

When does the season start/end?

The Spring season typically runs from the end of February through May. Players practice in teams during the week and play games on Saturdays. The league takes a break from games during Spring Break.

The Fall season typically runs from September through October and follows a clinic-style format focused on skill development. Players participate in weekly weekend sessions over a six-week period, with each session focusing on different softball skills. There are typically no weekday practices during the Fall season.

Exact dates and format may vary slightly from year to year and will be shared prior to registration.

Where are practices held?

Fields used for practices are located throughout Oakland and games are played in Oakland, Piedmont, and Alameda.

When will practice days be set?

Practice days are determined after registration closes and teams are assigned.

Schedules depend on the number of players and teams, as well as coach, player, and field availability. 6U and 8U teams will practice once a week and 10U and 12/14U will practice twice a week.

You can indicate preferred practice days on the registration form, and we'll do our best to accommodate. If a conflict comes up after schedules are finalized, let us know and

we'll work with you when possible. Our priority is making sure every player who wants to play can participate.

How much does it cost?

Please check this season's registration page for information about this season's cost.

Fees may change from season to season based on costs, but OGSL is a volunteer-run nonprofit committed to keeping participation low-cost. **Financial assistance is available**, and no player is turned away due to inability to pay.

How do I apply for financial assistance?

Email info@ogsl.org to request information about financial assistance before completing registration on Teamsnap.

Does OGSL offer refunds?

Full refunds are available to families who cancel before the first practice.

Partial refunds (50%) are available before the first game.

No refunds are available after the first game.

How old does my child need to be to start playing? What are the age groups?

6U: 5 or 6 years old on Sept 1, 2025 (usually K-1 for 2025-2026 school year)

8U: 7 or 8 years old on Sept 1, 2025 (usually 2nd & 3rd grade for 2025-2026 school year)

10U: 9 or 10 years old on Sept 1, 2025 (usually 4th & 5th grade for 2025-2026 school year)

12/14U: 11-14 years old on Sept 1, 2025 (usually 6th to 9th grade for 2025-2026 school year)

Is previous experience required?

Nope! We welcome players of all levels. Our recreation league focuses on skill building and learning. In addition to team practices, the league offers additional clinics for learning and refining skills.

What equipment do we need to have?

Link to new gear page

OGSL will provide team gear including bats, helmets, balls and other team equipment.

Players will need to provide their own glove, softball pants (6U and 8U will use gray, 10U and 12U/14U will use black), and cleats – plastic only (no metal cleats). Soccer cleats or athletic shoes are okay, especially at the youngest age groups.

We

We **highly recommend** that no one go out and buy a bunch of expensive equipment (especially a bat) until you have talked to your coach about getting the right fit!

Check out our [equipment guide](#) (with links for where to shop and what to buy!)

Do you offer an equipment exchange?

Yes! We invite families to donate and receive gently used items during our gear exchanges, which are held at least once per season. We'll notify families when these exchanges are scheduled.

If you have gear to donate, please email info@ogsl.org.

Why should my child play softball?

OGSL provides the skills girls will need to play at the high school level and beyond, including college. OGSL has tailored the pitching at each level to make it a fun and active game (from T-ball, to Coach pitch, to player pitch!) But most importantly, studies have found that girls who play team sports are more likely to graduate from college, find a job, and be employed in male-dominated industries. And what better way to do this, than to play with, cheer alongside with, and have fun with other girls playing softball?

Do you have a travel ball team?

The OGSL recreational softball program feeds into the optional, competitive [Vipers](#) travel softball program, which plays nationally against the highest level of competition (and has oversight by the OGSL Board). In past seasons, multiple teams have played at the 12U (Summer/Fall), 10U (Summer/Fall), and 8U (Summer) levels.

How long has OGSL been in existence?

OGSL was organized in 1993.

Can I volunteer as a coach?

Yes! The OGSL Board includes a Coaching Coordinator that actively recruits, trains and supports new coaches. If you are interested in coaching please email info@ogsl.org for more information.

Can I volunteer for the league?

Yes! There are numerous volunteering opportunities, from just a few hours over the course of the year, to year-round OGSL Board of Director positions. Let us know what you might be looking to do by contacting us at info@ogsl.org!