procedures

Revised December 2, 2023

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**12U
DIVISION**

NOR



CAL



TRYOUTS

Sunday April 14th 9-3pm

Location:

San Ramon Valley High School

Varsity field

501 Danville Blvd,

Danville, CA 94526

Register: www.norcalusasoftball.org

Must pre-register to attend. \$50 per player fee required. Each participant will receive a special t-shirt

***Nine players & one coach will be
selected from our Association!***

For more information contact:

Vince DeFrieze

vdefrieze@norcalusasoftball.org

www.USASoftballAllAmericanGames.com

Games will be held August 8-11, 2024

Hall of Fame Stadium, Oklahoma City, OK

24 Teams from Across the Nation

360 Athletes

TOURNAMENT LISTINGS

- ▶ Submit Tournament Requests if you have not already done so and are able. Form is available online at our website. Approved tournaments will be posted to Tourney Machine on March 1st.

- ▶ Tourney Machine.com (*replaces Tournamentsusa softball*)

- ▶ Must be used for all Nor Cal USA Softball Sanctioned Tournaments.
- ▶ Nor Cal will be hosting invitationals & co-hosting with leagues

Need help with your tournament management??

Did you know... NorCal can provide

- ▶ An on-site USA Softball representative
- ▶ A UIC
- ▶ Help with promotions
- ▶ Help with software for your pool play & brackets

Ask your District Commissioner!!

RPS BOLLINGER INSURANCE PRODUCTS

- ❑ Tournaments & Clinics
- ❑ Travel Accident Plan
- ❑ Umpire Plan
- ❑ Supplemental Sports Organization Plans

Bollinger

Insurance Since 1876

DIRECTORS & OFFICERS INSURANCE

Provides coverage from lawsuits seeking damages for alleged or actual wrongful acts, e.g., discrimination, wrongful suspension of players, wrongful dismissal of coaches and sexual harassment.

www.rpsbollinger.com

Bollinger

Insurance Since 1876

NOR-CAL WEBSITE

- ▶ Updates/News
- ▶ Tournaments
- ▶ Forms
- ▶ Organization Contacts
- ▶ Umpire Clinics
- ▶ We are on Facebook and Twitter!!!

www.norcalusasoftball.org

➤ USA Softball

<http://www.teamusa.org/USA-Softball>

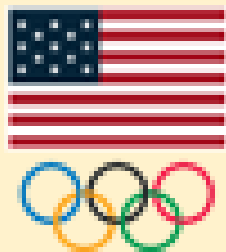


The background of the entire image is a close-up of a softball. The ball is covered in a felt material with a pattern of red, white, and blue horizontal stripes and a blue field with white stars, mimicking the US flag. Red laces are visible stitching the panels together.

Please reach out to us!
You can find our contact information on
[www. https://www.norcalusasoftball.org/](https://www.norcalusasoftball.org/)

Thank you for attending!

*Together,
we will make Northern California
USA Softball strong!!*



Where Olympic Journeys Begin