



Objective of PAL Girls Softball

Definition

The objective of the Los Banos PAL Girls Softball Program is to provide a quality, adult-supervised program that allows all girls the opportunity to learn the fundamentals of the game. Adults involved in the program must make decisions that are in the best interest of the girls and the program and not what is best for themselves.

Ages

Any female between the age of five(5) years and sixteen (16) years is eligible to play. The cut-off date for eligibility is April 30th, 2026. Players must turn age 5 during the season dates to be eligible to play.

Coaches/Assistant Coaches / Dug-Out Moms & Volunteers

- A. **Eligibility** - Only those adults that are of good character and in good standing in the community and Los Banos PAL can apply to be a volunteer for girls softball. All adults must register as a volunteer and be fingerprinted by the Los Banos Police Department. An extensive background check will be conducted on each adult volunteer.
- B. **Credibility** - No adult can serve as a volunteer of the Los Banos PAL Girls Softball Program if they:
 - a. Have been convicted of a serious misdemeanor or felony within the last ten (10) years.
 - b. Are currently a registrant with the Los Banos Police Department.
 - c. Are not properly fingerprinted.
 - d. Do not pass a background check.
 - e. In our opinion do not represent the league in a positive manner.
 - f. Have had recent negative police conduct.
 - g. In the evaluation of the Los Banos PAL Board of Directors, they have not or do not conduct themselves in the best interest of the league or in the best interest of the players or other volunteers.
- C. **Longevity** - A coach, assistant coach, dug out mom , or volunteer can only be involved for the length of each season. At the end of each season, the adult can re-apply for the next softball season.
- D. **Number of Coaches / Volunteers** - During any game, only the coach, assistant coach, dug out mom, or registered volunteer are allowed in the player's dugout. At least one (1) of these volunteers MUST be FEMALE. One adult female MUST be in the dugout and at practices at all times. Any team can recruit other volunteer parents to assist during practices, but they must be registered as a volunteer, fingerprinted through PAL, background passed, and badged with PAL for the appropriate season.

- E. **Volunteer ID** - All volunteers must wear a PAL issued ID card. The PAL ID must be worn at all practices, games, and whenever representing PAL in any way. Parents will be told they may check your ID to assure you have complied with all PAL rules and regulations.
- F. **Conduct** - If any coach, assistant coach, dug out mom, or other volunteer adult that assists the team in any way uses profane language, makes any rude or sexual gestures, intimidates any girl, or does not conduct themselves in the best interest of the girls and the program, they will be dismissed from their duties immediately.
- G. **Coaches / Assistant Coaches Children** - Only the coach and assistant coach will automatically have their children placed on the team. There can be no more than four (4) players on one team whose parents are the coach or assistant coach. If there are more than two (2) players who qualify as pitchers and/or experienced softball players, then in the best interest of the program, the coach and assistant coach are strongly encouraged to work with less experienced coaches or assistant coaches.

Parents & Spectators

- A. **Parent/Family Participation** - Parents, grandparents, family members, and family friends are strongly encouraged to attend all games that their daughter/friend is involved in.
- B. **Parent Responsibility** - It is the responsibility of parents to bring and pick up their daughter to all practices and games.
- C. **Out-of-Control Parent or Spectator** - Parents, grandparents, family members, and family friends are encouraged to support their daughter/friend and their team in positive comments. However, if there is an out-of-control spectator who is using inappropriate language, degrading remarks, or any negative gestures against any person participating in a game or against the umpires, who is in the judgement of the umpires or league officials, the team will be given one (1) warning to the team coach. Failure to conform to the warning can result in forfeiture of the game.
- D. **Smoking, Vaping, & Alcohol Policy** - **ABSOLUTELY NO SMOKING, VAPING, OR ALCOHOL** are permitted at the Officer Noah Jones Ballfields (aka PAL Fields) at any time. Any violation will result in immediate removal from the facility and may lead to further disciplinary action, including possible forfeiture of the game and/or suspension from future PAL activities.



PAL Softball Division 5-6 Rules

Practices:

- A. Practice is to be held no more than 1 hour per week.
- B. Only badged coaches/volunteers are allowed to run practices and interact with the players.
- C. A badged female (i.e. dugout mom) must be present for the entirety of all practices.

Field Dimensions:

- A. Base paths: 60 feet
- B. Batting tee and coach pitch modification mid-season.

Game Setup:

- A. Teams must have a minimum of seven (7) players to start a game, all team players are allowed to play defense each inning.
- B. Games are 60 minutes or two completed innings, whichever comes first.
- C. Once an inning has begun, it must be completed even if time has lapsed.
- D. Coaches will serve as umpires, and are responsible for starting and ending the game.
- E. A female chaperone (badged dugout mom) must be present in the dugout for the entirety of the game. If a dugout mom cannot be present, the team may be forced to forfeit the game.

Pitching:

- A. **First half of the season** - Batting tee only; no live pitching. The ball is placed on an adjustable batting tee for all at-bats.
- B. **Second half of the season** - Introduction of coach pitch. The offensive coach will pitch underhand from within the pitching circle (approximately 20-25 feet from home plate, at a safe and comfortable speed for 5-6 year olds).
 - a. Each batter receives up to 5 pitches to put the ball in play.
 - b. If the batter does not hit a fair ball into play after 5 pitches, the ball will be placed on the tee for one final attempt.
 - c. Foul balls on the 5th pitch allow one additional pitch.
 - d. The coach pitcher must remain in the circle, avoid obstructing fielders, and take a knee after the ball is hit to prevent interference.
 - e. If the batted ball hits the coach pitcher, the ball is dead, and the pitch is replayed (coach must make reasonable effort to avoid being hit).
- C. The transition to coach pitch will be announced by the Steering Committee based on the season schedule (typically around the midpoint, after sufficient tee practice). Coaches should use practices in the first half to prepare players for hitting a moving ball through fun drills.

- D. The player pitcher will have at least one foot in the pitcher's circle and be positioned in the back half of the circle (behind the rubber) until the ball is hit.

Batting:

- A. The entire roster of players present for a game will bat in a line up rotation.
- B. **First half of the season:** During batting tee only, each batter will get 3 attempts (swings) to put the ball into play.
- C. If the batter fails to put the ball in play after the full 3 attempts that batter will be out unless the last attempt is a foul ball.
- D. All players on each team will bat in a fixed batting order, per the lineups provided at the beginning of regulation game play. The batting order may not be changed after the start of regulation game play.
- E. A team will not be allowed to bat through their batting order more than once in any given inning.
- F. Any player that arrives after the game has started shall be placed at the bottom of the batting order.
- G. After each three outs, the bases will be cleared until the entire lineup has batted.

Base Running:

- A. Base runners are not permitted to steal bases.
- B. Base runners must remain in contact with the base until the ball is put into play off of the tee.

Scoring & Game Play:

- A. Baser runners may advance or score in the following ways:
 - a. When a ball is hit into fair play and until the ball is called dead.
 - b. When otherwise directed to advance by the umpire.
- B. Base runners are only allowed to advance one base at a time.
- C. Returning the ball to the pitcher will end the play.

Equipment:

- A. An 11" Incrediball softball will be used. Game balls will be provided by PAL.
- B. All pitchers MUST wear a Face Guard while in the pitching position.
- C. All fielding positions are HIGHLY encouraged to wear a Face Guard.
- D. Catchers are required to wear a batting helmet and stand to the side of the batter.
- E. Batters and baserunners must wear NOCSAE approved helmets with a face guard and chin strap, this includes batters on deck.
- F. All PAL volunteers including coaches, dug-out Moms, and umpires are responsible for ensuring all jewelry, bobby pins, and hair clips/ties are safe. Any items deemed as unsafe to the player or others must be removed prior to any practice or game play.

General Rules:

- A. Players MUST wear their PAL provided jerseys in order to play.
- B. Players MUST wear their jerseys on the outermost layer of their clothing to ensure their numbers are properly displayed for scorekeeping purposes.
- C. Only water or sport bottles are allowed in the dugouts.
- D. Seeds are not allowed in the dugouts or on the fields.

- E. Only players, badged coaches and female chaperones (badged dug-out mom) are allowed in the dugouts at any given time.
- F. Players are not allowed to leave the dugout without permission from their coach.
- G. If any player is injured and is bleeding, they must leave the field to wash up. If a runner is needed, the last out will replace the runner. If blood is on the player's uniform, they must be changed before the player may return to the field.
- H. If a player leaves a game due to injury and is in need of immediate medical attention or a doctor, the player is out for the remainder of the game. A physician's release will be required before the player can play in the next game.
- I. Concerns or complaints of any kind shall always be brought to the attention of the Player Agent.
- J. Umpires make final decisions on rule interpretations.
- K. Encourage position rotation for skill development.
- L. Emphasis on learning, sportsmanship, and enjoyment of the game.
- M. Have Fun!