

BASEBALL ALBERTA GIRLS LEAGUE

2025 LEAGUE HANDBOOK



The Baseball Alberta Girls League

The objective of the Baseball Alberta Girls League (BAGL) is to provide a competitive and developmental level of play for female players at the 9U, 12U and 14U age categories in a league format. The BAGL will operate over two months with weekend games scheduled at host locations.

For more information about the Baseball Alberta Girls League and growing girls participation in the game of baseball, please contact:

Barb Northcott - Baseball Alberta Girls/Women's Director
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Age Divisions in the BAGL

9U Baseball Alberta Girls League - player may not turn 10 or older in 2025

12U Baseball Alberta Girls League - player may not turn 13 or older in 2025

14U Baseball Alberta Girls League - player may not turn 15 or older In 2025

The [Team Entry Form for the BAGL](#) is due to the Baseball Alberta office no later than April 1, 2025. All teams must submit a list of available host dates.

Participating teams must be part of an Association in good standing with Baseball Alberta and all players must register with the participating Association prior to the start of the BAGL season. New Associations can email media@baseballalberta.com for more information on registering an Association with Baseball Alberta.

Fees for 2025

The 2025 fees will follow the Baseball Alberta Handbook fee structure for the BAGL as follows:

\$10.00 - Community League Player Fee (9U)

\$27.50 - Community League Player Fee (12U and 14U)

\$25.00 - All Community League Coaches Fee

\$0.00 - Community League Team Fee

**If a player has already registered with Baseball Alberta through their home Association due to registering on another team, player fees will not be required for the BAGL.*



Roster Rules

Each player listed on the submitted roster must be registered with Baseball Alberta through their local Association.

There is no roster maximum for BAGL teams. However, it is recommended that 9U teams only have nine players to ensure that no player sits during an inning, and it is recommended that 12U and 14U teams only have 13 players on a roster. These recommendations are to ensure that players have a minimal amount of time sitting on the bench during the game.

Teams are responsible to ensure that a sufficient amount of players are in the lineup for each game. A team can be fielded with 8 players on the lineup card without taking a penalty in the batting order for missing a player.

Should a team have less than 8 players who are available to play either before the game begins or at any point during the game, that team will be given a forfeit loss (6-0 in 12U and 7-0 in 14U). In the spirit of developing players, teams are encouraged to share players with a team that has less than 8 players so an exhibition game can still be played.

Players may play in the BAGL as well as other Baseball Alberta sanctioned leagues.

Overage Rules

An overage player is defined as a player who is one year above the age category that they are intending to play in. In order to promote growth and development opportunities, overage players are permitted to participate in the BAGL.

Teams may have a maximum of two overage players on their roster. Overage players are limited to pitching a maximum of one inning per game.

An overage player may not be on two BAGL rosters during the season.

Overage players must be approved by Baseball Alberta before being added to the roster for the season. This can be done by emailing the Baseball Alberta League Manager at league@baseballalberta.com



Coaching Certifications

Coaches will be required to take the NCCP courses corresponding to the age group and level of play. Baseball Canada has also developed a coaching requirements table on their Coaches Corner. See the Baseball Alberta website or the Baseball Alberta Virtual Handbook for an updated coaching requirements table and information for each age category.

All coaches who appear on a roster will need to complete the Safe Sport E-Learning online module. This module can be found in the CAC Locker or accessed through logging on to the status page at nccp.baseball.ca

Coaches will also be required to complete the e-learning Keeping Girls In Sport at jumpstart-kgis.respectgroupinc.com

Coaches accreditation will be checked once initial rosters are submitted. Coaches for the BAGL will be required to obtain their certifications to meet the 'A' level requirements as outlined in the [Baseball Alberta Virtual Handbook](#). They are as follows:

Head Coach Requirements

- Safe Sport E-Learning
- Keeping Girls in Sport E-Learning
- Coach Initiation In Sport
- Coach Initiation in Baseball (Fundamentals)
- Emergency Action Plan (Online)

Assistant Coach Requirements

- Safe Sport E-Learning
- Keeping Girls in Sport E-Learning

Please check with your local Association to ensure all Criminal Record Checks and Intervention Checks are completed as necessary.



League Schedule

BAGL regular season play will run in the months of May and June. Game times for the league will be 10:00 am, 1:00 pm and 4:00 pm on Saturday or something similar. Travel time will be considered.

Fields and Home Team Responsibilities

Field Conditions - Games should only be canceled for weather if the field is unplayable or it is unsafe to play due to the conditions. If games must be canceled due to poor weather, the HOME TEAM is responsible for notifying the umpire crew/Umpire Coordinator from the Association.

It is the responsibility of the HOME TEAM to contact the opposition if a game is to be postponed due to poor weather or field conditions as soon as possible or the night before if possible. Rainouts are to be rescheduled and this is the responsibility of the HOME TEAM.

9U BAGL teams will play on 60' base fields with a coach pitch distance of approximately 35' to 40'

12U BAGL teams will play on 60' base fields with a pitching distance of 44'

14U BAGL teams will play on 70' base fields with a pitching distance of 48'

HOME TEAM will ensure the following for each 9U BAGL game:

- Adequate baseballs and batting tees are available for the coaches prior to the game
- Safe and playable fields; Should the field be unplayable prior to the start of the game, the HOME TEAM shall be responsible for notifying the umpires, the opposing team and the Baseball Alberta League Manager of any postponement or cancellation of games.

HOME TEAM will ensure the following for each 12U AND 14U BAGL game:

- A minimum of one, Baseball Alberta certified umpire is scheduled through the Association
- Two new baseballs and adequate game quality used baseballs are available for the home plate umpire before the game
- Safe and playable fields; Should the field be unplayable prior to the start of the game, the HOME TEAM shall be responsible for notifying the umpires, the opposing team and Baseball Alberta of any postponement or cancellation of games.
- An official scorekeeper for the game
- An official pitch counter for the game with displayed pitch counts visible to the coaches
- Umpire game fees are collected from the opposing team(s) and paid to the umpire after the game including any mileage that was accrued.



Baseballs

9U BAGL teams will use the Easton Incrediball Softstitch training baseballs (or equivalent) for all league games.

12U and 14U BAGL teams will use the Rawlings 65CC baseballs for all league games.

Pitch Counts

Both 12U & 14U teams are required to keep track of pitch counts for each game and submit Weekly Pitch Count Report to Baseball Alberta. The Weekly Pitching Report and Pitch Count Log Book forms can be found on the Baseball Alberta website under General Information - Forms.

9U BAGL

Coach pitch only - see 9U BAGL Playing Rules section for pitching rules.

12U and 14U BAGL Pitch Count Chart

Rest Required	12U BAGL	14U BAGL	Rest Required
No Rest	1 - 20 Pitches	1 - 25 Pitches	No Rest
1 Day	21 - 30 Pitches	26 - 35 Pitches	1 Day
2 Days	31 - 44 Pitches	36 - 54 Pitches	2 Days
3 Days	45 - 54 Pitches	55 - 64 Pitches	3 Days
4 Days	55 - 70 Pitches	65 - 80 Pitches	4 Days
Daily Max	70 Pitches	80 Pitches	Daily Max

BAGL Provincial Championships

These Provincial Championships will be held on June 28-29, 2025 at host sites consisting of a maximum of 6 teams per tier in each age category. The [Provincial Championship schedule templates](#) are located in the Baseball Alberta Handbook.



Umpires

Umpires for the Baseball Alberta Girls League will be assigned through the participating association's umpire coordinator similar to that of the Alberta Baseball League. The visiting team will be responsible for 50% of the umpire game fees and the home team will be responsible for 50% of the umpire game fees plus umpire travel costs, if any.

Umpire fees can be found in the Baseball Alberta Handbook and are as follows;

12U - \$45.00

14U - \$50.00

If for any reason an umpire is required to work a game alone, such umpire shall be paid 1.5 times the normal game fee. These game fees are as follows;

12U - \$67.50

14U - \$75.00

Eligible mileage - Umpires are eligible for reimbursement as follows:

- No mileage may be charged when one-way travel from home to game site is 30km or less
- A flat fee of \$30 may be charged when one-way travel is 31 - 60km from home to game site no matter what the actual distance is within that range
- If travel from home to game site exceeds 60km, mileage may be charged at a rate of \$0.50/km for the entire round trip (home - game site - home)
- When possible, umpires are expected to carpool when traveling from the same or similar starting location

Umpire Payments - Best Practices

It is the HOME TEAM's responsibility to ensure that the umpires are paid in full (game fees and any eligible mileage) immediately after the game. Payment can be made in cash. Please consult your local Association to follow any in place guidelines for umpire payments already established.

It is the VISITING TEAM's responsibility to ensure that their half of the game fee is paid to the manager of the HOME TEAM before the game begins.

Home Team

- Will collect 50% of the game fee from the visiting team before the game
- Will pay their 50% of the game fee + any mileage + the 50% of game fee from the visiting team to the umpire(s) immediately after the game (any mileage payment to the umpires will be solely the expense of the HOME TEAM)
- Will provide the visiting team with an Umpire Payment Receipt after collecting the game fee

Visiting Team

- Will provide the home team with 50% of the game fee before the game begins



Spordle

The WINNING TEAM is responsible for entering the scores into Spordle within 48 hours of the completion of a game.

The Spordle platform has been available to Baseball Alberta since February 2023. Associations, please see the Baseball Alberta Website and the Baseball Alberta Virtual Handbook for more information about Spordle and how to properly create/roster your team through the new Spordle platform



9U BAGL Playing Rules

Following the 9U Rookie Division Recommended Ruleset from the Baseball Alberta Handbook

Score will not be kept, this is introduced in 12U

Players will be placed in the following defensive positions; P, C, 1B, 2B, 3B, SS, LF, CF and RF. The pitcher will be positioned five steps behind the coach that is throwing to the hitters. If a team prefers, they can play with a 4th outfielder instead of having the pitcher position filled.

Catchers do not have to throw the ball back to the pitcher after every pitch. A bucket can be placed with another coach behind the catcher with balls being pitched placed there.

Participants will rotate defensive positions every complete defensive inning.

The team that is batting will start with the bases loaded (one runner on each base). Same concept as if the first three batters of the game were walked and it instantly engages three extra players beyond just the hitter and on-deck hitter.

If a player hits an extra base hit, they are encouraged/allowed to take extra bases with the runners in front of them also advancing. Once the play stops, celebrate and acknowledge the hit by the batter and reload the bases with the batter that just hit going to first base and the two base runners in front of them returning to second and third base. This will also result in all three of them getting additional base running experience, physical activity and keeps more players engaged.

"Outs" are to be called when a defensive player executes a successful play in the field, however strikeouts will not be called as outs. When there is an out called, that player will return to the bench and that base will remain empty even when the bases are re-loaded.

For balls that are hit/overthrown to the outfield or overthrown into foul territory, all baserunners may run/advance UNTIL the ball reaches the infield (controlled or uncontrolled by an infielder). At the end of the play all baserunners will return to the necessary base to load the bases. Participants are not allowed to steal bases or lead-off.

The offensive team will bat every participant, there will not be three outs called to end an inning. Once every participant hits, the teams will switch.

Helmets are mandatory for all hitters, on-deck batters and base runners.

In order to keep the game moving along, each batter will receive a maximum of five pitches from their coach, overhand toss. If they have not made contact after five swings/pitches, a ball will be placed on a tee for them to hit.

- ***Coaches are strongly encouraged to pitch overhand from one knee, essentially throwing darts, as an adult standing and throwing results in too high and too steep of an arm angle.***



12U BAGL Playing Rules

Following the 11U AA - All Rounds of League Play from the Baseball Alberta Handbook with modifications

Unlimited Substitution - every player present will be placed on the line-up card in the batting order and will all bat in order; players are allowed to move in/out defensively without restrictions except that if the pitcher leaves the mound to play another defensive position, that pitcher may not return to the mound or catch in the same game; any player who becomes injured or must leave the game will be skipped in the batting line-up with no penalty.

All players who are present for a game and in uniform (unless injured and unable to play or suspended for that game by the league or team) must be listed on the batting order/line-up card - any coach who sits a player to gain a competitive advantage will be subject to discipline by Baseball Alberta.

Participation rule - A player may not sit more than 2 consecutive defensive innings (one pitch constitutes an inning sat).

Mercy Rule is in effect (10 run differential when the losing team has completed their 4th offensive inning/at bat).

No new inning to start after 2 hours and 15 minutes of play unless the game is tied. The start of the game begins when the first pitch is thrown.

All games are six innings and are to be completed, if time and weather permits. However, three and half (3-½) innings constitute a regulation game if the home team has more runs than the visiting team.

Maximum 5 run/half inning rule. Once the 5th run of a half inning is scored the inning automatically stops no matter how many outs there are and that half inning is over.

All games must be completed even if the run differential exceeds the Maximum Run/Half Inning Rule

Bunts are allowed.

Stealing is permitted once the pitched ball has crossed home plate. If there is a violation, the runner is returned to their base and the ball is dead.

When a team has a lead of seven or more runs, the runner(s) of this team can reach the following base only when the ball is hit or if forced to advance. If the runner advances in error, they are returned to the original base and the ball is dead. A baserunner(s) is able to advance should the defense attempt to make a defensive play to retire a base runner.

The batter cannot become a runner on a catcher's miss of a third strike. The third strike, either called or swinging does NOT have to be caught by the catcher. The batter is automatically retired. However the ball is alive and in play for runners that are on base. Runners can advance on passed balls including attempting to score at home plate.

No lead offs, No Intentional walks will be permitted.



14U BAGL Playing Rules

Following the 13U AA - First Round of League Play from the Baseball Alberta Handbook with modifications

Unlimited Substitution - every player present will be placed on the line-up card in the batting order and will all bat in order; players are allowed to move in/out defensively without restrictions except that if the pitcher leaves the mound to play another defensive position, that pitcher may not return to the mound or catch in the same game; any player who becomes injured or must leave the game will be skipped in the batting line-up with no penalty.

All players who are present for a game and in uniform (unless injured and unable to play or suspended for that game by the league or team) must be listed on the batting order/line-up card - any coach who sits a player to gain a competitive advantage will be subject to discipline by Baseball Alberta.

Participation rule - A player may not sit more than 2 consecutive defensive innings (one pitch constitutes an inning sat).

Mercy Rule is in effect (10 run differential when the losing team has completed their 4th offensive inning/at bat).

Maximum 7 Run/Half Inning Rule. Once the 7th run of a half inning is scored the inning automatically stops no matter how many outs there are and that half inning is over.

All games must be completed even if the run differential exceeds the Maximum Run/Half Inning Rule.

No new inning to start after 2 hours and 15 minutes of play unless the game is tied. The start of the game begins when the first pitch is thrown.

All games are seven innings and are to be completed, if time and weather permits. However, four and half (4-½) innings constitute a regulation game if the home team has more runs than the visiting team.

Stealing is permitted.

