

# Castro Valley Girls Softball League



## 2026 League Operating Rules

[cvgsl.org](http://cvgsl.org)

## **Preface**

CVGSL Inc. is dedicated to the development of maturity and the achievement of success through a program of action for the youth of Castro Valley, Calif., and surrounding areas. This goal will be attained by recruitment and training of qualified adults at the community level. The building of character and molding of personality transcends the acquisition of athletic skills or the winning of the games. The primary concern of CVGSL is to help prepare today's youth for active leadership roles as the citizens of tomorrow. One of the paramount goals of CVGSL is to contribute positively to the quality of life of the youth in the program. In order to achieve this, the attitudes and conduct of everyone involved must be exemplary. This includes positive attitudes and practices of integrity, loyalty and sportsmanship. It also includes prohibitions against such things as profanity, use of tobacco and drinking of alcoholic beverages on the playing field or while acting in any official capacity in the presence of the youth. Any spectator, coach or manager drinking alcoholic beverages or engaging in abusive language or conduct will be ejected from the premises by the umpire or by any authorized Board member. In addition, the umpire may penalize a team whose spectators are abusive toward an umpire.

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## 1. Team Formation

### 1.1. Divisions

1. Girls will be assigned to divisions according to age and other factors. The following will be the criteria for assignment unless exceptions are granted by vote of the Board of Directors:
  - 6U Division:** Ages 4, 5, 6
  - 8U Division:** Ages 7, 8
  - 10U Division:** Ages 9, 10
  - 12/14U Division:** Ages 11, 12, 13,14
  - 16/18U Division:** Ages 15, 16, 17, 18
2. Eligibility for each division is determined by the player's age on August 31 prior to the current playing year. Players born from September 1 - December 31 may be 1 year older than the listed ages.
3. Any girl that has played for an "A" traveling team is not eligible to pitch in any division unless approved by the Board.

### 1.2. Play Up Rule

1. The player's parent/guardian must petition the Board prior to team formation to allow a player to play at a higher age division with the following criteria:
  - a. The player is within a year of being promoted to the requested division.
  - b. Provides a reference from a coach or board member.
  - c. The player's offensive and defensive ratings surpasses or is comparable to the top 30% of offensive and defensive ratings for that division
2. If a player does not meet the standard above the Board has the discretion to vote to allow or deny the request.

### 1.3. Managers and Coaches

1. Each team in CVGSL shall have one rostered manager (female, 18 years or older) and two rostered coaches (either gender, 18 years or older).
  - a. 6U division is the only exception and can but are not required to have a manager.
2. In the absence of a rostered manager and neither coach being a female, a female 18 or older may be in the dugout. (but does not have to assume either managerial or coaching duties).
3. In the absence of a trained and certified coach, any other trained and certified coach chosen by the manager may serve as a coach for that game. However, if rostered coaches for that team are at the playing field, they must assume their coaching duties.
4. No more than the number of trained and certified coaches/managers (3) will be allowed in the dugout at any one time.
5. Coaches, managers or any adult in the dugout will be required to comply with the league's code of conduct policy. Coaches and managers will be required to complete the USA SOFTBALL background check, Livescan fingerprinting with the league, USA softball required Safety Training, Concussion Training. CVGSL will reimburse the associated fee for the Head Coach, one Assistant Coach, and the Manager. **Team coaches and managers must be trained and certified before they are allowed on the field at games.**

#### **1.4. Players**

1. Each team in all divisions will have a minimum of 10 players unless otherwise determined by the Board.
2. Every girl selected for a team must be an active part of that team from the time she is assigned. Players will not be traded, substituted or transferred. After a warning has been made, the Board may dismiss a girl from CVGSL if she misses three consecutive practices and/or games without good reason. A manager must report all extended absences (three or more) to the Player Representative as soon as possible. Failure to do so will risk the forfeiture of the next game.
3. If a player must be replaced on a team, a player off the league's Waiting List in that division will be added to the team, with the Division Coordinator's approval.

#### **1.5. Team Formation**

Each year teams will be formed from the list of registered players. Teams will be organized in such a way as to provide the best possible balance and reasonably equal opportunity for each girl on each team. The make-up of all teams requires Board approval. Team manipulation is not allowed. After the CVGSL's registration of players, the Board will determine the number of teams in each division. All girls registered in the current year must be placed on teams in accordance with the following provisions:

1. General rules for Freezing of Players
  1. Any daughter or designated player of a manager or coach will be frozen (unless requested otherwise) to the manager/coaches' team.
  2. Sisters in the same division will be placed on the same team (unless requested otherwise) and will be placed when the first one is selected.
  3. Any daughter or designee of a sponsor, if requested prior to player allocation, will be frozen to the sponsors' team; however, they will not be frozen to a coaching staff.
  4. Each team can freeze 3 players; more will require board approval
2. Rating of Players in Division 10U and up
  1. All girls must be rated for skill ability at the beginning of each season.
  2. All skill ratings will be compiled and will be given out at the division draft, or sooner when possible.
  3. Any daughter of a manager, assistant coach, or coach will be frozen (unless requested otherwise) in the draft in her proper rating. Sisters in the same division will be placed on the same team (unless requested otherwise) and will be placed when drafted by their proper rating when the first one is selected.
3. Player Ratings and Levels
  1. All players within a division will be evaluated and placed on a single, ranked list based on skill. This list determines each player's rating level.
    - a. For example, if a division has 10 teams, players ranked:
      - i. 21–30 would receive a Level 3 rating
      - ii. 31–40 would receive a Level 4 rating
      - iii. ...and so on.
  2. Freezing Players for 10U and up divisions
    - a. Each team completes its freezes independently.
    - b. Freezing must be finalized before draft positions are assigned.
    - c. A player may be frozen one level above her assigned rating, but never higher.

- d. A player may be frozen any number of levels below her rating; however, penalties may apply (see below).
- 3. Penalties for Freezing Below Rating
  - a. If a player is frozen below her original rating level:
    - i. The team receives one block for each level the player is moved down.
    - ii. Additional blocks are applied if a player ends up more than one level below her rating.
    - iii. Blocks apply only in the top rounds of the draft.
    - iv. Excessive blocks can create talent imbalance, so freezes should be made carefully.
    - v. Adjustments may be made based on the overall competitive balance of the division.
- 4. How Penalties Affect the Draft
  - a. Each block results in the team losing its next available draft level.
  - b. For every blocked level, the team will receive an additional draft pick beginning one round after the standard team size is filled.
  - c. These additional players must be selected before the draft pool is exhausted.
- 5. Offsetting Penalties
  - a. If a team freezes a player one level above her rating, the team may also freeze one player one level below her rating without penalty.
    - i. This offset only removes the penalty for the one-level drop.
    - ii. It does not remove any additional penalties if a player is placed more than one level below her rating.
- 6. Steps for Freezing a Team
  - a. Identify each player's rating level based on the division's master ranked list.
  - b. Assign players to levels, placing no more than one player per level.
  - c. If all players have unique rating levels, the freeze is complete.
  - d. If multiple players share the same rating level, begin with the highest-rated group and work downward:
    - i. First attempt to place a player one level above her rating.
    - ii. If that level is unavailable, place her in the next open level below.
    - iii. Continue until all players are assigned a level.
  - e. Review the placements to determine any blocks and assign any required additional draft levels.

## **2. Playing Season Information**

### **2.1. Team Equipment**

Every team will be issued equipment at the beginning of the season and must turn in all team equipment to the CVGSL Equipment Coordinator within one week after the season is completed or be liable for said equipment.

### **2.2. CVGSL Fields**

Castro Valley High School (CVHS) Softball fields are the primary fields for the games. Practice fields may include other CVUSD or HARD (Hayward Area Rec Department) fields. Practices

may only be held on fields during the allotted permit times.

### **2.3. Games per Season**

Each season will typically consist of 10-12 games. This is based on the number of teams in each division. This does not include any games that occur at the end of season, Tournament of Champions (2.7) or All-Stars (2.9).

### **2.4. Make-up, Rescheduled and Suspended Games**

All games not completed or played at their originally scheduled dates or time will be rescheduled if possible. The CVGSL Schedule Coordinator will reschedule the game and advise the two teams of the rescheduled date. All suspended games that are rescheduled and were not legal games will be replayed from the point that it was suspended. Only players eligible to play in the regularly scheduled game are eligible to play in a make-up, rescheduled, or suspended game. Any new player is eligible to play in make-up or rescheduled games.

### **2.5. Interleague Play**

In the case there are not enough teams (less than 4) in a single division, games may be played against other leagues (interleague). These games will be scheduled for Saturday as much as possible.

### **2.6. End of Season Ties in Standings**

#### 1. 6U & 8U Divisions

There will be no standings in this division.

#### 2. 10U & Older Divisions

At the conclusion of all regular-season games, if there are any ties for positions(s) based upon win-loss records, those ties shall be resolved as follows:

1. Head-to-head competition;
2. Runs scored;
3. Runs allowed; if still tied then
4. Coin toss.

### **2.7. End of Season Tournament of Champions (TOC)**

1. At the conclusion of all regular-season games, there will be TOC games, these may or may not include other leagues if interleague is being played. The teams will be seeded according to their division standings.
2. Typical tournament game schedule of highest plays, lowest seed and so on until the schedule is formed. If there are an odd number of teams, the top team will have a bye for the first round.
3. For all TOC games, the higher seeded team is the home team and will use the third base dugout.
4. All TOC games except championship will have regular season time limits; the championship game will have seven innings or no new inning after two hours, whichever comes first. No TOC game will end in a tie, so extra innings can occur or go over time. If a new inning occurs after 7 innings or after time expired, then the International Tie-Breaker is in effect.

## **2.8. End of Season Events**

### **1. 6U/8U Division:**

End of season celebration and awards distribution will occur at the conclusion of the regular season.

### **2. 10U & Older**

Awards ceremony, All-Star Announcements will occur on same day as Championship game of the Tournament of Champions

## **2.9. All-Star Games (10U & Older)**

1. There may be an All-Star game held between CVGSL players only or against other leagues if Interleague is being played. The game would take place after the conclusion of the regular season and the TOC games.
2. Every team will have at least one representative.
3. If a player is chosen, but cannot attend, that player's regular season team may choose another player.

## **2.10. Umpires**

### **1. Home Plate Umpire**

The League shall provide youth home plate umpires for the 8U and 10U division games. The League shall provide USA softball home plate umpires for 12/14U and 16/18U Division games.

### **2. Base Umpire**

The League shall provide youth base umpires for the 8U, 10U, 12/14U & 16/18U Division games.

## **3. Day of Game**

### **3.1. Field Prep**

CVGSL typically hires a crew to set up the fields; it is the responsibility of the home team to make sure the field is set up. It is the responsibility of both teams to pick up and return all equipment, including bases, the mound rubber, and nails to its proper place after the conclusion of the game; this applies to weeknight games and the last game of the day on Saturday. Both teams shall clean up their dugouts, including removal of garbage.

### **3.2. Starting Time**

1. In the event one team cannot "field a team" within ten minutes after the scheduled starting time, said team must forfeit the game. In the event neither team can field a team, it is a double forfeiture, with both teams receiving a loss (10U, 12/14U, 16/18U Divisions only). However, to prevent a forfeit a player may be borrowed from a lower division team. Said player may not pitch but may play any other position.
2. If a girl reports after the game has begun, she must be placed last in the batting order. If there were only nine or fewer girls present when the game began, the late girl can take a defensive position immediately. If more than one girl is late, the girls will be placed properly as the coach wishes until a full quota is defensively reached.
3. Non-rostered minors or non-certified adults may not participate in team warm ups, be in the

dugout, or player area. - Applies to CVGSL teams only.

### **3.3. Game Ball**

1. At each official game, the umpire will oversee the game balls. Each team will supply one game ball to the umpire which will be returned upon completion of the game.
2. Division 10U and up will use USA approved balls for games. These USA approved balls will be provided to the umpire by CVGSL.

### **3.4. Playing Requirements**

1. No player shall sit out defensively more than 1 inning in a row and all players present will bat in lineup order even if not in the game defensively.

### **3.5. Game Scores**

1. 8U Divisions

While a scorebook can be kept for organizational purposes, no official score is kept in this division. Therefore, no scores need be reported.

2. 10U, 12/14U & 16/18U Divisions

Scores will be collected from GameChanger and entered to the website by the Head Scorekeeper. In the event the game was not scored using GameChanger the home team must submit the game score to the Head Scorekeeper, via email.

### **3.6. Scorekeepers**

1. The home team scorekeeper shall keep the official scorebook using GameChanger. Visiting team scorekeeper shall keep score via paper. Scorekeepers may work together as necessary to score the games.
  - a. If Interleague is being played the CVGSL team should keep score using GameChanger.
2. Neither scorekeeper can alert the umpire as to any irregularities taking place during the game, unless asked by the umpire. Scorekeepers must take a passive role in the officiating of the game.

### **3.7. Umpire vs Scorekeeper**

If there is a difference of opinion between the scorekeeper and the Home Plate Umpire, the umpire will have the final decision.

### **3.8. Bat Girl**

Each Manager may designate *only a rostered CVGSL player* to be a “bat girl” during each game. This girl must wear a helmet at all times.

## **4. Presidential Oversight**

### **4.1. Removal From Game**

Anyone (player, coach, manager) removed from a game for misconduct by the umpire must

appear before the League President before participating in any more games. A Review Committee is to be formed for each case and will be in contact with the person ejected within 24 hrs. Misconduct could result in a suspension.

#### **4.2. President's Authority to Reprimand**

The President shall have the authority to remove or reprimand League personnel, including Board members or players whose conduct is considered detrimental to the best interests of the League. Said person has the right of review and can appear before a quorum of the Board within seven days.

#### **4.3. Protest Committee**

The protest committee will consist of the President and any four selected committee members approved by the Board and will not be coaches or managers from the protested division. Committee members can be any parent, coach, manager or Board member who has a reasonable working knowledge of the League's playing rules and who has the best interest of the players at heart.

### **5. Safety Rules**

1. Each manager should act as a safety monitor for her team. The primary concern is the health and safety of each girl.
  - a. She must be present at every practice and in the dugout at every game. If the rostered manager cannot be present, her replacement (female, 18 years of age or older) assumes all managerial responsibilities.
2. She should be aware of any specific health problems, and see that injuries are properly treated and reported.
3. She should personally examine the playing field and equipment for any safety hazards prior to each practice and game. Any hazardous conditions should be reported to the opposing manager and to the umpire.
4. Managers and coaches are encouraged to provide a thorough program for physical conditioning. Physical conditioning reduces accidents and contributes to safety.
5. Managers and coaches should maintain the kind of discipline that will minimize horseplay and reduce the kinds of accidents that result from undisciplined conduct.
6. First-aid equipment should be in the dugout during each practice and at each game, provided by the league.
7. It is mandatory that all batters, base runners and "bat girls" wear full head helmets and facemasks. Any batter or base runner intentionally removing her helmet will be called out.
8. Catchers must wear a catcher's helmet with a mask, shin guards and chest protectors. Catcher helmet with mask and chest protector must be worn when warming up pitchers.
9. Defensive face masks are required in all divisions except 6U for players playing the following positions: first, third and pitcher. Youths acting as base coaches must wear approved batting helmets.
10. Metal cleats are prohibited in all divisions.
11. A player removed for an injury is allowed to return to the field. If, in the judgment of the home plate umpire, the injury could jeopardize the safety of the player or players, she/he can refuse to allow the injured player to return to the game. Judgment of the injured girl's manager and the home plate umpire will be sufficient.
12. If a girl (offensive or defensive) is injured during a play, the umpire will call timeout if continuing play would directly jeopardize the safety of the girl.
13. If a runner stops or runs wide to avoid a collision with an opposing player and would have been safe otherwise, and is subsequently out, the umpire may declare her safe, since it is paramount to this League to avoid injuries.

14. A courtesy runner will be allowed for the player who will be the catcher in the next defensive half inning, or an injured player, provided the opposing manager, all the scorekeepers and umpires have been notified. The last batted out will be designated as the courtesy runner.
15. As per USA SOFTBALL Rule 3, Section 6F, exposed jewelry such as wristwatches, bracelets, large loop-type earrings to include pierced earrings and studs, neck chains, or any other item judged dangerous by the umpire may not be worn during the game. Medical Alert necklaces/bracelets are not considered jewelry, but if they are worn, they must be taped to the body. If at bat, failure to comply with this rule will result in the batter being called out. Continual failure to comply at subsequent at bats will result in a dugout restriction—the player will be restricted to dugout and an automatic out will be recorded at each at bat. This rule must be enforced by the coaching staff.
16. No player may play in a game with a cast or non-removable splint or brace (does not include knee braces).

## 6. Appendix

Previous years rules for 10U and up division team selection

Allocation of Players for 10U and Older

- Players will be sorted into groups based on Age and other factors determined by the board and asked during registration.
- Players playing up will be grouped with the youngest Travel Experienced players of that Age Division.
- The player will be assigned a random number for their division.
- The random numbers will be ordered from low to high for each grouping.
- Players will be allocated to teams from each group by Age:

<b>Division</b>	<b>10U</b>	<b>12/14U</b>
	11yr old Pitcher	15 yr old Pitcher
	10 yr old Pitcher	14 yr old Pitcher
	9 yr old Pitcher	13 yr old Pitcher
	11 yr old Catcher	12 yr old Pitcher
	10 yr old Catcher	11 yr old Pitcher
	9 yr old Catcher	15 yr old Catcher
	11 yr old Travel	14 yr old Catcher
	10 yr old Travel	13 yr old Catcher
	9 yr old Travel & 8 yr old playing up	12 yr old Catcher
	11 yr Old 4-6 Exp	11 yr old Catcher
	10 yr old 4-6 Exp	15 yr old Travel

	9 yr old 4-6 Exp	14 yr old Travel
	11 yr old 1-3 Exp	13 yr old Travel
	10 yr old 1-3 Exp	12 yr old Travel
	9 yr old 1-3 Exp	11 yr old Travel & 10 yr old playing up
	11 yr old 0 Exp	15 yr old >6 Exp
	10 yr old 0 Exp	14 yr old >6 Exp
	9 yr old 0 Exp	13 yr old >6 Exp
		12 yr old >6 Exp
		11 yr old >6 Exp
		15 yr old 4-6 Exp
		14 yr old 4-6 Exp
		13 yr old 4-6 Exp
		12 yr old 4-6 Exp
		11 yr old 4-6 Exp
		15 yr old 1-3 Exp
		14 yr old 1-3 Exp
		13 yr old 1-3 Exp
		12 yr old 1-3 Exp
		11 yr old 1-3 Exp
		15 yr old 0 Exp
		14 yr old 0 Exp
		13 yr old 0 Exp
		12 yr old 0 Exp
		11 yr old 0 Exp

- Frozen players to a team will be allocated at the beginning of their assigned group.
- Snake method will be used while placing players on teams. Example: Player 1 to Team A, player 2 to Team B, player 3 to Team C, player 4 to Team C, player 5 to Team B, player 6 to Team A.

- Once a “grouping” has been dealt out, the first player of the next group goes to the next team in line.