



*Building a better world for our youth... one pitch at a time*

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## Player Guidelines

Fastpitch is intended to be a competitive activity for enjoyment and health. These guidelines have been developed by The Seattle Fastpitch Club to outline the expectations the club has for the players. It is intended to assist everyone in obtaining the maximum benefit and enjoyment from their participation in the club. As a result, the quality of the experience will be improved and people will be more likely to continue their involvement in fastpitch and perhaps other athletic endeavors. Enjoy!!

### **1. Understand and play by the rules**

Understanding and playing by the rules is your responsibility. The rules exist for the safety, proper order and enjoyment of all people involved in fastpitch. The lessons to be learned, in this respect, can and should be carried over into all aspects of your lives. Do not ignore or deliberately break any rules. Even if you think that a hard tag or a cleat high slide may give your team an advantage, you should not intentionally apply these tactics in the interests of fair play. If you do consistently play in this manner or break the rules you must accept that there will be consequences for you and your team. Do not let yourself or your team down.

### **2. Respect umpires and other officials**

Umpires and officials have a difficult task to perform and you could not play the game without them. They are there to enforce the rules of play—but they will not always be right. Accept bad calls graciously. Abuse of referees is unacceptable behavior. Players who consistently dispute decisions or do not accept bad decisions are bad sports. If you disagree with a decision, have your coach, captain or manager approach the umpire, in an appropriate manner, during a break or after the game.

### **3. Control your temper**

Verbal abuse of umpires is a serious offence. Verbally abusing other players or deliberately distracting or provoking an opponent is also not acceptable or permitted in fastpitch. Loss of temper is not only unpleasant for other participants in the game; it can also distract you and have an adverse effect on your concentration and effectiveness on the field.

### **4. Work equally hard for yourself and for your team**

You owe it to yourself and others involved in your team to train and play to the best of your abilities. Your team's performance will benefit and so will you. If you are half-hearted about your involvement in the sport you will become dissatisfied and lose out on the much of the enjoyment and satisfaction you will get from giving it your best.

### **5. Be a good sport.**

Acknowledge all good plays—whether they are by your team or the other team. Good manners and respect can be infectious. Everyone likes to be praised when they do something well. If you acknowledge the achievements of your opponents it is likely they will follow suit. Sportsmanship includes respect for all participants in the game. Your opponents are entitled to proper courtesy. Always introduce yourself to your opponents on field, congratulate them whether you win or lose and accept a loss gracefully. Remember that the opposition coach is there trying to do the best for their team and is also entitled to respect.

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**6. Treat all players as you would like to be treated**

Do not interfere with, bully or take unfair advantage of another player. Just because a team-mate cannot perform as well as you do, does not mean that they are not trying. Everyone makes mistakes. Do not abuse or ridicule another player when a mistake is made. Constructive guidance and encouragement when a player does well will assist a player to improve their game.

**7. Play for the “enjoyment of it” and not just to please parents and coaches**

Playing sports, including fastpitch, should be fun. This doesn't mean that you shouldn't take it seriously, but that you should enjoy it at the same time. If you enjoy an activity you will perform much better and derive far more benefit from it than if it is an unpleasant experience. You may experience pressure from your coach and parents and others to perform outside of your capability or desires. While this can be a positive, and a way of showing their support in your activities, you should resist it when the experience is no longer enjoyable.

**8. Respect the rights, dignity and worth of every person**

Regardless of their gender, ability, cultural background, religion or any other factor irrelevant to the game, all persons connected with fastpitch are entitled to equal treatment and respect. Avoid any remarks that could be construed as offensive or discriminatory. Sometimes even a joke may give offence. If a person refers to themselves with a particular label, it should not be taken as an invitation for you to do so. Using discretion is imperative and it is better to err on the side of caution.

**9. Be prepared to lose sometimes**

Everyone wins and loses at some time. Be a fair winner and a good loser. Disappointment at losing is natural, but it should not be obvious to the point of being unpleasant for others. Just as unpleasant can be the boastful winner. Recognize that even in defeat, the loser has achieved something, just by playing. Not everything in life can be a winning situation. Losing can be an important learning experience for your wider life goals.

**10. Listen to the advice of your coach and try to apply it at practice and in games**

Your coach has been appointed to coach your team because they have certain abilities and experience. They have also undergone training to ensure that you get the best coach that you can commensurate with your skill levels. Apart from skills training, your coach can provide you with helpful advice on all aspects of playing fastpitch. Make the most of the opportunity provided to you to work with your coach to have a happy and successful experience in fastpitch.

**11. Always respect the use of facilities and equipment provided**

Facilities and equipment cost money and will only function properly if kept in good order. Ensure that you do not abuse anything provided for use. Not only can equipment be damaged but serious injury can occur.