LITTLE LEAGUE SOFTBALL®





Presentation Highlights

- Numbers and Outside Influence
- Basics of the Program
- Chartering Options and Development Strategies
- You Draft It





State of Play – The Numbers

Team Sports Participation by 6-12 year-olds

- **Overall**: 2011 - 55.5% 2016 - 56.3%

- **Female**: 2011 – 49.4% 2016 – 52.8%

− Regular Basis: 2011 − 41.5% 2016 − 36.9%

Individual Sport by 6-12 year-olds

— Overall: 2011 − 53.2%
2016 − 49.8%

- Average Number of Sports Played by an Athlete by 6-17 year-olds
 - 2.14% down to 2.01%



Softball Participation

- Softball 6-12 year-olds (2008-2011)
 - Decrease of 31.3% (1.3 million to 862)
 - Fastpitch and Slowpitch;
 - Casual player
 - Football, Baseball, Track, Soccer and Basketball
- Softball 6-17 year-olds (2009-2014)
 - Increase 1.6% (988,000 to 1,004,000)
 - Regular Basis





2008-2016 Softball Core Participation Numbers

- 6-12 Year-Olds Fastpitch Softball Regular Basis
 - 2008 275,000 = 1%
 - 2010 231,000
 - 2012 436,000 = 1.5%
 - 2013 315,000
 - 2014 350,000 = 1.2%
 - 2015 388,000
 - 2016 290,000 = 1%





NFHS Softball Participation

- NFHS Fastpitch Softball
 - 2008/2009 368,921 (#4)
 - -2009/2010 -378,211 (#4)
 - 2010/2011 373,535 (#4)
 - **-** 2011/2012 367,023 (#5)
 - 2012/2013 362,488 (#5)
 - -2013/2014 364,297 (#5)
 - -2014/2015 364,103 (#5)

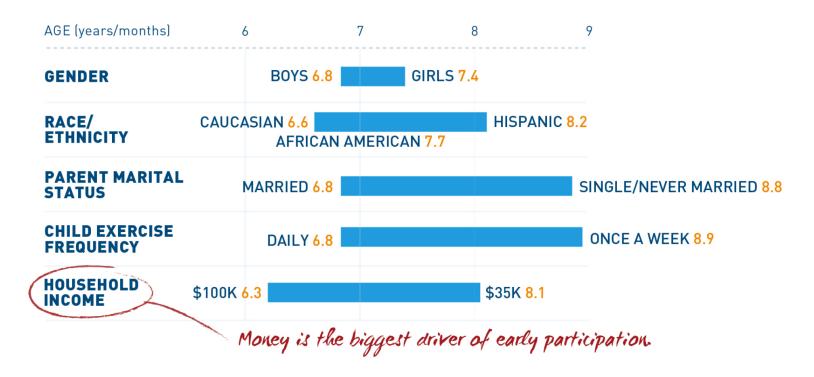
- Other Sports Ranked Higher
 - Track & Field
 - Basketball
 - Volleyball
 - Soccer
- States Not Offering Fastpitch
 - South Dakota
 - Wyoming
- States Offering Slowpitch
 - Arkansas, Georgia,
 Mississippi, and Oklahoma



Sports Participation - Key Indicators

Key Indicators of Early Success

Average age of entry into organized or team sports





Benefits of Athletics for Females

- Reduce Health Risks
 - Physical
 - Mental
- Reduce Risky Behaviors
- Increased Academics
- Positive Relationships
- Overall Well Being



Reasons for Decrease of Participation

- Limited activity or playing time
 - Practice
 - Games
 - Fun, Fitness and Fundamentals
- Cultural barriers
 - Sons not Daughters
 - Urban and Rural
 - Black and Hispanic
 - Economic
 - Other responsibilities

- Over-structured
- Single-Sport Specialization
 - Travel Ball
- UntrainedVolunteers/Coaches
- Late Entry for Females
- Only the Best
- Too Much Too Soon
- Overuse injuries



Suggestions for Increasing Participation

- What do Kids Want
 - Video Games
 - What do the boys get?
- Free Play
- Encourage Multi-Sport Play
- Revitalize House Leagues
- Designed for Development
- Trained Adults





Suggestions for Increasing Participation cont.

- Safe and secure place for children to practice/play
- Affordable equipment, registration, seasonal costs
 - Transportation?
- Cultural openings
 - Marketing Material Geared towards Audience
- Involving/Registering Girls at a Younger Age
- Role Models
 - Encouraging parents to participate with daughters
 - Softball Days => High School or College





Little League Softball Efforts

- Websites & Data Center
- Softball Awards
 - Volunteer of the Year
 - Hall of Excellence
- Communications & Publications
- Social and Digital Media



- Additional TV coverage and streaming
- Participation Review
 - Coach Pitch
 - Content



Working Partnership to Grow the Game

- ONE Softball
- Women's Sports Foundation
- Pitch in For Softball
- USA Softball
- MLB RBI
- International Softball Federation (ISF) and country or region-specific Softball Federations
- Mark Cooke





Little League University - Coaches Resource Center

- Free to all Chartered Leagues
- Updated regularly
- Features both video and text based articles as well as the latest Little League news
- Content specific for softball, describing skills, helpful drills and suggestions on how to structure practice
- Tee Ball & CoachPitch Program



LittleLeagueU.org



10-Week Tee Ball Program

LittleLeague.org/TeeBall

Tee Ball Full Practice Plan Week 2

Practice Goal: What the kids should know by the end of today!

The players should be able to throw overhand, stepping with opposite foot and swing a bat unassisted.

Materials and Equipment:

-wiffleballs (15), bucket for balls (1) tee, or large traffic cone (1)

-hula hoops (3 or 4), weave 3 to 4 large circles of ribbon into the

-string or zip ties (3 or 4)

Practice Sequence:

1. Gather and welcome players. Review coaches' names and players' names. Review purpose for being at the field and show enthusiasm to start the practice. Verbally review the cues for throwing and have players raise their throwing hand and touch their stepping foot with that hand. Discuss the PCA tip of the week. (3 minutes)

Positive Coaching Alliance Talking Points for Tee Ball Coache

Week 2—Rebounding from Mistakes (Mistake Ritual)

· All athletes, even great ones, make mistakes, but great athletes

 On your team it should be okay to make a mistake. If your players fear mistakes, they won't try their hardest. Tell them to remember to just keep hustling and working hard, no matter what!

. Use a Mistake Ritual to help your athletes focus on the most Important play-the next play. When someone on your team makes a mistake, they can Flush it down the toilet by making a flushing

. Also, tell that person, "That's olay, flush it! Get ready for the next play."

2. Statues: explain the game to players while they are still gathered from the welcome. While explaining, demonstrate how they will be tagged and how to freeze like a statue. Keep explanation brief as players will learn by trying. Have players find a spot to stand in the dirt (personal space) and on "go" players run anywhere in the infield. When the coach says, "freeze like ____," they must free like a statue of whatever the coach calls out. The coach then says. "go," and the players run again. Things to call out: like your favorite perhero, like an animal, like a race car driver, like you are throwing a ball, like you just hit a homerun... Repeat, This time play that the coach tags the players. They freeze like a _____, whatever the coach calls. While a coach and players are playing, hang 3 to 4 hula hoops at player-throwing height on the fence. Space them about 10 feet apart.

3. Call players to the pitcher's mound and have them make a circle. While kneeling inside of the circle, review how to hold a ball the correct way to make good throws. Have a player demonstrate what they remember, use a few balls to circulate and take turns throughout the group. Use cues. The players should start with the proper grip-fingers on top with thumb underneath. Grip pressure should be like holding a tube of toothpaste. They must look at their

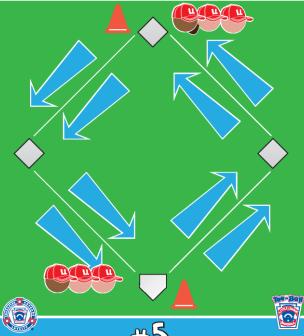
target, it is a good idea to have them say "ready" their eyes on their target as a reminder each time target first. The next move is to step directly to the ball and hand should move in a circular motion. Ag to tell players that when they take the ball out of ti thumb should go past their thigh and then the ball to go up facing the sky - "thumb to thigh, show it to should release the ball to the target and let their a move to finish the circular motion. Stressing this fo prevent them from stopping their arm as soon as t

4. Stop players and call back to the coach. Have ear

5. Call players in and have them sit in the grass. Talk a bat. Before teaching, discuss safety rules. They n two hands on the bat, never throw it and stay in ti there are no accidents. Demonstrate a swing using your favorite hand/your throwing hand? That hand other below, bend knees, stand "sideways", eyes o that the bat should be held in the fingers and pads in their palms. Have them put their index finger of the palm of their other hand. They should close th finger as tight as possible. Once the hand is closed, try to get their index finger out. Do this again with being placed where the fingers meet the hand the Again have them grip down hard and try to take the their hand. It should be much more difficult to free second time. This should demonstrate to the plays fingers is a stronger grip than using the palms. Or proper grip, have players spread their feet slightly shoulders in an athletic position with knees slightly feet and shoulders should be in line with the pitch them take a swing trying to have the bat stay level surage them to swing hard while staying balar players that they must watch the ball that they are time. They should follow through by finishing with near their lead shoulder and the laces on their bac facing the pitcher's mound

6. Gather players and have them give another player about what they learned today and how it will help Tee Ball players. Give the PCA tip of the week. Ren

TEE BALL PRACTICE



RUN THE BASES RELAY

- On "go", the first player in line at second base runs around the bases back to second base while, at the same time, the player at home runs around the bases back to home plate. Once the players arrive back to their team's line they tag the next player to continue the race.
- The first team finish is the winning team.

ractice 2 – Quick Plan (45 minutes)

6:00 - 6:03 Introduction

- · Review how to throw/PCA tip of the week

6:03 - 6:10 Statues

- . Players are tagged and must freeze like whatever the coach says
- . (See full practice plan for complete instructions)

6:10 – 6:15 Review Grip and Throwing

- · Players gather in circle
- Grip wiffleball with whole hand using fingertips
- . Demonstrate grip and throwing with opposite foot

6:15 - 6:30 Team Throwing

- Hula hoops need to be fastened to the fence
- · Players are broken into even teams
- Players take turns throwing through the hoop against the fence
- Each throw that is made through the hoop counts as an "out" for that
- . Coaches monitor for grip and stepping with opposite foot
- (See full practice plan for complete instructions)

6:35 - 6:40 Swinging

- Have players practice swinging without a bat (a dry swing)
- still dry swinging

6:40 - 6:45 Conclusion

- . Have each player compliment another/PCA tip of the week
- · Review what they learned
- · Remind of next event (practice, game)



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Initiatives





Grow the Game Grant Program

- Little League Softball Grants available
 - Up to \$20,000
- Who can apply?
 - In good standing with Little League, Region and District
 - Any league chartered with the program or planning to charter the program
 - Non-profit status
- What can they be used for?
 - Camps/clinics
 - Special Game Tournaments
 - Capital Budget Improvement
 - Marketing (TV, Radio, Fliers, etc.)
- How?
 - Submit Completed Form, Written Proposal and Project Estimate
 - 3 Letters of Recommendation
 - Financial Statement
 - League Point Person must be willing to follow-up with individual overseeing those grant funds





Little League Softball Days

Over 35 colleges and universities across the country hosted Little League Softball Days



Partnered with Oregon State, Arizona State, UCLA, UMASS, Boston College, Hofstra, South Florida, Tennessee, DePaul, Michigan, Baylor, Penn State, and many more.

<u>LittleLeague.org/SoftballDays/</u>

Little League Softball Special Games

- Allows Little League programs to organize weekend tournaments easier during the Regular Season, Second Season and Fall Ball.
- Additional flexibility in rules for participation, pitching, games in a day and team composition to increase the attractiveness and competitive level.
- Games played count towards tournament eligibility for Junior and Senior League.
- Complete details of special games options are available online at <u>LittleLeague.org/Assets/forms_pubs/Special</u> <u>GamesGuidelines_Softball.pdf</u>



Recent Softball Changes

The following changes were recently revised in the past few years:

- Regulation IV allow 12-year-olds to participate in Majors and Juniors;
- Pitching Distance change from 40' to 43' for Junior and Senior League Softball (aligns with NCAA and ISF);
- Bat BPF to 1.20;
- Metal cleats option for upper divisions;
- Definition of a bunt (aligns with NCAA);
- Allowing a runner to steal at the release of the pitch in the Major Division;
- Allowing the batter to run on a dropped 3rd strike at the Major Division;
- Allowing tournament teams to participate in special games after tournament teams are announced;
- Penalty for use of an illegal bat

Softball Changes cont.

Relaxed pitching regulations –

Minor/Majors: 12 innings in a day; 6 innings or less, no rest required.

Junior/Senior League: No restrictions

Relaxed games in a day:

Minor/Majors: Two doubleheaders in a7-day period

Junior/Senior League: Up to 3 games

in a day.





Little League Softball® and ASA Rules & Regulations Comparison

	ASA	Little League Softball
e Determination Date		
	December 31/January 1	December 31/January 1
Structure		
	8U	Tee Ball: 4-7
	10U	Minor: 7-8 (5 and 6-year-olds with one year of Tee Ball may play up);
		9-11 (Minors may include Coach Pitch* and Player Pitch)
	12U	Major Division: 9-12
	14U	Junior: 12-14
	16U	Senior: 13-16
	18U	Big League: 14-18
ying Field		
Base Lines	60 feet	60 feet (Tee Ball: may be 50 feet)
Pitching Distance	10U: 35 feet	Tee Ball/Minor: 35 feet
	12U: 40 feet	Major: 40 feet
	14U and above: 43 feet	Junior/Senior/Big: 43 feet
Fence Distance	10U: 175-225 feet	Min: 200 feet
	12U-18U: 200-225 feet	
On-Deck Position	Permitted	Minor/Major: Not Permitted
		Junior/Senior/Big: Permitted
ipment		
Cleats	12U and below: Metal cleats are not permitted	Minor/Major: Metal cleats are not permitted
	14U and above: Metal permitted	Junior/Senior/Big: Metal Permitted
Ball	10U: 11"	Minor: 11"
	12U-18U: 12"	Major/Junior/Senior/Big: 12"
Bats	ASA certification (2000 or 2004)	1.20 BPF
Length		Majors and below: No more than 33 inches
	No more than 34 inches	Junior/Senior/Big: No more than 34 inches
Weight	No more than 38 oz.	No maximum weight
Catcher's Mask	Mask must have throat protector (extended wire frame or dangling throat protector)	Mask must have a dangling throat protector
Double First Base	Must be used	Allowed

The Game

Innings	10U and above: 7 innings	Minor/Major: 6 innings Junior/Senior/Big: 7 innings
Run Rule	15 after 3; 12 after 4; 8 after 5	Minor/Major: 10 after 4 Junior/Senior/Big: 10 after 5
Time Limit	May impose 1 hour 40 min	None; unless imposed by local league during regular season
Players to Start/End Game	May start/end game with 8; take an out	Must have 9 players
Substitutions	Starters & substitutes may re-enter	Minor/Major/Junior/Senior/Big Regular Season: Only a player in the starting lineup may re-enter the game Minor/Major/Junior Tournament: Starters and substitutes may re-enter the game after Mandatory Play has been met Senior/Big League Tournament: Starters may re-enter game once; A substitute may not re-enter the game once removed
Mandatory Play	None	Minor/Major/Junior/Senior Regular Season: 6 outs; 1 at bat Minor/Major/Junior Tournament: Depends on Roster size

Hitting

Bunt	Allowed	Minors/Majors/Junior/Senior/Big: Allowed
Bunt Attempt	Must move bat towards ball for strike call	Holding bat in strike zone; Must be pulled back for a ball (NFHS)
Extra Positions	DP/Flex	Senior/Big: DH
Drop 3rd Strike		Minors: Not Allowed; batter is out
	10U and above: Allowed	Major/Junior/Senior/Big: Allowed

Base Running

ase munning		
Sliding	Head first slide allowed	Minor/Major: No head first slide when advancing
		Junior/Senior/Big: Head first slide allowed
Stealing	10U: May leave at pitcher's release unless	Minor: May leave when ball crosses the plate
	local league rule	
	12U: May leave at release	Major/Junior/Senior/Big: May leave at pitcher's release
Penalty for leaving early	Baserunner called out	Baserunner called out
Courtesy/Pinch Runner	Yes, but not same player for pitcher	Special Pinch Runner: Once each inning a team may utilize
	and catcher	a player who is not in the batting order as a special pinch
		runner for any offensive player.

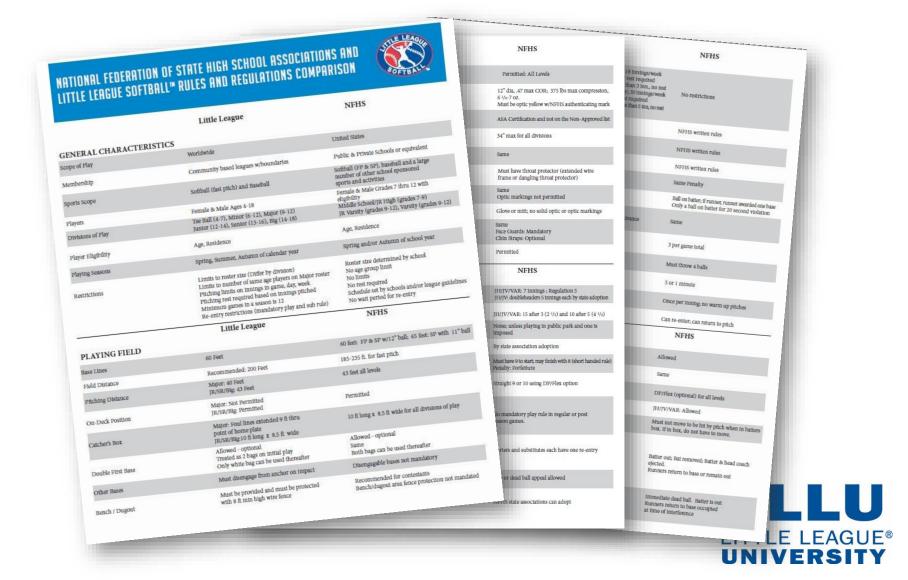
Pitching

Intentional Walk	Must throw 4 balls	Must throw 4 balls
Illegal Pitch	Both feet must start on pitcher's plate	Only pivot foot must start on pitcher's plate (aligns with NFHS)
	No crow hop	No crow hop
	No leaping	No leaping
Penalty for IP	Ball is called on the batter; base runners	Minor/Major: A ball on the batter
	advance one base	Junior/Senior/Big: Ball on the batter; base runners advance one base
Pitching Restrictions	None	Minor/Major: 6 innings or less, no rest required; Max of 12 innings in a day
		Junior/Senior/Big: No restrictions

^{*}Coach Pitch is a Division of the Minor Division that allows the Manager or Coach to pitch to their players while on defense to help teach the game of softball and keeps the game moving. A Coach Pitch divison would NOT be considered a competitive Minor Division.

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Little League vs. NFHS Rules & Regulations



Baseball and Softball

Steps for Starting a Softball Program

If I am interested in my league offering the Little League Softball program what are the next steps?

- 1. Discuss offering Little League Softball program with your local Little League board The first step to adding a softball program to your local Little League is to discuss the addition of the program with the board. The board should appoint a softball committee to head up the effort. The committee should consist of at least one board member, and may include other members of the league or members of the community interested in starting a Little League Softball program. Some members that you may choose to include on the committee include your local high school softball coach, or other members in the community involved with softball. This committee will oversee items such as promotion of the softball program, identifying potential managers and coaches, securing softball fields, recruiting players, etc. Note: When securing fields, a softball program may use either a traditional softball field or may use an existing baseball field.
- 2. Let your District Administrator know that you are planning to offer Little League Softball Your District Administrator will be able to let you know what other leagues in the district are currently offering softball and what opportunities may exist for interleague play or combined teams. Additionally, your District Administrator may be able to put you in touch with other softball contacts in the district that may be able to help you in starting your own program.
- 3. Begin promoting your softball program and gauge interest in the community When you first begin promoting your Little League Softball program, consider promoting the program for all ages 4-18. Based on the interest at each age level, you can determine which levels of play your league will offer. You may choose to have girls interested in participating complete an interest form, similar to a registration form. This will allow your league to easily contact these individuals during registration. Keep in mind that even if your league







Promoting and Operating a Successful Softball Program

Little League would recommend adding at least two positions to the local league board when starting or operating a softball program: a Softball Vice President and a Softball Player Agent.

Appointing a Softball Vice President to oversee the operations is an important task for any league managing a softball program. One of the primary goals of this position is to promote the program within the local softball community. The Softball Vice President acts as a liaison between the league board and those involved in the softball program.



Little League Softball^e strengthens self-esteem, promotes teamwork and sportsmanship, and develops on-field fundamentals while providing a competitive outlet for girls.

BECOME PART OF THE **NEXT GENERATION** OF FEMALE ATHLETES

Founded in 1974, the program has more than 25,000 softball teams and 300,000 participants worldwide. Working to grow the game of softball at the grassroots, Little League® has collaborated with more than 25 countries to create a foundation for success. Little League Softball includes divisions of play for girls ages 4 to 16, which culminates at three Softball World Series tournaments for international competition and friendship.

Little League Softball is proud to offer a number of different initiatives to support local leagues including Little League University, affordable coach and player













Starting Softball at the District Level

- Tee Ball or District-wide programs
- Work Together and Communicate
 - Softball ADAs or Committees
 - Education and Training Opportunities
 - Schedules
 - Junior and Senior League
 - Tournament
 - Divisions being entered
- Combine Teams
- Interleague
- Special Games





Starting Softball Local League Suggestions

- Board Structure League should add at least two positions to their Boards to help oversee the softball program
 - Softball Vice President
 - Softball Player Agent
 - Marketing Position
- Fall Ball/Second Season
- Tee Ball Softball
- Age Structure for Softball
- Regulation IV and Player Pools
- Find Facilities
- Promote the Program
- Training and Education
- Work with DAs to coordinate Regular Season schedule





Chartering Little League Softball

Methods of Chartering

- Addition to an existing charter
- Addition to an existing charter with modified boundaries
- Softball Only Charter



Addition to an Existing Charter

- Softball can be chartered by simply listing softball teams on your league's charter application
- Charter fees and insurance rates are the same as those for baseball
- Most appropriate when the same board is running both baseball and softball programs in a community



Addition to an Existing Charter with Modified Boundaries (cont'd)

- Chartered by listing softball teams on the league's charter application
- Charter fees and insurance rates are the same as those for baseball
- The league may request to operate with expanded boundaries for the softball program only to draw more girls to the program



Addition to an Existing Charter with Modified Boundaries (cont'd)

- Modified boundaries may include unchartered areas or areas chartered by another league not offering softball
- If an area in a modified boundary is chartered by another league, that league must give up rights to operate softball in that area
- All modified softball boundaries must be submitted as a waiver request and approved by the Charter Committee



Softball Only Charter

- A softball league can be chartered as a separate entity from a baseball league in a community
- This option is best when the softball program is operated by a separate board or when there is a group of individuals who would like to focus only on softball operations



Softball Only Charter (cont'd)

To charter a softball only league:

- 1. Complete and submit a charter application
- 2. Complete and submit a Little League constitution
- 3. Complete and submit a boundary map signed by the District Administrator, the League President, and the League Presidents of any baseball leagues whose boundaries the softball only league encompasses
- 4. All baseball leagues whose boundaries the softball only league overlaps must submit a letter giving up their rights to charter softball
- 5. All softball only charters must be approved by the Charter Committee

You Draft It



District/League Issues

- My district/leagues don't offer softball, what can I do?
- A County/Park & Rec. won't let my league add softball or they'll let in a competing baseball program.
- My softball leagues/parents are constantly complaining they are underserved in comparison to baseball. What can I/they do?



Recommendations/Feedback

- What other benefits do we need to be attractive?
- If you have competing softball, what have you "heard" is the reason they play/charter with another organization?
- Rule changes?
- Best way to educate coaches, managers, parents?





Little League® Graduates

A few Little League Softball graduates through the years:

Crystal Bustos: USA Softball Team (Canyon Country LL)

- Sue Enquist: Former Head Coach at UCLA
- Cat Osterman: USA Olympian (Bear Creek LL)
- Heather Tarr: Head Coach at the University of Washington
- Angela Tincher: VA Tech; No hitter against US Team (Clifton Forge LL)
 - Jackie Traina University of Alabama and 2012 WCWS Champions (Naples LL)

Gatorade National Players of the Years

Carly Hoover (SC), Alexis Bower (PA), Pauline Tufi (AK)
 Sarah Ing (Washington DC), Carolyn Szymanski (DE)



For more information, visit <u>LittleLeagueSoftball.org</u> or <u>Facebook.com/LittleLeagueSoftball</u>



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