



SOFTBALL CANADA

SLO-PITCH

Player Safety Recommendations



RECOMMENDED BAT STANDARDS

ISF 2005



ASA 2000



ASA 2004



USSSA



Be cautious purchasing used bats, as they may no longer meet compression standards which increases the risk of player injury.

RECOMMENDED BALLS



For Men's, Master Men's & Coed:
12" Worth Hot Dot
COR .52 275 lbs. Compression



For Women's:
11" Worth Hot Dot
COR .52 375 lbs. Compression



11" Worth Green Dot
COR .44 375 lbs. Compression

Player safety is a factor when deciding upon which ball to use. The ball's COR and compression affect the speed in which the ball comes off the bat.

OPTIONAL DEFENSIVE PLAYER EQUIPMENT



Fielder's Mask
Mouth Guard



RECOMMENDED PITCHER PROTECTION



Face mask with head protection and chin pad



Pitchers are REQUIRED to wear a mask that includes head protection during Canadian Championship play.

BATTER & BASE RUNNER PROTECTION



Batting Helmet

An approved batting helmet should be worn while on deck, batting and running the bases.

Coaches should also consider wearing head protection such as a batting helmet or skull cap. Base coaches should ensure they are alert and avoid distractions such as score keeping while on the playing field.





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Safety Recommendations For Leagues and Tournament Coordinators



SAFE BASE

Use a double first base, or “Safe Base” to avoid collisions and help prevent player injuries.



SAFE LINE

To help avoid collisions and avoid player injury during plays at home plate a Safe Line or Scoring Line can be used.

A Safe Line is drawn in foul territory starting at the front corner of home plate and perpendicular to the third base line. It should extend a minimum of 3 feet.

Instead of needing to touch home plate, runners need to cross the Safe Line in order to score.



FIELD DIMENSIONS

Baselines are recommended to be 65 feet in length.

PITCHING RULES

Player safety is a consideration when developing pitching distance and pitching arc rules.



The pitcher's plate should be placed at a minimum **50 feet**. (measured from the back of home plate)

Allowable pitching arc should be between **6 to 12 feet**.

PITCHING SCREENS

Pitching screens are used in some leagues and tournaments. (ex: 3 pitch)

Please ensure pitching screens are being used properly to help protect pitchers.



For more information regarding Softball Canada rules, field dimensions, or safety recommendations visit: <https://softball.ca> and click on the RESOURCES tab or contact Softball Canada at:



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