



Special Olympics Minnesota Softball Handbook

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COACH CERTIFICATION RATIO TABLE

The updated coach certification ratio tables can be found in the Special Olympics Minnesota Coaches Portal under policies and fact sheets, or here: [Coach Ratio Table](#)

MORE INFORMATION

Practice ideas, skill assessment/development, and rules can be found in the SOI Quick Start Guides and SOI Rules for each respective sport can be found at www.specialolympics.org/sports.aspx

TRADITIONAL SOFTBALL RULES

Rules of competition for Amateur Softball Association and Special Olympics International will be used for all events conducted by Special Olympics Minnesota. The rules listed below are highlights of the rules of competition along with any exceptions. Modifications of the rules may be made at the discretion of event management.

Equipment

The ball being used will be a .52 COR, 300 compression level, 12-inch stitch softball. Batters and runners must always wear helmets while in live ball territory. Athletes coaching from the coach box must have a helmet on as well. Athletes who remove their helmet during play will be declared out.

Catchers must wear a helmet, face mask and chest protector. Face masks are optional for all fielders besides the catcher. Shin guards are optional. No wood bats, metal cleats or jewelry are allowed during the competition.

Game Length

Games will be either seven innings or a maximum of 70 minutes. No new inning will begin after 60 minutes. The only time a game will run over 70 minutes will be to ensure that teams have an equal amount of batting opportunities. If a team has a 10-run lead or more after the completion of five innings, the game will be over.

Extra innings will be played with a maximum of two extra innings. If the game remains tied after the completion of both extra innings, the results will be determined by going back to the last inning when a team had the lead.

Roster

Rosters need to have a minimum of 11 athletes, and a maximum of 20. Teams must start a game with at least 10 players; if one is lost to injury, a team may continue to play, but anytime that athlete is due up to bat an out will be declared. If a team loses another player (that brings their roster down to 8 players), the game will be forfeited. The teams may finish out the game, but it will be recorded as a forfeit.

Teams can bat all athletes only if the opposing team agrees to it. Should the opposing team not agree to it, then a maximum of 11 athletes may bat. Batting order must remain the same throughout the game. A position player removed from the game due to substitution (not injury) may return to the game one time as a substitute but will not be allowed to re-enter the game if substituted for a second time. Players who bat in a position in the batting order other than the one previously occupied by the person they are replacing will be declared out.

An extra 11th player can be used in the game. The extra hitter (EH) must play the entire game and must bat in the same batting order. You may substitute for the extra hitter and place them in any defensive position, but the substitute bats in the same position.

The original extra hitter can re-enter the game. A substitute for the extra hitter can be anybody who has not already played in the game. If the extra hitter leaves the game without a substitute, an out will be called. You must inform the umpire and opposing team if you choose to use an extra hitter.

Players who are ejected can be replaced with a substitute. Ejected players will be done playing for the day, not just the game from which they were ejected.

Coaches are not permitted to be in the field of play at any point during gameplay. It is recommended that any athlete that requires 1-on-1 support to play should compete in our Individual Skills event.

Gameplay Rules

There will be three outs per inning, or a maximum of 10 batters per inning. If the 10th batter puts the ball in play, the inning will end when time is called by the umpire. The pitching rubber will be 40-50 feet from home plate. The ball must be pitched in an underhand motion and should travel in an arc no less than 6 feet and no more than 12 feet. Each batter will begin with a one ball and one strike count. After reaching two strikes, one courtesy foul will be allowed, but a foul ball after one courtesy foul will constitute the third strike and the batter is out.

At the umpire's discretion, teams will first receive a warning for delaying progression of the game in between innings, batting players, or other notable instances. If continued after the first warning, teams will receive an out for that offensive player. If it occurs on defense, the team will begin their following at bats with one out.

While running the bases, athletes cannot be physically pulled or pushed to run in a certain direction by a coach. If a coach physically touches a player, the batter or runner will be declared out. If incidental contact occurs, there will be no action taken against the batter or runner. Athletes, Unified partners, and coaches will be allowed to be base coaches on first and third base. They must always wear a helmet. They cannot contest calls from the umpire or interfere with defensive players. Athletes and Unified partners in this position are allowed to be in the batting order and can be replaced by a coach or another athlete or partner for their plate appearance.

When there is a close play at a base, the runner should make an attempt to avoid unnecessary contact. Sliding is encouraged during plays but not required. If a runner runs over a defensive player, the runner will be called out. Defensive players cannot hinder the progress of a runner by blocking the base or basepath without possession of the ball.

Players cannot lead off at any base. They must stay on the base until the ball is hit. Courtesy runners are allowed and must be a rostered player. The last player to be called out will be the only player allowed to be used for a courtesy runner. Only one courtesy runner per inning is allowed.

Due to the limited number of batters per inning, intentional walks are not allowed. If the umpire deems that a batter was intentionally walked, the offensive team is given another maximum batter. Balls thrown out of the playing area are considered dead balls and play stops immediately. The runners will be awarded two bases, the base they are running to at the time of the throw, and the following base.

The infield fly rule will be used when there is less than two outs and a force out at third or home plate. Any ball hit up in the infield which can be caught with ordinary effort (by either an infielder or outfielder) will be called an infield fly and the batter will be out. The runners may advance at their own risk. If the ball is caught, they must tag up. If the ball is not caught, they do not need to tag up. This call is considered an umpire's judgement and cannot be protested.

Protests are not allowed on judgement calls, only on rule interpretations. Appeals are defined as a play in which an umpire is unable to decide unless they are requested to do so by a coach or player. Appeals are allowed when there is a question about a player leaving a base too soon, missing a base, or a check swing. If time has been called, the defensive team must set itself and request judgement from the umpire on the play in question before initiating the next play.

If a team forfeits 50% or more of their games at a competition, they will receive a participation ribbon. Forfeited games will be marked as a 10-0 loss on the schedule. For tiebreakers between two teams, places will be determined by head-to-head competition. When three or more teams are involved, places will be determined based on runs scored against. Teams with the fewest runs scored against will be given the higher place in the results.

COACH PITCH RULES

A 6-pitch, 3-swing rule will be enforced in coach pitch softball. After six pitches or three swings, whichever comes first, the batter will be out. Players cannot be walked.

A coach from the team batting will do the pitching and must stand on the rubber. The defensive team will still field an athlete in the pitcher position, as the coach pitching does not field at all, but they can defend themselves. A dead ball will be declared if the ball contacts the coach, and the batter/runners will be awarded one base. It is the umpire's discretion to award the base if deemed the coach could not get out of the way. **All other rules in coach pitch softball are the same as traditional softball.**

Athletes in coach pitch that need a tee may use a tee when they are batting. T-Ball assistance is meant for athletes that are unable to hit a live pitch. When registering, athletes using a tee must be noted. Only athletes that have been properly registered as needing T-Ball assistance are allowed to use a tee during competition. Athletes may not switch between coach pitch and tee during the same at bat but may switch between at bats. Teams may only register half their roster for T-Ball assistance.

A 45-foot arc is marked from the first base line to the third base line. If a ball does not cross the arc, it is considered a foul ball. Players can rush the ball if it is still moving, but if the ball stops forward movement prior to the arc, it is a foul ball. If there are three missed swings or the batter has two strikes and fouls off the third attempt, it will be considered a strikeout, and the batter will be out.

UNIFIED SOFTBALL RULES

All gameplay rules for Unified are the same as traditional gameplay, besides the following.

Rosters must be a minimum of 11 participants, with a maximum of 20. There should always be an equal number of athletes and Unified partners. This is because athletes and Unified partners must alternate in the batting order, and the order remains the same throughout the game.

The lineup must start with 10 players and include 5 athletes and 5 Unified partners. If a player is lost to injury, a team may continue to play, but anytime that player is due up to bat, an out will be declared. If a team loses another player and go to 8 or less, the game is forfeited. The teams may finish out the game/time limit, but it will be recorded as a forfeit. If a team has less than 10 players, there must be an equal number of athletes and Unified partners in the field or more athletes than Unified partners. There will be no extra hitter used, and teams do not have the option of batting their entire lineup.

Courtesy runners are allowed and must be a rostered player. The last player to be called out will be the only player allowed to be used for a courtesy runner. Only one runner per inning, and the role of the runner must be the same as the person they are replacing. Unified partners can run for Unified partners, athletes can run for athletes.

Fielding positions must be balanced between athletes and Unified partners. This means that the infield should have two of each, the outfield should have two of each, and the pitcher and catcher should be one of each. In Unified, players at first base, third base, and pitcher are required to wear a helmet and facemask. The catcher is required to wear a helmet, facemask, and chest protector. Helmet facemasks are encouraged for batters and players in the infield.

There is a limit of two over-the-fence homeruns in Unified games per team. Athletes and Unified partner over-the-fence homeruns count towards the two. If an additional over-the-fence homerun is hit, the ball is dead, the batter is out, and no runners can advance bases.

INDIVIDUAL SKILLS RULES

The Individual Skills competition is provided for athletes with limitations (such as walkers and wheelchairs), younger athletes and athletes new to the sport of softball and older athletes who still have the skills to play softball but cannot play an entire game. Individual Skills is not for athletes who can already play a full game.

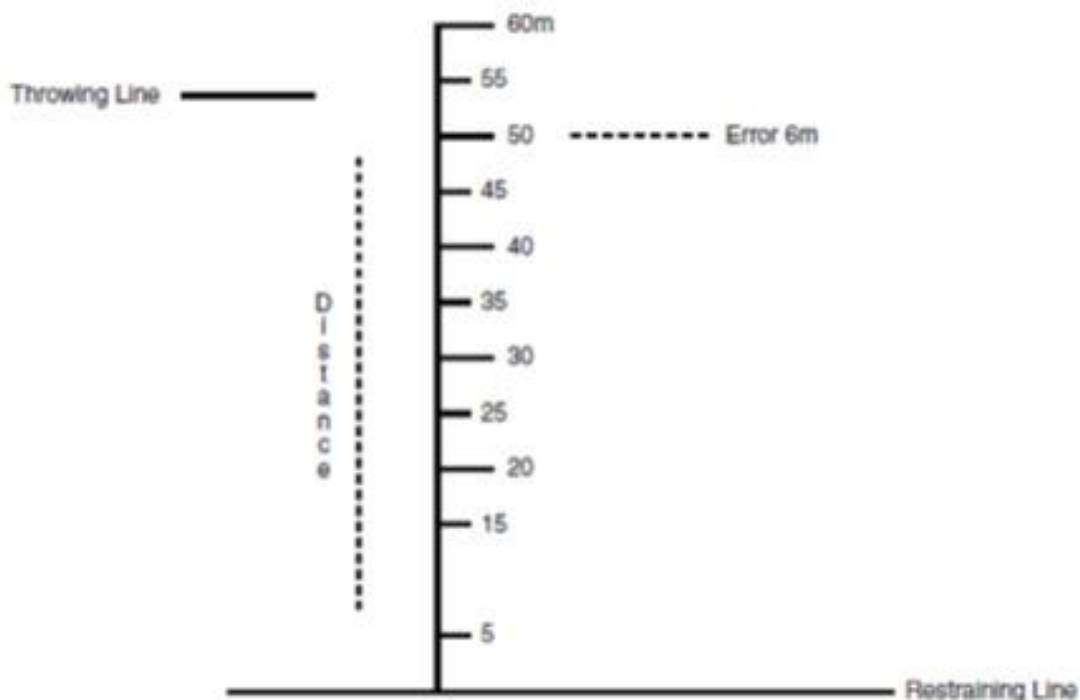
There are four events: Throwing, Fielding, Base Running, and Hitting. The athlete's final score is determined by adding together the scores achieved in each of the four events.

Throwing

The athlete throws behind the restraining line, may take one or two steps to approach the line to throw. An athlete has two attempts to throw the softball as far and as straight as possible down the throwing line without stepping over the restraining line. The better of the two throws is measured and recorded as the player's score. If a player steps on or over the line before releasing the ball, the trial must be repeated. There will be a maximum of two repeats.

For scoring, the final score is the throwing distance, measured at a point on the throwing line straight across from the spot where the ball landed, minus the error distance. The error distance is the number of meters the ball landed off target away from the throwing line. Scores and distance are measured to the nearest meter.

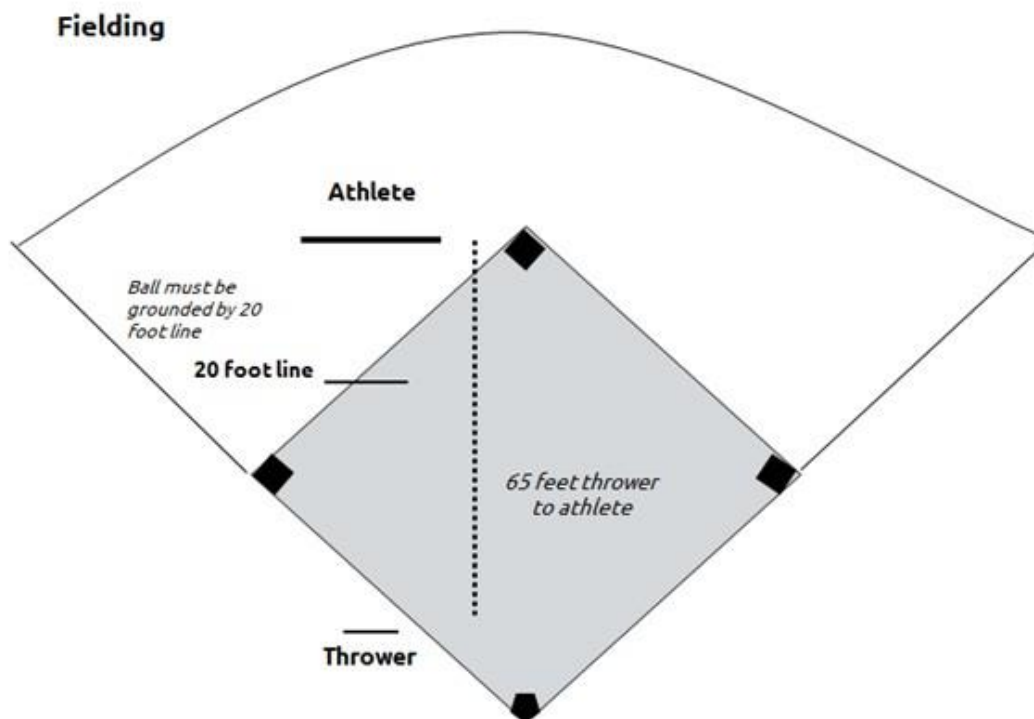
For example, if a ball lands at 50 meters and is 6 meters off to one side, the player's score is 44 points. If the total score ends with a decimal, round the score down to the nearest whole meter. If the final distance is 45.87 meters, the final score is 45.



Fielding

The athlete will stand between and behind two cones. The official must throw the ball on the ground to the athlete, between the cones. The throw to the athlete must hit the ground before the 20-foot chalk mark, and the thrower should be 65 feet from the athlete. The athlete may move aggressively toward the ball. If the thrown ball is outside of the cones, the throw must be repeated. Each athlete gets five fielding attempts per trial and receive two trials total.

For scoring, the athlete received five points for a cleanly fielded ball, which means that it was either caught in the glove or trapped against the body, but off the ground. The athlete will receive two points for a ball that is blocked, and zero points for missing the ball. Final score is the total of the ten attempts.



Base Running

Bases are positioned 60 feet apart. The athlete is instructed to start on home plate, and run around the bases as fast as possible, touching each base along the way.

For scoring, the time starts when the athlete leaves home plate and stops when the athlete returns to home plate. A penalty of five seconds for each base missed will be assessed. The best score of two trials is recorded as the final score. The Base Running score will be calculated by subtracting the time in seconds from 60. For example, a time of 48.5 seconds would result in a score of 11.5, because $60 - 48.5 = 11.5$.

Hitting

Standing in the batter's box, the athlete hits the ball off the tee. Missed swings, nicking the tee, or making contact with the ball will all count as an attempt. The athlete will receive three attempts.

For scoring, the distance of the longest hit will determine the athlete's final score. The distance of a hit is measured from the batting tee to the point where the ball first touches the ground. If the distance falls between meters, distance should be rounded down. For example, a ball hit 46.75 meters would result in a hitting score of 46.



Special Olympics
Minnesota

20XX Sample Competition

Softball Skills: Individual Skills

John Doe **07**
MN.07.ELK: Elk River

Base Running Best out of two trials. For each trial, take 60 seconds, add 5 seconds for each penalty (a penalty is a missed base) and subtract the time taken to complete the trial. Both times are measured to the nearest second and should be rounded down. IE: 22.67 = 22 seconds.

	Penalty	Time	Score
Trial 1:	60 - _____	- _____	= _____
Trial 2:	60 - _____	- _____	= _____

Best Score:

Hitting The distance of the longest hit shall determine the athletes' final score. The distance of a hit is measured from the batting tee to the point where the ball first touches the ground. The distance is measured to the nearest meter, IE: 1m = 1 point. 46m = 46 points. If the score falls between meters, scores should be rounded down IE: 46.73 = 46 points.

Attempt 1	Attempt 2	Attempt 3	Best Score:
_____	_____	_____	

Fielding The athlete receives five points for a clearly fielded ball (either caught in glove or trapped against the body, but off the ground); two points for a ball that is blocked and zero points for a missed attempt for a maximum score of 50 (10 total attempts in two sets of five).

					Total Score:

Throwing The net throwing score equals the throwing distance, measured at a point on the throwing line straight across from (perpendicular to) the spot where the ball landed, minus the error distance - the number of meters the ball landed off target, away from the throwing line. The player's score is the better of the two throws. Both error scores and distance are measured to the nearest meter. IE: If a ball lands even with (perpendicular to) the 50m point on the measuring tape, but is 6m off to one side, the player score is 44 points. (Distance thrown (50) minus number of meters off target (6) results in a net score of 44m.) Athletes score one point per meter. IE: 44m = 44 points. If score falls between meters, score should be rounded down. IE: 44.73 = 44

	Distance	Error	Score
Throw 1	_____	- _____	= _____
Throw 2	_____	- _____	= _____

Best Score:

An athlete's final score is determined by adding together the scores achieved in each of their four events and writing that score in the box to the right.

Final Score:

DIVISIONING

Coaches complete individual assessment scores for each athlete and add scores to determine team assessment score. Assessment scores are submitted during the online registration process. Coaches must also complete the [Team Information](#) for each team.

Divisioning is based on assessment scores and the results from previous competitions. When divisioning for state, much more emphasis is put on common opponents, coach notes, previous game results, and regional competitions.

Divisioning is done by SOMN staff before every competition. Player evaluation sheets for softball are on pages 11-12 in this handbook.

SPORTSMANSHIP

Good sportsmanship is both the coach's and athlete's commitment to fair play, ethical behavior, and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. Below we highlight focus points and ideas on how to teach and coach sportsmanship to your athletes by leading by example.

Competitive Effort

- Put forth maximum effort during each event
- Practice the skills with the same intensity as you would perform them in competition
- Always finish a game; Never quit

Fair Play Always

- Comply with the rules
- Demonstrate sportsmanship and fair play
- Respect the decision of the officials
- Strategy discussions with any athlete and/or partner are prohibited once the game begins
 - If an official determines that a coach, partner, or spectator is violating this rule, the official may sanction the offending individual. Sanctions may include verbal warning, citing the coach/partner with unsportsmanlike conduct, or expulsion from the games.

Player Evaluation descriptions of each skill

<p>A. Hitting Athlete needs direction on proper stance, grip and where to stand (1) The player exhibits proper stance and grip and knows where to stand, but does not usually make contact with the ball (2) The player occasionally makes contact, but is not familiar with what is a strike pitch (3) The player regularly makes contact, but does not hit the ball out of the infield (4) The player regularly makes contact and occasionally hits the ball to the outfield (5) The player regularly makes contact and hits the ball with authority (6)</p>	<p>(one choice – should be the most representative of the athlete’s skill level)</p>
<p>B. Fielding The athlete is unable to make basic fielding plays (1) The athlete cleanly fields balls hit directly at them (2) The athlete attempts to field balls hit within three or four feet of them (3) The athlete occasionally fields balls hit within 3-4 feet of them (4) The athlete regularly fields balls hit within 3-4 feet of them (5) The athlete routinely makes all basic plays and some difficult plays (6)</p>	<p>(one choice – should be the most representative of the athlete’s skill level)</p>
<p>C. Base Running The athlete needs direction on when to run (1) The athlete knows when to run, but will only move forward one base without coaching direction (2) The athlete has a basic understanding of when to move more than one base (3) The athlete has a fair understanding of when to run and when not to run and sometimes looks to the coach for cues and direction (4) The athlete has a complete understanding of when to run, how many bases to take and is consistently able to pick-up and use the coaches direction (5)</p>	<p>(one choice – should be the most representative of the athlete’s skill level)</p>
<p>D. Game Awareness The athlete needs frequent coaching on what to do on both offense and defense (1) The athlete exhibits an understanding of the most basic game situations (2) The athlete has a fair knowledge of what to do in most game situations, but still requires occasional coaching (3) The athlete has a clear understanding of what they should do in the context of the current game situation (requiring little or no coaching) (4) The athlete is able to make the play at hand and also recognize that there is other action occurring which may require attention (5) The athlete has a clear understanding of not only their role in the game, but of their teammates’ roles as well and is able to use that knowledge to direct play on the field. (6)</p>	<p>(one choice – should be the most representative of the athlete’s skill level)</p>
<p>E. Throwing The athlete has difficulty throwing the ball on the fly for any distance (1) The athlete is able to throw the ball on the fly a distance of at least 10 feet (2) The athlete regularly makes throws of at least 25 feet (3) The athlete is able to regularly make accurate throws of up to 25 feet (4) The athlete can regularly make an accurate throw within the infield or from the outfield to a cut-off (5) The athlete regularly throws the ball accurately to any other position or player on the field (6)</p>	<p>(one choice – should be the most representative of the athlete’s skill level)</p>
<p>F. Pitching The athlete has the right distance, but is consistently unable to get the ball over the plate for a strike (1) The athlete occasionally throws the ball in the strike zone, but without the correct arch (2) The athlete frequently throws the ball in the strike zone, but without the correct arch (3) The athlete occasionally throws quality pitches for strikes showing the proper technique and delivery (4) The athlete frequently throws quality pitches for strikes showing the proper technique and delivery (5) The athlete consistently throws quality pitches for strikes showing the proper technique and delivery court (6)</p>	<p>(one choice – should be the most representative of the athlete’s skill level)</p>
<p>G. Catching The athlete has difficulty catching most thrown balls (1) The athlete is able to catch balls thrown or hit directly to them (2) The athlete is able to catch some balls not thrown directly on target (3) The athlete is able to regularly catch balls thrown off target and occasionally those thrown or hit within 2-3 feet of their starting position on the field (4) The athlete frequently catches batted or thrown balls requiring movement from their original fielding position (5) The athlete regularly catches ball requiring movement from their original fielding position, plus all balls thrown or hit directly at them and all balls thrown off target (6)</p>	<p>(one choice – should be the most representative of the athlete’s skill level)</p>

Softball Registration Evaluation Form (please fill out by team)

Delegation: _____ **Area:** _____
 Team Attending Area? _____ Team Attending Regional? _____ Team Attending State? _____

Team Name: _____ **Team Type:** _____

Player First Name:	Player Last Name:	Date of Birth:	Hitting *	Fielding *	Base Running *	Game Awareness *	Throwing *	Pitching *	Catching *	Total
										0
										0
										0
										0
										0
										0
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										0
										0
										0
										0
Total score for all athletes										0

*Please refer to information on next page for skill levels for each assessment area.
 The minimum roster size is 11 and maximum roster size is 20
 Unified Partners are included in the above assessment.
Please Fill in # of Players --->
 Average amongst all players **###**
 (will automatically be calculated)