

# *Introducing a new division format for the 2012 season!!*

**Format is based on a grade based placement in all divisions. Division break downs are as follows.**

## **Tee Ball: Grades K-1**

For most players, this is their first introduction to softball. Our goal is to make it as enjoyable as possible. Coaches will teach the importance of teamwork and good sportsmanship. Players will learn softball terminology and the field positions. Practices are split, starting with drills designed to introduce the most basic skills including hitting from a tee, throwing, catching and base running. A two to three inning scrimmage will follow the drills. Sessions will run for approximately two hours on Saturday mornings. There are no scores or standings kept in this division.

## **Pony Tail: Grades 2-3**

This division is designed to focus on teaching the proper mechanics for the most basic softball skills, including hitting, throwing and catching. The season will start with a division wide clinic run by the coaches. The clinic will run for a total of 4-5 nights held during the first two weeks of the season. Throughout the regular season, the teams will have one practice and at least one controlled scrimmage each week. These games will be coach pitch, however, the tee will be available for training purposes when necessary. Each player will have the opportunity to play every field position throughout the season. Coaches are in the field to help instruct players with proper form and technique in a "live" game setting. No score is kept and games will last no more than 2 hours.

## **Juniors: Grades 4-5**

The Junior division is designed to focus on teaching mechanics and position play at a more advanced level and transition players from coach to player pitch. "Controlled" stealing will also be introduced. This is still an instructional recreation division. Game rules are adjusted to help create an enjoyable and controlled teaching environment, but at the same time keep the girls actively involved in game play. Players will continue to get exposure in the various field positions and start to identify themselves as position players throughout the season. In this division, players will learn the importance of the pitching and catching positions. All players are encouraged, and given the opportunity to play these positions. There will be several skill events scheduled throughout the regular season where players can get additional instruction regarding the skills required to play these positions. Teams will have one practice and at least one game per week. Scores and standings will be kept in this division.

## **Middle School: Grades 6-8**

Like the Seniors/High School division, this is the most competitive play in our recreational league. At this level many players will have been identified as position players and will be given the opportunity to refine their skills at those positions. However, all players on a team roster will bat and have the opportunity to play in the field a minimum of three innings per game. Teams will have one practice and at least one game per week during the regular season. A play off will be held at the end of the regular season to determine the division champion. The league will follow current A.S.A. playing rules. However, rules set forth by the North Haven Girls Softball League, Inc. will supersede any others. Fair play, respect and cooperation among players, coaches, and officials will be emphasized.

## **High School /Seniors: Grades 9-12**

While many town recreational programs fail to offer softball for girls over the age of 14, NHGSL is proud to have a division that gives our High School girls the opportunity to continue to play the sport they love in a recreational, yet competitive atmosphere. Game play is the same as the Middle School division. This division also follows current A.S.A. playing rules. Teams will play at least two games per week during the regular season. Coaches may chose to hold practices during the season. A play off will be held at the end of the regular season to determine the division champion. Fair play, respect and cooperation among players, coaches, and officials will be emphasized.