

2025 RGFPSL Operating Rules



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Version History

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Revision 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

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 meet USA Softball clearance requirements annually.
 - a. All team staff are required to pass a background check, this includes requirements mandated by the RGFPSL or its governing bodies prior to engaging in participation in practices. Thereafter, subsequent background checks may be requested at the Board's discretion.
 - b. The Board, at its discretion, may reject any application based upon information contained in the background report obtained.
 - c. Uniforms will not be issued until background check documentation has been received by the league Registrar for both coach and manager.
3. All individuals submitting a coach and/or manager application may be interviewed by the Coach/Manager Interview Committee. The Committee will present their recommendations for coaches and managers to the Board for approval at the regularly scheduled board meeting.
4. Businesses will be allowed to advertise on team shirts, pennants and banners, except for anything that may be detrimental to the players, the Rocklin Girls Fast Pitch Softball League (RGFPSL) or the Northern California Girls Softball Association (NorCal), upon Board approval by majority vote.



- a. A sponsor with player(s) on a team may be that team's sponsor.
5. Managers will inform the Board Secretary and the Division Rep at the first available opportunity of any injuries incurred during games, practices or league functions.
 - a. The manager will submit a completed Injury Report form and enter the time and date of the injury in the scorebook if it occurs during a game.
6. Managers will inform the Player Agent and division rep within 48 hours of any player dropping from a team or who is suspended by a Board Member or Umpire for improper conduct.
7. 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. Any infraction will be reviewed by the Board or Executive Committee. Any persons found to be in violation may be suspended or expelled from the league based on the decision of the Board or Executive Committee.
8. Persons who fail to comply with all rules and regulations set forth by the League or who falsify any records or applications are subject to disciplinary action. Every effort will be made to ensure that such action will not be at the expense of the players.
9. It is the responsibility of managers and coaches to inform all players and parents of the rules.

B. Eligibility of Girls

1. Any girl from age 4 through 17 is eligible to play under the rules of the league, as long as she fulfills requirements prescribed by the League and NorCal guidelines, and zip code boundaries (95765 and 95677) or attend a Rocklin School with the exceptions of players who have been grandfathered into the League and by an exception granted by NorCal.
2. The division a player will play in is determined by their age as of September 1 of the registration year.
 - a. Age is determined by the birth date provided at the time of registration.
 - b. The League reserves the right to require presentation of acceptable proof of birth date.
 - c. Any exception must be approved by the Board.
3. Girls 4 through 5 years of age are eligible for the TBall division.
4. Girls 5 through 6 years of age are eligible for the (6U) division.
5. Girls 7 through 8 years of age are eligible for the 8 & Under (8U) division.
6. Girls 9 through 10 years of age are eligible for the 10 & Under (10U) division.
7. Girls 11 through 12 years of age are eligible for the 12 & Under (12U) division.
8. Girls 13 through 14 years of age are eligible for the 14 & Under (14U) division.
9. Girls 15 through 16 years of age are eligible for the 16 & Under (16U) division.
10. Players with a minimum of one-year prior RGFPSL experience may play-up in the next division with Board approval.
 - a. Parents must complete and submit a 'Play Up' form found on the league website to have their daughter considered for approval to play up in the next division.
 - b. The request must include a written recommendation from the player's prior coach/assistant coach/manager/board member.



- c. If the requested age bracket does not have enough coaching/team space, the request will not be approved until & unless all current players are placed on teams or if the requested player's parent(s) agree to coach/manage a team.

C. Team Formation

1. Participants will be selected for a team each year. Sisters of the same age group will be kept together unless a parent or guardian submits a written request for separate teams.
 - a. The request must be sent to the Player Agent at least 1 week prior to the draft.
2. In the 8U - 14U/16U, a Coach/Manager/Assistant Coach may combine before the blind draft if there are no more than 1 player ranked above the median for pitching or catching categories.
 - a. ThunderCats coaching staff members may not pair up prior to the draft.
 - b. Ranked players will be determined at the player evaluations and previous years stats via Game Changer by the board
 - c. Players that do not attend evaluations will be placed on teams in the serpentine order at the end of the draft by blind draw.
3. In the 6U and TBall division, the Player Agent and Division Representatives will place players on teams. No draft will take place.
 - a. Every effort will be made to honor teammate requests.
 - b. Requests are not guaranteed.
4. Players wishing to pitch must be registered prior to the close of registration and attend evaluations.
 - a. If a player registers after the close of registration or does not attend evaluations, they will not be eligible to pitch that season unless approved by the Board.
5. Players in 8U-14/16U will be evaluated by coaches for draft purposes.
 - a. The draft will be a closed-door process only allowing President, VP, Player Agent, Secretary, and Division Rep.
 - b. Each team will have a head coach and manager present. An assistant coach may be present only if the Head Coach is not available. An assistant coach may not take the place of the female manager.
 - c. The draft will be a serpentine process.
 - d. The draft order will be as follows.
 - e. Head Coach, Manager, and Assistant Coach's players will be assigned to the team at the beginning of the draft.
 - f. Teams with a pitcher or catcher already assigned to the team will be skipped for that round.
 - g. When a team does not have a preselected assistant coach or manager, or if any of these positions (coach, assistant coach, or manager) do not have a daughter on the team, the team may select an additional player starting in the 6th round. Additional players may continue to be selected in each subsequent round until the team has caught up in player count. **This results in back to back picks for teams during these rounds.**
 - h. See #9 for full player draft order.
6. The Board reserves the right to handle a sponsor conflict during the draft process.
7. In the event all registered players cannot be drafted onto teams, priority will be given to current and prior RGFPSL players, based on registration date.



8. The lowest number will choose first in the draft of players.
 - a. Uniforms and team names will be picked by returning Head Coach/Manager to the division by draft number 1st and continue until no returning Head Coach/Manager remains. Then the remaining Head Coach/Manager will choose with the lowest number choosing 1st and continue until complete.
 - b. Head Coach in multiple divisions will be allowed to choose their practice times in both divisions first. This does not include manager or assistant coaches. Remaining practices will be picked in reverse draft order using a serpentine process until all teams have 2 practices. Requests for additional practices may be submitted to the scheduler on a first come first served basis after draft night.
 - c. The scheduler will try to accommodate assistant coaches and managers volunteering with multiple teams post draft.
8. The maximum number of players per team will differ per division.
 - a. TBall teams are not to exceed 8 players.
 - b. 6U teams are not to exceed 10 players.
 - c. 8U through 14/16U teams are not to exceed 13 players.
 - d. Any circumstances where a team will exceed the number of players allowed will be approved by the board.

9. Draft Order

8U	10U	12U	14/16U
Ranked Pitcher	Ranked Pitcher	Ranked Pitcher	Ranked Pitcher
Ranked Catcher	Ranked Catcher	Ranked Catcher	Ranked Catcher
Returning 8U All Stars	10U Select	12U Select	14U Select
Open Draft	Returning 10U All Stars	Returning 12U All Stars	Returning 14/16U All Stars
Open Draft	Open Draft	Open Draft	High School Players
Catch Up Round/Open	Catch Up Round/Open	Catch Up Round/Open	Catch Up Round/Open

Section II: Regular Season Play

A. Scheduling

1. Schedules will be established according to the rules and regulations of NorCal and will include the following requirements:
 - a. Practices will begin no earlier than one month prior to Opening Day.
 - b. Each team will have an equal number of home games, when possible.



- c. Regular season games will start in March or no later than the first week of April, weather permitting and contingent upon approval of NorCal.
 - d. The first game of the day on any given field will start at the scheduled time.
 - e. If a team fails to start play after the Plate Umpire calls “play ball”, that team will forfeit the game.
 - f. If a team fails to have the minimal number of players required to start a game, when the Plate Umpire requests lineups, that team will forfeit the game.
2. Teams are allowed to borrow players (See Section III: Ground Rules for details).
 3. Game Time:
 - a. 10U, 12U, 14U/16U games are 7 innings. No new inning may start after 1 hour and 20 minutes.
 - b. 8U games: no new inning may start after 1 hour and 15 minutes.
 - c. Tball & 6U games no new inning may start after 1 hour. Umpires are not in attendance in these divisions.
 - d. The Umpire will notify the Scorekeeper of the start time.
 - i. The Official (Home) Scorekeeper will log the official start time in the official scorebook.
 - ii. The Umpire will be the official timekeeper.
 4. Run Rule:
 - a. See NorCal Girls Softball Association Rule.
 - b. When time expires, if the home team is behind with no ability to tie or win (run limits), the home team will be allowed to complete their at-bat, schedule permitting.

B. Scorebooks – Game Changer app

1. No score will be kept in the 6U & TBall division.
2. Each team must have a scorekeeper identified prior to the start of the game. Lack of providing a scorekeeper will result in a forfeit.
3. Scorebooks are to indicate such things as illnesses, absences, suspensions, injuries, innings pitched by all pitchers and innings caught by all catchers.
4. Before the start of each game, the head coach or manager will submit the original batting lineup to the plate umpire, and copies to the official scorekeeper and the opposing manager, showing the batting order of the girls, including first and last name, jersey number, field positions by number and any injuries or absences.
5. Teams will be responsible for reporting required game statistics in Game Changer.
6. Game Changer accounts will be made by Rocklin Softball
 - a. Rocklin Softball will always be kept as the Admin.
 - b. If Rocklin Softball is removed, the team may forfeit a future game per board or executive board review.
 - c. “Rocklin Softball” will be the Admin (under the Player Agent’s email)
 - d. The players’ names and numbers will NOT be changed; names and numbers MUST match the scorecard (No Nicknames or Initials)



C. Team Uniforms

1. Players will wear the uniforms supplied by the League. Players will supply their own shorts/pants, socks, sliding pants, gloves, and cleats.
2. No player will be permitted to play out of uniform. Any alterations of uniforms by a team can cause forfeiture of a game.
 - a. Uniform shirts must always be tucked in.

D. Safety

1. Players must wear rubber cleats.
 - a. Metal cleats are allowed in 14U and above.
2. Team members must be kept within designated areas during play (i.e., batter's box, team bench or pitcher's warm-up area) where there is no danger of a team member or spectator being hurt.
3. Any player under a doctor's care must have a doctor's release before she can resume playing for the league.
4. All injuries that occur during practices, games or other league functions must be reported to the League Secretary within twenty-four (24) hours.
5. Anyone under the age of 18 must wear all catcher's equipment (headgear, chest protector and shin guards) when warming up pitchers.
6. All equipment (helmets, bats, catchers gear, etc.) must be approved by the Board.
7. Batting helmets must not be removed from a batter's head while on the playing field.
8. Sliding is optional and permissible in all divisions. Managers and Coaches will make this decision. However, per USAS rules, the offensive player must avoid collision. decision. However, per USAS rules, the offensive player must avoid collision.
9. 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 on humidity and temperature, reaches the "danger" level based on the matrix provided on the NWS site: www.weather.gov/safety/heat-index All activities will be cancelled or postponed.
10. Only USAS insured team staff are authorized to be in the dugout or the field of play during games and practices. No more than 5 staff in the dugout at any time.

E. Umpire Duties

1. Qualified umpires will be provided for each 8U, 10U, 12U, 14U and 16U game.
 - a. Umpires will have such power as granted to them under NorCal softball rules and USA Softball.
 - b. Umpires will not be provided for TBall and 6U games.



- c. Umpires need to identify home and visitor scorekeepers prior to the start of each game.
2. Board members, coaches, and managers can umpire so long as they have no vested interest in the game.
3. All umpires must attend the umpire's clinics or be USA certified.
4. An umpire may eject a player, manager, coach, or a parent or spectator from the game when, in their opinion, the individual is intentionally placing himself/herself or someone else in jeopardy, creating a safety hazard, or displaying unsportsmanlike conduct and will be removed from the playing fields and if the ejected person persists to cause disruption, the authorities may be notified.
5. In the absence of an umpire, the League will attempt to pull an umpire from another field. If no umpires are available, a certified representative (as noted in II-E-2) from each team will officiate the game.

F. Playing Fields

1. The baselines and pitching distances for each division's fields will be as follows:

Division	Baseline	Pitching Distance
TBall & 6U	60 ft	
8U	60 ft	30 ft
10U	60 ft	35 ft
12U	60 ft	40 ft
14U	60 ft	43 ft
16U	60 ft	43 ft

2. Diamonds will be chalked as described by NorCal rules.
3. The home team is required to prepare the field and the visiting team is required to take down the field.

G. Equipment

Ball size and type

- TBall & 6U Division – 10" RIF
- 8U Division – 10" RIF Level 1
- 10U Division – 11" Dream Seam
- 12U, 14U and 16U Divisions – 12" Dream Seam



Section III: Ground Rules 8U – 14/16U

A. Playing Rules

1. Please refer first NORTHERN CALIFORNIA GIRLS SOFTBALL ASSOCIATION RULES OF PLAY
<https://www.norcalsoftball.org/downloads>, second to USA Softball for all rules and regulations with the exception of:
2. Minimum Play: All eligible players will play in any given game.
 - a. 8U & 10U: A player may not sit for more than 1-Inning before all players have sat out across games.
 - b. 12U & 14/16U: A player may not sit for more than 2-Innings before all players have sat out across games.

B. Sportsmanship

1. Noise meant to rattle the pitcher, batter or any other player is not allowed.
2. Defensive players may not say SWING at the batter.
3. Only positive cheering is allowed by the teams and fans.
 - a. Umpires will act against offenders.
4. Coaches/Managers are not allowed to participate in cheering while on the playing field.
5. Use of air horns, bells or other devices deemed to create an audible distraction is prohibited.
6. All staff, volunteers, board members, and spectators are expected to follow the RGFPSL Parent/Spectator Code of Conduct. Failure to do so may result in disciplinary action by the board of directors. Please refer to 'Disciplinary Action' in the league bylaws for details.

C. Staff

1. All team staff participating in the game must be wearing their current assigned RGFPSL/USA Softball approved badge.

D. Disciplinary Action

1. Any coach, manager or team staff found to be in violation of these ground rules may be subject to disciplinary action by the board or directors.
 - a. Please refer to 'Disciplinary Action' in the league bylaws for details.

NOTE: Please refer first to NorCal and second to USA Softball for all rules and regulations not covered by League rules.



Section IV: TBall/6U Division

The TBall division provides an opportunity for girls 4 to 5 years of age to learn the fundamentals of softball in a fun and relaxing atmosphere. All girls play in every game, regardless of ability, and all girls remain in the batting order throughout the entire game. The League will provide participation trophies for all teams in the division.

The 6U Division is designed for players with at least one season of experience, ages 5 to 6 years of age. 6U provides an opportunity to continue to learn the fundamentals of softball while preparing for the 8U Division. 1 practice a week; 1 game on Saturdays.

A. Ball In Play

1. Any batted ball must travel a minimum of 15 feet and be a fair ball to be considered in the fair territory area and “in play”.
 - a. All such balls remain in play until play is stopped as indicated in the Dead Ball Rule.
2. Outfield Hit: Any ball hit past the baseline is considered an outfield hit.
 - a. Runners may advance at will on an outfield hit.
 - b. Once a ball hit to the outfield is thrown in by an outfielder and reaches the infield, the infield-hit rule applies. It is up to the base coaches to hold runners under this rule.
 - c. Any thrown ball from the outfield that goes out of bounds is a dead ball situation and base runners will be entitled to advance one base past the last base safely reached.
3. Infield Hit: Any batted ball that is stopped or caught in front of the baseline is considered to have been hit to the infield unless an outfielder fields it.
 - a. Each base runner may only advance one base for any ball hit to the infield, regardless of whether there is an overthrow.
 - b. After a play or attempted play by an infielder on a ball hit to the infield, the ball becomes dead.
 - c. Any batter/base runner not removed from a base on the play may advance no more than one base. The base runners are at risk in attempting to advance past this base. It is up to the base coaches to hold runners under this rule.

B. Base Running

1. On coach-pitched (or player-pitched) balls, runners may leave the base when the ball leaves the pitchers hand at the risk of being put out.
2. On a ball hit from the tee base runners must remain in contact with their base until the ball is hit.

C. Coaching

1. A maximum of two defensive coaches may be on the field of play at one time.
 - a. These coaches are required to be in the outfield and may not enter the infield during live play.
2. One offensive coach will be positioned in the first and third base coaching boxes.



- a. These coaches may not touch players during live play.
 - b. They also will be responsible for umpiring the bases.
3. Any batted or thrown ball that strikes the 'pitching' coach is an immediate dead ball. The batter will take first base. Runners will advance to the next base.
 - a. Coaches can move to a distance that will result in the highest percentage of strikes within the circle.

D. Coaching

1. A maximum of two defensive coaches may be on the field of play at one time.
 - a. These coaches are required to be in the outfield and may not enter the infield during live play.
2. One offensive coach will be positioned in the third base coaching box, another in the first base box.
 - a. These coaches may not touch players during live play.
 - b. They also will be responsible for umpiring the bases.
3. Any batted or thrown ball that strikes the 'pitching' coach is an immediate dead ball. The batter will take first base. Runners will advance to the next base.
 - a. Coaches can move to a distance that will result in the highest percentage of strikes within the circle.

E. Equipment

1. Teams participating in the TBall/ 6U programs will utilize a 10-inch safety ball provided by the League.
2. Only those bats provided or approved by the USAS may be used in an official league game.
3. Damaged, severely worn or cracked bats are strictly prohibited.

F. Safety

1. All children must wear batting helmets with face guard when they pick up a bat in preparation for and during hitting or swinging practice. All players in the vicinity of batting practice must wear batting helmets.
2. Catchers must always wear approved gear when warming up a pitcher.
3. Managers must supply basic first aid supplies during practices, including ice packs.
4. Parents are strictly forbidden from leaving their child at the park or field. A parent must be always present during team events for 6u and Tee Ball players.
5. Siblings not registered with USA Softball are to stay off the field of play and stay out of the dugout during practice and games.
6. Hitting bats on trees, fence poles or anything other than softballs is prohibited.



G. Field Specifications

1. The base distance for the TBall/6U programs shall be 60 feet.
2. The distance for the pitching plate shall be 30 feet.
 - a. These rules may be waived to conform to the conditions of the field or area available. However, distances cannot be shortened by more than 5 feet.

I. Game Time Limits

1. The official TBall/6U game shall not start a new inning after 1 hour.

J. Infield Fly Rule

1. The infield fly rule will not be utilized in the TBall/6U programs.

K. Scoring

1. No scores or standings will be kept in the TBall/6U programs. This is a developmental League that should stress the instruction of softball skills and promote sportsmanship.

L. Team Composition

1. The goal for the league is to have a maximum of (6U) 10 players TBall 8 players on each team's roster, unless approved by the Board. This promotes more play and touches per player.
2. All players will play on the field every inning.
 - a. These players shall be positioned as follows until the ball is hit and put into play. Catcher, behind home base; pitcher, one foot in contact with the pitching rubber; four infielders, in front of the outfield line; outfielders, behind the outfield line.

The League will attempt to form the TBall/6U programs. If there are not enough registered players/coaches, all 4, 5 and 6U players will be placed on a team and will play 6U rules.

Section VI: Adult Responsibility

A. Team Staff

1. Team staff will be at least 18 years of age.



2. All teams must have at minimum one (1) adult female staff member who must be in close proximity to/near players for all team practices, offsite events, in the dugout during games.
3. Will be in good standing with the RGFPSL, GSSA, and USA and adhere to league mission statements (includes incident reports, complaints, survey results responses, etc.)
4. Will help teach the players softball fundamentals, teamwork, courtesy, integrity, discipline, and sportsmanship.
5. Work together with the manager and coach to prepare the team lineup, positions, and strategy.
6. Know the rules.
7. Be fair, impartial, patient, and give constructive criticism and advice to all team players. All players are to be invited/included in all practices.
8. Promote safety and instill good sportsmanship and respect. Will always conduct him/herself with professional and sportsmanlike conduct.
9. RGFPSL will allow a Junior Coach(s) to be a part of the staff per Board approval. The Junior Coach will need to be at least 15 years old and insured by USA Softball.
10. Staff members will assist in teaching the players softball fundamentals, teamwork, courtesy, integrity, discipline and sportsmanship.
11. Staff members will work together with the team manager and head coach for lineup positions and strategy.
12. Staff members will promote safety and instill good sportsmanship and respect. They will lead by example by conducting him/herself with professional and sportsmanlike conduct.
13. Staff members are to be prompt to team practices, games, events, and meetings.

B. Manager

1. Team managers will be at least 18 years of age. Teams shall have an adult female as a Manager or Head Coach. If, for any reason, the female Manager/Head Coach is not present at any softball function, a substitute female chaperon over the age of 18 years must be present and in the dugout.
2. Will be in good standing with the RGFPSL, the Greater Sacramento Softball Association (GSSA), USA Softball (USA) and adheres to league mission statement (Includes incident reports, complaints, survey responses, etc.)
3. Each manager should have a team parent meeting at the beginning of the season to explain safety, discipline, substitutions, league activities and their own goals.
 - a. Enforces the league Bylaws/Operating Rules, Policies and Code of Conduct 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 RGFPSL approved badge and players on the team bench and/or in the dugout.
4. The Manager will be given access via the league web site to 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 need medical aid.
5. The Manager will ensure the substitution rule is followed.



6. The Manager shall ensure that Parent/Spectator Code of Conduct forms are completed for each player and shall keep forms in their possession throughout the season.
7. Team Organization
 - a. Obtain scorekeeper(s) and an adult female chaperone to be present any time the female coach/manager is not present.
 - b. Understand your team players and your responsibilities.
 - c. Select a team captain if you desire. Be fair, assign duties for safety, cleanup, etc.
 - d. Establishing good sportsmanship, whether winning or losing, sets a good example.
 - e. Keep bats, balls, and other equipment away from the playing area.
 - f. Know the rules of the game and know ground rules.
 - g. Be prompt to games, practices, and meetings. Promote parent participation, promote your sponsor, and arrange for the team banner to be made or purchased.
 - h. Work with the team coach and assistants on lineup, positions, and strategy.
 - i. Prepare lineup properly and have ready for scorekeepers and umpires before game time.

C. Coach

1. Team coaches will be at least 18 years of age.
2. Will be in good standing with the RGFPSL, GSSA, and USA and adhere to the league mission statement (Includes incident reports, complaints, survey responses, etc.)
3. Will help teach the players softball fundamentals, teamwork, courtesy, integrity, discipline, and sportsmanship.
4. Work together with the manager and assistant coaches to prepare the team lineup, positions, and strategy.
5. Know the rules.
6. Be fair, impartial, patient, and give constructive criticism and advice to all team players. All players are to be invited/included in all practices.
7. Promote safety and instill good sportsmanship and respect. Will always conduct him/herself with professional and sportsmanlike conduct.
8. Will attend team functions, coaching clinics, and League meetings.
9. Will be financially responsible for the return of all equipment issued. All equipment MUST be kept in good condition and returned at the end of the season. If additional equipment or repair of equipment is needed, contact the Equipment Manager.

D. Scorekeeper

1. Will keep accurate records of each game, keeping Game Changer
2. Scorekeepers are encouraged to attend a scorekeeper's clinic.
3. Know lineup and position numbers and keep accurate changes. Spell names correctly, using both first and last names to alleviate any confusion over similar names.
4. Keeps track of balls, strikes, and outs and may assist umpire when asked.
5. Record all illnesses, absences, benching, suspensions, and injuries in the score book.
6. Will sit in the area behind home plate and inform umpire of location.



7. Will refrain from coaching or making 'coaching' comments.
 - a. Make no game related comments or remarks during games other than discussions between scorekeepers and/or umpires.
8. Will follow policies & procedures provided in the Scorekeeper Clinic(s) Refer to Section II, B for additional details regarding scorekeeping.

E. Spectators

1. Spectators shall always conduct themselves in an orderly manner while following all league operational rules and bylaws.
2. Must support the league, players, umpires, teams, coaches, and managers and parents.
3. No spectators will be permitted to observe the game from the scorekeeper area, unless fulfilling the duties of scorekeeper.

F. 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 league functions.
2. Each parent/guardian will also be responsible for any accompanying spectator's conduct.
3. Failure to comply with the Code of Conduct can result in disciplinary action up to and including suspension/dismissal.

G. Social Media Policy

1. Any posting of player(s), team staff member(s), or official(s) of negative, demeaning, or derogatory nature will not be tolerated. This includes photos, videos and/or comments.
2. Those affiliated with RGFPSL who use technology in ways that are contrary to the mission statement of the League, can face disciplinary action up to and including suspension/dismissal.
3. Will abide by social media policy agreed upon at the time of registration.

Section VII: Tournament Play

A. Tournament Play

1. Tournament play will be held at the end of the season for 8U, 10U, 12U, 14U and 16U divisions. Format for the tournament will be double elimination. 3 pool play games seeding into a single elimination tournament.
2. All protests during Tournament Play will be resolved that evening of play by at least 3 impartial board or Executive Committee members, preferably the President, Umpire-In Chief and the Vice President.



- a. Any coach or manager wishing to protest a rule interpretation of a game MUST submit \$100.00 cash at the time of protest.
 - b. If they win the protest, the manager will be refunded the \$100.00.
 - c. If they lose the protest, the manager will forfeit the \$100.00. USAS Rule 11 and the following will apply:
 - i. All protests must be conducted through the Umpire. The time and inning during which the protest occurred must be logged into the home scorebook. The protest must be made prior to the umpire leaving the field of play.
 - ii. Each team will present its case to the board or Executive Committee members separately, beginning with the team that filed the protest.
 - iii. After all presentations are made, the board or Executive Committee members will decide the issue with a closed-door majority vote.
 - d. Awards will be provided to 1st and 2nd place teams from each team in the 8U, 10U, 12U, 14U and 16U division.
 - e. Participation awards will also be awarded to all Tball & 6U.
- 3.Division specific tournament rules will be distributed prior to the tournaments.

Section VIII: All-Stars

A. Eligibility

1. All-Star/ThunderCat eligibility will concur with NorCal Division III, Part D, #3 as follows: "Players selected must have played in one-third of the regular scheduled games to be eligible for tournament teams. If a player incurs an injury or illness on or after the first scheduled game and is unable to play one-third of the scheduled games, she will be eligible for tournament play."
2. All-Star team(s) will be selected from each division and will be determined by the board to have the number of players and staff necessary to field team(s) for the All-Star season.
 - a. All-Star teams may compete at the B or C level per USAS rules.
3. All All-Star Coaches, Assistant Coaches and Managers must meet USAS certification requirements.
4. 6U players are not eligible for All-Stars.

B. Team Information

1. All-Star Managers and Coaches will be interviewed and recommended by a committee established by the Board. Any interested Manager/Head Coach within the division may apply to be selected as the All-Star Manager/Head Coach. At the discretion of the Board, applications may be accepted from those who did not coach in the division in which the selection is being made. The Board reserves the right to select a Manager & Head Coach that will represent the league in the most professional manner. The committee may interview the applicants. One



Head Coach and/or one Manager will be selected by the Committee. Qualifications for selection will be based on, but not limited to, the following criteria:

- a. In good standing with the RGFP SL, GSSA, and USA and adheres to league mission statement (Includes incident reports, complaints, survey responses, etc.)
- b. Recommendation letters
- c. Application
- d. Background and experience both inside and outside the league

The Committee and the Board reserve the right to solicit candidates in the event a minimum number of qualified candidates have not been secured. Any board member individual may not participate in the Committee interview and recommendation process for division(s) in which they have applied to Coach/Manage or the division in which their daughter would participate in either ThunderCats or All-Stars.

2. An All-Star Information will be distributed at the mandatory mid-season Coach and Manager meeting held by USA B Rep. From this point on in the season, and before each game, coaches and managers will identify their players who've expressed interest in being considered for All-Stars. Coaches/Managers can indicate at each pre-game meeting their top recommendations to the opposing coach. Division Reps will provide weekly updates to coaches regarding registered All-Star Candidates.
3. Any interested All-Star participant is required to register and submit an All-Star Registration form and commitment letter on Team Sideline at least 24 hours prior to the All-Star Selection Meeting. An All-Star Selection meeting will occur on or after the last Saturday in April.
 - a. Coaches and Managers must be present at this meeting to vote. If either the coach or manager cannot be present at this meeting, the board must be notified in writing and a substitute from their team staff may be appointed. All All-Star Coach and Manager applicants must be in attendance. Any substitute coach or manager must have attended the All-Star Tryout to be eligible to vote. If a team does not send any representatives to the All-Star Selection Meeting, the USA B/C Coordinator, Player Agent, or Division Representative may represent the unrepresented team with a vote. Parents and players are not allowed to attend the All-Star Selection meeting.
4. Selection will occur utilizing the following format:
 - a. Coaches and Managers present/discuss their All-Star player recommendations.
 - b. The first seven players are selected by the managers and coaches for that division by vote.
 - c. Each coach and manager voted by secret ballot for their top seven players.
 - d. The seven players receiving the highest number of votes are added to the roster.
 - e. Next three players are selected by the managers and coaches by the same process.
 - f. A league board member announces the All-Star Coach and Manager.
 - g. The next two or three players are selected by the All-Star Coach and Manager.
 - h. Coaches and managers vote on the next two or three alternates. If there is more than one All-Star team in a division, alternates will be selected after both All-Star teams have been selected.
 - i. The remaining nominated players become pool players.
 - j. All player selection and ranking must be completed prior to the end of the All-Star Selection meeting.



- k. A complete roster and list of alternate/pool players will be compiled by the Secretary to the Player Agent at the completion of the All-Star Selection meeting.
 - l. Notification to parents of the All-Star Selection will be completed by Division Reps within 48 hours of the All-Star Selection Meeting.
 - i. Notification will also be posted on the home page of Team Sideline within 48 hours.
- 5. Each division's All-Star team(s) will consist of 12 or 13 players on the roster, up to 2 alternates, and any remaining nominees as pool players. If for some reason, a girl from the original roster is unable to complete the season, the board may allow alternates to be brought onto the team to replace the missing player in numerical order. Once an alternate or pool player is brought onto the team, she remains a permanent member of the team. Once the alternates have been exhausted, the coach can pick from the pool of nominated players to complete his/her team. If the pool is exhausted, the coach and manager may choose any other age eligible, legal player from the league. The coach may allow alternates the opportunity to participate in practices with the team. The coach cannot require this. Alternates do not participate in games, are not allowed in dug outs during games, and do not receive a uniform unless they are permanently placed on the roster.
- 6. The All-Star Manager and Coach may choose and agree on at least 2 assistant coaches and one assistant manager.
- 7. After the All-stars are selected, the All-Star manager and coach must make sure all players chosen as All-Stars will be available for practices and games. Coaches shall make commitment qualification determinations. Those players found to not meet commitment qualifications should be replaced by the first alternate. Coaches shall have discussions with only the parent(s) when calling to determine a player's and family's level of commitment first. They may then ask to speak to the player to offer a position on the team.
- 8. Should an All-Star team be awarded a berth to an USA national event, a meeting must occur between the coaching staff, parents, and the USA B/C coordinator to determine feasibility.
- 9. Funding
 - a. All Star player registration will fund the 2 jerseys, visor team photo, 4 coach jerseys, 4 coaches hats/visors, and 4 All-Star tournament team play. Tournaments must be held before the Western B Nationals and Cal State games.
 - b. Pants, socks, belts, helmets, bat bags are not included in the uniforms.
 - c. The RGFPSL will not pay for USA B Western National tournaments or Cal State games.
 - d. Participation is mandatory at the Piece of the Rock tournament USAB rep, manager and coach will determine the remainder of the tournaments for the team.
 - e. Teams that earn a berth to Nationals or Cal State games will hold a meeting with USAB rep, staff and parents to determine if the team will participate
 - f. Funding for Nationals or Cal State games will be done through parent contributions or fundraising efforts.
 - g. Additional funding for the All-Star team will be generated through financial support from parents, sponsors and fundraisers. Any sponsorship and fundraising must be pre-approved by the USA B coordinator and the Sponsor/Fundraising Coordinator.
 - h. All Star team will provide a budget and account of team expenses each season to the USAS B rep for approval by the board.



- i. Budgets must be submitted to the USAS B rep for review by the budget committee and approval by the Board
- j. All Star team finances will be handled by each individual team and available upon request by any member of the public.
- k. 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.
- l. 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.
- m. Team receipts must be submitted to the RGFPSL treasurer by the 20th of each month with the President and USAS A rep copied. Receipts must be accompanied by a properly completed expense report (See Appendix TBD)with the President and USAS A rep copied.
- n. 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.
- o. Failure to turn in receipts and expense reports on time will be reviewed by the RGFPSL Executive Board for immediate suspension of team accounts.
- p. Overdraft of team account-(suggest making this its own item) will be reviewed by the RGFPSL Executive Board for immediate suspension of team account
- q. If a Team Account is suspended on more than (3) occasions for any reason, the RGFPSL Executive Board will take control of the account.
- r. All Star team must clearly outline any Fundraising plans in writing to the All Star families prior to the beginning of the season. An account of all fundraising activities must be available upon request. A Fundraising plan must include:
 - i. Amount of funds and/or Fundraising activities are needed.
 - ii. Intention for money raised: whether to reduce individual player fees or the purpose of purchasing equipment for the team.
 - iii. If there are additional monies left over at the end of the season, refer to Section V: Registration/Player Refunds.
- s. Any parent or staff reimbursements will be made by the RGFPSL Treasurer or President within 7 days of valid receipt.
- t. Any equipment purchased with team funds is property of RGFPSL and must be returned within 2 weeks after the completion of the All Star Season.

Section IX: Select ThunderCats (Early) B Program

Mission Statement:



The ThunderCats (TCats) program is an USA B program designed to offer the recreational players of RGFPSSL an outlet for competitive play. It is the goal of the program to qualify for and finish within the top half of the teams at the USA B Western Nationals tournament.

A. Eligibility and Team Information

1. ThunderCats Select B team is synonymous with a recreational All-Star team. It is not considered a “travel ball” team.
2. The ThunderCat season is January through July each year per board discretion.
3. The Select ThunderCats program will be handled under the RGFPSSL non-profit filing of 501(c).
4. The eligibility of the players will concur with the USA Junior Olympic guidelines unless further limited within the rules of RGFPSSL. Eligible players will meet one of the following:
 - a. Residence is within the RGFPSSL zip code boundaries.
 - b. Attend a Rocklin School and meet the USA age bracket specifications.
 - c. Has been grandfathered into RGFPSSL.
5. The teams shall be known as the Rocklin ThunderCats. The team color will be maroon, silver, black, white, and gray. Changes to team colors, logo or artwork require majority approval of the board of directors.
 - a. When registered for Rec, each player will be issued a recreation uniform.
6. The number of teams in each age bracket will be decided upon by the board based on the GSSA guidelines, level of interest (tryout attendance), competent coaches, and talent level of the players.
7. Uniforms are purchased through team fees.
 - a. All age groups will have the same uniform designed by the USA B Rep (with board approval).
8. All ThunderCats must register through the RGFPSSL and pay current registration fees, for both Spring and Fall Ball, on Team Sideline.
 - a. If the team would like to play outside of Nor Cal Fall Ball the board can approve the team to play other tournaments in the Fall. A fee for league expenses related to equipment, field upkeep, lights, etc. will be determined by the league.
9. Individuals interested in head coaching or managing a ThunderCats team must submit an application by the Fall of the proceeding season. Applicants that are new head coaches will be interviewed by the Rebel/ThunderCat/All-Star Selection Committee.
 - a. The committee will present their recommendations for coaches and/or managers to the Board for approval and coaches/managers will be announced within one week of the board’s decision.
 - b. An individual may not participate in the Committee interview and recommendation process for division(s) in which they have applied to coach/manage or the division in which their daughter would participate in Early B ThunderCats or All-Stars.
 - c. The coach/manager position terms will be from the date of selection through the USAB Western National Tournament.
 - d. All ThunderCats coaching staff must be on the staff of a spring rec team.
10. All players wishing to participate on a ThunderCats team must attend at least one try out.



- a. Prospective players not previously registered with RGFPSL within the last two seasons will need to provide proof of residency prior to scheduled tryouts. Examples include:
 - i. Utility bill
 - ii. School Id
 - iii. Drivers' License
11. At the conclusion of tryouts, the coaches/managers will select their teams and present their rosters, to include all players and staff, to the USAB Rep.
 - a. The USAB rep will verify eligibility of the players and present the rosters to the board and/or executive board for final approval.
 - b. Final approval will be granted or denied no later than 48 hours from the submission of the roster from the coach/manager.
 - c. All tryout participants will be notified by the coach/manager, whether they were selected for the team or not, prior to the official announcement of the team.
12. Replacement players for a ThunderCats team vacancies will be selected by try-out and require board approval.
13. Players requesting to try out for older age bracket must get a board approved "play up" request prior to tryouts.
14. Formation of the team will be made through a panel of coaches.
 - a. The panel will include the TCats coaching staff for the team that is being formed.
 - b. The panel may include volunteers selected by the Board of Directors.
15. The 1st 10 players will be selected by the panel.
16. Individuals interested in head coaching or managing a ThunderCats team must submit an application by the Fall of the proceeding season. Applicants that are new head coaches will be interviewed by the Rebel/ThunderCat/All-Star Selection Committee.
 - a. The committee will present their recommendations for coaches and/or managers to the Board for approval and coaches/managers will be announced within one week of the board's decision.
 - b. An individual may not participate in the Committee interview and recommendation process for division(s) in which they have applied to coach/manage or the division in which their daughter would participate in Early B ThunderCats or All-Stars.
 - c. The coach/manager position terms will be from the date of selection through the USAB Western National Tournament.
 - d. All ThunderCats coaching staff must be on the staff of a spring rec team.
 - i. Any exception can be made per board discretion.
17. All players wishing to participate on a ThunderCats team must attend at least one try out.
 - a. Prospective players not previously registered with RGFPSL within the last two seasons will need to provide proof of residency prior to scheduled tryouts. Examples include:
 - i. Utility bill
 - ii. School ID
 - iii. Drivers' License
18. At the conclusion of tryouts, the coaches/managers will select their teams and present their rosters, to include all players and staff, to the USAB Rep.
 - a. The USAB rep will verify eligibility of the players and present the rosters to the board and/or executive board for final approval.



- b. Final approval will be granted or denied no later than 48 hours from the submission of the roster from the coach/manager.
 - c. All tryout participants will be notified by the coach/manager, whether they were selected for the team or not, prior to the official announcement of the team.
- 19. Replacement players for a ThunderCats team vacancies will be selected by try-out and require board approval.
- 20. Players requesting to try out for older age bracket must get a board approved “play up” request prior to tryouts.
- 21. Formation of the team will be made through a panel of coaches.
 - a. The panel will include the TCats coaching staff for the team that is being formed.
 - b. The panel may include volunteers selected by the Board of Directors.
- 22. The 1st 10 players will be selected by the panel.
- 23. The next 3, or any subsequent players, will be selected by the TCats coaching staff that is being formed.
- 24. The Final Roster will be approved by the Board of Directors.
 - a. Any changes to the roster will be approved by the Board of Directors.
- 25. If the team(s) secures a berth to Nationals, the team is required to participate in the USAB Western Nationals Tournament for their division per board discretion.
 - a. This should be made clear to the player families prior to the season
- 26. All ThunderCats teams will play in the traditional rec program from February – May per Board discretion.
- 27. ThunderCats will practice once a week during the traditional Rec season. The practice day will be determined by the league schedule each year.
- 28. ThunderCats will be able to practice up to 2x pe multiple times per week before and after the traditional rec season.
- 29. Select players must participate in at least 75% of the traditional rec softball season (games & practices)
 - a. If a player does not attend 75% of the season player is to miss 1 tournament from the ThunderCats season at the Board’s discretion
- 30. Players can only play 2 innings in their ‘primary’ position during the traditional rec season.
- 31. Players will NOT wear ThunderCats uniforms or gear to Rec Team activities.

B. Funding

There is a considerable time and monetary commitment for families participating in this program.

- 1. All ThunderCats players must pay designated ThunderCats fees/expenses to participate in a practice or game. The player(s)’ families will be responsible for purchasing uniforms through their team fees.
- 2. Refunds of team fees for players who are removed from the team will not be provided.
- 3. ThunderCats families must meet their fundraising and field/snack bar duties. All fundraising activities and sponsorships must be presented to the RGFPSL Board prior to the fundraising event and sponsorship occurring.



4. ThunderCats Registration fees will cover the GSSA Spring Select Series and 4 USA All Star Tournaments. Team fundraising and fees will cover all expenses associated with the USA Nationals Tournament.
5. Additional funding for the Post Season ThunderCats teams will be generated through financial support from parents, sponsors, and fundraisers. Any sponsorship and fundraising must be pre-approved by the USAB Rep and the Sponsor/Fundraising Coordinator.
6. Funds collected or earned for the Select ThunderCats program will be managed through a separate RGFP SL ThunderCats account.
7. The ThunderCats team(s) are responsible for providing an itemized accounting of their finances at the request of the RGFP SL board or at the request of one of their ThunderCat families. Any item to be reimbursed will need an accompanying receipt. The board reserves the right to request a monthly and/or seasonal profit and loss statement from each team. Funds collected for/by the ThunderCat program are for the exclusive use of the team(s)/players.
8. 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, (i.e. dividing up remaining funds to parents, coach/manager keeping funds, coach using funds for new team, etc.), 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 RGFP SL Treasurer, or President.
9. In the event that funds raised for the team are unable to be spent in accordance with 501c (3) laws at the conclusion of the team's season, the balance of funds will be transferred to a RGFP SL league account. If the player continues to play with ThunderCats or Rebels, a portion of the balance can stay with the player to benefit her new team. This balance is determined by the total balance of funds left over, divided by the number of players on the team at the conclusion of the season.
10. Proceeds earned from fireworks booth sales shall be divided up based on shifts worked by player parents. Proceeds are intended only for use to cover costs for participation in Western B Nationals. If no teams have qualified the coaches can submit a request to the board for these funds to be used for other tournament expenses prior to or up to two weeks after Nationals. After expenses are reimbursed to families the excess funds remain in the account after the season, including Nationals, must roll over to the league, or the team.

C. Team Information

1. Additional documents pertaining to the ThunderCats such as applications, commitment packages, player information and uniform agreements, are available in the "Documents" section of the "Information" tab on the RGFP SL website.
2. Once a girl has been selected on a ThunderCats team she is no longer eligible to play on an All-Star team that calendar year.



3. Guest players for the ThunderCats will be selected by the coach and require board approval. Guest players must be registered to play the spring season for the league.
4. Guest and replacement players' participation in spring recreation games and practices take precedence over any ThunderCats practices/games/tournaments through the conclusion of the spring rec-season.
5. 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 HeadCoach/Manager must notify by Incident Report, the RGFPSL President, Post-Season Coordinator, and the Player Agent by days' end.
 - a. If circumstances do not allow the individual access to the Incident Report, the coach/manager may notify by phone, email or text then follow up with an Incident Report within 48 hours.
 - b. The RGFPSL board will review the Incident Report and give an initial response within 48 hours.
6. The goal of team selection is to pick the best players to facilitate success

See Appendix A for FAQs and Summary information.

Section XI: Fall Ball

A. General Information

1. Teams participating in the NorCal Softball Fall Ball program (Fall Ball) will use the League name, fields, equipment, uniforms, and insurance during the NorCal Fall Ball season. Once the NorCal Fall Ball season has concluded, any teams wishing to continue playing are no longer eligible to use the league fields, insurance, equipment, lights, league issued uniforms, and league name. Teams wishing to play beyond the NorCal Fall Ball season must notify the RGFPSL Board to play beyond the end of the NorCal Fall Ball season. The notification will be noted in the following month's meeting minutes. Responsibilities of the coaches and managers participating in Fall Ball will be the same as those participating in the spring season. The League will not provide trophies, or pictures.
2. Fall Ball registration opens approximately June 1st. Teams are formed in mid-August.
3. Participants are not eligible to participate on a travel softball team during the Fall Ball season.
 - a. They will be placed in the higher division for their age group.
4. Division Representatives will contact the coaches and managers regarding their division and team. Dissemination of NorCal information regarding registration, fees, league play, and tournaments will be the responsibility of the respective board members.
5. When there are sufficient players registered, teams will be formed in the following age divisions: 8U, 10U, 12U, 14U, and 16U. Players will register for the age division they will qualify for based on their age as of January 1 of the current year or opt to play in the player's upcoming year.



Players will be placed onto teams in the following sequential order (during regular registration up to 10 (ten) players.

- a. Coach request
 - b. By enrollment date by request.
 - c. Player/Family request/Registration Date
6. No new player to RGFPSL asking NorCal for an exception can take precedence over a current Rocklin player during regular registration.
 7. Parents may request their child to play with specific teammates and/or coach/manager during the regular registration period. There is no guarantee that requests will be honored.
 8. There is no player draft for Fall Ball. RGFPSL will not assign pitchers, catchers, etc. to the team. The responsibility for filling those positions will fall onto the coaches.
 9. Minimum Play: All eligible players will play in any given game.
 - a. 8U & 10U: A player may not sit for more than 1-Inning before all players have sat out across games.
 - b. 12U & 14/16U: A player may not sit for more than 2-Innings before all players have sat out across games.

B. Additional Information

1. Interested volunteers may apply to coach or manage during the Fall Ball season. New coaches and managers to the league must participate in interviews by the coach selection committee. Coaches and managers will need to be approved by the Board. Should more coaches/managers apply than are needed in any division, the coach that has the most requests from players will be selected with the approval of the Board. Coach selection will be based on, but not limited to, the following criteria:
 - a. In good standing with the RGFPSL, GSSA, and USA, and adheres to league the mission statement (Includes incident reports, complaints, survey responses, etc.)
 - b. Experience and number of years with the League
 - c. Recommendation letters
 - d. Application
 - e. Background and experience both inside and outside the league.
2. Reimbursement of registration fees will be provided if requested prior to mid-August 10 for the Fall Ball season. A \$25 processing fee may apply and may be deducted from the reimbursed amount. If the League cannot place a registered player on any age-appropriate team, a full refund will be given.
3. Selecting practice fields and uniforms will be conducted by drawing numbers according to how many coaches there are and will use a serpentine process.
4. Uniform colors will be chosen by reverse serpentine.



APPENDIX Reference Documents

A. Select ThunderCats

Program FAQ's

https://www.teamsideline.com/Org/Content/_GetDownload.aspx?d=J8G9u5hfoQjnlzg9B%2bRs6r7UQg8Jd8rE8KxkHYG8IOA%3d

Program Summary

https://www.teamsideline.com/Org/Content/_GetDownload.aspx?d=J8G9u5hfoQjnlzg9B%2bRs6r7UQg8Jd8rEmKcj%2bwq3L%2fQ%3d

