



# ROCKLIN REBELS USA SOFTBALL A 2024 OPERATIONAL RULES AND POLICIES





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## About this Manual

### Version History

|                 |                           |
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## Formatting in this document

This document uses Styles to ensure consistent formatting.

- Heading 1 used for the title in non-chapter sections (TOC, About, Appendices)
- Chapter Heading used for the title in chapter sections. The heading numbers the Section.





## Section I

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### A. Responsibilities and Conduct

1. An environment for the development of good moral, physical, and mental standards for players shall be maintained. All adults will exemplify these ideals during all league activities.
2. All Board Members, head coaches, managers and team staff are required to pass a background check annually. All team staff is required to pass a background check prior to engaging in participation of practices. Thereafter, subsequent background checks may be requested at the RGFPSL discretion.
3. The RGFPSL, at its discretion, may reject any application based upon information contained in the background report obtained. Equipment and practice fields will not be issued until background check documentation has been received by the RGFPSL for all coaches and managers.
4. All individuals submitting a coach and/or manager application will be interviewed by the Coach/Manager Selection Committee of the RGFPSL.
5. The Committee will present their recommendations for coaches and managers to the RGFPSL for approval at the regularly scheduled board meeting.
6. Businesses will be allowed to advertise on team pennants and banners, with the exception of anything that may be detrimental to the players, the team, the Rebels, RGFPSL or USAS.
7. Managers will immediately inform the RGFPSL Secretary of any injuries incurred during games, practices or team functions. The manager will submit a completed Injury Report found in the documents section of Team Sideline and enter the time and date of the injury.
8. Managers will inform the USAS A Program Coordinator within 48 hours of any player dropping from a team or who is suspended by a Rebels staff member, RGFPSL or Umpire for improper conduct.
9. The use of vulgar language, alcohol, drugs or any tobacco product or any misconduct on the playing field or dugout area during practices, games and/or tournaments is forbidden.
10. Any infraction will be reviewed by the RGFPSL board. Any persons found in violation may be suspended or expelled from the Rebels program as well as the league based on the decision of the Board.
11. Persons who fail to comply with all rules and regulations set forth by the Rebels program as well as RGFPSL or who falsify any records or applications are subject to disciplinary action. Every effort will be made so that such action will not be at the expense of the players.
12. It is the responsibility of MANAGERS and COACHES to inform all players and parents of the rules.
13. Any violation of rules must be reported to the USAS A Rep in writing and an incident report may be required.

### B. Eligibility of Girls

1. Any girl from age 8 through 18, is eligible to play under the rules of the Rebels program if she fulfills requirements prescribed by USAS.





- a. The player must play at or above their minimum age division. Division eligibility is determined by age on January 1st of the year in which the player will compete in official games.
- b. Age falsification is grounds for immediate suspension for up to the entire year of eligibility.

### C. Player Selection

1. Players will be selected by Try Out. Tryouts will be held in November and August for each upcoming season. Players will be selected for a team for one season. At the completion of a season each team will hold a try out.
2. Players will be selected based on skill and ability to contribute to the team. Players are selected by the coaching staff of the team.
3. 10U & 12U Rebels will have no more than 13 on their roster. 14U Rebels will have no more than 14 players. 16U and 18U will be per board discretion.
4. Proof of residency will be required for any Rocklin player who has not previously played in RGFPSL. Proof can be valid driver's license, Utility Bill or School Enrollment.
5. Player vacancies occurring mid-season will be filled by Work Out. Any player added to a team that is currently playing on a Rocklin spring team will fulfill all spring team commitments such as practice and games.
6. Fall and Summer Tryouts will be advertised on RGFPSL's Team Sideline site as well as the Rebels' Team Sideline site.
7. No more than 3 players in the 10U and 12U, 4 players in the 14U or 5 players 16U, 18U may be Non-Rocklin Residents
  - a. Rocklin Resident Players are:
    - i. Current Residents in the 95765 or 95677 zip codes
    - ii. Current enrollees in Rocklin Schools
    - iii. Past Rocklin Residents who have not played outside of RGFPSL teams.
      1. Any break in the continuous registration with RGFPSL teams will disqualify a player that does not meet 7a.
8. If a team loses Rocklin players through no fault of their own, a coach may request this number to be increased per board discretion after all internal league resources have been exhausted.
9. All original team rosters as well as any roster additions will go to the board for eligibility approval.
10. The board will vote when a new Rebels team is formed based on the recommendation of the Rebels/ThunderCats/All Stars Committee.
  - a. The determination of a new Rebels team will be based on the talent and success of the ThunderCats team in that division.
11. A Rebels team will not be formed if there is not enough talent and numbers to support a new ThunderCats team.
12. The 10U division will field no more than one team. The 12U division may field up to two teams.
13. 14U, 16U and 18U will field teams based on interest, talent and qualified coaches.
  - a. Guest players are permitted to play with the Rebels on a temporary basis to fill a roster need.





14. The Rebels Head Coach must ensure the player is insured and in good standing with the tournament host.
15. The Rebels Head Coach must be prepared to provide the source of truth for each guest player's insurance coverage and tournament eligibility for each instance.
  - a. A guest or pick up player must be reported to USAS A Representative before the tournament.
  - b. A guest or pick up player may not participate in more than 3 tournaments in a season. After the 3rd tournament the player is now considered a rostered Rebel player. Players must be approved by the board, added to the USAS official team roster, and pay league and team fees.
  - c. ThunderCats and RGFPSL rec players cannot participate in any way with the Rebels program during their active seasons.





## Section II: Season of Play

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### A. Scheduling

1. The Rebels will be assigned/draft a practice time and location through RGFPSL.
  - a. RGFPSL assigns practice times (starting time and length of time) and field resources for all RGFPSL teams.
    - i. These times and resources are distributed equally and in a fair manner across all teams.
    - ii. No team has priority over another regarding practice times or field resources.
2. Tournaments and practice will be determined by the individual Rebels teams and once approved placed on the program calendar.
3. Spring/Summer teams are formed and approved by the Board in December. Fall/Winter teams will be formed in August and approved by the board in August.
4. Rebels will not participate in December tournaments unless approved by the RGFPSL Board.

### B. Team Uniforms and Equipment

1. Players in the Rebels program will wear approved team uniforms.
  - a. All Rebels jerseys are property of the team(s) and RGFPSL. Equipment/Uniforms can be purchased through fundraising or team fees.
  - b. Upon leaving team all uniforms must be returned to team
  - c. Dissolution of team all uniforms must be returned to RGFPSL.
2. No player will be permitted to play out of uniform. No alterations of uniforms. Uniforms will be always tucked in.
3. RGFPSL will provide 2 cases of age-appropriate balls per season (4 cases per year).
4. Batting helmets, catchers gear, tees, balls will be purchased by the Rebels team.
  - a. Batting helmets, catchers gear, tees, balls will be purchased by the Rebels team.
  - b. Any equipment purchased by the staff's personal funds is the property of the staff and does not need to be returned excluding uniforms.
  - c. The color of the Rebels will be royal blue and maroon, black, white and gray.

### C. Safety

1. Any player under a doctor's care must have a doctor's release before she can resume playing for the Rebels.
2. All injuries that occur during practices, games or other team functions must be reported to the RGFPSL Secretary by filling out an injury report within (48) hours.







3. Catchers or any other player, must wear all catchers equipment (headgear, chest protector and shin guards) when warming up pitchers. Any and all equipment (helmets, bats, catchers gear, etc.) must be USAS compliant.
  - a. All helmets must be equipped with a cage.
4. Batting helmets must not be removed from a batter's head while on the playing field.
5. A background checked female over the age of 18 will be present at all team functions.
6. When the temperature reaches over 100 degrees and/or the Air Quality Index (AQI) reaches 101-150, coaches should consider limited outdoor activity.
  - a. If the AQI is over 100, any players considered to be in the sensitive group should leave the field and go indoors. If the AQI is at 151 and above, all outdoor activities will be cancelled or postponed. Players should go indoors.
  - b. If the National Weather Service Heat Index, which is based humidity and temperature, reaches the "danger" level based on the matrix provided on the NWS site: [www.weather.gov/safety/heat-index](http://www.weather.gov/safety/heat-index) All activities will be cancelled or postponed.
7. Only USA Softball insured team staff are authorized to be in the dugout during games and practices.





## Section III: Adult, Manager, Coach, Assistant Coach Responsibilities

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### A. Manager

1. The Manager must be at least 18 years old.
  - a. The Manager must be in good standing with USAS, RGFPST/Rebels program and must adhere to Rebels/RGFPST mission statement. (Includes incident reports, complaints, survey responses, etc.).
2. The selection of a Manager will be made by the Head Coach.
3. A Manager that applies for selection will need to demonstrate knowledge of coaching/managing by providing a resume, organization plan and references. The Manager will need to complete all mandated training required by RGFPST and the Rebels.
4. Each manager will have a team parent meeting at the beginning of the season to explain team expectations such as safety, discipline, playing time, team activities, team expenses, travel plans, fundraising, and commitment and team goals.
5. Manager Responsibilities:
  - a. Enforces the league Bylaws/Operating Rules and Policies and forbids the use of vulgar language, liquor or tobacco on the playing or practice fields.
  - b. Allows only team personnel wearing a current assigned USAS/ RGFPST approved badge and players at practice, on the team bench and/or in the dugout.
6. The Manager will be given access via the league web site to the Medical Form In Case Of Injury forms for all his/her players and must have copies of these forms in their possession at all practices and games. These forms are needed should a player require medical aid.
7. The manager shall ensure that Parent/Spectator Code of Conduct forms are completed, signed, collected and enforced for each player.

### B. Head Coach

1. The Head Coach must be at least 18 years old.
2. The Head Coach must be in good standing with USAS, RGFPST/Rebels program and must adhere to RGFPST/Rebels mission statement. (Includes incident reports, complaints, survey responses, etc.).
3. The Head Coach will be recommended by an application and interview process conducted by the Rebels/ThunderCats/All-Star Committee
  - a. If a Head Coach was selected by the interview committee a Manager and assistant coaches will be selected by the Head Coach, the interview committee could opt to interview the manager assistant coaches.
  - b. All staff will be submitted to the Board for final approval.
4. The Head Coach will need to be able to demonstrate knowledge of coaching by providing a practice plan, resume or references if requested.
  - a. The Head Coach will need to document past experience.





- b. The Head Coach will need to complete all coach training mandated by RGFPSL and the Rebels.
5. Any equipment issued by RGFPSL must be returned within 2 weeks of dissolution of the team.
6. Rebels coaches will undergo review with the Rebels/ThunderCats/All Star Committee every 2 years for the success of the program.

### C. Team Staff

1. Team staff will be at least 18 years of age. Will be selected by Head Coach/Manager and submitted to the board for approval.
  - a. All selected staff will be in good standing with USAS, RGFPSL and Rebels and will adhere to league mission statement (includes incident reports, Complaints, survey results responses, etc.).
  - b. All team staff must obtain an RGFPSL USAS Softball approved badge.
  - c. The league will pay for up to 3 coaching staff and 2 managers, insurance and background checks.
    - i. Any additional staff will be required to pay any costs associated with insurance and background checks.
2. The Head Coach, Manager and Staff will work together to:
  - a. Teach the players softball fundamentals, teamwork, courtesy, integrity, discipline and sportsmanship. Work together to prepare the team lineup, positions and strategy.
  - b. Know the rules.
  - c. Be impartial, patient, and give constructive criticism and advice to all team players.
  - d. Promote safety and instill good sportsmanship and respect. Will always conduct himself or herself with professional and sportsmanlike conduct.
  - e. A minimum of one coach or manager per team will maintain current ACE/PCA Certification. RGFPSL will reimburse the fee of one Coach/Manager for the ACE/PCA certification fee upon receipt of the ACE/PCA certificate which must be submitted to the Executive Board Treasurer

### D. Spectators

Spectators such as parents, grandparents, aunts, uncles, cousins, player's siblings and family friends must support USAS, Rebels, RGFPSL, players, umpires, teams, coaches, managers and adhere to the Code of Conduct. Disciplinary action required for violation of Code of Conduct is outlined in the Parent/Spectator Code of Conduct.

### E. Parent/Spectator Code of Conduct

1. Each parent/guardian is required to sign the Parent/Spectator Code of Conduct and to abide by the code during all team functions. Each parent/guardian is responsible for any family/guests behavior during all team functions.
2. In the event of a Code of Conduct violation where the Head Coach/Manager is requesting a suspension or removal of a player and/or family/spectator, the Head Coach/Manager must





notify by Incident Report, the RGFPSL President, Post-Season Coordinator, and the Player Agent by day's end.

- a. The RGFPSL will review the Incident Report and give an initial response within 48 hours.





## Section IV: Expenses, Fundraising, Registration & Refunds

### A. Team Expenses/Fundraising

1. A Rebels team will provide a budget and account of team expenses each season to the USAS A rep for approval by the board.
  - a. Budgets must be submitted to the USAS A rep for review by the budget committee and approval by the Board in January for the spring/summer season and September for the fall/winter season.
2. Rebels team finances will be handled by each individual team and available upon request by any member of the public.
3. All team funds must be used for the benefit of the whole team. A signed contract of approved spending will be signed by any fiduciary responsible members of the team staff.
4. Team receipts must be submitted to the RGFPSL treasurer by the 20th of each month with the President and USAS A rep copied.
5. Receipts must be accompanied by a properly completed expense report (See Appendix TBD) with the President and USAS A rep copied.
  - a. All expense reports will be subject to approval by the league Treasurer, President, Vice President, or Account Specialist and must be an approved budgeted expense.
6. Failure to turn in receipts and expense reports on time will be reviewed by the RGFPSL Executive Board for immediate suspension of team accounts.
7. Overdraft of team account will be reviewed by the RGFPSL Executive Board for immediate suspension of team account.
8. If a Team Account is suspended on more than (3) occasions for any reason, the RGFPSL Executive Board will take control of the account.
9. Once a budget is approved, a player fee and payment schedule will be determined and approved. All players' families must remain current with player's fees or take the risk of incurring a late fee or being removed from playing.
10. All Rebels players will register with RGFPSL and participate in any required RGFPSL fundraising or league approved buy-out options.
11. Rebels' teams can participate in team fundraising or gather donations from sponsors. All sponsorships and fundraisers must be approved by the league or RGFPSL sponsor coordinator. Rebel's teams must keep the league informed of sponsors and any special request of that sponsor.
12. Spending monies raised through fundraising efforts must meet the 501c (3) requirements. Unlike team fees paid by parents at the onset of the season, funds generated from sponsorships and fundraising events are to be used exclusively for the benefit of players (i.e. tournament fees, tournament expenses, costumes, pins, pizza party, etc.). Any misappropriation of funds is considered a violation of 501c (3) laws and





the coach code of conduct. Reimbursement of hotel expenses to families that travel for tournament play is allowed. However, reimbursement of meals can only be made for the team players. Any questions on appropriate spending of monies from fundraising should be brought to the RGFPSL Treasurer, or President.

13. Fundraising, including sponsorships, cannot conflict with the RGFPSL general account.
14. A Rebels' team must clearly outline any Fundraising plans in writing to the Rebels' families-prior to the beginning of the season. An account of all fundraising activities must be available upon request. A Fundraising plan must include:
  - a. Amount of funds and/or Fundraising activities are needed.
  - b. Intention for money raised: whether to reduce individual player fees or the purpose of purchasing equipment for the team.
  - c. If there are additional monies left over at the end of the season, refer to Section V: Registration/Player Refunds.
15. Rebels' teams are responsible for paying for all fees for tournaments, equipment and uniforms, travel expenses, team functions and activities. Team fees are paid by the individual team from the player fees collected and/or team fundraising activities.
16. Any parent or staff reimbursements will be made by the RGFPSL Treasurer or President within 7 days of valid receipt.
17. The Rebels player will be required to fulfill any work shifts determined by the RGFPSL or the Rebels team. Any profits will be evenly divided amongst teams.
18. A Rebels' team or teams can be selected to "run" a tournament for GSSA, RGFPSL, or other approved organization. If a Rebels' team runs such an event, all costs for the event will be covered by the Rebels' team. All profits will be kept by the individual team or divided amongst the Rebels teams running the event.
  - a. Any fees incurred by the event to RGFPSL will be deducted from the profits of the event.
19. The RGFPSL registration fees will cover the use of fields, lights, RGFPSL provided team picture, field prep supplies/equipment, insurance, coach/manager background checks, and any RGFPSL required certification.
20. If a family fails to or is late with their financial and/or volunteer obligations the player will not be allowed to participate in any team practice, game or functions until the family has fulfilled their obligation or has a Board approved extension. A player can be removed permanently from a team for failure to pay/volunteer.





## Section V: Registration/Player Refunds

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1. Any player requesting a refund of RGFPSL registration fees must fill in a "Refund Request Form." The request must be submitted to, and voted on, by the RGFPSL.
  - a. Any request for a refund of RGFPSL fees will be denied after February 1st or if the team has participated in any organized activity such as a round robin or tournament.
  - b. A \$25.00 processing fee may apply. Refer to league policy of registration refunds.
2. Any player requesting a refund of players fees (all or partial) must put a request in writing and submit it to the team. Players fees are monies collected by team fees to cover team expenses such as tournaments, equipment, uniforms, travel, insurance, etc.
  - a. Refunds are rarely granted and will only be considered once all equipment is returned.
3. There will be no refunds of fundraising/sponsorship monies raised by team or individual as it belongs to RGFPSL.
4. At the dissolution of a Rebels team, funds will either be distributed amongst the remaining players in the league or returned to families via a refund request process.
5. All equipment must be returned before any league or team refunds are considered or issued.





## Section VI: Organizational Structure

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1. The Rebels program is under the direction and oversight of the RGFPSL. The use of fields, equipment, snack bar, and funding is subject to operational rules and approval of the RGFPSL board of directors.
2. Coaches are responsible to ensure that all players meet the requirements outlined in section I of this document.
3. Coaches and managers are responsible to ensure that all staff working directly with players and present in the dugouts have met the registration and background check requirements.
4. The RGFPSL recreation and select teams feed players to the Rebels teams. For this reason, it is understood that players may guest play on a Rebels team. Any current select (Thundercat) player that guest plays on a Rebels team, will be disqualified from competing in future select games.







## APPENDIX Reference Documents

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Parent\_Spectator\_Cod

