

OC Fall Ball
6U Recreational Rules
Updated 8/3/2025

The 6u division is intended to be an introduction to the sport of girls' fast-pitch softball. An emphasis will be placed on teaching the fundamentals of the game and game speed. We encourage at all times good sportsmanship, safety, and 'having fun' should be stressed by all managers, coaches, and parents at all times throughout the season. No official scores will be kept and no standings will be listed. Getting as many at bats and innings in a game should be the goal each week.

1. GENERAL RULES

- a. Coaches are encouraged to allow every player to gain experience in every position. All players will play an infield position during each game.
- b. There should be at least 2-3 coaches on the field during play to keep the players focused and aware.
- c. Teams are encouraged to be at the scheduled field / game location for a 30 min warmup period, prior to the listed game time.
- d. Game length will be approximately 1 hour, beginning at the time scheduled by OC Fall Ball accordingly. No additional innings will begin after the 60 minute mark; however, an attempt to finish the inning can be made. The game will drop dead at 1 hour and 10 minutes after its beginning.
- e. The standard infield positions are played, the remainder of the girls should be positioned in the outfield. All girls will play defense; there should be no girls on the bench during the defensive half inning.
- f. Defensive coaches are required to be on the field to instruct the defensive team during play.
- g. The base path distance will be 60 feet. Safety bases at first base will be used if available.

2. BATTING

- a. A half inning is complete when a maximum of 9 players present on the team have had a turn at bat. Coaches are encouraged to split the lineup and bat half of the players in one inning and the other half in the following inning. This helps keep the game moving forward for each team on offense and defense.
- b. You do not need the same batting order each inning. It is encouraged that you change the batting order each inning.
- c. A coach should be in the dugout to keep the girls lined up in the batting order and ready to go. Another coach should be near the catcher next to the batting tee. This coach is in charge of the tee at all times. This coach should move the tee out of the field of play after a hit. This coach will also retrieve the pitches balls missed by the batter and opposing catcher during any coach pitch opportunities.
- d. A batting tee should be kept near home plate throughout the game.
- e. The coaches should discuss before each game if they want to utilize coach pitch during the game, but any coach may choose to pitch to any players he/she wishes to pitch to at any point during the game, or season. (We encourage coaches to work up to coach pitch at some point before the season is over)
- f. When using coach pitch, the coach must start each pitch in the pitchers circle or reasonably close to the pitchers plate. The coach will throw no more than 4 pitches in an effort to get their player to hit the ball.
- g. The coach should take 4 balls out to the mound with them and the coach who was in charge of the batting tee will be placed behind the catcher to retrieve the balls not hit.

OC Fall Ball
6U Recreational Rules

- h. If, after 4 pitches, the player does not hit the ball, the batting tee will be placed at home plate and the player will be allowed to hit the ball off the tee.
- i. No ball or strike count will be kept or enforced.
- j. Last Batter: When the last batter has hit the ball the runners will be allowed to circle the bases like a home run has been hit (this is why you want a different batting line-up each inning).

3. ADDITIONAL RULES

- a. There will be no player pitching to a batter. However, a player will assume the defensive position of the pitcher on the field.
- b. The girl who is fielding at the pitcher position should be no closer to home plate than the closest pitching rubber on the field.
- c. If a coach is pitching, the defensive pitcher must be behind and to the side of the coach so they can clearly see the batter and be able to react to the batted ball.
- d. The coach pitcher must remain within the pitching circle for the entire motion of the pitch. The coach pitcher should never be closer than 20 feet from home plate when releasing the ball at the end of the pitch.
- e. The coach pitcher must make every reasonable effort to get out of the way of the hit ball and/or defensive players trying to make a play. If a ball hits the coach pitcher, the ball is live and the batter and runners can attempt to advance.
- f. Runners do not advance on overthrows.
- g. If a batted ball reaches the outfield, the batter can continue to run the bases until the softball is returned to the infield.
- h. If a batted ball remains in the infield, runners may only advance one base.
- i. There is no stealing or leading off the bases. A base runner can only leave the base after the ball has been hit by the batter.
- j. Sliding is allowed and should be introduced at this level.
- k. The base runner must make every attempt to avoid a collision with a defensive player (USA rule) while running the bases.
- l. In the beginning of the season if an out is recorded please allow the batter to stay on the base. As the season progresses (and both coaches agree) outs can be enforced.

4. EQUIPMENT

- a. All players must have the proper equipment to take the field including cleats and glove.
- b. Catchers must wear the provided protective equipment including helmet, mask, chest protector, and shin guards.
- c. All batters and runners must wear a batting helmet with an ASA approved softball face guard.
- d. On deck batters must wear protective helmets. All bats must be approved softball bats.
- e. A USA approved, regulation 10-inch RIF 1 softball will be used.

5. DUGOUT

- a. Again, the Head Coach should make every effort to have a coach or Team Parent assigned to running the dugout. The dugout coach ensures the girls line up inside the dugout (in the batting order) with their helmet on ready to go.

OC Fall Ball
6U Recreational Rules

- b. The dugout coach should have the bats next to them and hand them to the girl going to the on deck circle.
- 6. JEWELRY**
No jewelry of any kind is permitted in accordance with ASA/USA rules.