



NOR USA CAL SOFTBALL





NOR USA CAL
SOFTBALL



I DONT ALWAYS GET HIT IN SLOWPITCH SOFTBALL...



BUT WHEN I DO ITS BY A GIRL.



TM

Welcome to the NorCal
Roadshow!

GENERAL INFORMATION



Who are we?

- Nor Cal USA Softball Commissioner
 - Nor Cal USA Softball JO Commissioner
 - Nor Cal Umpire In Chief
 - NorCal Vice President / player agent
 - Nor Cal UIC Administrator & Special projects
 - Nor Cal Office Administrator
 - Nor Cal Admin & Support
 - Sancra Representative (adult leagues)
 - Player representative
 - Umpire scheduler & special projects
- Vincent DeFriese
Nick Schapiro
Sean Beaton
Vanessa O’Laughlin
Jill Suico
Diane Hafoka
Julie Koehler
Mike Maine
Sam Ducato
Stan Angel

District Commissioners:

- ❖ San Mateo County Jim Rodondi
- ❖ Marin, Sonoma, Mendocino & Lake Counties Kristen Larson
- ❖ Alameda & Contra Costa Counties Vanessa O’Laughlin
- ❖ Monterey, Santa Cruz & San Benito Counties Tina Garza
- ❖ Napa & Solano Counties Sean Beaton
- ❖ Butte, Glenn, Colusa, Shasta, Tehama, Plumas, Lassen & Modoc Counties Vanessa O'Laughlin
- ❖ Yuba, Sutter, Yolo, Nevada & Sierra Counties Vince DeFriese
- ❖ Santa Clara County Vince DeFriese
- ❖ Del Norte, Trinity, Humboldt & Siskiyou Counties Vanessa O'Laughlin

Zoom Housekeeping

We are recording this presentation and will post on our website

Questions?

During the presentation you may raise your hand for a question or use the chat field and we will answer.

Please sign in - link attached in chat

[2026 Nor Cal Roadshow Sign-In](#)

REGISTRATION PERIOD in effect **now**

**2026 Player and Coach Registrations Period
Is September 1, 2025, through
August 31, 2026, and will remain that way.**

This also holds true for Adult & team registration

**Umpires Registrations Will Remain on the
Calendar Year.**



2026 Membership Fees

ADULT TEAM REGISTRATION

Includes Liability (only) Insurance

Recreation League

Fastpitch \$ 30.00 per team
Slowpitch \$ 30.00 per team

Individual Travel Team

Fastpitch \$30.00 per team
Slowpitch \$30.00 per team

JUNIOR OLYMPIC YOUTH TEAM REGISTRATION

Individual Registration & Insurance

\$500 deductible w/o photo

\$20.00

Electronic player photo card upgrade

\$N/C (must upload photo)

\$500 deductible electronic cards

\$20.00

Photo Upgrade

\$0.00

**PAL Team Registration - Recreation League*
(Does Not Include Insurance)**

Fastpitch \$ 30.00

**Must meet requirements and be approved by NorCal*

UMPIRE FEES

ASSOCIATION UMPIRES

Adult \$90.00 (Includes Background Check)
Youth \$45.00

CITY RECREATION UMPIRES

Adult \$65.00

TOURNAMENT SANCTIONING FEES

\$25.00 per registered team

Mail to: NOR CAL SOFTBALL P. O. Box 5591 San Mateo, Ca. 94402
www.Norcalusasoftball.org

**If paying by credit card,
3.5% credit card fee will
be added**

MEMBERSHIP BENEFITS

- ❑ Insurance - Accident and Liability
- ❑ To - From Practice, Game, Clinic & Tournament Coverage
- ❑ Refer to <https://www.rpsbollinger.com/products-programs/usa-softball> for more information.
- ❑ Individual Electronic Membership Card
- ❑ Coach / leagues receives USA Softball Participant Manual (Rulebook) Hardcopy & digital:
<https://www.teamusa.org/USA-Softball.aspx> - under menu - resources. You can even use the CTRL-F feature....
- ❑ Resources - practice plans / clinics / more

Email Vince DeFriese if your league or organization needs more Participant Manuals. Include Quantity.

VdeFriese@norcalusasoftball.org

- ❑ Support!!
- ❑ *Future.....*

More MEMBERSHIP BENEFITS

- ❑ Eligibility to Participate in USA Softball Leagues and Tournaments
- ❑ Insurance Coverage extends to other organization's tournaments when an insured team is playing.
- ❑ USA Softball Merchandise Discount
- ❑ Access to the Pitcher University
- ❑ Access to SoftBOK Great online resource for new and veteran coaches.....
- ❑ Player / coach training programs -
- ❑ USA softball nationwide - tournament tracking
www.usasoftball.com/tournaments
- ❑ Background / Child Protection check
- ❑ League administration support & conflict help
- ❑ *Future clinics to be announced!*

More coming!!

NEW REGISTRATION/LEAGUE MANAGEMENT /COMPLIANCE/TOURNAMENT SITE!!

Registration

We cater to all aspects of sports involvement, supporting player, coach, team, club, league, and official registrations. Whatever your role in the sports community, Register Play has you covered with a comprehensive registration solution tailored to your specific needs.

Staff Members

Each team, club, association can set up staff members each with custom permissions. These staff members are invited by the owner of the team, club, or members of an association.

Event Entry

Quickly enter events using various payment methods including Credit Cards, Venmo, PayPal, and more.

Tournament Schedule

We have everything you need, whether it's a Pool, Bracket Elimination, or combined format. It takes only two clicks to advance teams from pool play to brackets.

League Schedule

Manage your leagues with field assignment and score entry tools. Use flexible options that can allow teams to assign their own fields and enter their own results.

Facilities

Our schedule module takes into consideration prioritizing games after sunset on lighted fields. Our club feature allows clubs to schedule fields for specific league types.

Reports

You can track your organization's progress and production with advanced reports like financial transactions and registration reports.

Rankings

Review strength of schedule or our Cross Class Ranking (CCR) system that rates teams against all other teams from other classes.

Communication

You can send emails to all parents/players, coaches, or officials under one of your events or a specific division of your event.

Compliance

Use our compliance tools to track coaching certifications, background checks, SafeSport, or concussion. Administrators can quickly verify birth certificates for player birthdates.

Content Management

The CMS Management feature of Register Play puts you in control of your platform's content, enabling easy creation, customization, and organization of your website's pages.

Mobile App

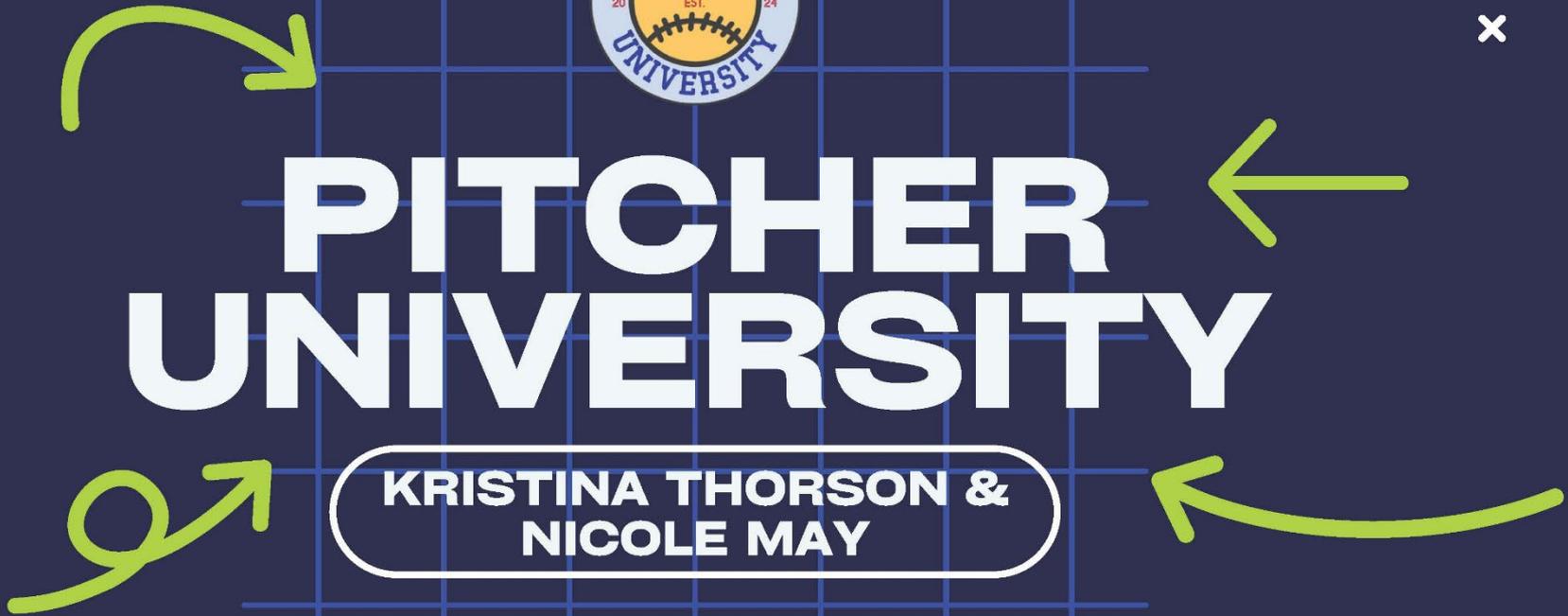
Experience the convenience of managing tournaments, teams, and events right from your smartphone or tablet. Stay informed with real-time updates and important announcements through push notifications.

NorCalUSAsoftball.com



PITCHER UNIVERSITY

KRISTINA THORSON &
NICOLE MAY





PITCHING MADE SIMPLE

NICOLE MAY

*Only 4-time National Champion
pitcher in NCAA history*

KRISTINA THORSON

*3-time All-American
Cal Berkeley Hall of Fame*

MONTHLY

YEARLY

ALL STAR PACKAGE

\$29.00

EVERY MONTH

Save \$60 on Yearly Subscription

SIGN UP

- ✓ Monthly Live Q&A
- ✓ Access to all videos in our expanding Academy
- ✓ 10% Discount on everything in the Coaching Hub
- ✓ Cancel Anytime

SEASON PASS - ALL STAR

\$79.99

EVERY 3 MONTHS

Perfect for coaches and leagues.

SIGN UP

- ✓ Access to all the videos in our expanding Academy
- ✓ Monthly Live Q&A
- ✓ 10% discount on everything in the Coaching Hub
- ✓ Cancel anytime

MONTHLY

YEARLY

MVP PACKAGE

\$79.99

EVERY MONTH

Save over 20% on Yearly Subscription

SIGN UP

- ✓ Monthly video analysis
- ✓ Access to all videos in our Academy
- ✓ Monthly Live Q&A
- ✓ 20% Discount in Coaching Hub
- ✓ Cancel anytime

THE ACADEMY VIDEO LIBRARY

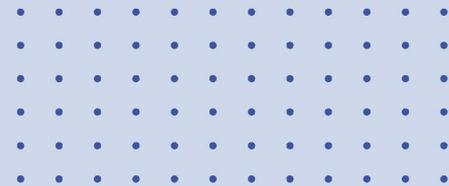




www.PitcherUniversity.com

VIDEO COURSES

- **ONE-TIME PURCHASE:** NO SUBSCRIPTIONS, NO MONTHLY FEES.
- **BUY EXACTLY WHAT YOU NEED:** PURCHASE A PACKAGE OR JUST A SINGLE VIDEO.
- **GREAT OPTION FOR COACHES:** THE FASTBALL PACKAGE COVERS ALL THE FUNDAMENTALS AND DRILLS YOU NEED TO GET STARTED.
- **LIFETIME ACCESS:** WATCH ANYTIME ON VIMEO—FOREVER.





COACHING HUB

Other Coaching Opportunities

SMALL GROUP CLINIC / LIMITED SPOTS AVAILABLE

DEC 20
10A-12P



FASTBALL & CHANGE UP

DOUBLE DIAMOND
LIVERMORE, CA

MECHANICS,
RELEASE,
AND MORE!

ALL AGES
ALL LEVELS
\$150

PERSONALIZED PITCHING PLAN

4-Week Program

Powered by TrainHeroic

VIDEO ANALYSIS



Pitching Clinics

Work with us in person! Coaches clinics are an option as well.



Personalized Pitching Plans

For those unsure of when and what to do while practicing



Video Analysis

Submit short video clips for us to go over in detail. We'll tell you what we see and give you recommendations on what to work on.



PITCHING CLINICS

TRAIN WITH A 4X NATIONAL CHAMPION

EAST BAY PITCHING CLINICS WITH NICOLE MAY & KRISTINA THORSON

Nicole May
4x All American
University of California

Kristina Thorson
4x All American
University of California

DOUBLE DIAMOND
LIVERMORE, CA

MIKE MURPHY BASEBALL
WALNUT CREEK, CA

Dec 20	FASTBALL & CHANGE UP	Dec 22-23	COMPLETE PITCHER'S CLINIC
Jan 2-3	TOTAL PITCHER'S WORKSHOP	Dec 27	FASTBALL & LOCATION
Jan 10	MECHANICS, VELO, & DROP		

OUR MOST IN DEPTH CLINIC EVER!

Five winter clinics on the calendar:

- Livermore & Walnut Creek
- Limited space

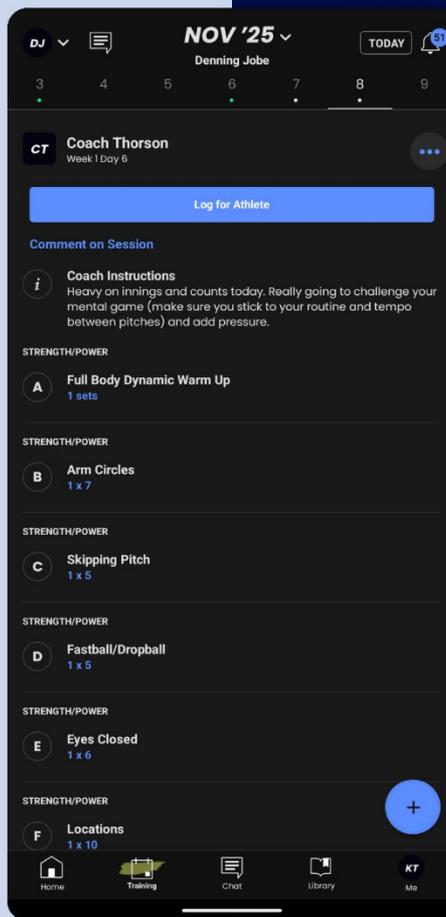


Individual League and Coaches Clinics

- We'll come to your fields
 - Free for coaches/\$25 per player
-



PERSONALIZED PITCHING PLANS



For committed pitchers

These programs are great options for players wanting to put the work in, but not sure what to do

Tailored Team Practice Plans

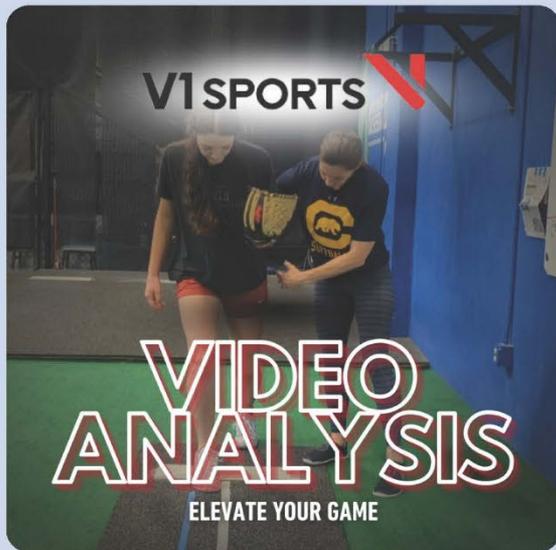
We can create a plan based on a coach's input that they can use to help their entire staff.

Customized to your needs

We build these specifically for each pitcher/coach based on their needs and schedule, and stay in touch throughout the program.



VIDEO ANALYSIS



Great for when your pitcher hits a wall

- Submit a few short clips
- Personalized analysis of each with voice over and follow up
- Drill recommendations included



www.PitcherUniversity.com

ANY QUESTIONS?

CONTACT INFO & SOCIALS:



info@pitcheruniversity.com



@PitcherUniversity

DISCOUNT CODES:

SEASON PASS SUBSCRIPTION:

50% OFF WITH CODE **NORCAL**

FASTBALL PACKAGE (VIMEO):

30% OFF WITH CODE **NORCALUSA**

*Codes active through Feb 28

SoftBOK

Softball Body of Knowledge

Overview

A body of knowledge (BOK) is generally defined as a complete set of concepts, terms and activities used by professional organizations to help guide their particular practice or work. SoftBOK™ is a body of knowledge dedicated specifically to the sport of fastpitch softball. It effectively provides organizations, coaches, athletes, and parents access to premium softball instruction conveniently and affordably. SoftBOK™ content can be conveniently accessed from any device with a wireless internet connection.

About the Developer

SoftBOK™ was developed by Darin Delgado, Associate head coach at American River College, Director of Coaching Education for USA Softball of Sacramento, and founder of Elite Athlete Consulting (EAC). Coach Delgado began his professional career in information technology as a computer programmer for Oracle Corporation. After nearly 20 years developing software, his experience coaching his daughters ultimately compelled him to get involved in youth sports. In addition to his position as a softball coach with American River College, Coach Delgado devotes a significant amount of his personal time assisting youth leagues and local softball associations with skills clinics and private instruction.

The Product

SoftBOK™ is the ultimate education resource for fastpitch softball. It consists of empirical softball instruction and educational content derived from over 20 years of experience training athletes at all levels. SoftBOK™ content ranges from individual drills to complete organizational practice plans.



[RUNNING A TEAM A - Z](#)

[FUNDAMENTALS](#)

[PRACTICE PLANS](#)

PRACTICE PLANS



6U



8U



10U/12U



All Star/Travel Ball



Through Contact

The batter, in an athletic position continues the swing by rotating the lower half so at contact point the back foot is pointed to or just inside the ball and the heel is high. The front leg is firm and locked to keep the weight evenly balanced. The back knee is aligned directly with the back shoulder. Both arms are flexed and close to 90 degrees. The barrel stays square through the ball with the palms remaining in an up and down position. The barrel continues taking the same angle as the shoulders. The core remains tucked so the head is outside the feet. The chin is down and on the ball.



Starting Extension

The batter, in an athletic position continues the swing through contact point. The back foot is pointed to or just inside the ball and the heel is high. The front leg is firm and locked to keep the weight evenly balanced. The back knee is aligned directly with the back shoulder. Both arms start to get extension through the ball. The barrel gets out in front of the hands which remain palm up and palm down. The core remains tucked so the head is outside the feet. The chin is down and on the ball.



Finish

The batter finishes the swing with both hands finishing high behind the lead shoulder. The back shoulder finishes underneath the chin. The chin remains down following the ball. The bottom half completes its rotation with the hips and bellybutton facing the pitcher.

FUNDAMENTALS



Batting

- Swing Process
- Tee Inside
- Tee Middle
- Tee Outside
- Sac Bunting
- Base Hit Bunting
- Drag Bunting
- Slapping

Infield Dailies

- Routine Grounders
- Forehands
- Short Hops
- Routine Backhand
- Extended Backhand

Infield

- Fielding Process
- 2nd To SS DP
- 1st To SS DP
- SS To 2nd DP
- 2nd Across Base DP
- Applying Tags
- Drop Step
- First Base Receiving

Outfield

- Basic Fly Balls
- Drop Step Left
- Drop Step Right
- Fielding/Blocking
- Do or Die/Crow Hop

Pitching

Catching

Throwing

Receiving

Base Running

Practice 1

Focus: Understanding the Game, Agility, Catching, Throwing, Base Running, Fielding/Footwork

Practice 2

Focus: Understanding the Game, Agility, Pitching/Catching, Catching, Throwing, Fielding/Footwork, Base Running

Practice 3

Focus: Agility, Pitching/Catching, Throwing, Catching, Hitting

Practice 4

Focus: Agility, Pitching/Catching, Throwing, Base Running, Hitting

Practice 5

Focus: Agility, Pitching/Catching, Throwing, Catching, Infield Dailies, Fielding/Footwork, Base Running, Hitting

Practice 6

Focus: Competition Day! Agility, Pitching/Catching, Throwing, Catching, Infield Dailies, Hitting

Practice 7

Focus: Agility, Pitching/Catching, Infield Dailies, Throwing, Catching, Fielding/Footwork, Hitting

Practice 8

Focus: Agility, Pitching/Catching, Infield Dailies, Hitting, Catching, Throwing, Fly's, Fielding Circuit, Base Running

Practice 9

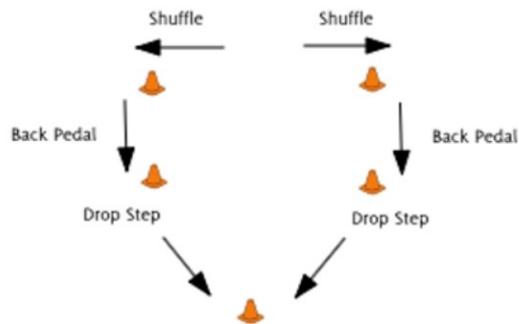
Focus: Agility, Pitching/Catching, Catching, Throwing, Fielding/Footwork, Infield/Outfield,



PRACTICE 4 Focus: Agility, Pitching/Catching, Throwing, Catching, Infield Dailies, Base Running, Hitting

Agility Warm Up (10 Min)

- This agility warm up is performed with their glove tucked
- Player starts at the top and shuffles to their left or right
- Once outside the cone, player back pedals to the second cone
- Once past, player drop steps and sprints to the centered cone
- They immediately go to the ladder as described below
- Repeat and alternate shuffle directions



One Foot In Each Moving Forward
Two Feet In Each Moving Forward
Two Feet In Each Moving Laterally

- Stationary feeds to a player with no glove
- Have player get into a proper fielding position and roll balls directly to them so their feet can stay stationary
- Focus is on getting the player into the proper fielding position and reaching out for the ball with their glove hand palm facing the ball and throwing hand over the glove hand
- Roll 3 to each and rotate

- Forehands/Backhands with tennis ball without the glove
 - Coaches start close and lightly underhand toss balls to the various 9 catching zones
 - In a stationary position, player's move their catching hand to the ball finger tips up/finger tips down
 - The focus isn't on catching the ball, but to get to the ball the correct way
 - Slowly move back as the players get comfortable with getting to the ball
- Now with the glove, have the player get athletic by bending at the knees and having the feet outside the shoulders
 - The coach will again feed 3 balls each from a close distance on their knee and rotate
 - The players will give a target using two hands
 - Focus on having them catch the ball finger tips up or finger tips down in a stationary position

Base Running (10 Min)

- Running with proper mechanics
 - Running on the balls of the feet
 - Elbows in, arms pumping
 - Head up looking at the base ahead
- Running through the first base bag, touching the front of the bag and breaking down
- Rounding first base touching the inside of the bag going to second
- Picking up the 3rd base coach when going to second
- Lead offs emphasizing a step, step, shuffle, shuffle
- After a proper lead off have the player work on getting back to the base staying athletic
- After a proper lead off have the player sprint to the next base

Hitting (30 Min)

- Tee
 - The player sets up in an athletic stance
 - Feet positioned straight or slightly inward with weight on the inside
 - Feet are positioned just outside the shoulders with equal weight on each
 - Have the player just get to contact for 5-7 reps
 - At this point, the back foot and belly button should be pointed to the contact point
 - The back arm should be close to a 90 degree angle
 - Next, have the player get through contact and to extension for 5-7 reps
 - Have the player focus on making contact with the inside of the ball which forces the knob to the ball
 - At extension, the back shoulder should be underneath the chin which is down

TRAINING RESOURCE - SoftBOK

<https://www.eliteathleteconsulting.com/>

& select Softbok

- ▶ Drills
- ▶ Fundamentals
- ▶ Practice Plans
- ▶ Great resource for new (or not so new) coaches for your leagues and organizations.
- ▶ Password is **Usasoftball26!** *(case sensitive)*



ACE & BACKGROUND CHECKS & SafeSport

- All Nor Cal USA Softball Coaches must be ACE Educated* for Championship play & Nationals. Leagues may require for their league play too.

This includes assistant coaches, team managers

(anyone in the dugout)

- List of criteria that will be used in the screening is listed on the Nor Cal website *****Know the background screening is more thorough now and will take additional time to complete!**

(under the Youth tab - resources/compliance help).

- Coaches must also register as a Coach through their league (if applicable) or directly with NorCal.
- ACE: Being revamped. Presently it is not a NorCal requirement.
More to come.....

NOTE: Background checks, & SafeSport *is Now from September 1st to August 31st!*

- ** Ace certification system is presently being revamped*

SafeSport and Concussion Training

- All Coaches will need to complete both SafeSport and Concussion Training Programs. Both are offered at no cost to the participant.
- Concussion Training. State mandated. Free training is available on the Center for Disease Control web site and the National High School Federation web site. Cdc.gov/headsup and NFHSLearn.com. Either is acceptable.
- SafeSport. State & Federally mandated. Safesport.org (*see CANRA letter on our website*)
- Finger Printing requirements - State law

UMPIRE PROGRAM



TM

Meet our Nor Cal District UIC's!

- ▶ District #1 Spencer Schulz
- ▶ District #2 Mike Jones
- ▶ District #3 Open
- ▶ District #4 Kevin Hager
- ▶ District #5 Rick Solis
- ▶ District #6 Rick Solis
- ▶ District #7 Jeff Pratt
- ▶ District #8 Larry Coffey
- ▶ District #9 Chris Keating

- ▶ ***Need umpire equipment?***
 - ❖ Ed Wong - 925.998.6539 e: edwardwong_99@yahoo.com

UMPIRE PROGRAM GOALS

- ❑ Provide training for all Adult & Youth Umpires
- ❑ Rules resource for Coaches & Commissioners
- ❑ Mentoring Program
- ❑ Recognition & Rewards

We need umpires!



UMPIRE REGISTRATIONS

Nor Cal Umpire Membership Fees:

Adults (18 and over) \$90 (includes BG Check)

All Adult Umpires must have a successful Background Check and complete the current SafeSport online training.

Adult Recreation League Fees \$65.00

Youth (Under 18) \$45 - No background check required

Registration runs annually from 1/1 to 12/31

REGISTRATION BENEFITS

- ❑ Participant Manual (*rule Book*)
- ❑ Online Umpire Manuals
- ❑ *Balls and Strikes Softball Magazine*
- ❑ Rule Interpretations
- ❑ Ability to attend USA Softball Clinics and Schools
- ❑ \$100,000 Medical/Accident Coverage (\$250 Deductible)
- ❑ \$2,000,000 Liability Coverage per occurrence
- ❑ \$5,000,000 Liability Coverage aggregate

YOUTH UMPIRING PROGRAM

Training for Youth interested in umpiring
in your Rec League/s can be facilitated
by our
Nor Cal USA Softball Umpiring Staff.

FREE OF CHARGE

for our leagues to host!

See our website for clinics by you...

*Contact Your District Commissioner
or Umpire in Chief.*

Our Future.....



2026 Playing Rule Changes

**NOTE: All changes below are EFFECTIVE January 1,
2026, unless otherwise noted**

Rule 3, Section 1B

- B. SAFETY KNOB:** The knob shall have a diameter of at least 1.6 inches with no sharp edges. The knob will be permanently attached to the bat and may be covered with grip tape. **The use of an internal or external bat sensor is allowed provided that the sensor is properly attached.**

Comments: Clarifies that bat sensors are allowed during play.



Rule 4, Section 8B

B. A participant may be ejected at any point from the time the umpire crew enters and until they leave the field of play. An ejected participant must leave the grounds and have no contact with the umpires or participants in the game. The ejected participant is restricted from having contact with the team and is suspended for one additional game. The ejected participant is not permitted to sit in the stands, dugout or general locality of the next game. The ejected participant may appeal the one game suspension to the Championship Protest Committee.

Comments: Clarifies that umpires have authority to eject a participant before, during or after the game before leaving the field of play.



Rule 5, Section 10A

- A. In National Championship Finals (One True Nationals) pool and elimination play, the time limit will be one hour and forty minutes and finish the inning. If the game is still tied after the time limit has expired, the tie-breaker rule shall be in effect at the start of the next inning.

Exception: The Championship and “IF” games will have no time limit.

Comments: Creates a time limit for One True Nationals games.



Rule 5, Section 10B

- B. In Junior Olympic Fast Pitch (Territorial Championships) Class A and Class B **10-under**, 12-under, 14-under, 16-under, 18-under pool and elimination play, the time limit is one hour and **thirty** minutes and/or **one hour forty minutes** and finish the inning. If the game is still tied after the time limit has expired, the tie-breaker rule shall be in effect at the start of the next inning.

Exception: The Championship and “IF” games will be one hour and forty minutes.

Note: Game times must be determined prior to the event.

Comments: Allows flexibility for pool play time limit to be 1 hour 30 minutes or 1 hour 40 minutes. Bracket play time limit can either be 1 hour 30 minutes or 1 hour 40 minutes. The precise time limits will be determined prior to the Championship.



2. Any eligible player may be a courtesy runner once per inning for any player other than the pitcher. This player, or any other eligible player, may also be a courtesy runner for the pitcher **providing the pitcher bats for themselves and reach base safely.**

Comments: Clarifies that the pitcher must bat for themselves and reach base safely to be eligible for a courtesy runner.



Rule 4, Section 7C [1B&5]

Electronic Communications...

1B. An exclusively one-way electronic communication device to relay signals to the offense.

5. An exclusively one-way electronic communication device may be used by the defense to relay the pitch or play call from the dugout. *Effect: If a two-way communication device is used, disqualification or ejection from the game occurs after a warning.*

Comments: Allows the use of one-way electronic communication to all players both on offense and defense.

PLAYERS:

NO SMART WATCHES

NO PHONES

NO DEVICES THAT CAN TRANSMIT EVEN IF TRANSMITTING IS DISABLED



PITCHCOM®

2024 PITCHCOM EXCLUSIVE PRICING
**CHAMPIONS CHOOSE
 PITCHCOM**



BASIC

BASIC SYSTEM IS DESIGNED TO HANDLE PITCH CALLING COMMUNICATION BETWEEN PITCHER, CATCHER & COACH.
 SYSTEM INCLUDES:

- TRANSMITTER
- 2 DIGITAL DISPLAY DEVICES
- CARRY CASE
- CHARGING KIT
- WAISTBANDS



Electronic communications....

HOW THE PLATFORM WORKS

STEP 1



BUILD

COACH BUILDS THEIR PITCH CALLS & OFFENSIVE PLAYS IN APP

STEP 2



SEND

COACH SENDS IN THE PITCH CALL OR OFFENSIVE PLAY TO PLAYERS ON-FIELD VIA THE COACHES APP

STEP 3



RECEIVE

PLAYER DEVICES DISPLAY THE CALL

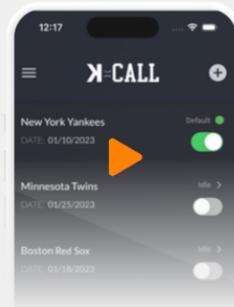
STEP 4



EXECUTE

PLAYERS EXECUTE & WIN!

[GET A QUOTE](#)



ON-FIELD

COACHES APP

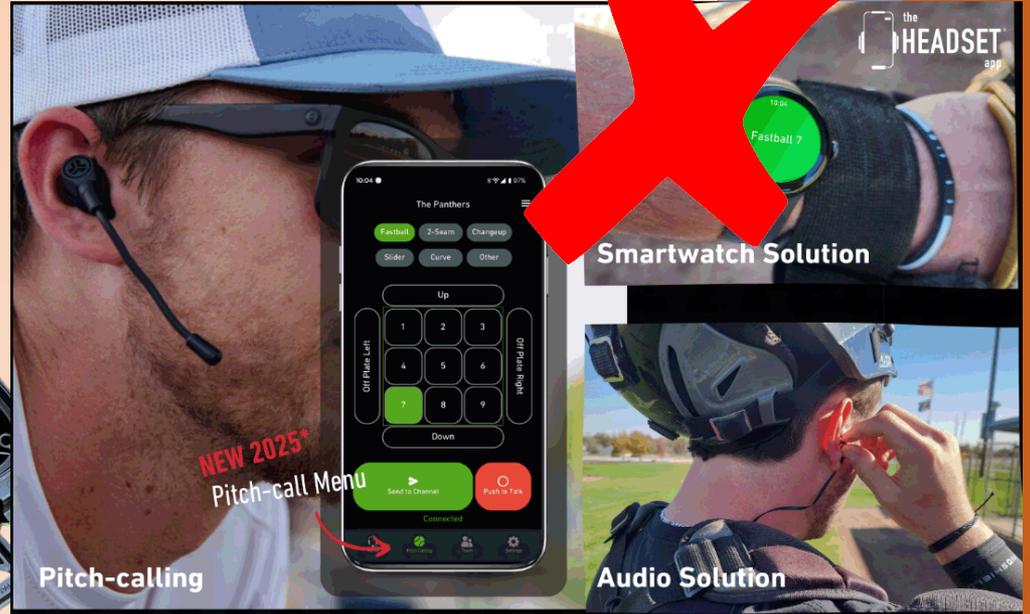
The GoRout Softball coaches application is robust and simple. From building pitch calls to offensive plays, to setting defensive shifts for hitters, everything is one touch away.



ON-FIELD

PLAYER DEVICE

The GoRout Softball on-field players devices require no set up, pairing, or programming. Each device is fully encrypted and ready to start receiving calls right out of the box.



Pitch-calling

Smartwatch Solution

Audio Solution

NEW 2025*
Pitch-call Menu

the HEADSET app

Rule 5, Section 1 HOME TEAM

Exception: In the Championship game only, the undefeated team shall decide the home team. If there is more than one undefeated team or in the event of an “IF” game, the home team shall be decided by a coin toss.

Comments: Allows in the Championship game, the undefeated team to decide if they want to be home or visitors.



TM

REVIEW OF 2026 CODE CHANGES

No changes for this year

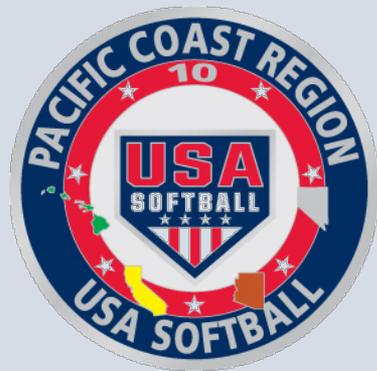
NOR



GAL

2026

Eligibility Information for Junior Olympic Program



2026 PROGRAM OUTLINE

The following is a simple, basic outline for eligibility in USA Softball of Northern California's youth program for 2026.

Detailed rules can be found in the Junior Olympic Handbook.

Age Eligibility: Player's age on September 1, 2025 Determines Age for **2026**

18 Gold

Open Recruitment
Self Declare Process

16 Gold

Open Recruitment
Must Qualify

"A"

Open recruitment
Self Declare Process

Age Chart

May be found on our website

USA Softball of Northern California AGE CHART '25-'26

SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	AGE	DIVISION
2019	2019	2019	2019	2020	2020	2020	2020	2020	2020	2020	2020	5	6U
2018	2018	2018	2018	2019	2019	2019	2019	2019	2019	2019	2019	6	6U
2017	2017	2017	2017	2018	2018	2018	2018	2018	2018	2018	2018	7	8U
2016	2016	2016	2016	2017	2017	2017	2017	2017	2017	2017	2017	8	8U
2015	2015	2015	2015	2016	2016	2016	2016	2016	2016	2016	2016	9	10U
2014	2014	2014	2014	2015	2015	2015	2015	2015	2015	2015	2015	10	10U
2013	2013	2013	2013	2014	2014	2014	2014	2014	2014	2014	2014	11	12U
2012	2012	2012	2012	2013	2013	2013	2013	2013	2013	2013	2013	12	12U
2011	2011	2011	2011	2012	2012	2012	2012	2012	2012	2012	2012	13	14U
2010	2010	2010	2010	2011	2011	2011	2011	2011	2011	2011	2011	14	14U
2009	2009	2009	2009	2010	2010	2010	2010	2010	2010	2010	2010	15	16U
2008	2008	2008	2008	2009	2009	2009	2009	2009	2009	2009	2009	16	16U
2007	2007	2007	2007	2008	2008	2008	2008	2008	2008	2008	2008	17	18U
2006	2006	2006	2006	2007	2007	2007	2007	2007	2007	2007	2007	18	18U

Note: This age chart is for the USA 2025-2026 year

...On our website, we also have an age calculator

AGE CALCULATOR

Player's Birthday* mm/dd/yyyy	Sport*	Season*
Birthday is required	Sport is required	Season is required
<input type="button" value="Calculate"/>		

“SELECT” PROGRAM (10U - 14U)

Restructured from last season!

In order to do select, the player must play rec league and participate in at least 75% of games. (this can include interleague play if applicable).

- ▶ Teams must be created and approved by a Recreation League.
- ▶ Must have an open try-out for league participants (ONLY) after your spring registration closes.
- ▶ Tryouts can be held any time after league registration closes.
- ▶ Select program ends 5/1/26

- ▶ May play Select with other local leagues and do round robins / friendlies
- ▶ If a select team / player plays in a tournament after 3/1, they are ineligible to play summer B/C's.

Leagues can allow (with their board approval), to have a player play rec and tournament ball at the same time. But again, this player would not be eligible for the B/C summer.

- ▶ **8 & under Select? Not at this time - Select is only 10-14's**

“SELECT” PROGRAM (10U - 14U)

- ▶ **Player eligibility may be appealed to the JO Commissioner.**
- ▶ **Players can play in more than one rec league but can only try out for one league’s Travel Program.**

HIGH SCHOOL “B” PROGRAM (14U, 16U, 18U)

- ▶ Can form under the High School category and do not have to be created by a recreation league. No limit on number of high schools.
- ▶ Teams may not try out, practice or participate together prior to the last Saturday in April.

B & C ALL-STAR PROGRAM (8U -12U)

- ▶ Teams must be created and approved by a recreation league.
- ▶ 10U and 12U. League must form a “B” team prior to forming any “C” teams, unless approved by USA Softball of Northern California. **No teams are classified “C” until they are classified “C” by Nor Cal.**
- ▶ All players must have participated in the spring recreation league.
- ▶ Teams may not tryout, practice or participate together prior to the last Saturday in April.
- ▶ Uniform options. We know tournaments start as soon as Memorial Day weekend and it’s a tight timeline from try-outs to your first tournament to get uniforms. NorCal will have a solution for a quick **five day** turnaround for supplemented uniforms!

8U TRAVEL TEAMS

- ▶ **Rec League based only**
- ▶ **No “A” or “B” 8U teams**
- ▶ **Rules for Association Championships are posted on our NorCal website and can be adopted for tournament play.**

INTERLEAGUE ELIGIBILITY

The purpose of the Interleague Policy is to assist the smaller leagues that do not have enough willing/able players to create an All-Star team to compete in USA Softball's Championship Season. The following Policies & Procedures must be followed:

- ▶ a) ALL Interleague All-Star play is subject to sanctioning by NorCal.
- ▶ b) Interleague teams must compete in an approved interleague schedule to be eligible for Interleague All-Stars.
- ▶ c) Eligible interleagues must have an open and announced selection process with participants recorded.

INTERLEAGUE ALL-STAR ELIGIBILITY

- ▶ d) Leagues participating in interleague play having sufficient players to form their own All-Star team cannot participate in Interleague All-Stars. **Exception:** Players not making their home league's All-Star team may participate in interleague All-Stars only if the interleague team does not have enough players to form a team and **only when ALL other players are selected.**
- ▶ e) Interleague All-Star teams will be classified per Region 10 handbook guidelines.
(available on our website under youth / resources)

SANCTIONED INVITATIONAL TOURNAMENTS

- ▶ USA Softball approved tournaments
- ▶ Must use NorCalUSAsoftball.com
- ▶ Must meet USA Softball standards
- ▶ All teams and umpires must be USA Softball registered
- ▶ Playing fields must be prepped
- ▶ Restrooms available onsite
- ▶ NorCal USA Softball will not sanction any “C” tournaments prior to May 1st
- ▶ Teams may signup for only one tournament a weekend!
- ▶ Teams may not register for any summer All-star tournament prior to April 30th or teams are formed
(do not sign up for a tournament unless you know you have a team and properly classified)

NORCAL USA SOFTBALL PRE-QUALIFIERS

- ▶ The requirement to play in at least **one** USA Softball Pre-Qualifier Tournament prior to the Nor Cal Association Championships is preferred for 2026. Teams that participate in a pre-qualifier will have first rights to register in Nor Cal Championship play and providing they have paid the entry fee.
- ▶ Teams that do play, will be given first priority to register for Nor Cals. This includes tournaments hosted by other USA Softball associations as long as they have been designated as Pre-Qualifiers.

NEW

Credit Card & other electronic forms now accepted!

DEFINITION: CHAMPIONSHIP PLAY

Championship Play is a tournament or competition from which the winner and other selected teams may advance to higher levels of play of USA Softball.

The following events are considered Championship Play:

- ▶ **Local Association Championships**
- ▶ **Regional Championships**
- ▶ **Territory Qualifying Tournaments**
- ▶ **Western National Tournaments**
- ▶ **National Championship Finals**

ROSTERS FOR CHAMPIONSHIP PLAY

- ▶ The roster deadline for Championship Play is 24 hours prior to the start of Championship Play.
- ▶ Once a team has competed in any Championship event, the player is frozen to that roster and may not compete with another USA Softball team until the original team is no longer eligible for Championship Play (their season is over). If a player leaves a team after Championship Play participation, they may not join another team until the original team is no longer eligible for Championship Play. Team Championship Roster is limited to 20 players.
- ▶ Once a team plays in Championship Play that team's roster is then frozen and the only way additional players can be added is on a Pick-up Player form & subject to NorCal Commissioner approval.
- ▶ No more "Add" players once you have competed in Championship Play.

PICK-UP PLAYER RULES

- Pick-up players must be registered with individual registration (not through the team registration) during the current season at least seven (7) days prior to the start of the National Championship Final.
- If Pick-up player is coming from a USA Softball Registered team, that team must no longer be advancing in Championship Play, unless that player has been released from that team & confirmed by league President.
- Teams are allowed 3 pickup players only for the duration of championship play. Pickup players must be added to team by utilizing the official USA Softball Pick-up Player form. All pickup players must be approved by the Association's USA Commissioner.

PICK-UP PLAYER RULES

Pick up players must be from the team's same or lower classification. Exception: Players who are age eligible may be picked up by a lower age classification team.

- ▶ Gold and "A" can pick up from own Region (10)
- ▶ "B" can pick up from NorCal Association
- ▶ "C" can pick up from NorCal Association Championships or from within your league

NOR CAL CHAMPIONSHIPS

TENTATIVE WE ARE TRYING TO CONSOLIDATE TO ONE WEEKEND

- ▶ 8C, 10C, 12C - June 19-21 in Hayward/San Lorenzo/Tracy. **Expect to play on Friday!**
- ▶ 10B, 12B, 14-open B/C - June 26-28 in Hayward/San Lorenzo/ Tracy. **Expect to play on Friday!**
- ▶ 12A, 14A - June 26-28 in Hayward/San Lorenzo/Tracy. **Expect to play on Friday!**
- ▶ 10A - TBA.
- ▶ 16B, 18B - June 19-21 in Roseville.

“A” AND “B” USA SOFTBALL NATIONAL CHAMPIONSHIPS

- ▶ All NorCal “A” teams that participate in the NorCal A Championships qualify for either “A” Nationals or “A” Western Nationals.
- ▶ All Nor Cal “B” teams that participate in the NorCal B Championships qualify for the “B” Western Nationals.
 - ❖ 10B’s July 27-August 2 - Salem, Oregon
 - ❖ 12B / 14B’s July 27-August 2 Seattle, Washington
 - ❖ 14A / 16A/B / 18A/B - July 27-August 2 - Salem, Oregon
 - ❖ 10A /12A - July 27 - August 2 - Johnson City, TN
- ▶ National Tournament Dates and Locations can be found at:

<https://www.teamusa.org/USA-Softball/USA-SB-Events>

“B & C” REGIONAL CHAMPIONSHIPS

▶ Must play in the Association Championships to qualify.

▶ Six (6) Berths available for 8U & 14U

▶ Three (3) Berths each 10U & 12U

for B & C levels to Regionals in each classification:

▶ 8U (6 berths)

▶ 10U (3 berths B & C each)

▶ 12U (3 berths B & C each)

▶ **14U** (6 berths)

**Adding “B”
level and 14U
this year!**

**Hosted by The Cal State Games
San Diego, Ca. on July 17-19th**

Teams may also participate in Nationals too!

THINGS TO REMEMBER

Sanctioned Tournaments:

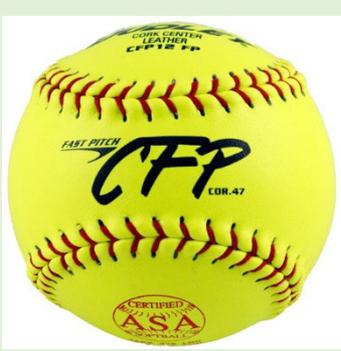
You don't need a Championship roster for Sanctioned Tournaments. www.norcalUSAsoftball.com has a printable Tournament Roster (non-Championship Roster) for Sanctioned Tournaments that will work. Also, proof of insurance certificates.

All coaches/managers (anyone on the field / dugout must be compliant)

Regional / National Championship Play Tournaments:

All players must have a Picture ID at sign-in and at all games. You will need to sign-in (try to do this as a team) and do it in the order of the names on the roster. Players do not need to sign their Photo ID Cards.

There will be other requirements too and we will provide a check off list (*like coach ACE certification, team entry form, fees, venue information, pick up players, team pictures, pin trading, open ceremonies, gift exchange*)



DUDLEY - OFFICIAL BALL

- ▶ Dudley is the official ball for USA Softball of Northern California and the following balls will be used at Nor Cals.
- ▶ 8U: Dudley Protector Level 1 10” (4A146PT)
- ▶ 10U: Dudley SBC11YFP (4Y611) 11”
- ▶ All Other Ages Dudley CFP12Y (43865) or SBC12 12”

Did you know that we have special pricing for these Balls?

Go to our website: <https://www.norcalusasoftball.org>



OTHER INFORMATION



USA SOFTBALL DAY @ SAN JOSE GIANTS



This Day Is For You!

Bring your teams, families, and fans to the ballpark for a special promotional game celebrating youth softball, team pride, and high-energy fun.

Expect a ballpark packed with jerseys, cheers, and softball spirit!

GAME DETAILS

San Jose Giants vs. Ontario Tower Buzzers

 Sunday April 26, 2026 (Tentative)

 1:00 PM

 [Excite Ballpark,](#)
[588 E Alma Ave, San Jose, CA 95112](#)

PRE-GAME CLINIC

Train on the Field

Learn from the Pros

Led by the San Jose Giants coaching staff

Fun, age-appropriate skill instruction

 Clinic: 11:00 AM - 12:00 PM

 Check-In: 10:30 AM

 Parking Opens: 10:00 AM

 Pre-registration required (more info to come)

BRING YOUR ENERGY!

Let's show the baseball players what it really means to cheer for a team. Synchronize our cheers to echo through the park.

WEAR YOUR COLORS!

Team Softball Jersey

League shirts & hoodies

USA Softball gear

 Turn the stands into a sea of softball colors!

GET YOUR TICKETS!!!

 \$18/each (includes service fee)

 \$15 at Happy Hollow

 Ticket purchase link coming soon

USA SOFTBALL of Northern California Code of Conduct!

Code of Conduct

Standards of conduct are part of the USA Softball National Code and Northern California Rule and Regulations. Every member of USA Softball shall respect those standards. Registration with USA Softball constitutes an agreement to follow these standards. A manager, coach, player or other individuals affiliated with the team shall not violate any of the following:

1. Unsportsmanlike conduct or any derogatory action on or off the playing field.
2. Verbal or physical threat upon an umpire or USA Softball official.
3. Destruction of property, abusive behavior or violation of state or federal law.
4. Non-payment of debts to USA Softball or an affiliated member.
5. Failure to have all team members in the JO program individually registered through USA Softball.
6. Failure to have all adult team members in the JO program background checked.
7. Failure to have one member of the team ACE Education during Championship play.
8. Playing under an assumed name or falsifying information to a USA Softball official.
9. Writing checks with non-sufficient funds or closed accounts to a USA Softball official.
10. Commission of fraud perpetrated against a USA Softball representative, team or individual.
11. Commission of fraud larceny against a USA Softball representative, team or individual.
12. Use of any USA Softball logos or trademarks without express permission.
13. Commission of any acts that are contrary to the objectives and purpose of USA Softball.
14. Forfeiting a game in Championship play
15. Competing with or against individuals or teams who are suspended from USA Softball play.
16. Any other acts of suspension as listed in the USA Softball code.

League Structure information

- ▶ Always inform your District Commissioner if you are doing inter-league play and its structure
- ▶ Be sure all your coaches/managers/board members, umpires & players are registered on NorCalUSAsoftball.com And verify that they get approved
- ▶ Verify all your players submitted and approved in NorCalUSAsoftball.com **And before they take the field.**
- ▶ Check your Bylaws, non profit status, board members listing are current and you are filing tax returns. This will need to be verified by our commissioners upon request. **This is for your protection!**

Did you know your district Commissioner can help in league and interleague conflict resolution

USA SOFTBALL™



NorCal Redbook coming out December 23rd!!

Pacific Coast Region 2025 Junior Olympic Policies and Procedures

Revised December 7, 2024

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12U

14U

TRY OUTS

Sunday April TBD
9:30a-3:00p

LOCATION:

San Lorenzo Sports Complex
1970 Via Buena Vista
San Lorenzo CA 94580

Register: www.norcalusasoftball.org

Must pre-register to attend.

\$50 per player fee required.

Each participant will receive a special t-shirt

wwwUSASoftballAllAmericanGames.com

Games will be held

12U/14U August 3-9, 2026

Hall of Fame Stadium, Oklahoma City, OK

24 Teams from Across the Nation

360 Athletes

FOR MORE INFORMATION CONTACT:

Vince DeFriese - vdefriese@norcalusasoftball.org



USA SOFTBALL™

ALL-AMERICAN



Games

USA
SOFTBALL

HALL OF FAME STADIUM
OKLAHOMA CITY, OK

NINE PLAYERS &
ONE COACH
WILL BE
SELECTED FOR
EACH TEAM BY
OUR
ASSOCIATION

Gateway to the Olympics!



HIGH PERFORMANCE PROGRAM

U-13, U-14, U-15, U-16, U-17, U-18

THE PIPELINE TO THE WOMEN'S NATIONAL TEAM PROGRAM



Q: HOW CAN I PARTICIPATE IN THE USA SOFTBALL HIGH PERFORMANCE PROGRAM?

LOCAL IDENTIFIER

ATTEND A LOCAL IDENTIFIER TO BE EVALUATED IN YOUR ELIGIBLE AGE GROUP.



INVITE

FROM EACH REGIONAL IDENTIFIER, THE TOP ATHLETES WILL BE NOTIFIED AND INVITED TO ADVANCE TO THE NATIONAL SELECTION EVENT.



NATIONAL SELECTION EVENT

USA SOFTBALL WILL RECOGNIZE THE TOP ATHLETES FOR THE AGE-SPECIFIC TOP PERFORMERS IN THE CURRENT YEAR.



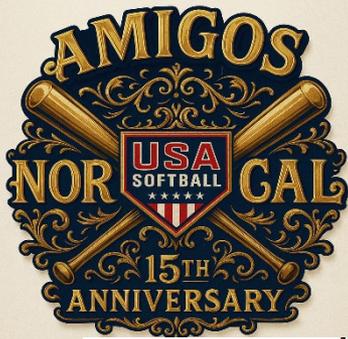
NATIONAL TEAM PROGRAM

FROM THE TOP ATHLETES, POSSIBLE INVITATION TO A NATIONAL TEAM TRIAL, POOL OR TEAM PARTICIPATION WILL BE EXTENDED BASED ON THE CALENDAR OF WBSO EVENTS.

WBSO

TOURNAMENTS.....

TOURNAMENTS.....



TOURNAMENT LISTINGS

- ▶ Submit Tournament Requests if you have not already done so and are able. Form is available online at our website. Approved tournaments will be posted to Tourney Machine on March 1st.

▶ NorCalusasoftball.com

- ▶ Must be used for all Nor Cal USA Softball Sanctioned Tournaments.
- ▶ Nor Cal will be hosting invitationals & co-hosting with leagues

We Need Tournaments!!!

Need help with your tournament management??

Did you know... NorCal can provide

- ▶ An on-site USA Softball representative
- ▶ A UIC
- ▶ Help with promotions
- ▶ Help with software for your pool play & brackets

Ask your District Commissioner!!

RPS BOLLINGER INSURANCE PRODUCTS

- ❑ Tournaments & Clinics
- ❑ Travel Accident Plan
- ❑ Umpire Plan
- ❑ Supplemental Sports Organization Plans

Bollinger

Insurance Since 1876

DIRECTORS & OFFICERS INSURANCE

Provides coverage from lawsuits seeking damages for alleged or actual wrongful acts, e.g., discrimination, wrongful suspension of players, wrongful dismissal of coaches and sexual harassment.

www.rpsbollinger.com

Bollinger

Insurance Since 1876

NOR-CAL WEBSITE

- ▶ Updates/News
- ▶ Tournaments
- ▶ Forms
- ▶ Organization Contacts
- ▶ Umpire Clinics
- ▶ We are on Facebook and Twitter!!!

www.norcalusasoftball.org

➤ USA Softball

<http://www.teamusa.org/USA-Softball>

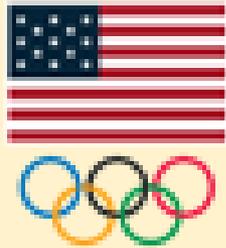




Please reach out to us!
You can find our contact information on
[www. https://www.norcalusasoftball.org/](https://www.norcalusasoftball.org/)

Thank you for attending!

*Together,
we will make Northern California
USA Softball strong!!*



Where Olympic Journeys Begin

