

# A GUIDE TO THE BLUENOSE LEAGUE FEMALE DIVISIONS



## WELCOME TO THE BLUENOSE LEAGUE!

The Bluenose League provides a competitive baseball league for all areas of the province which fosters fun, learning and supports the spirit of good sportsmanship. The Bluenose League is a FAIR PLAY LEAGUE WITH AN EMPHASIS ON THE DEVELOPMENT OF PLAYERS.



## LEVELS: AAA VS AA

While both levels are focused on development, the AAA level provides a more advanced skill environment. The AA level is meant to be more recreational. A limited number of cross-over games may be scheduled, but the majority of games will be at your registered level.

## SPECIALIZED RULES



The girls divisions have specialized rules that are meant to maximize repetitions and development. Full rules can be found in the Division Specific rule section on page 27 of the [BNS Handbook!](#)

## COMMITMENT

Teams can request different schedule types for the season when registering! A full schedule may be between 20-24 games, while a half schedule is 10-14 games. Other schedule requests can be made in the Notes section! Games can be scheduled across the province, but efforts are made to minimize long travel and to regionalize games as much as possible.

## COACHING AND NCCP

Looking to coach? New female coaches can attend the Initiation NCCP clinic for FREE. Courses are run across the province from April to July! Check out the “Coaches” section on the [BNS website](#) for NCCP Requirements, course schedule and more!



## KEY DATES FOR 2025

Bluenose League Registration deadline is May 12th for 17U Girls, and May 19th for 12U and 14U Girls! League play kicks off on May 26th for 17U, and June 2nd for 12U and 14U! Schedules run until the Provincial Championship for the division.

Provincial Championships take place August 15th -17th (14U), August 22nd - 24th (12U), and August 29th - 31st (17U). Hosts and schedules are released in July!

