

Munster Girls Softball Practice Guidelines

1. Managers/coaches should come to practice at least ten minutes before the designated time in order to survey the field to make sure conditions are satisfactory for safe play.
2. At least two adults must be present at any practice.
3. Managers/coaches are responsible for bringing a cell phone in case of emergency.
4. Managers/coaches are responsible for checking that players are properly dressed and equipped. They should also check that players are not wearing jewelry or metal clips in their hair.
5. Managers/coaches are the only ones to use pitching machines. When using a pitching machine all players except the batter must be behind the machine or in the dugout. On-deck batters must be outside the fences or past the dugout areas.
6. Only NSA approved bats may be used during practices.
7. When pitchers are pitching during practice, catchers must wear full catcher's gear.
8. All players running bases must wear helmets at all times. Players up-to-bat must wear caged helmets.
9. When participating in fielding practice, the manager or coach may have only one ball in play at a time. The use of more than one ball on the field is only permitted when players are practicing in stations in different sections of the field. If this is the case, players should be positioned far enough apart so that a ball from one station will not come in contact with players in a different station.
10. All equipment used on the field must be returned to its place of origin before leaving the playing field. Managers/coaches are responsible for checking to make sure that the shed and equipment boxes are locked.