

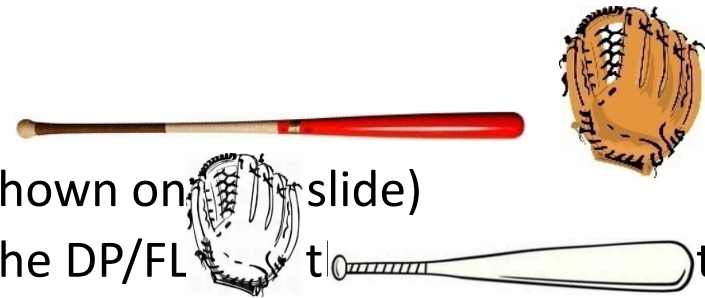
# 2025-26 NFHS Softball Living Lineup



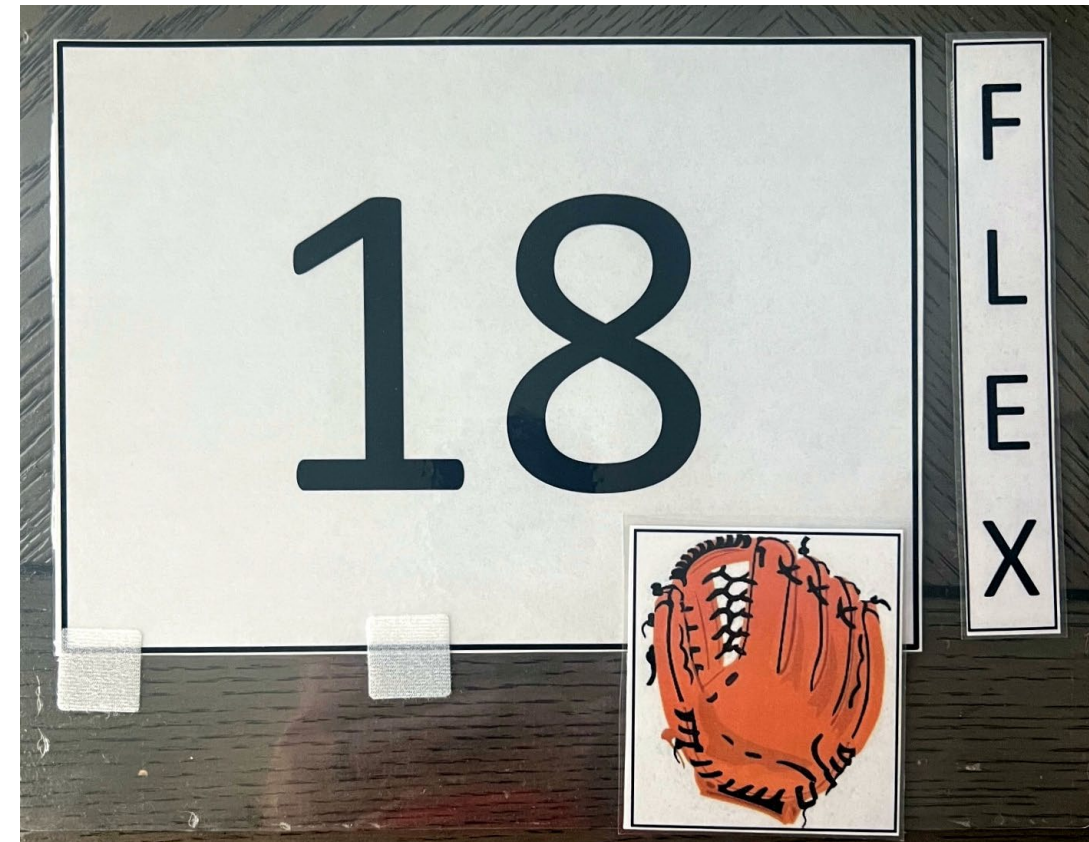
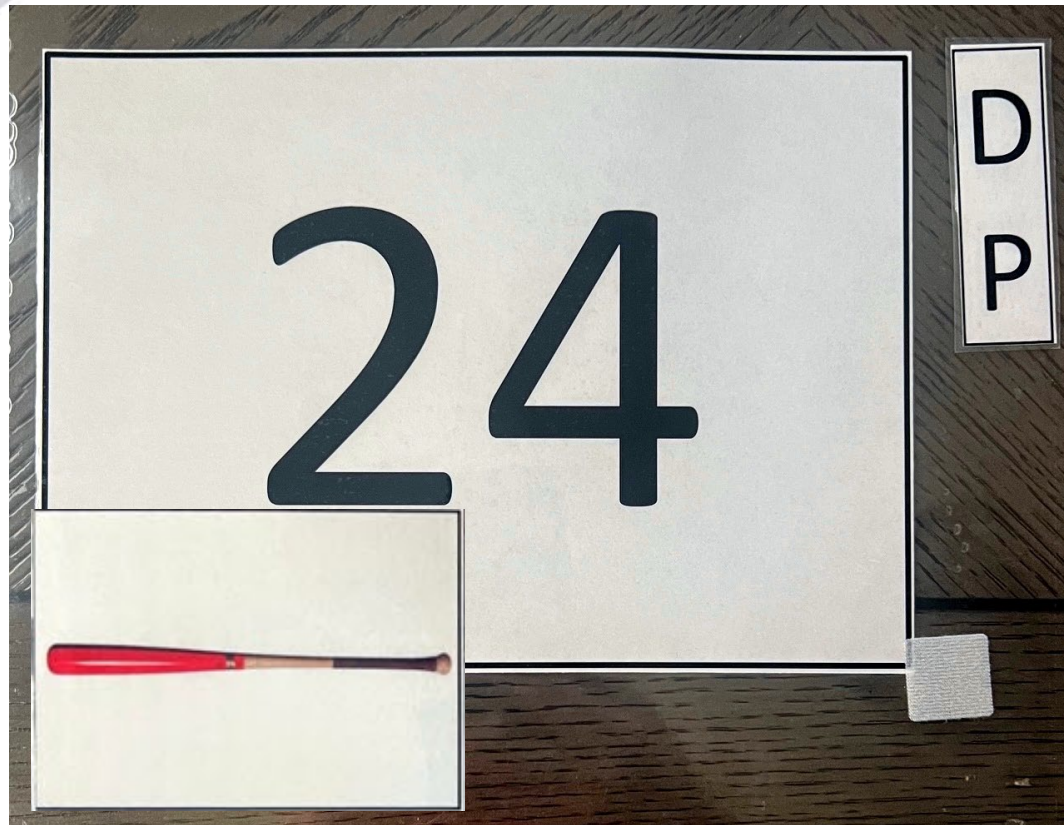
Updated 1/05/2026

# Background to living lineup

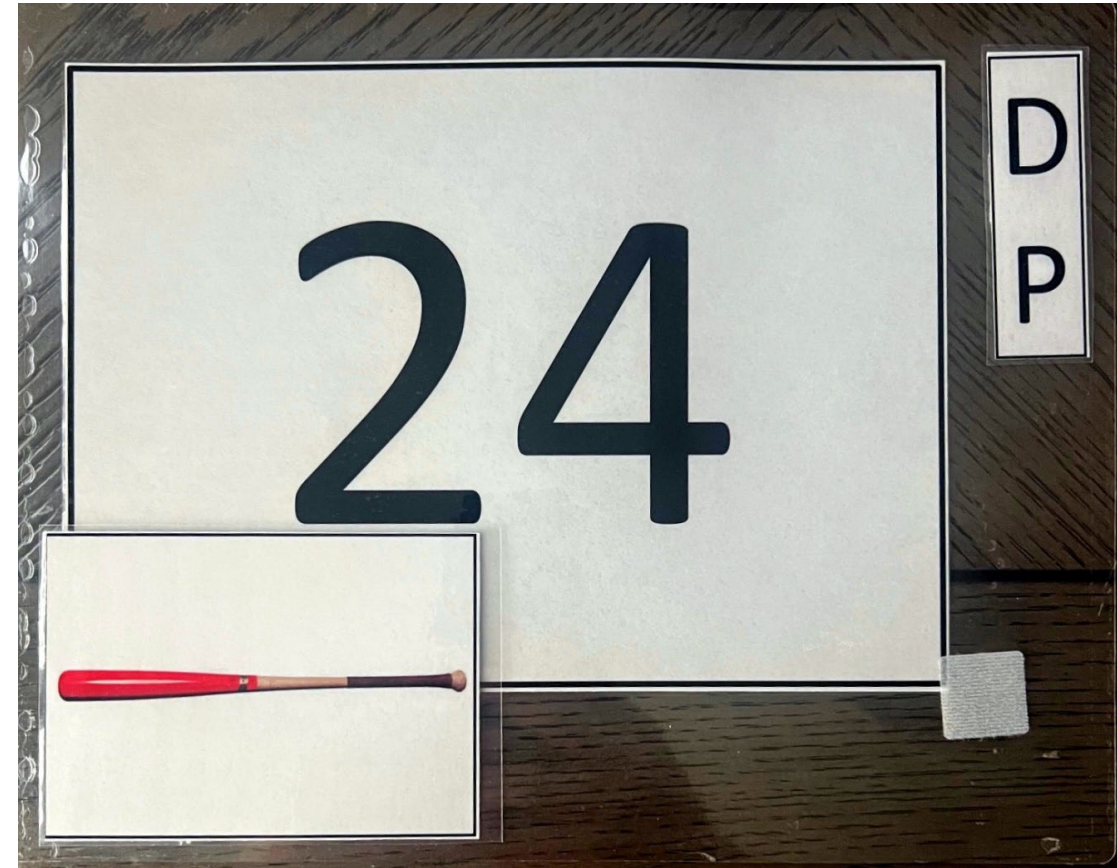
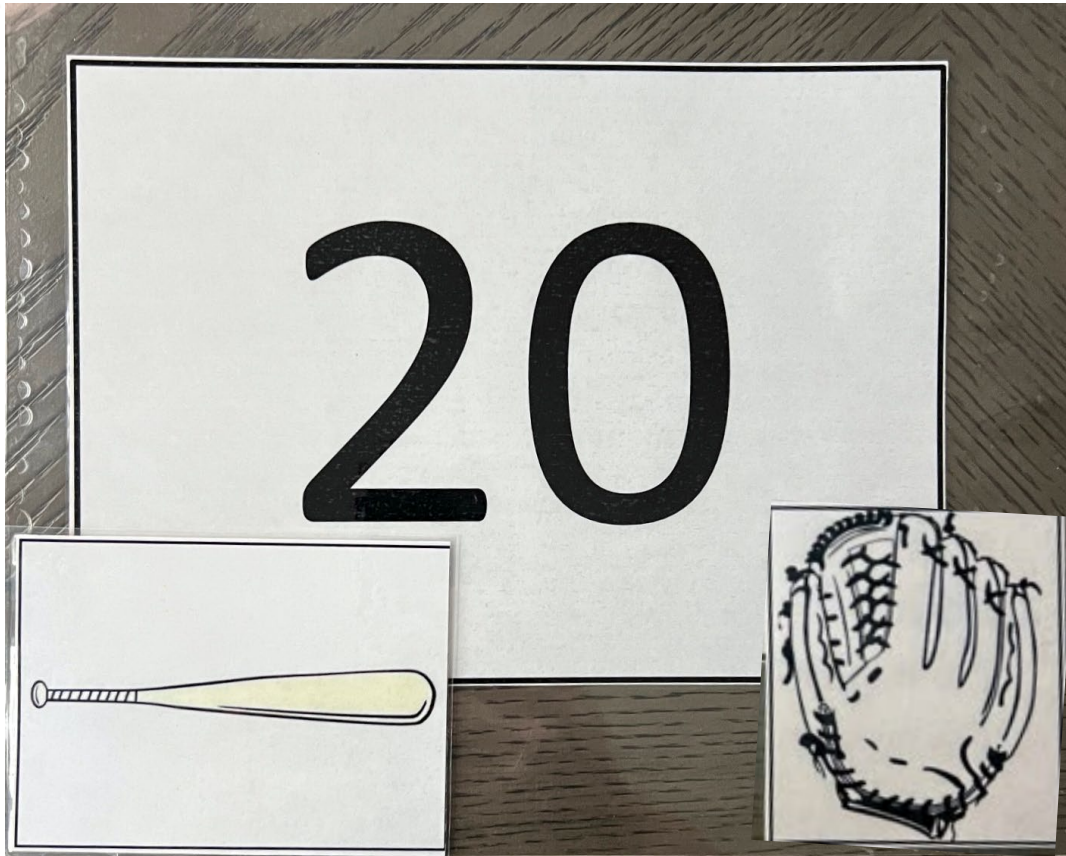
- Adds action to lineup management discussion
- Physical movement helps kinesthetic learners understand the concept better
- Also adds a visual aspect to the movement of positions
- Suggested “Props” for the presentation
  - Laminated number sheets for each person in the lineup (shown on slide)
  - Laminated pieces that represent batting and fielding for the DP/FL to be moved
  - Laminated pieces for the other players to show their job with Velcro to allow them to be moved
  - Chairs for eligible substitutes and players that have left the game in the positions needed
    - Sitting down means they are not currently in the game
  - Laminated pieces for those that have left the game a second time and no longer have eligibility



# Close up of number sheets and movement



# Movement for DP playing defense



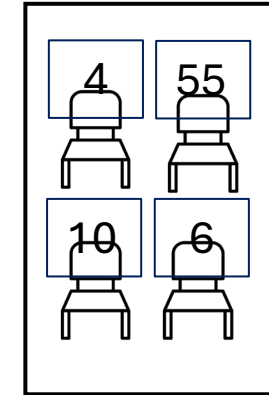
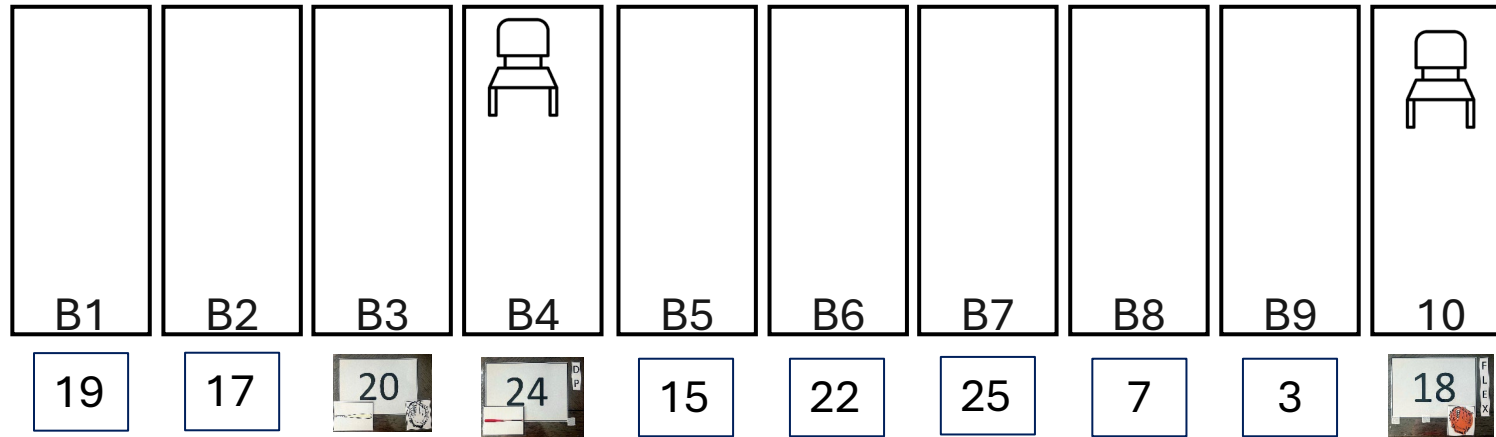
# Arrangement for living lineup

- Ask for 14 volunteers
  - Need minimum of 4
- Give each volunteer a number and place them in order shown in the lineup card
  - \* indicate the required spots
    - If you have limited volunteers tape the remaining numbers to empty chairs to show the positions
  - If you have enough volunteers have the 4 substitutes sit in chairs
  - Have a chair behind spot 4 and spot 10 in the lineup \*

NO.		PLAYER	RE	POS.
19	1	B. HARRIS		6
		SUB.		
17	2	S. ABLE		4
		SUB.		
*	20	3	C. THOMAS	8
		SUB.		
*	24	4	D. JONES	DP
		SUB.		
	15	5	R. ALEXANDER	3
		SUB.		
	22	6	B. MOORE	2
		SUB.		
	25	7	A. COOPER	7
		SUB.		
	7	8	K. MORRIS	5
		SUB.		
	3	9	E. RODGERS	1
		SUB.		
*	18	10	M. GREEN (FLEX)	9
		SUB.		
NO.		SUBSTITUTES		POS.
10		S. HOWELL		
4		B. BAKER		
6		C. SMITH		
55		D. BROWN		

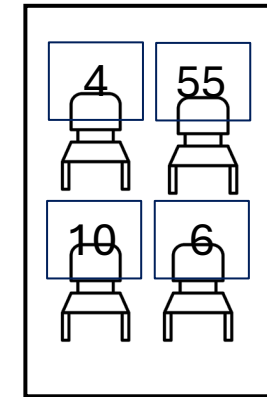
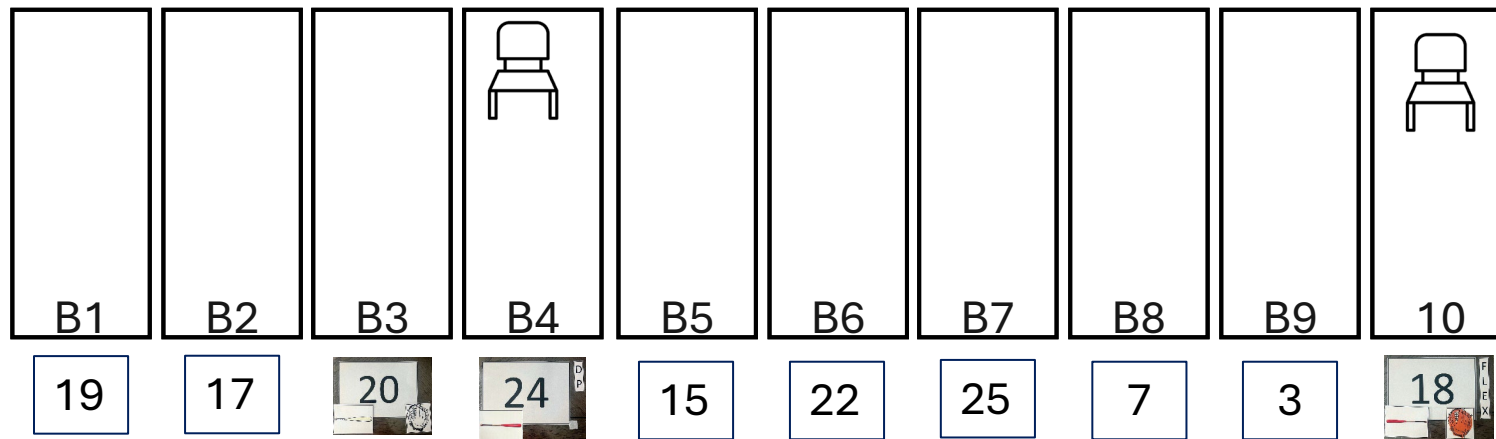


# Arrangement for Living Lineup



# Movement for Example 1

## FLEX playing offense for dp



FLEX is playing offense for dp (letting position (the Res seat) in the lineup)



# DP/FLEX RULE

## SAMPLE EXERCISES



# SAMPLE LINEUP CARD

All samples will use this lineup card and progress through a series of substitutions



NO.	PLAYER		RE	POS.
19	1	B. HARRIS		6
	SUB.			
17	2	S. ABLE		4
	SUB.			
20	3	C. THOMAS		8
	SUB.			
24	4	D. JONES		DP
	SUB.			
15	5	R. ALEXANDER		3
	SUB.			
22	6	B. MOORE		2
	SUB.			
25	7	A. COOPER		7
	SUB.			
7	8	K. MORRIS		5
	SUB.			
3	9	E. RODGERS		1
	SUB.			
18	10	M. GREEN (FLEX)		9
	SUB.			
NO.	SUBSTITUTES			POS.
10	S. HOWELL			
4	B. BAKER			
6	C. SMITH			
55	D. BROWN			

# Sample exercise #1

- Jones (DP) bats and gets on base safely
- The offensive coach asks for time to make a change
- “Green will run for Jones”



# SAMPLE EXERCISE #1

Green (FLEX)  
running for  
Jones (DP)

NO.		PLAYER	RE	POS.
19	1	B. HARRIS		6
		SUB.		
17	2	S. ABLE		4
		SUB.		
20	3	C. THOMAS		8
		SUB.		
<del>24</del>	4	<del>D. JONES</del>		DP
		SUB.		
15	5	R. ALEXANDER		3
		SUB.		
22	6	B. MOORE		2
		SUB.		
25	7	A. COOPER		7
		SUB.		
7	8	K. MORRIS		5
		SUB.		
3	9	E. RODGERS		1
		SUB.		
18	10	M. GREEN (FLEX)		9
		SUB.		
NO.		SUBSTITUTES		POS.
10		S. HOWELL		
4		B. BAKER		
6		C. SMITH		
55		D. BROWN		





# Sample exercise #1

Note –

Jones has left the game (no longer playing offense), they still have one reentry. Green is now playing offense and defense.



## Sample exercise #2

- Two innings later, Green singles to left
- The offensive coach asks for time to make a change
- "Smith is running for Green and Green will still be playing right field"



# Sample exercise #2

Note –

- This substitution is critical for the umpire to ensure they understand what the coach is requesting
- Coach says “Smith is running for Green” at this point there are two options:
  - Smith is substituting for Green and is the new FLEX playing offense in the DP’s position in the lineup. Change is made and recorded in the 10<sup>th</sup> position
  - Smith is substituting for Jones and is the new DP, Green is going back to playing defense only. Change is made and recorded in the 4<sup>th</sup> position.
- By actively listening and understanding the second part of the coach's statement “Green will still be playing right field” we know the coach wants option 2.



## SAMPLE EXERCISE #2

Smith (sub) running for Green (FLEX) is recorded as a sub for Jones and becomes the new DP

Green remains in the game playing right field only



NO.		PLAYER	RE	POS.
19	1	B. HARRIS		6
		SUB.		
17	2	S. ABLE		4
		SUB.		
20	3	C. THOMAS		8
		SUB.		
<del>24</del>	4	<del>D. JONES</del>		DP
6		Smith		DP
15	5	R. ALEXANDER		3
		SUB.		
22	6	B. MOORE		2
		SUB.		
25	7	A. COOPER		7
		SUB.		
7	8	K. MORRIS		5
		SUB.		
3	9	E. RODGERS		1
		SUB.		
18	10	M. GREEN (FLEX)		9
		SUB.		
NO.		SUBSTITUTES		POS.
10		S. HOWELL		
4		B. BAKER		
<del>6</del>		<del>C. SMITH</del>		
55		D. BROWN		

## Sample exercise #2

Note –

- Since Green will continue to play defense, Smith enters the game for the first time as the new DP
- Since Green (FLEX) is still playing defense they have NOT left the game (never quit using their mitt)



## Sample exercise #3

- In the 4<sup>th</sup> inning, the offensive coach asks for time to make another change
- “Jones to reenter and bat for Smith”



# SAMPLE EXERCISE #3

Jones (starting DP)  
reenters for Smith

NO.		PLAYER	RE	POS.
19	1	B. HARRIS		6
		SUB.		
17	2	S. ABLE		4
		SUB.		
20	3	C. THOMAS		8
		SUB.		
<del>24</del>	4	<del>D. JONES</del>		DP
		<del>Smith</del>		DP
15	5	R. ALEXANDER		3
		SUB.		
22	6	B. MOORE		2
		SUB.		
25	7	A. COOPER		7
		SUB.		
7	8	K. MORRIS		5
		SUB.		
3	9	E. RODGERS		1
		SUB.		
18	10	M. GREEN (FLEX)		9
		SUB.		
NO.		SUBSTITUTES		POS.
10		S. HOWELL		
4		B. BAKER		
<del>6</del>		<del>C. SMITH</del>		
55		D. BROWN		



# Sample exercise #3

Note –

- Jones has used their one reentry
- Smith has left the game and has a reentry remaining
- This is no different than a substitution / reentry anywhere else in the lineup



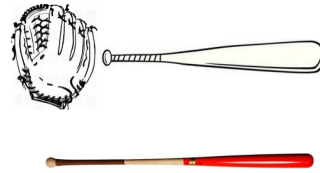
## Sample exercise #4

- In the next half inning, the defensive coach asks for time to make another change
- “Jones will play defense in center field for Thomas”



# SAMPLE EXERCISE #4

Jones (DP) to play defense in center field for Thomas



NO.		PLAYER	RE	POS.
19	1	B. HARRIS		6
		SUB.		
17	2	S. ABLE		4
		SUB.		
20	3	C. THOMAS		<del>8</del>
		SUB.		
<del>24</del>	4	<u>D. JONES</u>	8	DP
		<del>Smith</del>		DP
15	5	R. ALEXANDER		3
		SUB.		
22	6	B. MOORE		2
		SUB.		
25	7	A. COOPER		7
		SUB.		
7	8	K. MORRIS		5
		SUB.		
3	9	E. RODGERS		1
		SUB.		
18	10	M. GREEN (FLEX)		9
		SUB.		
NO.		SUBSTITUTES		POS.
10		S. HOWELL		
4		B. BAKER		
<del>6</del>		<del>C. SMITH</del>		
55		D. BROWN		

# Sample exercise #4

Note –

- Jones the DP is now playing offense (using their bat) and defense (using Thomas' mitt)
- Thomas still bats in the 3<sup>rd</sup> position in the lineup is playing offense only (still using their bat) and has NOT left the game



# Sample exercise #5

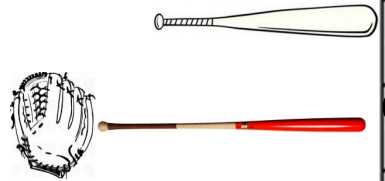
- In the next inning, the defensive coach asks for time to make another change
- “Thomas is going back to playing center field, Jones will play defense in right field for Green”



# SAMPLE EXERCISE #5

Thomas goes back to center field

Jones (DP) to play defense in right field for Green (FLEX)



NO.		PLAYER	RE	POS.
19	1	B. HARRIS		6
		SUB.		
17	2	S. ABLE		4
		SUB.		
20	3	C. THOMAS		<del>8</del> 8
		SUB.		
<del>24</del>	4	<del>D. JONES</del> Smith	9 <del>8</del>	DP DP
		SUB.		
15	5	R. ALEXANDER		3
		SUB.		
22	6	B. MOORE		2
		SUB.		
25	7	A. COOPER		7
		SUB.		
7	8	K. MORRIS		5
		SUB.		
3	9	E. RODGERS		1
		SUB.		
<del>18</del>	10	<del>M. GREEN (FLEX)</del>		<del>9</del>
		SUB.		
NO.		SUBSTITUTES		POS.
10		S. HOWELL		
4		B. BAKER		
<del>6</del>		<del>C. SMITH</del>		
55		D. BROWN		

# Sample exercise #5

## Note –

- Jones (DP) is still playing offense and defense (now using the FLEX's mitt)
- Green (FLEX) has left the game (still has a reentry) since they are not playing defense (no longer using their mitt)



## National Federation of State High School Associations

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