

Name \_\_\_\_\_ Age \_\_\_\_\_ Grade entering \_\_\_\_\_ Graduation year \_\_\_\_\_  
 Street \_\_\_\_\_ Telephone ( \_\_\_\_\_ ) \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_ Adult T-shirt size \_\_\_\_\_  
 School \_\_\_\_\_ E-mail \_\_\_\_\_  
 Positions played (primary listed 1st) \_\_\_\_\_  
 Parent's/guardian's name(s) \_\_\_\_\_ How did you hear about us? \_\_\_\_\_  
 Parent's/guardian's telephone – home ( \_\_\_\_\_ ) \_\_\_\_\_ business ( \_\_\_\_\_ ) \_\_\_\_\_  
 Family insurance company name and policy number \_\_\_\_\_

I hereby authorize the director of the Capital Softball Fall League to act on my behalf according to his/her best judgment in any emergency requiring discipline or medical attention. My daughter is physically fit to participate in softball activities according to our family physician.

Signature of parent/guardian \_\_\_\_\_

Mail this form with a non-refundable check made payable to Capital Softball to:  
 Nan Payne – Head Softball Coach, Capital University, 1 College and Main, Columbus, OH 43209-2394

# Capital University Softball Fall Instructional League

## Rules and Regulations (Rules are enforced to allow maximum play for everyone involved.)

- All games begin at the time listed on the schedule. Games are on a strict one-hour time limit with only 5 minutes between games. No new inning will begin with less than 5 minutes remaining on the clock.
- All players on each team will bat in the batting lineup regardless of defensive position.
- No player on any team is to sit out defensively more than 2 innings during a game.
- All coaches must pitch their No. 1 pitcher in the first game.
- There is a 5-run limit per inning per team. If a team scores 5 runs in one inning, regardless of outs or runners in position, the field is cleared and the defense comes to bat.
- There will be no makeup games. The following number will be set up with detailed information in the event of bad weather: (614) 236-6487. All efforts will be made to prevent rainouts and prepare the field for play.
- A courtesy runner may be used for the pitcher and catcher at any time; a courtesy runner must be used with 2 outs. The courtesy runner will be the person who made the last out.
- Pitchers will have only 5 warm-up pitches in the first inning, and 1 warm-up pitch between innings. There will be no warm up balls in the infield.
- In the event of a tie, and time permitting, Ohio NSA international tie breaker will take effect.

Any rules not mentioned will follow NSA regulations.



## All games will be played at Capital's softball field at Clowson Park.

Clowson Field is located on Columbus' east side and shares a common parking lot with Academy Park on Nelson Road. The directions below will take you to that parking lot. To reach the field, you will need to walk across the basketball court.

### From the East on I-70

Exit at Livingston Ave. Turn left at the light and go to the next light (Alum Creek Drive). Turn right onto Alum Creek; continue on Alum Creek to the next light (Main Street). Turn left on Main. Continue on Main Street to the next light (Nelson Road). Turn right onto Nelson Road and go 0.4 miles. You will see the Academy Park sign and the entrance to the recreation complex on your right. Turn into the parking lot and walk across the basketball court on the right to reach Clowson Park.

### From the West on I-70

Exit at the Bexley/Main Street exit. Follow the ramp around onto Alum Creek Drive. Continue on Alum Creek to the next light (Main Street). Turn left on Main. Continue on Main to the next light (Nelson Road). Turn right onto Nelson Road and go 0.4 miles. You will see the Academy Park sign and the entrance to the recreation complex on your right. Turn into the parking lot and walk across the basketball court on the right to reach Clowson Park.



## Capital University Softball Fall Instructional League

**Open to:**

Girls in 8th-12th Grade

**When:**

Sundays estimated between  
noon and 6:30 p.m.  
Sept. 6 to Oct. 18

**Where:**

Capital University Softball Fields  
at Clowson Park

**Cost:**

\$80.00 per player

**Includes:**

Skills Assessment  
Fundamental Instruction Before Each  
Game  
2 Games Per Week  
1 Tournament  
T-Shirt

**Coaches:**

Capital Softball Players

*More details inside!*

## Capital University Softball Fall Instructional League

Capital University Softball would like to invite you to take part in our annual Fall Instructional League. Our league will provide you with an opportunity to compete with area players, continue to improve your game throughout the fall, and learn that “extra edge” from Capital’s top softball athletes.

A skills assessment day will take place Sept. 6 from 1 to 4 p.m. All participants must attend to be evaluated.

We will operate a Senior division for high school age players. All players will participate in two games every Sunday, as well as receive fundamental instruction each week, and play in a single-elimination tournament on the final Sunday.

The league is limited to 72 players, so space will fill quickly. Early registration is encouraged, as spaces will be filled on a first-come, first-served basis.

**How do I register?**

To register for the Fall Instructional League, simply complete the form on the back of this page and return it with a non-refundable check made payable to Capital Softball in the amount of \$80. You will be notified by phone immediately upon receipt of your registration.

When the skills assessments have been reviewed, teams will be divided based on age, position and ability level, and you will be notified of your game schedule. Forms received after Sept. 3, 2009, will not be considered unless previously approved.

Direct questions to Nan Payne at (614) 236-6487 or [npayne@capital.edu](mailto:npayne@capital.edu).

**Capital University**

1 College and Main  
Columbus, OH 43209-2394