

**GIRLS' WESTERN ATHLETIC CONFERENCE**

**2023**

**Preschool/Kindergarten  
SOFTBALL**



## 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. You are always welcome to attend our monthly league meetings, which are held at Our Lady of Lourdes. Please check our website <http://www.gwacsports.com/> for each monthly meeting date and time.

This clinic book contains the updated 2021 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

[jenlou@roadrunner.com](mailto:jenlou@roadrunner.com)

Eric Fay – Vice President

[erictfay@live.com](mailto:erictfay@live.com)

Bev Rosemeyer – Secretary/Treasurer

[berosemeyer@yahoo.com](mailto:berosemeyer@yahoo.com)

# **GWAC – INSTRUCTIONAL SOFTBALL RULES 2023**

## **PURPOSE**

1. To work on developing skills
2. To foster a love of the game
3. To have fun and want to continue playing softball!

## **PLAYERS AND TEAMS**

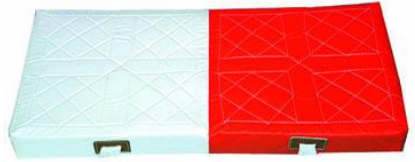
1. Eligible players are limited to incoming kindergarten girls and current kindergarten girls only.
2. Girls must be registered members of the parish or attend the parish school.
3. Each team should consist of **6 to 8 players**.

## **PLAYING FIELD**

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

## EQUIPMENT

1. Bases will be supplied by the home team. A safety (double) base must be used at first base.



2. An 11” softball should be used or a “soft/mesh” 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. Batting helmets with safe guards 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. Duration: The game lasts an hour.
3. Positions: 3B, SS, 2B, 1B, pitcher (**infield only**)
4. A continuous batting order should be used.
5. Innings last 3 outs or bat through the order, then switch.
6. A coach from each team pitches to their own team while batting. Coaches should try to pitch on a line without an arc to prepare players for fast pitch softball. For the safety of the players, a coach may not bring a bucket of balls on the field.
7. Coaches should agree on the rules with the other team before starting the game. They should also start the game with a prayer with both teams.

## **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 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 coach of the home team should notify: Jenny Nie: [jenlou@roadrunner.com](mailto: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.gwacsports.com](http://www.gwacsports.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 pre/school kindergarten team at your school. If you absolutely have to reschedule, please email Jenny Nie at [jenlou@roadrunner.com](mailto:jenlou@roadrunner.com) 72 hours in advance of your game so she can update the website. 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.

## **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. 2019**

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

Affiliate Member: OAK HILLS YOUTH SPORTS