



---

**SOFTBALL CANADA  
B5 ADMINISTRATION GUIDE**

---

**#playeverywhere**

## INTRODUCTION

B5 is a fast-paced, dynamic version of the classic game of softball. It follows the same founding principles of its parent discipline, but can be played everywhere and requires only a rubber ball.

## WHY B5?

B5 aims to make softball more accessible by working around common barriers without sacrificing the essence of the classic game. It is easily adaptable to an untraditional field of play or a larger/smaller number of players, and requires very little equipment.

## WHO IS B5 FOR?

While anyone can play B5, Softball Canada recommends B5 for the following stages of Long-Term Athlete Development: FUNdamentals, Learn to Train, and Train to Train.

B5 can be played in a variety of different settings- both structured and non-structured.

Examples include:

- After School Programs
- Summer Camps
- Gym Classes
- Indoor Training
- Softball Clinics



## BENEFITS OF B5

B5 is a fast-paced game that keeps participants moving and allows them to develop their fundamental movement skills, all while learning basic softball skills. With the continuous movement of B5 helping players build up their aerobic capacity, participants will get to work on their hand eye coordination, agility, and running.

B5's primary benefits are:

- Versatility – can be played on any surface, indoor or outdoor
- Functionality – can be self-regulated by participants and/or instructors
- Adaptability – can be enjoyed by different age groups and skill levels
- Practicality – can be easily understood by participants and implemented by instructors

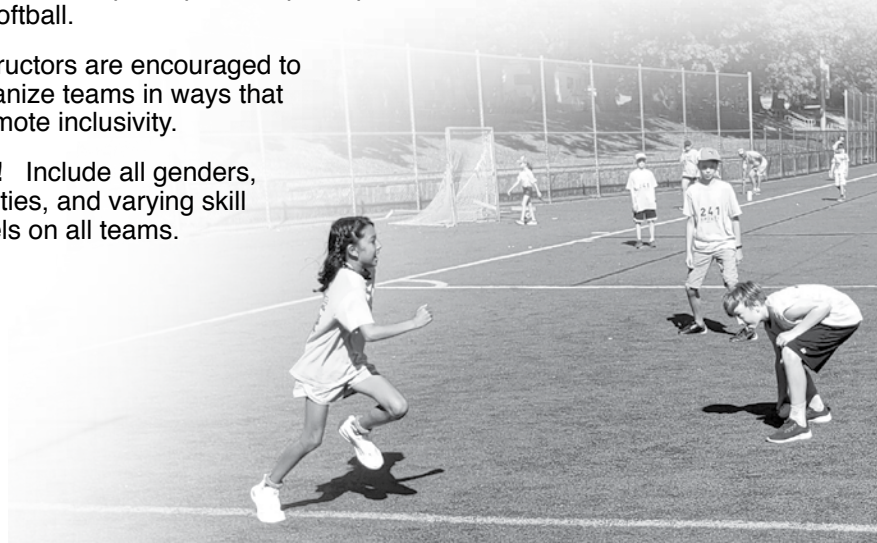
Most importantly, B5 focuses on sportsmanship, teamwork, and decision making.

## A GAME FOR EVERYONE

Designed to be modified to fit any audience and their needs, B5 is inclusive to participants of all sizes, shapes and abilities. Softball Canada believes B5 should be an equal opportunity activity and welcomes all participants to pick up the ball and learn the basic skills of softball.

Instructors are encouraged to organize teams in ways that promote inclusivity.

**TIP!** Include all genders, abilities, and varying skill levels on all teams.





## THE VALUES OF THE GAME

B5 is based on 5 core values. Each value adds to the foundation of the game.

---

### INCLUSION

---

B5 strives to be inclusive. Inclusion is pro-active behaviours, options and actions that make everyone feel welcome and respected.



---

### CONFIDENCE

---

B5 fosters player confidence. Confidence is the ability to rely on your skills and strengths. Confidence builds when goals are accomplished, and challenges are overcome.



---

### INNOVATION

---

B5 allows for innovation. Innovation is generating new ideas and responding to change in a creative way.



---

### ACCESSIBILITY

---

B5 seeks to be accessible. Accessibility is to provide welcoming, supportive, and safe environments where everyone feels comfortable and able to participate.



---

### TEAMWORK

---

B5 thrives on teamwork. Teamwork promotes cooperation and is the collaborative effort of a group to achieve a common goal.





## MODIFICATIONS

B5 prides itself on being versatile and adaptable. Should game modifications be required, ensure that specific ground rules are clearly communicated to all participants. Suggested modifications include:

- Reorienting the field of play to use existing walls, fences, or other ground markings.
- Keeping team numbers low to keep the game active and engaging.
- Adjusting the length of the game based on participant interest or stage of development.

Visit [www.softball.ca](http://www.softball.ca) to learn more about Long Term Player Development and appropriate practice-to-game ratios.

**TIP!** For a large group of participants, try playing a round robin style of competition, or having multiple games happening at once if you have the space.



## SAFETY CONSIDERATIONS

B5 is inherently a safe game. However, there are still points that should be considered when leading and playing the game safely.

- Throw-down bases should be securely attached to the playing surface. Bases can also be made using tape, chalk, or paint if approved by the facility.
- While B5 is a non-contact game, there is always a chance that players will accidentally make contact with one another. Be aware that this may happen, especially while players are on defense or learning the game.
- Monitor the game accordingly and work with players to use their voices by calling out their own name when they are making an attempt to play the ball. This will help build their awareness of others while they are playing.
- Proper footwear for the playing surface is always encouraged.

Reach out to your Provincial/Territorial Softball Association to learn about any specific safety guidelines for your participants.



## LEARN MORE

For more information on Softball Canada's B5 program, including the rules of play visit [www.softball.ca/B5](http://www.softball.ca/B5).

Have questions and/or suggestions about the implementation or facilitation of B5?

Contact Softball Canada at [info@softball.ca](mailto:info@softball.ca).





# SOFTBALL CANADA B5 ADMINISTRATION GUIDE

