



Safety Practices and League Rules

1. No steel spikes shall be worn. Tennis shoes and rubber cleats are allowed.
2. Only team members are allowed on the bench and in the dugout area during the game.
3. When batting, all girls **MUST** wear a batting helmet with earflaps covering the ear and temple area on both sides. This helmet **MUST** also be worn when the batter becomes a base runner to protect from errant throws and batted balls. Players coaching bases must wear helmets.
4. All catchers **MUST** wear a mask with a throat protector and a catcher's helmet both when warming up a pitcher **AND** during a game of competition.
5. Only **ONE** on-deck hitter will be allowed in the on-deck circle at a time. All other girls should be in the dugout. The on-deck hitter should only take practice swings after the immediate area around her is clear. (Coaches are urged to have the first batter in each inning near the plate and ready to hit as soon as the opposing pitcher finishes her warm-up pitches.)
6. All batters are to be instructed by their coaches in the proper method of **DROPPING** her bat after hitting the ball. "Slinging" the bat is a dangerous practice but easily avoidable. Umpires will declare the guilty batter **OUT** in succeeding instances of "slinging" the bat in that game.
7. Defensive players should **NOT** stand directly in the baseline. Fielders should be encouraged by coaches to position themselves at least one step in front of or behind the baseline.
8. Sponsors of teams do not have anything to do with the softball league, so please do not go to the sponsor and complain about something you don't agree with, contact any of the JGSL officers and they will try to help if possible.