



NORWOOD ATHLETIC CLUB

Baseball, Softball and T-Ball

REGISTAR ON-LINE AT www.norwoodac.com

Age Requirements

Softball: Players age as of December 31, 2015 per Babe Ruth Softball Rules.

Baseball: Players age as of April 30, 2016 per Cal Ripken Baseball Rules (Babe Ruth League).

Softball

Leagues:

Interboro/Ridley Babe Ruth Softball League:

8u, 10u, 12u and 14u divisions

DeVal Youth Sports Softball:

16u and 18u divisions

Tee-Ball (ages 4-5-6)

The Co-Ed Tee-Ball league is aimed at the introduction and development of baseball fundamentals (e.g., proper throwing and catching, positions, basic strategies) in a non-competitive environment. Tee-Ball uses a "soft" baseball with players hitting off "Tees." All boys & girls are together and receive a full uniform and end of season trophies.

8u - Rookie Division Softball (ages 7-8)

The Rookie softball league is aimed at the development of softball fundamentals in a semi-competitive environment. Players begin to use an eleven-inch softball, larger than the baseball used in Tee-ball. Batters/runners are called safe or out, and scores for games are kept, but records are not. The primary focus throughout the Rookie's regular season is on players' understanding of the game and development toward their own potential. Rookie Softball is played on a small field with 46ft bases and with the possibility of four outfielders. . All players can try out for the Interboro Babe Ruth District Team, hosted and ran by Norwood Athletic Club.

Visit our website: www.norwoodac.com

10u - Minors Division Softball (ages 9-10)

The Minors softball league is comprised of girls' ages 9 -10 and offers further player development under structured, game conditions. The game is played by strictly player pitch using regulation softballs. Batters/runners are called safe or out, and standings are not kept for the regular season. The primary focus throughout the Minors' regular season is on players' understanding of the game and the development of pitching. All players can try out for the Interboro Babe Ruth District Team, hosted and ran by Norwood Athletic Club.

12u - Majors Division Softball (ages 11-12)

The Majors softball league is comprised of players ages 11-12 per ASA rules. Players learn and develop the more advanced techniques and strategies of the game, allowing them to experience a higher level of recreational play and prepare for play at advanced levels if desired. Player pitch and base stealing is allowed. . All players can try out for the Interboro Babe Ruth District Team, hosted and ran by Norwood Athletic Club.

14u – Softball (ages 13-14)

14u Softball is for players that have developed and would like to continue to develop or just enjoy the game of softball at a more competitive level. Players in this division will be learning and implementing different offensive and defensive plays/schemes. This age division will assist the player to the transition of high school softball. All players can try out for the Interboro Babe Ruth District Team, hosted and ran by Norwood Athletic Club.

16u – Softball (ages 15-16)

16u softball is for players currently playing high school softball or players striving to better themselves in preparation of high school softball. Players in this division are finding themselves playing one or two primary positions and have a full understanding of what is expected of them in those positions. Currently, players from this division do not have the option to try out for a Interboro Babe Ruth District Team.

18u – Softball (ages 17-18)

18u Softball is for our most advanced players. Typically, these players are upperclassman in high school who have played softball for most of their lives and have developed the skills necessary to compete at high levels. Some of these players could possibly be committed to play softball in college. Currently, players from this division do not have the option to try out for a Interboro Babe Ruth District Team.

Baseball/Tee-Ball:

Leagues:

**Interboro Baseball League:
T-Ball, Rookie, Minors and Majors**

**Delco Boys Baseball League:
Knee-High, Intermediate(16u) and Junior(19u)**

**Edco Baseball league:
Intermediate(17u) Senior(27u)**

Tee-Ball (age 4-5 and some 6)

The Co-Ed Tee-Ball league is aimed at the introduction and development of baseball fundamentals (e.g., proper throwing and catching, positions, basic strategies) in a non-competitive environment. Tee-Ball uses a "soft" baseball with players hitting off "Tees." All boys & girls are together and receive a full uniform and end of season trophies.

8u - Rookie baseball (age some 6, 7-8)

Rookie baseball level is intended to give players the initial opportunity to both pitch and face player pitching without any inordinate mismatch in size and age between pitcher and batter. Hard baseballs are used and protective gear is required. The game format is 3 innings of player pitch and 3 innings of coach pitch. Some stealing is allowed. No bunting allowed. Four outfielders are used as players become accustomed to a standard little league sized field. Bases are 60', mound is 46'. All players can try out for the Interboro Cal Ripken District Team, hosted and ran by Norwood Athletic Club.

10u - Minors baseball (ages 9-10)

The Minors baseball level offer further player development under structured, game conditions. Players pitch hard balls, batters/runners are called safe or out, and scores for six-inning games are kept. Though standings are not kept, the primary focus throughout the Minor's regular season is on players' understanding of the game and development toward their own potential. Balls and Strikes are called and players are allowed to advance at own risk with modified stealing rules. . All players can try out for the Interboro Babe Ruth District Team, hosted and ran by Norwood Athletic Club.

12u - Majors baseball (ages 11-12)

The Majors division plays on a transitional field dimension of **50/70**. In this division, leads, steals and pick offs are introduced. Bulks rules are taught and enforced. Catchers develop more defensive skills. This second year division will bridge the players from traditional 46/60ft to 60ft/90ft baseball when they become thirteen. This division offers a competitive league for all players. Fielders learn and develop the more advanced techniques and strategies of the game. Pitchers learn to start throwing different pitches and to consistently locate pitches. Games are six innings. All players can try out for the Interboro Babe Ruth District Team, hosted and ran by Norwood Athletic Club.

14u – Delco Knee-Highs (ages 13-14)

Knee-High baseball is for players looking to play and develop their skills on a major league dimension field. The majority, but not all of the players on this team either would like to, or are currently playing for a middle school team or a competitive club team. Players on the team are developing consistent positions. Players are introduced to more complex defensive and offensive plays/schemes.

16u – Delco Intermediate (ages 15-16)

This division is primarily the same as the 14u division. However, most of these players play on the high school Junior Varsity team.

17u – Edco Intermediate (ages 16-17)

The players in this division are primarily varsity baseball players for their high school and compete against some of the most talented teams in the county of this age group. Players in this division have primary positions and have a strong knowledge of the game. Players are able to handle and execute most offensive and defensive plays given to them. Some of these players are preparing to go to college to play baseball.

19u – Delco Juniors (ages 18-19)

The players in this division are primarily varsity baseball players for their high school or are freshman in college and are returning to continue to play baseball at a high level. Players in this division have primary positions and have a strong knowledge of the game. Players are able to handle and execute most offensive and defensive plays given to them. Some of these players are preparing to go to college, and, or, are playing baseball in college.

23u – Edco Senior (ages 18-23)

The players in this division come from many skill level backgrounds. The players are either kids that grew up playing for Norwood or surrounding athletic clubs, and just want to continue to play. There are also players that are currently playing in college and use this division to keep their skill sharp in preparation for the next year. The division also plays at a high level with the competition varying from team to team within the division.