

GIRLS' WESTERN ATHLETIC CONFERENCE
1st and 2nd GRADE FAST
PITCH SOFTBALL



4.1.2025

GWAC PURPOSE



The Girls Western Athletic Conference (GWAC) is committed to provide a fun, yet competitive, environment whereby the young ladies of our community may compete and develop general or advanced skills in specific sports, while learning the basic values of teamwork, respect and sportsmanship.

At all times, we, as their leaders, shall conduct ourselves by word and action in a manner that will always set a good example and will contribute to the girls' roles as young, Christ-centered women, firmly rooted in the Catholic Faith stressing the following:

Discipleship – to empower young women to live as disciples of Jesus Christ in our world today.

Participation – to draw young women to responsible participation in the life, mission, and work of the Catholic faith community.

Growth – to foster the total personal and spiritual growth of each young woman.

Dear Coach,

Thank you for coaching! Welcome to the Girls' Western Athletic Conference (GWAC). This conference, founded in 1970, organizes leagues for girls' volleyball, basketball, and softball. There are 18 member parishes from the west side of Cincinnati. We hope the upcoming season will be enjoyable for you and your team. If you would like to share your thoughts and opinions to continue to improve our league, please contact your league representative. He/she can then discuss it at the next monthly league meeting with the other league reps.

This clinic book contains the GWAC league rules pertaining to softball. If you have any questions concerning the rules, contact your school's softball coordinator or your school's GWAC representative.

Sincerely,

Girls' Western Athletic Conference

Jenny Nie –President

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Eric Fay-Vice President

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Bev1st Rosemeyer-Sec'y/Treasurer

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GWAC – INSTRUCTIONAL SOFTBALL RULES

PURPOSE

1. To introduce the girls to softball and teach the fundamentals of the game.
2. The league is non-competitive, no score is kept, and league standings are not maintained.

PLAYERS AND TEAMS

1. Eligible players are limited to first and second grade girls only.
2. If the parish has more than one team, the teams must consist of first and second graders divided evenly by talent.
3. Girls must be registered members of the parish or attend the parish school.

PLAYING FIELD

1. Bases are 50 feet apart.
2. Pitching distance is 30 feet from home plate.

1ST & 2ND LEAGUE CONTACT

Your League Contact is Jenny Nie at jenlou@roadrunner.com

Check your schedule on gwacsoftball.com

EQUIPMENT

1. Bases will be supplied by the home team. A safety (double) base must be used at first base.
2. A good quality (preferably new) 11" softball must be provided by the home team and the visiting team must provide a good second ball.
3. Aluminum bats must be of solid (one-piece) construction and have a rubber grip or taped handle. Wood bats are permitted if the grip is taped.
4. Players must wear gym shoes, soccer shoes, or turf shoes. Absolutely no metal cleats are permitted.
5. Each catcher must wear a chest protector, helmet, and catcher's mask with throat protectors.
6. Batting helmets with safeguards for batters and runners are required.



GAME POLICIES

1. The home team is the first team listed on the schedule, regardless of the location.
2. Prior to the start of the game, the coaches should review the rules. Both teams should pray together.
3. Games are 5 innings or 1 hour in duration. No new inning shall begin within 5 minutes of the time limit.
4. The defensive team should consist of 10 players, but you can play if only 7 or 8 are present.
5. A continuous batting order must be used and each batter must bat in order.
6. Each player must play at least 2 innings in the field. Substitutions are unlimited.
7. A coach from each team pitches to their own team while batting. Coaches should try to pitch on a line drive instead of using an arc to prepare the players for 3rd/4th grade. However, the defensive team positions a player next to the pitcher's mound to do all of the fielding for the pitcher's position. The coach must move to allow the defensive player to field the ball. For the safety of the players, a coach may not bring a bucket of balls on the field.

8. At the beginning of each at-bat, the coach shall decide to use a batting T or have the coach pitch. A batting T shall be allowed if a coach pitches then after three (3) pitches. There are no called balls or strikes, and no walks are permitted. A batter who receives the maximum number of pitches (~7) without striking out or being put out by the defensive team will be declared out. A foul tip does not count as a strike but does count in the pitch count. A batter can foul off the 4th swinging strike and continue hitting until she reaches her 7th pitch. A batter can foul off the 7th pitch unlimited times.
9. A limit of 10 batters or 3 outs, whichever comes first determines the end of each team at bat.
10. The girls should be positioned in typical infield and outfield positions. Do not put all 10 girls in the infield.
11. Once an outfielder has picked up the ball, runners can advance only to the base they are proceeding to when the ball is first picked up, regardless of where the throw goes.
12. There is no advancement allowed on overthrows to any base.
13. No sliding permitted.
14. The infield fly rule is not in effect.
15. One warning will be issued to each coach for the first incident for throwing the bat on their team. For each subsequent incident on that team, an out shall be declared.
16. Coaches are permitted to stand in the outfield to coach the defense.

WEATHER AND GAME CONDITIONS

A game may be called off while in progress due to rain or other severe weather conditions such as lightning or thunderstorm warnings. The game may also be stopped by darkness. The field monitor and coaches will decide if the game should be stopped. The coaches will decide if they want to reschedule the game. If they choose to reschedule, the coaches should notify Jenny Nie, jenlou@roadrunner.com. Please note that when lightning is in the area all teams need to take shelter. Teams need to wait 30 minutes from the last thunder/lightning strike to restart a game.

In the event of bad weather:

- Check the GWAC website
- www.gwacsoftball.com

RESCHEDULING

Games should be rescheduled only for rain. If you are going to be short players for a game, borrow a player from another first and second grade team at your school. If you absolutely have to reschedule, please email Jenny Nie at jenlou@roadrunner.com 72 hours in advance of your game. You are responsible for working with your coordinator to reschedule the game. Please contact Jenny Nie as well as the opposing team.

FORFEITS

There shouldn't be any forfeits at this level.

CONDUCT OF PLAYERS, COACHES AND SPECTATOR

Each head coach is responsible for the conduct of him/herself, his/her coaches, players and fans.

If a written or verbal complaint(s) is received by the GWAC stating that, in the opinion of the complainant, a coach, player or anyone else connected with the team has conducted him/herself in an unsportsmanlike manner, that person may be notified of the complaint by the GWAC president or vice president. Depending upon the nature of the complaint(s), an investigation may be made. If, subsequent to an investigation, the complaint(s) is deemed valid by the GWAC League representatives, appropriate disciplinary measures can and will be taken. Discipline may range from a warning to suspension from any further league activity for the remainder of the season.

Any coach, team member, or anyone else connected with a team, who is ejected by an official during a game will be suspended not only for the remainder of that game, but also from participation in that team's next league-sanctioned game. During suspension, the individual will not be permitted on the premises. Failure to comply will result in the team's forfeiture of the game(s) played during noncompliance.

The individual being disciplined is entitled to appear before the GWAC League representatives either during the investigative process, if feasible, or to appeal any disciplinary action taken subsequent to the completion of the investigation. Any appeal must be in writing, and any disciplinary measures met out by the GWAC must be complied with pending completion of the appeal and appearance before the GWAC. Failure to comply with disciplinary measures will result in the team's forfeiture of any games played during noncompliance.

If a coach, parent, or fan is ejected for any reason, he/she must leave the premises.

Examples of Unsportsmanlike conduct by a player, coach, fan include, but are not limited to:

- Derogatory remarks
- Using insulting language or gestures

FOUNDING MEMBERS of G.W.A.C. 1970

ST. CATHARINE
ST. JUDE
ST. ANTONINUS
ST. MARTIN
OUR LADY of VICTORY
OUR LADY of VISITATION

CURRENT MEMBERS of G.W.A.C. 2025

OUR LADY of GRACE
OUR LADY of LOURDES
OUR LADY of VICTORY
OUR LADY of the VISITATION
ST. ALOYSIUS- Bridgetown
ST. ANTONINUS
ST. BARTS
ST. BERNARD- Taylor Creek
ST. CATHARINE of SIENA
ST. CLEMENTS
ST. DOMINIC
ST. IGNATIUS LOYOLA
ST. JAMES – White Oak
ST. JOHN – Dry Ridge
ST. JOHN the Baptist Harrison
ST. JUDE
ST. LAWRENCE
ST. TERESA of AVILA
ST. WILLIAMS

SOFTBALL AFFILIATE MEMBERS

OAK HILLS YOUTH ASSN.
THREE RIVERS

