



U10 Program

Program Goals and Guidelines:

- Players have **fun** while learning the fundamental skills of softball.
- Parent participation is actively encouraged.
- Promote an inclusive environment for players of all abilities.

Program Structure:

- Two nights a week: Tuesdays and Thursdays
- One practice and one game per week.
- Game days are Thursdays at 6:00 p.m. There are a few games in West Kelowna as well as High Noon Park and Cameron Park.
- Practices are on Tuesdays from 6:00 to 7:00 p.m.

Team Structure:

- Each team has about 8 players and 2 parent volunteers as coaches.

Game Play:

- **Games are for fun and skill development. No official scores are kept. No umpires.**
- Balls are 11" training balls (softies). May also use Lite-Flight balls as they are softer.
- Each inning every player bats either off the tee or soft-toss by the coach. Later in the season, if there is a pitcher that can throw strikes, then the pitcher may throw 3 pitches before soft-toss by coach.
- Change batting order every inning.
- Games should last about 60 minutes. No new inning to start after 50 minutes.
- Outs are called as usual. An inning does not end on 3 outs, only when everyone has been up to bat.
- An overthrow or ball out of play allows the runner(s) to advance only one base.
- A catcher is optional. A catcher must have a helmet when playing the position.
- A runner must stop running if either the pitcher has the ball in the circle or the catcher or coach has the ball at home plate.
- Every inning players must rotate defensive positions.
- No stealing bases, no infield flies, no third strike rule, no lead offs.
- Teach defensive players to stay off bases and base paths.
- **When in doubt, keep it fun for the players!**
- **At the end of the game, finish with a fun base race.**