



## **Fall 2019 10U Softball Coach's Packet**

Stillwater Area Sports Assoc. (SASA)  
315 E. 9<sup>th</sup> Ave  
Stillwater, Ok 74074  
Phone: (405) 533-2532  
Fax: (405) 533-2538

Executive Director  
Carolyn Walstad  
[Carolyn@StillwaterAreaSports.com](mailto:Carolyn@StillwaterAreaSports.com)

Operations Director  
Jared Szlichta  
[SASABaseball@StillwaterAreaSports.com](mailto:SASABaseball@StillwaterAreaSports.com)

**SASA RAINOUT INFO**  
**(405) 533-3753**

**You can also sign up to have rainout info emailed to you.**  
**[www.stillwaterareasports.com](http://www.stillwaterareasports.com)**





Thank you for coaching! Please let SASA know at any time if we can be any assistance or if you are having a parent issue.

We cannot guarantee all schedule requests; however, we will do our very best! We would encourage every team to have a named assistant coach to take over in the event you cannot be at practice or a game. Thank you for your cooperation!

Things to turn into Carolyn ASAP.

1. Coaches Information Sheet (*This sheet*)
2. Coaches Code of Ethics
3. OSBI Back ground form- SASA pays the fee
4. A signed copy of your team roster

**Coaches Information** (*All league info will be sent to email address or cell# listed below*)

Head Coaches Name: \_\_\_\_\_

Coaches Cell: \_\_\_\_\_

Coaches Email: \_\_\_\_\_ @ \_\_\_\_\_

Division Coaching:

- ☐ K-Ball    ☐ T-Ball    ☐ 8U CP Baseball    ☐ 10U Baseball    ☐ 12U Baseball    ☐ 14U Baseball  
☐ 8U Softball    ☐ 10U Softball    ☐ 12U Softball

Days that you are **NOT** available to play games: M    Tu    Wed.    Thurs.    Fri.    Sat.

Are you a HEAD coach of any other team in the SASA League this season? Y    or    N

If yes, which division? \_\_\_\_\_

Any concerns or conflicts SASA should be aware of?

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## Stillwater Area Sports Assoc. Coaches Code of Ethics Agreement

Prior to participating as a coach in any Stillwater Area Sports Association (SASA) related activity, I agree to encourage, demand, exemplify and abide by the following:

1. I accept the duty the duty and obligation to report any known illegal or unethical conduct by any coach, assistant coach, officer, official, spectator, board member or director.
2. I will comply with all SASA rules, bylaws, certifications, regulations and decisions as well as all applicable governmental rules, regulations and laws. I understand that I may request a copy of the SASA articles and bylaws, or review them during regular business hours at the SASA office, and agree to be bound thereby.
3. I agree to ensure that every participant has completely complied with the registration process including completion of all registration forms, waivers, and payment or fees.
4. I will strive to exemplify and instill in my participants that while winning may be an immediate objective, it is secondary to fairness, honesty, integrity, sportsmanship, strength of character, and participation.
5. I will encourage and maintain an optimum sports environment for participants.
6. I will (a) provide a drug free environment; (b) provide conditioning and training instruction to optimize safety and health while minimizing injury; (c) provide equal opportunity for each participant to engage in any SASA activity; (d) provide positive encouragement to each and every participant regardless of race, color, creed, gender, religious orientation, disability, inability, parental influence or economic status.
7. I will require parents and associated spectators to conduct themselves in a manner consistent with the purpose and aims, while also leading by example.
8. I acknowledge and agree that SASA has complete and absolute discretion as to whether an individual is qualified to be a coach in SASA's sports leagues. I understand that before a final decision is made by SASA as to my qualifications to be an SASA coach or any other requirements are imposed for me to be an SASA coach, I will be given an opportunity to present my position on the matter to the SASA board. However, I agree that any decision made by the SASA Board shall be final and I agree to be bound by and follow any such decisions by SASA.

WHEN YOU SIGN THIS AGREEMENT, YOU ARE CERTIFYING THAT YOU HAVE READ AND UNDERSTOOD EACH ITEM, AND YOU ARE VOLUNTARILY WAIVING ANY CLAIM YOU MAY HAVE AGAINST SASA OR THE CITY OF STILLWATER IN THE EVENT YOU ARE SANCTIONED AS A RESULT OF ANY VIOLATION OF THE TERMS OF THIS AGREEMENT. YOU ARE AGREEING TO FOLLOW ANY RULING OF THE SASA BOARD WITH REGARD TO YOUR QUALIFICATIONS TO BE A COACH IN ANY SASA SPORTS PROGRAM.

(PLEASE SIGN BELOW)

PRINT NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_





## **SASA Coaching Approvals & Background Check Policy**

In effort to ensure that the safety of participants, Stillwater Area Sports Association (SASA) shall perform an OSBI background check on all potential youth coaching candidates. In addition, potential coaches shall provide Two (2) personal character references that we may also contact. The results of the background and reference checks may disqualify an individual from coaching youth for any SASA youth activities.

### **Stillwater Area Sports Association (SASA) Coaching Disqualifiers**

1. Criminal Background Checks that reveal the following:
  - a. Any Sex Offenses – regardless of the amount of time since offense.
  - b. Any Felony Violence – regardless of the amount of time since offense.
  - c. Any Felony offenses other than violence or sex – within the past 10 years.
  - d. Any misdemeanor violence offenses – within the past 7 years.
  - e. Any misdemeanor drug and alcohol offenses – within the past 3 years, or multiple offenses in the past 10 years.
  - f. Any other misdemeanor – within the past 5 years that would be considered a potential danger to children.
2. An applicant provides inaccurate information in their application.
3. Applicant refuses to complete screening process.

SASA maintains the discretion to allow or disqualify an individual to coach based on results of the background check, reference check, or previous complaints from parents, coaches, umpires, etc.

*If you have any concerns or questions; please contact Carolyn at (405) 533-2532 or  
Carolyn @stillwaterareasports.com*



# OKLAHOMA STATE BUREAU OF INVESTIGATION

## Criminal History Record Information Request

6600 North Harvey Place  
Oklahoma City, OK 73116  
(405) 848-6724  
(405) 879-2503 FAX

[http://www.ok.gov/osbi/Criminal\\_History/](http://www.ok.gov/osbi/Criminal_History/)

### Type Of Search Requested:

- ☒ Name Based - \$15.00  
☒ Sex Offender - \$2.00  
☒ Mary Rippy Violent Offender - \$2.00  
☐ State Fingerprint-based - \$19.00  
\* Must provide fingerprint card.  
\* Includes name based search.

DATE \_\_\_\_\_

Request Submitted via:

☐ Fax ☐ Mail ☒ In Person

**REQUESTS WILL BE RETURNED  
IN THE MANNER RECEIVED.**

Mail requests should include postage-paid reply envelope.

Fax requests must include payment by credit card and a  
dedicated Fax Phone Line for return of completed search:

( ) \_\_\_\_\_

**ACCEPTABLE FORMS OF PAYMENT:** ☐ CASH ☐ CASHIER'S CHECK / MONEY ORDER

☒ BUSINESS CHECK *No Personal Checks Accepted.* ☐ CREDIT CARD *For Visa, MasterCard and Discover, security code is 3 digits on back of card.  
For Amex, security code is 4 digits on front. These are the only cards accepted.*

CREDIT CARD # \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_ SECURITY CODE \_\_\_\_\_

CARD HOLDER \_\_\_\_\_

*Please print the name of the individual card holder as it appears on the credit card.*

CARD HOLDER SIGNATURE (REQUIRED) \_\_\_\_\_

### REQUESTOR INFORMATION: (Type or print clearly in blue or black ink)

REQUESTOR'S NAME Carolyn Walstad \_\_\_\_\_

SIGNATURE OF REQUESTING PARTY \_\_\_\_\_

STREET ADDRESS 315 E. 9th Ave. \_\_\_\_\_

Stillwater Ok 74074

CITY

STATE

ZIP

PHONE NUMBER ( 405 ) 880-3943 E-MAIL ADDRESS carolyn@stillwaterareasports.com

*Requestors outside of the United States are strongly encouraged to provide an e-mail address for purposes of correspondence.*

PURPOSE OF REQUEST Background Checks for Volunteer Rec. Sports Coaches

### SUBJECT INFORMATION: (Type or print clearly in blue or black ink)

*Forms with corrections done with white out or by striking through the fields in this section will not be processed.*

NAME \_\_\_\_\_

LAST

FIRST

MIDDLE

ALIAS/MAIDEN NAME(S) \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ (MM/DD/YYYY). *If date of birth is unavailable, include exact age of subject.*

RACE \_\_\_\_\_ SEX \_\_\_\_\_ SOCIAL SECURITY NUMBER \_\_\_\_\_

### SEARCH RESULTS (Please do not write in the spaces below):

Oklahoma State Bureau of Investigation  
Computerized Criminal History

Oklahoma Department of Corrections  
Sex Offender

Oklahoma Department of Corrections  
Violent Offender

*Unless fingerprint cards are provided, record information is furnished solely on the basis of name or description similarity with the subject of your inquiry.*





## **Park Rules for all SASA Sponsored Events (Games and Practices)**

- ~ No Tobacco products of any kind.
- ~ No pets.
- ~ No outside food or drink (water is okay)\*
- ~ No alcohol.
- ~ No profanity.
- ~ No soft toss into fences or backstops.
- ~ Pre-game practice in warm up areas and outfields only; Not common areas.
- ~ Parents are required to supervise the children in which they are responsible for at all times when in the facility(s).
- ~ No skateboards, bikes, rollerblades, scooters.
- ~ No climbing over fences to enter a closed facility(s).
- ~ Each team is expected to clean up the facility after they use it (dugouts, fields, fence lines).

\* SASA will provide discounted pricing on team drinks and snacks (10 or more) at the concession stand.

\*\*If you would like to bring team drinks or snacks please leave them in the parking lot and distribute them outside of the complex. The purpose of this request is to reduce the loose trash inside of the ballparks.

**PLEASE NOTE: If a parent or spectator refuses to follow the park rules, they will be removed from the complex immediately. If this non-compliant behavior happens repeatedly the parent and subsequently the player can both be banned from participation by the SASA Board of Directors.**



## Little League Softball

### Program Organization and Administrative Personnel

The SASA Rec. Baseball Program shall be operated under the direction and supervision of the SASA Directors and their staff, all of whom are employed by SASA. **The final decision(s) on anything covered or not covered in this rule book will be made by the SASA Board of Directors and/or its representatives. Be it understood that by registering for this program, you accept the purpose, direction and philosophy of the program.**

### Liability

The program directors, umpires, sponsors, coaches, managers, scorekeepers or any other supervisory personnel are not responsible for injuries to persons or damages to property. This is entirely the responsibility of persons participating such as: players, coaches, managers, parents, and spectators – all of whom participate at their own risk.

### Purpose

The general purpose of the SASA Rec. Baseball Program is to provide a common interest in sportsmanship, fellowship, skill improvement and physical fitness: to bring area youth closer together through the means of recreational competition: and to keep the welfare of the youth first and foremost.

Specific purposes are:

1. To promote safety first by encouraging only programs with strict controls over ages and equipment.
2. To acquaint each and every player with such baseball fundamentals as hitting, fielding, running bases, throwing mechanics and physical fitness.
3. To inspire players in good habits such as sportsmanship, fellowship and respect for coaches and umpires.

### Philosophy

The established philosophy of the SASA Board of Directors is that all participants enrolled in youth sports have the guaranteed right to play in every game regardless of skill level. As a result of this guiding philosophy, rules and regulations governing play, eligibility, and sportsmanship have been developed. It is always the duty of the coach to inform SASA of adverse conduct or situations.

It has been the philosophy of SASA to provide a recreational based youth league program for the players of all age groups. SASA will provide this recreation program under the following guidelines:

1. That every participant is able to play and will be allowed to have fun.
2. SASA will provide a recreational program for which the main concern is fun for all players.
3. SASA will make every attempt to provide equity of play by dividing ability levels into several classifications.

## Ethics & Sportsmanship During SASA Sponsored Events

### Coaching Ethics

A baseball coach, by example of his/her behavior. Affects hundreds of youngsters in the City of Stillwater, as well as the entire baseball/softball program. A coach should:

1. Keep winning and losing in its proper perspective. Stress effort rather than winning and losing.
2. Be considerate of player's feelings and exhibit self-control at all times.
3. Show respect for opposing players, coaches and fans.
4. Cooperate with officials and treat them with respect.
5. Make sure that all players get in the game at least one inning (defense).
6. Allow the players to have fun.
7. Teach players fundamentals.
8. Teach players sportsmanship.

A Coach shall refrain from:

1. Use of alcohol and/or participating in team functions (games or practice) under the influence of alcohol or having alcohol on their breath.
2. Use of tobacco products of any kind while in the presence of players (Games and practice).
3. Bawling out players on the field.
4. Baiting officials or disrupting their decisions on the field.
5. Riding the opposition or fans by word or gesture.

NOTE: The player's safety and well-being should be any coaches main concern at all times. Injured players should not be allowed to re-enter the game where they could risk further injury.

### Sportsmanship

1. Poor sportsmanship and/or foul language will not be tolerated. Any derogatory remarks to officials, opposing coaches, fans, or players can result in suspension from play or forfeiture of the game.
2. Umpires are tasked with keeping the peace to allow the kids to compete in a recreational atmosphere. If you are interfering with this atmosphere the umpire(s), site director or SASA Management will remove you.
3. **Any coach/fan/parent ejected from a SASA event (games or practices) must leave SASA property immediately and may not re-enter SASA property for the remainder of the day. Additionally, the ejected coach/fan/parent will not be allowed to attend/participate (suspended) in the next game. Ejected coaches/fans/parents may petition to the SASA Board of Directors through the Grievance Chair to have their suspension nullified.**
4. **Repeated ejections or acts of poor sportsmanship and/or use of foul language could result in suspension or removal from all SASA programs for the remainder of the calendar year.**

## 10U Softball Rules

### Participation

9 players are allowed to take the field in defensive positions. All players must take a defensive position for at least a half inning. No player can sit out two consecutive innings unless injured or he/she declines to participate. Equal participation for all players is encouraged but can be dependent on practice participation and sportsmanship.

### Length of Games

#### **10U 65 Mins or 5 innings.**

\*Games can end in a tie; no extra innings will be played.

\*\*The umpires will keep the official game time.

\*A new innings begins as soon as the 3<sup>rd</sup> out is called of the previous inning.

\*\*The official game time will start when the defensive team takes the field.

\*\*\*There will be a 10-minute grace period given to a team that is waiting on players to arrive to complete their line-up. Each team must have a minimum of 8 players to start a game.

### Base and Pitching Distances

60ft bases/ rubber at 35ft.

### Bat Specs.

All bats in use must be one of the following;

1. Permanent USSSA stamp on the taper of the handle OR
2. Made of at least 51% wood.

**SASA reserves the right to inspect, approve or banish any and all bats that come into question.**

\*First Offense – If the umpire discovers that a bat does not conform to the rules listed above (USSSA Stamp, or wood) during or after the bat has been used in play, it shall not be automatic grounds for declaring the batter out and/or ejection from the game. If it is discovered by the umpire that an illegal bat has been used to put a ball in play, the defensive team (before the next legal pitch) will have the choice to take the result of the batted ball or the batter will be called out and baserunners will return to their position on base before the pitch that was hit.

\*\*Second Offense – The offending team's manager will be ejected as well as the first offense penalty.

### Official Softball

Game balls will be provided by SASA. The following softballs or equivalent will be provided:

~ **11" softball with max compression of 375# and .47COR**

### Uniforms

Color coordinated jerseys with numbers on back are required. Softball pants or shorts are allowed. Cleats are preferred but not mandatory.

### Home Team

The home team shall be designated by a coin flip before each game.

### Helmet Rule

Hitters - Helmets are to stay on at all times while an offensive player (hitter or runner) is outside of his/her respective dugout.

## Starting and Ending a Game

1. A flip of a coin between the two teams shall determine the home team.
2. A regulation game consists of five (5) innings unless the game is:
  - a. Shortened because the Mercy Rule.
    - 20 Run differential at any time = Drop dead stoppage regardless of home team.
    - 12 Run differential after 3 completed innings
    - 10 Run differential after 4 completed innings

\*In the event of a Mercy Rule game in which players on either team have not yet batted at the time of the Mercy Rule; all game stats are to be recorded at the time of stoppage yet the game will continue as long as there is time left on the game clock or until all players get 1 at bat.
  - b. Shortened because an imposed Time Limit expires; or
  - c. If a game is called due to rain, Weather, light failure or other acts of Nature and cannot be resumed it is a regulation game if two (2) innings have been completed. If 2 innings have not been completed then the game will be resumed from the exact point it was stopped at a later date.
3. Teams must use a continuous line-up, of all registered, uniformed players present and may move freely in defensive positions with the exception of the pitching position. The offensive batting line-up cannot change during the course of the game, yet open defensive position substitutions are allowed at any time. Any player(s) arriving after the game has begun, shall be added to the bottom of the batting line-up. If a player has to leave the game for any reason other than a medical issue, that position in the line-up becomes an auto-out when that at bat comes around.
4. Teams may play an official game with an eight (8) player line-up. If a team plays with an eight (8) player line-up, an out shall be declared for the ninth (9th) position in the batting line-up each turn at bat. A ninth (9th) player and all subsequent players may be added to the bottom of the batting line-up as soon as they become available. \*If a player is listed on the line-up but not present then an auto out must be taken when their spot of the order is up. Don't list players until they arrive to avoid an auto-out.
5. A team may continue a game with a minimum of eight (8) eligible players.
6. At any time, the offensive team may use a courtesy runner for the catcher of record from the previous inning on defense. The courtesy runner shall be the player making the last batted out or is farthest away from the catchers position in the line-up if no outs have been recorded. The re-entry status of the courtesy runner and catcher shall not be affected by this rule. If at any time, a courtesy runner is determined to be ineligible, a proper replacement pursuant to these rules (if available) shall be used without penalty.

## 10U DEFENSE SPECIFIC RULES

7. **Pitching distance of thirty-five (35) feet.**
8. Player pitchers will be allowed to pitch until the count reaches 3 balls. At this point the offensive teams coach is allowed to come in and finish the count.
  - a. All coach thrown pitches are strikes regardless of location. No walks
  - b. If a batter is beamed by a player pitcher thrown pitch the batter shall be awarded 1<sup>st</sup> base and all subsequent baserunners shall advance.
  - c. Hitters shall not be awarded first base if beamed by coach pitcher.
  - d. While player is pitching stealing 2nd and 3rd base(s) is allowed; Stealing is not allowed while a coach is pitching.
9. **Once a pitch has been hit the batter (now a runner) may advance around the bases until stopped by defense. Once stopped on the bases and time is called all base runners may only advance once a pitch has been hit.**

**Example...A batter/runner may advance all the way home on a swinging bunt and 9 overthrows.**

**Example...A batter/runner that is stopped at 2<sup>nd</sup> may only advance by a hit pitch.**
10. Nine (9) defensive players shall play in the field. All outfielders shall stay behind the baseline.
11. Pitching Circle: There shall be a ten (10) foot diameter circle with the front edge at thirty (30) feet from the rear point of home plate.
12. **"Time" will be called when the lead runner is no longer attempting to advance while the defense (any player) posses the ball on the infield. If a defensive player does not posses the ball or is not on the infield "Time" will not be called irregardless if runners are attempting to advance or not.**

**-Example 1-** If the 1st baseman is holding the ball on the infield and the runner at third is giving coach a high five while standing on 3rd base... lead runner is not trying to advance home, "Time" will be called all other base runners not more than half way to the next base will return to previous base.

**-Example 2-** If the 1st baseman is holding the ball and the runner touches third and heads for home... lead runner is trying to advance, "Time" will not be called all other base runners are free to advance at will. If they are not more than half way to the next base when "Time" is eventually called they will return to their previous base.

**-Example 3-** If the right fielder throws the ball into an infielder and a runner touches third and heads for home... lead runner is trying to advance, the defensive player can throw the ball to home plate or run to home plate with the ball to force the runner back to 3rd base effectively stopping the lead runner. Once the lead runner stops trying to advance while defense still has control of the ball on the infield "Time" will be called all other base runners not more than half way to the next base when "Time" is called will return to their previous base.
13. The Infield Fly Rule shall not be in effect at any time.

#### **10U OFFENSE SPECIFIC RULES**

14. A team may score a maximum of five (5) runs per inning.
15. Bunting is allowed.
16. Stealing bases is allowed on the release of the pitch only when player pitchers are pitching. See rule 8d. A baserunner who occupies 3<sup>rd</sup> base can not attempt to advance home unless the ball is hit, a base's loaded walk, bases loaded hit batter or the umpire issues a base(s) to runner(s) if the ball is thrown out of play.
17. A courtesy runner for catcher of record only the previous inning may be used. The courtesy runner shall be the player that made the previous out. If no outs have been recorded in the game, the courtesy runner shall be the player in the line-up farthest away from the catchers line-up spot.