



TEAM LEVEL DEFINITIONS

FALL SEASON

BOWLING

LEVEL A: HIGH

All team members consistent with accurate delivery of the ball; players able to consistently average at least 115 scratch. Players able to compete without coaching during play, from individuals other than team mates.

LEVEL B: ABOVE MODERATE

Two to three team members consistent with accurate delivery of ball; players able to consistently average at least 105 scratch. Players able to compete without coaching during play, from individuals other than team mates.

LEVEL C: MODERATE

One to two team members usually consistent with accurate delivery of the ball; players able to consistently average at least 90 scratch. Players able to compete without coaching during play, from individuals other than team mates.

LEVEL D: BELOW MODERATE

All team members inconsistent with accurate delivery of ball; players able to consistently average at least 70 scratch. Players still need coaching during play by coaches other than team mates at this level.

SOCCER (5X5)

LEVEL A: HIGH

At least four strong players; set offensive/defensive plays; very good team speed; reserve players have good understanding of the game

LEVEL B: ABOVE MODERATE

At least three strong players; team plays as a unit; most players understand the game and their role on the team

LEVEL C: MODERATE

Up to two strong players; team plays as a unit, but not real aggressive; at least half of the players understand the game and their role on the team

LEVEL D: BELOW MODERATE

Up to one strong player; limited team play as a unit; not aggressive; limited understanding of the game; team needs direction from coaches

LEVEL D-: LOW

No strong players; team just learning the game; not much team speed

FLOOR HOCKEY

LEVEL A: HIGH

An "A" level team has at least three-quarters of the team has complete stick control: taking the puck down the court without looking at it or losing it, accurate passing, receiving the puck when passed to, shots-on-goal are very accurate, when stick checking can follow and retrieve the puck, can use their stick from both sides of their body, rarely high stick, and can perform lift shots. An "A" level team is fleet-footed, and has great stamina for the entire game. Athletes understand how to work together as a team, and can shift from offense to defense as needed with minimum coaching from the bench. When in offensive mode, athletes easily set up into an organized effort to bring the puck down the court and take shots at the goal. When in defensive mode, athletes position themselves between the goal and the opposing players and take action to re-capture the puck. "A" level athletes are aware of



where their teammates are during play and understand when it is appropriate to double-team another player. They play with their heads up, looking at where they want to go rather than at the puck. They can “feel” the puck at the end of their stick. “A” level athletes can step into another athletes’ position as needed and return to their position when not. An “A” level goalie is quick-footed and handed and very agile, can fall on a puck and “jump” up quickly with minimum effort, and follows the puck and can read the play thus allowing themselves to be in position to stop a shot-on-goal.

LEVEL B: ABOVE MODERATE

A “B” level team has many of the abilities of an “A” level team, but to a lesser degree and may find itself with one or two lower level athletes. The athletes mostly understand what they are supposed to do, and for the most part have good ability to perform stick handling skills; however, they are a little more limited in their actual stick control. About 75-80% of their stick handling efforts are successful (see list above) and athletes sometimes find themselves out-of-position during play. “B” level athletes may not ply the stick equally from both sides of their body; one side is usually weaker than the other. A “B” level team understands the concept of the game, but is slower to change from defense to offense and vice-versa. They will need more coaching from the bench than an “A” level team. A “B” level team will show signs of slowing down toward the end of a game: not running as fast, missing passes and shots-on-goal, and not being in position as quickly as an “A” level team. A “B” level goalie is a little less agile and a little slower than an “A” level goalie, and sometimes misreads the play, finding themselves out-of-position or scrambling to prevent a goal.

LEVEL C: MODERATE

A “C” level team will struggle with the concept of teamwork. They have a limited understanding of the rules as well as the ability to remember plays. They will have some stick-handling skills, but they will usually be limited to one side of the body. Athletes will not usually be aware of the puck at the end of their stick, and will continually look down to make sure it is still with them. Generally about half of their efforts result in success: passes are wide, shots-on-goal too high or directly at the goalies feet, and stick-checking doesn’t always result in the team taking control of the puck. Most “C” level athletes are unaware of their position on the court, and need direction from their coach to go from defense to offense and back again, and most athletes can play only one position. It is not unusual for an athlete to pass to an opposing player instead of a teammate. On a “C” level team, there is a lack of teamwork, and one or two athletes will monopolize the puck, attempting to take it down the court themselves, instead of passing to a teammate. A “C” level player may see themselves as a better player than they actually are, and may want to tell their fellow teammates what to do. A “C” level goalie understands the basic concepts of goalkeeping, but struggles to stay in position, having limited ability to read the play. They will generally play in a standing position and rarely drop onto the court to stop a shot-on-goal.

LEVEL D: LOW

A “D” level team will have very limited skills and only a basic understanding of the game, rules, and hockey skills. One or two athletes will move faster than a walk, and there is little or no teamwork, let alone lift shots. Very few passes actually go where they were intended, and ‘trapping’ is a myth. Most players will need verbal direction from the coach before attempting to play the puck, both in offense and defense. Movement is limited on the court, usually only the player in possession of the puck and a couple of others will actually follow the pucks movement. A “D” level goalie is usually stationary, unable or unwilling to drop down to the ground, and doesn’t understand the concept of side-to-side movement; allowing goals to be scored easily. Generally, at the end of the game, most players will not know the final score or who actually won the game.

EXAMPLES:

A key difference between an “A” level team and a “B” level team is the ease that an “A” level team performs their tasks. An “A” level player will receive (stop a pass) with the end of their stick, and is immediately ready to move while a “B” level player may have to trap-a-pass using their foot or other body part, then insert their stick on the grounded puck before continuing their move. Both “A” and “B” level players will move into the path of the puck so they can trap it.



A “C” level athlete will not be able to trap-a-pass with their stick, using their body instead, and they don’t understand the concept of moving to ‘catch’ a poorly passed puck so they incur many missed passes. A “D” level player will only stop a pass if it lands at their feet and stops. It may take two or three jabs with their stick to get it into the middle of the puck before they are ready to move.

SOFTBALL

LEVEL A: HIGH

Team plays very well together; seven or eight solid hitters; good athlete pitcher, short stop, first and third baseman, and at least two outfielders; players communicate and cover field responsibilities well; reserve players average ability; very good team speed

LEVEL B: ABOVE MODERATE

Team plays moderately well together; five or six solid hitters; good athlete pitcher, short stop, first baseman, and at least one outfielder; players communicate and cover field responsibilities well; reserve players slightly less than average ability; average team speed

LEVEL C: MODERATE

Team plays fairly well together; four or five solid hitters; good athlete pitcher, short stop and first baseman; overall team defense is fair; reserve players lower ability than any of the starters; limited team speed

LEVEL D: BELOW MODERATE

Skills and concepts exist but are very limited; two or three solid hitters; coach pitcher; infield positions play erratic; outfield overall weak play; reserve players significantly lower ability than starters; very little team speed.

D Level Softball teams will be allowed to apply the following SOSC approved modifications to the Slow Pitch Team Competition rules. Areas and Regions will not be allowed to deviate from these modifications.

Please note that for the 2013 Fall Season, D level softball teams will not advance past Regional Games to Fall Games. These modifications will be reviewed at the end of the season.

SOSC APPROVED MODIFICATIONS FOR D LEVEL SOFTBALL

1. The coach will be allowed to pitch to his/her team. (The coach pitcher must be identified at the start of the game.)
 - a. Each player will receive 3 pitches from the coach pitcher.
 - Coach must pitch underhand, and pitch must be over batters head, but not more than 12 feet.
 - b. If unable to hit pitched ball after three attempts, athletes will have two (2) opportunities to hit off of the batting tee.
 - A "neutral zone" will be marked in an arc of 14 meters (45 feet, 11 1/4 inches) from home plate. Defensive infield players must remain behind the neutral zone until the ball is hit off the tee. Once the ball is hit the defensive infielders are free to field ball in fair territory and make a play.
 - If the batted ball is untouched by a defensive player in the neutral zone and the ball does not pass the neutral zone before coming to a stop, it shall be ruled a foul ball.
 - If the defensive player touches the ball in the neutral zone, the ball is fair.
 - Since defensive players cannot enter the neutral zone until the ball is hit, there is no safety hazard.
 - c. If the batter completely misses the ball and tee, the attempt shall be ruled a strike.
 - d. Games will last one (1) hour, no new innings after 55 minutes.



2. A coaches' circle will be located 3 meters (9 feet, 10 1/4 inches) beyond second base and made with a 1.8 meter (5 feet, 11inch) diameter. One coach from the defensive team may be allowed to stand in this circle while his/her team is on the field.
3. The batting team's half of the inning shall end when three (3) outs have been made or the team has gone through the 10 player batting order once.
4. Pitching: pitching should be underhand. Ball must be over batter's head, but not more than 12 feet in height. Extension mat at home plate is not allowed at any level.

As a reminder, the batting tee should only be used as development or training tool that assists the athlete with skill development; athletes should working to move away from using the batting tee and only hitting off the pitcher.

VOLLEYBALL

LEVEL A: HIGH

Team plays very well together; serves consistently in play (all players overhand serve); players always attempt pass – set – spike; organized offensive and defensive schemes with switching positions (minimally the setters) and back row spikes; two or more solid hitters; good setter(s); reserve players similar in ability to lowest ability starter.

LEVEL B: ABOVE MODERATE

Team plays moderately well together; serves consistently in play (at least two players serve overhand); players usually attempt pass – set – spike; organized offensive and defensive schemes (switching the setter(s)); up to two solid hitters; good setter; reserve players slightly lower ability than lowest ability starter.

LEVEL C: MODERATE

Team does not well together; serves inconsistently in play but all can serve from the endline; players can sometimes play two hits on their side; at least one player able to spike the ball from below the height of the net.

LEVEL D: BELOW MODERATE

Limited skills and concepts; serves are inconsistent but at least two can serve consistently from the modified service line; players typically play one hit per side; players still developing proper skills; reserve players significantly lower in ability than highest ability starter.

LEVEL D-: LOW

Skills and concepts of play very limited; serves are very inconsistent even from the modified service line; most players of limited ability.