



2017 Canada Summer Games Softball Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the organizing committees by detailing tournament formats and scoring procedures, assist Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coaching certification by stating minimum requirements and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "training to compete" phase of its Long Term Athlete Development Model (LTAD), or other suitable phase of the model as justified by the NSO, discussed with the LTAD expert group, and approved by the Canada Games Council (CGC) Sport Committee.

Every Games' coach, manager, Sport Chairperson and Mission staff has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the Games or could affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, he or she is to seek clarification from the CGC Sport Committee through his or her Chef de Mission or NSO.

Technical Packages are developed 36 to 24 months prior to Games primarily by NSOs, following principles outlined in this document, guidelines and requirements of the CGC. As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO. Technical Packages are developed by sport, not disciplines.

If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will evaluate the merits of the request and will, if it has merit, submit the requested change or clarification to the CGC's Sport Division for consideration. The NSO or Chef de Mission will submit the rationale for the request. Changes to age groups, eligibility requirements, team sizes or staff complements will not be considered after 36 months prior to the Games. Additions or changes to events/competition formats that result in a significant cost increase to the Host Society will not be considered after 24 months before the Games, unless approved by the CGC and the Host Society. Substantive changes to events or competition formats will not be considered after 18 months before the Games, unless approved by all participating Provincial/Territorial associations and the CGC. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games' participants early.

National Partners/Partenaires nationaux

Table of Contents

1. SPORT: SOFTBALL	3
2. PARTICIPANTS:	3
2.1. Competitors.....	3
2.2. Staff	3
2.3. Additional Team Staff.....	3
3. CLASSIFICATION:	3
4. ELIGIBILITY:.....	4
4.1. Coaches	4
4.2. Manager	4
4.3. Competitors.....	4
5. COMPETITION:	5
5.1. Seeding for Competition	5
5.2. Pools	5
5.3. Competition Schedules.....	6
5.4. Run-Ahead Rule.....	7
6. SPORT SCORING:	7
7. PROVINCIAL/TERRITORIAL RANKING:	7
8. TIE BREAKING RULE – COMPETITION:.....	8
9. PROVINCIAL/TERRITORIAL RANKING – TIE BREAKING:.....	8
10. MEDALS:	9
11. COMPETITIVE UNIFORM:	9
12. EQUIPMENT:	9
13. APPENDICES:	10
APPENDIX 1 – COMPETITOR ELIGIBILITY.....	11
APPENDIX 2 – COACH CERTIFICATION REQUIREMENTS	13
APPENDIX 3 – PERFORMANCE GUIDELINES (MEN’S SOFTBALL).....	14
APPENDIX 4 – PERFORMANCE GUIDELINES (WOMEN’S SOFTBALL).....	15

**2017 Canada Summer Games
Softball Technical Package**

1. SPORT: SOFTBALL

2. PARTICIPANTS:

2.1. Competitors:

Male: 15

Female: 15

2.2. Staff:

Male Team: 1 Manager and 2 Coaches (at least one of the coaches must be male and the male coach must be one of the base coaches during all Games.)

Female Team: 1 Manager and 2 Coaches (at least one of the coaches must be female and the female coach must be one of the base coaches during all Games.)

2.3. Additional Team Staff*:

- Apprentice Coach
 - See [Women in Coaching Canada Games Apprenticeship Program](#)
 - See [Aboriginal Apprentice Coach Program](#)
 - Apprentice coaches have same access as competitors and team staff, but are not allowed to be base coaches if the team does not meet the coaching staff requirements in Section 2.2 and 4.1.

- Venue Pass Holder
 - See [Venue Pass Holder Policy](#)
 - Venue Pass Holders do not have access to the field of play
 - Venue Pass Holder's access:
 - Front of House (Spectator areas)
 - Team Areas (athletes lounge, change rooms)

* Additional Team staff positions are administered by the Provincial/Territorial (P/T) Mission Team. Positions must be applied for based on each P/T Mission's process. For information pertaining to the process in your P/T contact your Chef de Mission.

3. CLASSIFICATION:

Under 21 as of January 1st, 2017 (U21 age category)

4. ELIGIBILITY

4.1. Coaches:

Head coaches on the official registration form must be fully certified (theory, technical and practical) under the National Coaching Certification Program to at least Level 3, or Competition Development (Certified status) in Softball in the new NCCP. These coaches must be so certified not later than 180 days before the opening of the Games (January 30, 2017). Assistant coaches on the official registration form must be fully certified (theory, technical and practical) under the National Coaching Certification Program (NCCP) to at least Level 3 or Competition Development (Trained status) in the new NCCP. These coaches must be so certified not later than 180 days before the opening of the Games (January 30, 2017).

If a Provincial/Territorial team does not distinguish between a head coach and assistant coaches, at least one of the team's coaches must be Level 3 certified or competition development certified, while the others must be Level 3 certified or competition development trained.

4.2. Manager:

The Manager cannot be a base coach unless they are Level 3 certified or Competition Development Trained in Softball under the National Coaching Certification Program (NCCP). Any Manager wishing to be a base coach during the competition must present their NCCP Level 3 or Competition Development certification to the Technical Representative and Head Umpire at the Coach/Manager meeting prior to the start of competition.

4.3. Competitors:

Excluded from the Canada Games are:

- a) Senior National Team Athletes are not eligible for the Canada Games*.
- b) Athletes that have held an SR1 or SR2 card (as defined by Sport Canada's Athlete Assistance program) at any time;

No athlete can be rendered ineligible within 90 days of the opening of the Games due to carding status or National Team status (i.e., no athlete will be excluded if they become

National Senior Team members for the first time or are granted carding status after May 1st, 2017).

*Athletes who hold a C card (as defined by Sport Canada's Athlete Assistance program) or are in their first year of Senior National Team status may be deemed eligible on a case by case basis. Requests must be submitted to the respective Provincial/Territorial Chef de Mission and approved by the Canada Games Council's Sport Committee.

5. COMPETITION:

2017 Softball Canada official playing rules for the U21 age category will be followed.

5.1. Seeding for Competition:

The competition will only be seeded when eleven (11) or more teams are entered in the event.

Seeding is based on the results of the Junior Canadian Fast Pitch Championships in the year prior to the Canada Summer Games. When a Province/Territory does not compete in the Junior Canadian Fast Pitch Championship in the year prior to a Canada Summer Games, their seeding will be determined by their placing in the last Canada Summer Games. They will be placed after the last determined position from the Junior Canadian Fast Pitch Championship process.

5.2. Pools:

5.2.1. Ten (10) Teams or Less:

When ten (10) teams or less are entered in the Canada Summer Games, teams will not be divided into pools, but rather play a full round robin.

5.2.2. Eleven (11) Teams or More:

When eleven (11) teams or more are entered in the Canada Summer Games, teams will be divided into two (2) pools with the teams placed as follows:

Pool A: 1, 3, 5, 7, 9, 11, 13

Pool B: 2, 4, 6, 8, 10, 12

5.3. Competition Schedules:

5.3.1. Ten (10) Teams or Less:

In the event of ten (10) teams or less, there will only be one pool which will play a complete round robin competition. Teams will be awarded 2 points for every win and 0 points for every loss during the round robin. Teams will be ranked from first to last place based on the number of accumulated points during the round robin. After the round robin, the top four teams will compete in a page playoff format. The top two (2) teams will have two “lives” in the playoffs and the next two will have a single “life”. The remaining teams will compete in a single elimination placement round. In the event of a tie between two or more teams, tie-breaking criteria will be used to determine all rankings. No tie-breaking games will be played.

Playoffs – Top Four (4) teams:

Game #1 1 vs 2
Game #2 3 vs 4
Game #3 Loser Game #1 vs Winner Game #2
Game #4 Winner Game #1 vs Winner Game #3

Playoffs – Placement Round (6 teams)

Game P1 7 vs 10
Game P2 8 vs 9
Game P3 5 vs Lowest remaining seed of Games P1/P2
Game P4 6 vs Highest remaining seed of Games P1/P2
Game P5 Winner P3 vs Winner P4

Playoffs - Placement Round (5 teams)

Game P1 8 vs 9
Game P2 6 vs 7
Game P3 5 vs Winner P1
Game P4 Winner P2 vs Winner P3

5.3.2. Eleven (11) Teams or More:

In the event of eleven (11) teams or more, two pools will be established (based on seeding procedure identified in section 5.1 of this Technical Package. Each section

will complete a round robin, wherein each team plays all teams in their section. Teams will be awarded 2 points for each win and 0 points for each loss during the round robin. Teams will be ranked from first through last, within their pool, based on accumulated points. The top two teams in each section will move to the Playoff round and use the above four (4) team playoff format. The 3rd and 4th place teams in each section, will move to a placement round following the same four (4) team format, while the remaining teams will move to a relegation round using a single elimination format. In the event of a tie between two or more teams, tie-breaking criteria will be used to determine all rankings. No tie-breaking games will be played.

5.4. Run-Ahead Rule:

A run-ahead rule shall result in the conclusion of the game when:

- 1) Games will end after 2 ½ innings of play if the home team is winning by 15 or more runs. A game will end after 3 complete innings of play if the visiting team is winning by 15 or more runs.
- 2) Games will end after 3 ½ innings of play if the home team is winning by 10 or more runs. A game will end after 4 complete innings of play if the visiting team is winning by 10 or more runs.
- 3) Games will end after 4 ½ or 5 ½ innings of play if the home team is winning by 7 or more runs. A game will end after 5 or 6 complete innings of play if the visiting team is winning by 7 or more runs.

6. SPORT SCORING:

Following the conclusion of all games, teams will be ranked from first to last and sport scoring awarded as follows:

1 st place - 10 points	6 th place - 5 points	11 th place - 1.5 points
2 nd place - 9 points	7 th place - 4 points	12 th place - 1 point
3 rd place - 8 points	8 th place - 3 points	13 th place - 0.5 point
4 th place - 7 points	9 th place - 2.5 points	
5 th place - 6 points	10 th place - 2 points	

7. PROVINCIAL/TERRITORIAL RANKING:

Following final rankings, points for the Games Flag will be distributed as follows:

1 st place - 10 points	6 th place - 5 points	11 th place - 1.5 points
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2nd place - 9 points

3rd place - 8 points

4th place - 7 points

5th place - 6 points

7th place - 4 points

8th place - 3 points

9th place - 2.5 points

10th place - 2 points

12th place - 1 point

13th place - 0.5 point

8. TIE BREAKING RULE – COMPETITION:

8.1. Within a Game:

The Tie Breaker Rule shall be used in all tie games after seven (7) full innings have been played. Starting with the top of the eighth inning, and each half inning thereafter, the offensive team shall begin its turn at bat with the player who is scheduled to bat ninth in that respective half-inning being placed on second base. The player who is running can be substituted in accordance with the substitution rules.

All games will be played until a winner is declared. No ties occur in softball, and if for any reason a game is stopped, it shall resume from the exact point it left off.

8.2. Following Qualifying Round (Round Robin):

Final standings in the qualifying round (round robin) shall be established using the following criteria:

- i. Won/Lost records. If still tied, then;
- ii. Winners of games between tied teams;
- iii. Least (fewest) runs scored against in the games among the tied teams; the team with the lowest runs against is placed ahead of the others and so on until two teams remain, which are then ranked by the result in their game in the round robin.
- iv. If teams are still tied within iii), the least (fewest) amount of runs scored against in all games will be used; the team with the lowest runs against is placed ahead of the others and so on until two teams remain, which are then ranked by the result in their game in the round robin. If still tied, then;
- v. Positions will be settled by a coin toss.

NOTE: In order to use criteria ii), all tied teams must have played each other and one team must have defeated all the teams they are tied with to be ranked higher.

9. PROVINCIAL/TERRITORIAL RANKING – TIE BREAKING:

As all teams playoff for final positions, there will be no ties within the final Provincial/Territorial rankings.

10. MEDALS:

Men

Total: Gold: 15 Silver: 15 Bronze: 15

Women

Total: Gold: 15 Silver: 15 Bronze: 15

11. COMPETITIVE UNIFORM:

Provincial/Territorial colours must be worn. In the event that team uniform colours are similar and may cause confusion, the designated "Home" team must be prepared to change into an alternate set of uniforms. ***It is highly recommended that players' names appear on the back of the uniform.***

12. EQUIPMENT:

Balls:

Women's Softball: Worth 12" Red Dot (PX2RYLC)

Men's Softball: 12" Worth K-Master (C120YCC)

Bat Standards: Softball Canada's bat standards will apply.

Acceptable Certification Stamps:

ISF 2005



ASA 2000



ASA 2004



- Any bat that appears on the [ISF Approved Bat List](#) and has a current ISF certification stamp (2005 only) will be accepted *or*;
- Any bat that appears on the [ASA Approved Bat List](#) and has an ASA 2000 or 2004 certification stamp will also be accepted;
- The bat must meet the compression standards outlined by the ISF and can be tested to ensure they are in the proper range;

- The bat must still pass a visual inspection per the current Softball Canada rulebook.

13. APPENDICES:

The attached appendices are an integral part of this technical package.

APPENDIX 1 – COMPETITOR ELIGIBILITY

1. Competitors must meet all eligibility requirements outlined in the Technical Package.
2. The Canada Games are open to Canadian citizens or permanent residents.
3. The Canada Games are open to athletes who are members in good standing of their sport's Provincial/Territorial Sport Organization.
4. An athlete's permanent domicile or actual residence must be located, for at least the 180 days prior to the opening of the Games, within the recognized boundaries of the Province or Territory they are representing. An athlete can have only one domicile.
5. An athlete attending school on a full-time basis outside his or her Province or Territory of permanent residence during the year of the Canada Games shall be permitted to compete for either their Province or Territory of permanent residence or the Province or Territory in which the athlete attends school. To be eligible to compete for the Province/Territory where the athlete attends school, the student must be enrolled on a full-time basis during the current academic year.
6. An athlete who is training outside his or her Province or Territory of permanent residence may represent the Province or Territory in which they are training provided he or she can demonstrate a commitment to the Province or Territory she or he wishes to represent by:
 - i) Having been a member of a club or Provincial/Territorial Sport Organization in that Province/Territory for the entire previous or current competitive season

- AND –
 - ii) Having represented that Province or Territory at an international, national or regional championship,

- AND –
 - iii) Not having received direct development funding from their Province or Territory of permanent residence within a year of the opening of the Games, unless the funding jurisdiction provides permission for the athlete to compete for another team.

- OR
 - iv) Other similar circumstances may be considered.
7. An athlete is permitted to try out for any Province or Territory of eligibility but can only try out for one Province or Territory per sport (i.e. an athlete may try out for swimming for one Province or Territory but cannot try out for swimming in another Province or Territory. An athlete may try out

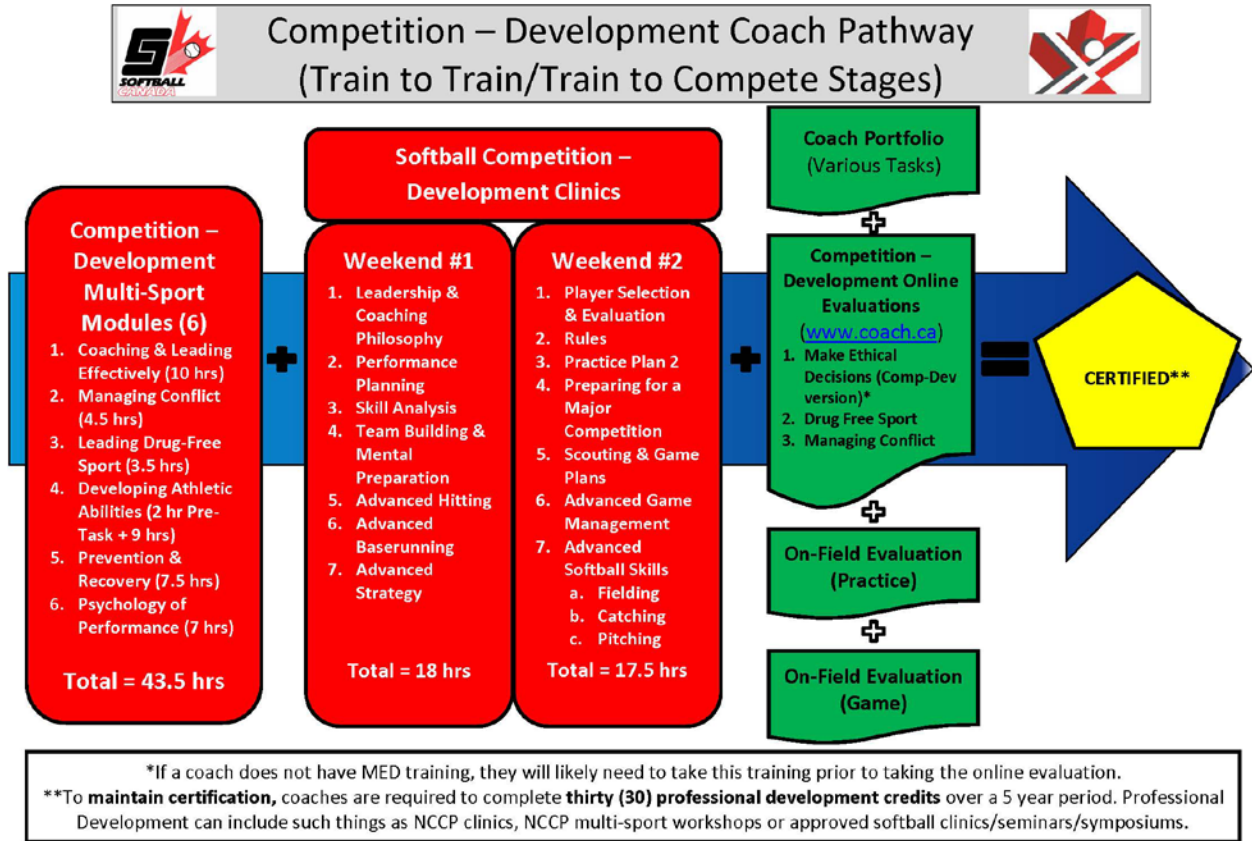
for one Province or Territory in swimming, and may try out for another Province or Territory in diving).

8. Athletes may only compete for one Province or Territory at a single Canada Games.
9. Athletes may not compete in two sports at one Canada Games if they are scheduled in the same week.
10. The eligibility of any athlete that is not clearly established by these rules and by the Technical Package shall be determined by the Sport Committee of the Council. Coaches or P/TSOs must bring forward any unclear cases to their Chef de Mission and to their NSO as early as possible before the competition for forwarding to the Sport Committee.
11. Where a team/Province/Territory/Chef wishes to challenge the eligibility of an athlete on another Provincial/Territorial team, it is expected that such a challenge will be made as soon as the protesting team knows that an athlete may be ineligible. Every effort must be made to ensure that protests on eligibility are lodged before an athlete competes.

Other

12. All teams are reminded of the Canada Games Council's regulations concerning advertising on uniforms: only the uniform manufacturer's name or trade mark logo may be worn on team competition uniforms to a maximum size of 60 square centimeters.
13. Canada Games rules do not allow team staff to practice as therapists, physicians or other medical or paramedical practitioners. The Host Society (organizing committee) is responsible for providing high quality medical care at a central clinic at the Athletes' Village and at competition and training venues. The Sport Medicine Council of Canada assists the Host Society by providing additional medical practitioners to ensure that French and English speaking and male and female persons are available, to ensure that sport specific medical expertise is available and to ensure that all regions of Canada are represented. Team staff will not be permitted to administer medical care to athletes.

APPENDIX 2 – COACH CERTIFICATION REQUIREMENTS



*If a coach does not have MED training, they will likely need to take this training prior to taking the online evaluation.

To **maintain certification, coaches are required to complete **thirty (30) professional development credits** over a 5 year period. Professional Development can include such things as NCCP clinics, NCCP multi-sport workshops or approved softball clinics/seminars/symposiums.

APPENDIX 3 – PERFORMANCE GUIDELINES (MEN'S SOFTBALL)

The following Performance Guidelines have been established by the respective National Sport Organizations, at the request of the Canada Games Council and the Federal-Provincial/Territorial Sport Committee (FPTSC), to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of LTAD. These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.

Pitchers	Canada Games Standard	National Team Best
Rise	73 mph	79 mph
Drop	76 mph	84 mph
Change-up	15-20 mph slower	
Catchers		
Throw home – 2nd	< 2.00 seconds	1.70 seconds
Glove to Glove release	< 0.95 seconds	0.80 seconds
General Fitness		
Throwing speed	70 mph	88 mph
Plank	3 minutes	*8 minutes
Beep test	10	*12
Crunches	40 per minute	60 per minute
Push Ups	40 per minute	60 per minute
Broad jump	7 feet	9.2 feet
Trunk rotation throw	35 feet	52.4 feet
Home plate to 1B - run	3.50 seconds	3.0 seconds
Home plate to 2B - run	6.2 seconds	5.4 seconds

**capped

PERIODIZATION – TRAINING TO COMPETE (T2C) STAGE (According to Softball Canada's Long-Term Player Development Guide)

Multiple Periodization

Pre-Season: 15 to 20 practices

Competitive Season: 12 to 16 weeks

Practice to Competition Ratio: 50% Practices : 50% Games (training ratio includes pre-season practices)

Number of Games: 44 to 52 games plus structured skill development prior to games

Number of Practices (including pre-season practices): 44 to 52 practices

Frequency:

Softball-specific activities: 4 to 8 times per week including fitness and mental training

Daily participation in complementary physical activities/sports in the off-season

APPENDIX 4 – PERFORMANCE GUIDELINES (WOMEN'S SOFTBALL)

The following Performance Guidelines have been established by the respective National Sport Organizations, at the request of the Canada Games Council and the Federal-Provincial/Territorial Sport Committee (FPTSC), to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of LTAD. These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.

Pitchers

	Canada Games Standard	National Team Standard
Fastball	58 mph	65mph
Change-Up	15-18mph slower than maximum	
Any (2) of the following		
Rise	56mph	60mph
Curve	56mph	60mph
Screw ball	58mph	62mph

Catchers

	Canada Games Standard	National Team Standard
Throw: H-2B	< 2.00 seconds	1.84 seconds
Glove to glove release:	< 0.95 seconds	0.80 seconds

General Fitness and Technical Standards

	Canada Games Standard	National Team Standard
Throwing speed (overhand)	> 55mph	65mph
Plank	2:00 min	3:00 min
Beep Test (Leger)	Level 6	Level 8.5
Pro Agility	6.0	5.0
Crunches	30 in 1 min	60 in 1 min
Push Ups	15 in 1 min	25 in 1 min

PERIODIZATION – TRAINING TO COMPETE (T2C) STAGE (According to Softball Canada's Long-Term Player Development Guide)

Multiple Periodization

Pre-Season: 15 to 20 practices

Competitive Season: 12 to 16 weeks

Practice to Competition Ratio: 50% Practices : 50% Games (training ratio includes pre-season practices)

Number of Games: 44 to 52 games plus structured skill development prior to games

Number of Practices (including pre-season practices): 44 to 52 practices

Frequency: Softball-specific activities – 4 to 8 times per week including fitness and mental training

Daily participation in complementary physical activities/sports in the off-season