



# Join us for the 2025 BC Girls Baseball League!

June 21st - August 9th, 2025





# A message from Baseball BC

Baseball BC is thrilled to announce the 2025 BC Girls Baseball League, and we are delighted that your association is interested in joining us on this journey!

Our goal is straightforward: to provide a safe and supportive space that encourages growth and love for the game among young female athletes. This league is not looking to replace your associations efforts to develop all- girl's programming. Instead, we aim to provide a space for all-girls teams to play other girls - building a launchpad for your programming to grow. Our ultimate goal is for associations to take over our efforts, building your own all-girls leagues. Through this league, we hope to see more girls confidently stepping onto the field, building their skills, and experiencing the joy of competition and camaraderie that baseball offers - both now and in the years to come.

The following package provides details regarding the 2025 league. For any further league inquiries, please reach out to Liz Gilder at [liz@baseball.bc.ca](mailto:liz@baseball.bc.ca). For other inquiries related to female baseball, please reach out to Scott MacKenzie or Rebecca Sorbara at [scottm@baseball.bc.ca](mailto:scottm@baseball.bc.ca) and [rebecca@baseball.bc.ca](mailto:rebecca@baseball.bc.ca).

Thank you for your interest in being a part of this exciting beginning. Here's to a successful season and the bright future of girls in baseball!

Warm Regards,



Liz Gilder  
League Manager



Scott MacKenzie  
Director of Operations



Rebecca Sorbara  
Female Baseball Ambassador












**Connect with us!**

Social Media: [Instagram](#)

Website: [baseball.bc.ca](http://baseball.bc.ca)

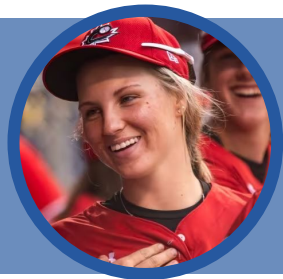


# This year, we are looking forward to building 3 divisions

9U Division (Ages 7-9)		12U Division (Ages 10-12)		14U Division (Ages 12-14)	
	Team Fee: <b>\$600</b>		Team Fee: <b>\$800*</b>		Team Fee: <b>\$800*</b>
	Individual Fee: <b>\$140</b>		Individual Fee: <b>\$140</b>		Individual Fee: <b>\$140</b>
	Skill-building <b>Rally Cap</b> play throughout		Division “champion” at the end of the summer		Division “champion” at the end of the summer

## Each registrant receives...

- Organized, all-girls baseball
- An interactive opening and closing ceremonies experience
- An end-of year memento (varies by division)



“As a young girl it was important for me to be in a space of girls empowering girls. Playing with other females as a kid taught me the importance of celebrating **ALL** women’s successes, not just personal”

- *Allison Schroder,*  
Team Canada Member, Forest Firefighter, and star of “See Her Be Her”



# The 9U division will play Rally Cap baseball

*This division is for those aged 7-9. In Rally Cap baseball, three teams of 6 players convene to share a playing time, with two teams playing a game while the third practices. Teams rotate after each inning. Total game duration is 1 hour.*

	Team Registration	Individual 'Free Agent' Registration
Coaches	<i>Those registered as a team are asked to be organized by parent volunteers.</i>	<i>'Free Agent' registrants will be placed on a team to be organized by parent volunteers.</i>
Fees	\$600	\$140

Each session (less the first and last sessions), will be hosted at your fields by parent volunteers and joined by 1-2 Baseball BC coach facilitators. The first and last sessions will take place at a Baseball BC designated field.



# The 12U division will play adapted 'Mosquito' baseball

*This division is for those aged 10-12, and those aged 13-14 who are new to baseball. The 12U division rules will remain to be mosquito-adjacent, less the first two innings of play being 'coach-pitch', and further pitching adaptations as needed.*

	Team Registration	Individual 'Free Agent' Registration
<b>Coaches</b>	<i>Those registered as a team are asked to provide coaches.</i>	<i>'Free Agent' registrants will be placed on a team to be organized by Baseball BC hired coaches.</i>
<b>Fees</b>	\$800*	\$140
<b>Hosting</b>	*Non free agent teams in the 12U and 14U divisions who are unable to host at least two games agree to a \$150 hosting fee.	Free Agents will 'host' opening and closing ceremony games through Baseball BC.



# The NEW 14U division will play 'PeeWee' style baseball

*This division is for those 13-14, and those aged 10-12 who are very strong baseball players. 14U division rules will be 'PeeWee' adjacent, with room for flexibility as teams see fit.*

	Team Registration	Individual 'Free Agent' Registration
<b>Coaches</b>	<i>Those registered as a team are asked to provide coaches.</i>	<i>'Free Agent' registrants will be placed on a team to be organized by Baseball BC hired coaches.</i>
<b>Fees</b>	\$800*	\$140
<b>Hosting</b>	*Non free agent teams in the 12U and 14U divisions who are unable to host at least two games agree to a \$150 hosting fee.	Free Agents will 'host' opening and closing ceremony games through Baseball BC.



# What to expect from the league

## Frequently Asked Questions



***I have more questions. What can I do?***

*Register for our information session on April 13th [here!](#)*



***Who will supply the umpires?***

*Host teams are asked to arrange for an all-female umpire staff. We are happy to assist with this if needed.*



***Do I need an all-girls team to join?***

*No - existing teams AND individuals are encouraged to register. Individual 'Free Agent' registrants are welcome and will be placed on a team.*



***I'm playing on another team during the summer - can I still join?***

*Yes - players from all associations are welcome to participate - the league is supported by all associations.*

## League Timeline

**Opening Ceremonies**

June 21st

**Game Play**

Saturdays, June 21st - Aug. 9th

**Closing Ceremonies**

August 9th



"When I think back to my youth baseball experience, I have such fond memories of playing on all-girls teams. While I played on mixed gender teams during the regular season, I always looked forward to my time with the Baseball BC provincial team program. Being in a space where I felt more comfortable with my peers was exactly what I needed each summer! I played more confidently in key positions, felt like I was a part of a community, and made lifelong friends (many of whom I'm still close with)."

**- Stacy Fournier, Team Canada Member and SFU Softball Head Coach**





# We are always one click away!



Registration opens [here](#) on April 6th!



Sign up [here](#) for our April 13th info session!



Find more info about Baseball BC [here](#)!



## Connect with us!

Social Media: [Instagram](#)

Website: [baseball.bc.ca](http://baseball.bc.ca)



Liz Gilder  
League Manager  
[liz@baseball.bc.ca](mailto:liz@baseball.bc.ca)



Scott MacKenzie  
Director of Operations  
[scottm@baseball.bc.ca](mailto:scottm@baseball.bc.ca)



Rebecca Sorbara  
Female Baseball Ambassador  
[rebecca@baseball.bc.ca](mailto:rebecca@baseball.bc.ca)



## More questions? Click below.



### **Appendix:**

[Budget Breakdown](#)

[All About Rally Cap](#)

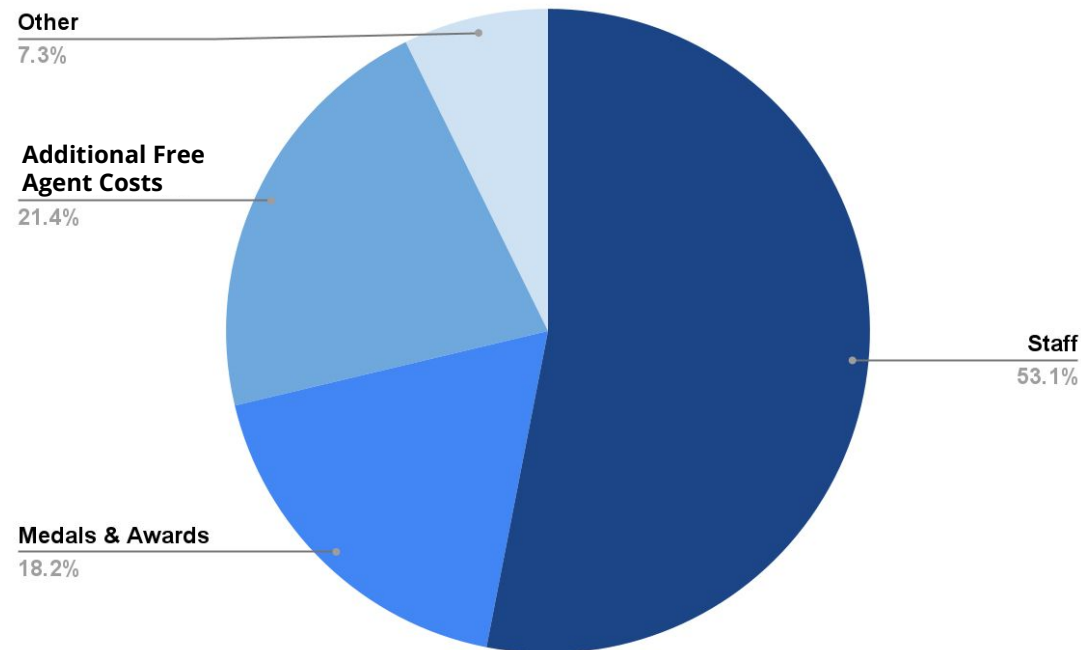
[12U Rules - Extended](#)

[14U Rules - Extended](#)

[9U Mock Schedule](#)

[12U/14U Mock Schedule](#)

# Budget breakdown - where do your fees go?



## BC Girl's League 2025 budget breakdown

- **Staff:** This covers the administration staff fees.
- **Medals & Awards:** Medals and/or awards varying by each division.
- **Other:** Additional overhead costs.
- **Additional Free Agent Costs:** These go towards additional costs for Free Agent teams (t-shirts, hats, etc.). Note that these costs are only taken from Free Agent fees.

*Note: This breakdown is not proportionate of all divisions. For example, more funding is allocated towards staffing for the 9U divisions and Free Agents. More funding is allocated towards medals for the 14U/12U divisions.*

# All about Rally Cap baseball (7-9 age group)

## WHAT IS RALLY CAP?

This year, our 7-9 age group will play Rally Cap baseball. Rally Cap is designed for T-Ball and Blastball participants, their coaches, and parents. Three teams convene to share a playing time, with two teams playing a game while the third practices. Teams rotate after each inning. The program offers complete lesson plans and initiation drills that are a bonus for coaches and parents new to the game. The program includes a progressive element with up to three skill-testing opportunities for players each season.

## WHY RALLY CAP?

Since 2005, participating associations have reported increases in registration. The program combines playing and drills to keep young participants interested, active, and learning, and coming back to the game season after season. Visit Baseball Canada for more details about the program and the skill levels [rallycap.ca](http://rallycap.ca).

Learn more about Rally Cap baseball [here](http://rallycap.ca).







# 12U division rules overview

## Field Dimensions:

- Bases: 60 feet apart
- Pitching Rubber: 46 feet from home plate
- Batter's Box: 3 x 6 feet
- Foul Lines: 180-200 feet
- Pitcher's Mound Height: 6 inches

## Game Play:

- 6 innings, 120-minute time limit
- Extra Innings: One extra inning if tied after 6 innings (not in semi-finals/finals)
- Mercy Rule: 10-run lead after 5 innings or 4.5 innings if the home team is leading
- No new inning after 2 hours from the official start time

## Special Rules:

- No head first slides (except diving back to a base)
- Slide or avoid rule in effect
- No infield fly rule
- No intentional walks
- No leadoffs
- Dropped third strike: Batter is out
- The runner cannot proceed home on a pass ball thrown by the pitcher

**Note that rules may change as league discussions take place. For more information about rules, see last years' 9U/12U rulebook [here](#).**



# NEW 14U division rules overview

## Field Dimensions:

- Bases: 70 feet.
- Pitching rubber: 48 feet.
- Pitcher's Mound Height: 6 inches
- Outfield fence distances:  
Left and Right foul lines  
(200 ft min, suggested 225 ft), Centre field (225 ft min, suggested 260 ft).

## Game Play:

- Number of innings: 6 innings, or 120-minute time limit.
- Designated hitter rule: Not permitted.
- Extra Innings: One extra inning if tied after 6 innings (not in semi-finals/finals)

## Special Rules:

- All runners are permitted to lead-off.
- No head first slides (except diving back to a base)
- Slide or avoid rule in effect
- Infield fly rule in effect
- No intentional walks
- Dropped third strike rule: in effect
- The runner may proceed home on a pass ball thrown by the pitcher

**Note that rules may change as league discussions take place. For more information about rules, see last years' 9U/12U rulebook [here](#).**



# Mock 9U schedule - based on last years' registration

*Note: Hosts and host locations would alternate weekly, depending on registrants. **Teams will be able to submit their preferred hosting weekend(s).***

## 9U Division

Rally Cap Starting Rotation	Week 1 (June 21st)	Week 2 (June 28th)	Week 3 (July 5th)	Week 4 (July 12th)	Week 5 (July 19th)	Week 6 (July 26th)	Week 7 (August 2nd)	Week 8 (August 9th)
Starting at Bat	Team 1	Team 3	Team 2	Team 1	Team 3	Team 2	Team 1	Team 3
Starting in the Field	Team 2	Team 1	Team 3	Team 2	Team 1	Team 3	Team 2	Team 1
Starting at Practice Station	Team 3	Team 2	Team 1	Team 3	Team 2	Team 1	Team 3	Team 2





# Mock league schedule - 12U/14U Division

*Note: Hosts and host locations would alternate weekly, less Week 1 and Week 8, which will be hosted by Baseball BC. **Teams will be able to submit their preferred hosting weekend(s).***

Baseball BC-Hosted			Association-Hosted						
Time	Week 1 (June 21st)	Week 8 (August 9th)		Development				Playoffs	
			Field	Week 2 (June 28th)	Week 3 (July 5th)	Week 4 (July 12th)	Week 5 (July 19th)	Week 6 (July 26th)	Week 7 (August 2nd)
11am-1pm	Team 1 vs Team 2	3rd vs 2nd	Field 1	Team 2 vs Team 3	Team 3 vs Team 4	Team 4 vs Team 1	Team 1 vs Team 2	During playoffs, each team will play against each other once. All teams will play a placement game in Week 8.	
1pm-2pm	Opening Ceremonies	Break	Field 2	Team 4 vs Team 1	Team 1 vs Team 2	Team 2 vs Team 3	Team 3 vs Team 4		
2pm-4pm	Team 3 vs Team 4	Final (1st vs 2nd)							
4pm-5pm		Closing Ceremonies							
5pm-7pm									