

Captain's Basics - A Quick Guide

General

Captains' Whatsapp groups

Each captain should join the Whatsapp group for their division. Co-captains are also welcome. If you are not included yet, get in touch with the SL committee at info@softballleinster.ie.

On game day

Submitting the line-up

You must submit the line-up of your team before the beginning of the match, via the **Softball Leinster Line-up Form**:

IN ADDITION, please provide the ump and the opposing captain at the field with a copy of your lineup. Use the paper **line-up card** (SL website > Resources > For Teams and Captains) for this.

Please refer to the **Softball Leinster Rules of Play** for current rules on gender split, batting order and more.

It is important to declare the **exemptions** on the line-up. Remember that there is a maximum of two exemptions per team per game - either a big ball and a small-ball player, or two small-ball players. **Exemptions must bat last** in the batting order, and if they are big-ball hitters, can only play pitcher, catcher or right field.

Pitch playability

Keep an eye on the captains' Whatsapp group for your division, in case there are issues with pitch playability. But unless the game is officially called off in advance by Softball Leinster, your team needs to show up at the field to avoid a walkover. Be prepared to play in the Irish rain!

Before the game - at the field

The umpire

You should introduce yourself to the umpire and the opposing captain, and agree on **ground rules** (for example where the foul line/dead ball line is).

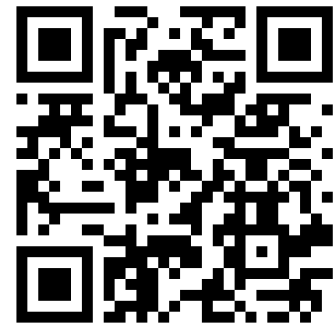
Umpires will check the **field set-up**, as well as the state of the **bats**, the **footwear** (no metal cleats), **first-aid kits** (must contain assorted plasters/bandages, saline solution, and two instant ice packs), and other **safety issues** (e.g. jewellery - nothing dangling, metal ear studs taped).

As the home team

Game balls

The home team has to provide game balls - **2x 12"**, **2x 11"**.

Online lineup form!

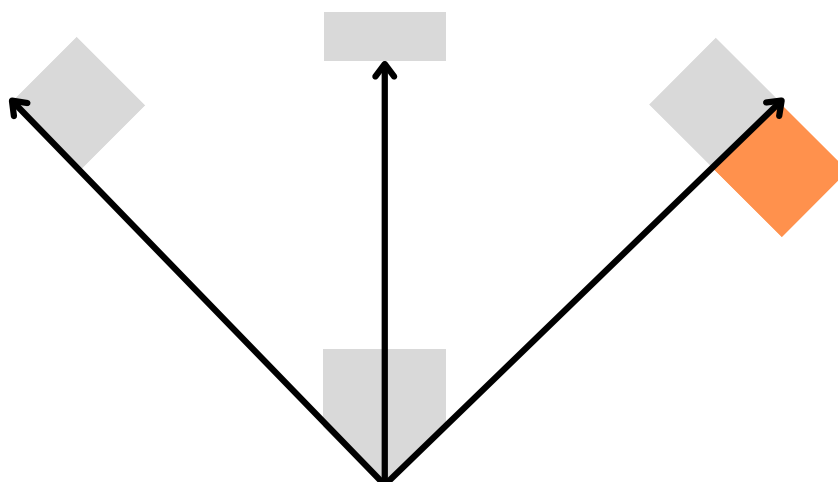


Setting up the field

The field dimensions are:

- Home plate to first base/third base: **65'/19.81m**
- Home plate to pitcher's plate: **50'/15.24m**

The distance is measured from the corner of the home plate closest to the catcher, and the far outside corner of third base/ the far edge of the middle of the first base, or the middle of the front edge of the pitcher's plate.



As co-ed slow pitch in Leinster is played in a variety of locations, other features of each individual field (**ground rules**), e.g. **foul line**, **dead ball line**, **home run line**, will be agreed between the umpire and the home team captain before the game. The final decision is with the umpire.

Getting ready to play

The team ought to warm up by stretching, throwing, and ideally some batting practice. If you do batting practice before the game, it is best practice that **one team takes First Base as home plate, the other Third Base**, in order to facilitate both teams warming up.

At least five minutes before official game time, you should communicate the line-up and batting order to the team, as well as any ground rules.

During the game

Organisation

For offense play, you should organise **First Base coach and a Third Base coach**. Your team should also keep **score** - at the minimum of **runs** and **outs** for your own (and the opposing team). Typically, the umpire will confirm runs scored with the team playing offense at the end of the half inning.

Substitutions

When making a substitution, you must let the umpire know. Umpires will have to write it down, so give them the chance to do so.

Courtesy runners

If a courtesy runner is put into place for a player that is injured, it is at the discretion of the umpire, and typically agreed with both captains.

Queries on umpire calls

Players, captains and spectators must respect an umpire's call, and most importantly, at all times **respect** the umpire as a person. **Good sportsmanship** and **fair play** is fundamental, and captains should model and encourage such behaviour. Should there be a legitimate query to a call, this query may be put forward in a courteous and respectful manner by the captain only.

After the game

Umpire fee

After the game, the umpire receives €20 per team - for players it works out at €2 if they played a full game, €1 if they were substituted. Most umpires use Revolut and are happy to share their phone number. However, a few prefer cash.

MVPs

The umpire will ask you to nominate a big-ball player and a small-ball player **MVP** for the opposing team, which is recorded in the match report.

Game result

After the match, the home team captain should share the result in the division captains' Whatsapp group. This keeps everyone informed and helps to get the result registered in the league table on the Softball Leinster website more quickly.

Other

Injuries

If an injury occurs during the game - anything that requires first-aid or medical attention, even if it is just an ice pack - the injury should be reported to Softball Ireland.

Should this occur, please fill in the **Softball Ireland Reportable Injury Form** after the game. You can find it on the Softball Leinster website > Resources > For Teams and Captains.

Send the form to info@softballeinster.ie AND medical@softball.ie.

Resources

- **Softball Leinster Bye-Laws:** www.softballeinster.ie > Resources
- **WBSC Rules:** [Official Rules of Softball \(Slow Pitch\) 2022-2025](#)
- **Softball Ireland policies and guidelines:** www.softball.ie > Resources

Athlete Code of Conduct

As a player of Softball Leinster, I agree to:

Respect others:

- Lead by example and be a positive role model
- Treat all athletes, volunteers, spectators and officials with respect
- Treat all personnel connected with the sport, or the venues being used, with respect
- Support other team members when they do well and also when they/you feel they have not
- Never bully or use bullying actions against another person; this includes never spreading rumours or telling lies about others
- Accept the decision of officials; if clarification is needed, talk to your captain

Behave professionally:

- Take care of any equipment being used for the sport
- Do not damage or take any property which does not belong to you
- Display professionalism at all times including via online mediums
- Be knowledgeable of and respect the rules of the sport

Contribute to a safe sporting environment:

- Not engage in inappropriate physical contact or use foul or abusive language
- Do not take banned substances to improve your performance.
- Refrain from bias and be fair to all
- Report any inappropriate behaviour

I have the right to:

- Be treated with dignity and respect
- Feel safe and secure when you are taking part in your sport
- Have access to necessary policies and procedures for Softball in Ireland
- Have the freedom to make suggestions and have access to a complaints procedure

**All players MUST be registered with Softball Leinster to play in league games or blitzes!
To register, follow the link in the QR code.**

