

Vernal Girls Softball 2026

Rules

*Revised 4-20-2026



Vernal Girls Softball League Reps:

*President: Becky Evans (435) 828-2325

*16 and Under: Alexis Atwood (435) 219-4152

LJ Jackson (435) 790-6931

Kayla Phillips (435) 671-8252

*12 and Under: Jordan Clark (435) 650-5228

Sean Fletcher (435) 219-6655

Nathaniel Jowell (435) 828-8024

*10 and Under: Kenzie Ihde (435) 219-2976

Devin Potts (435) 790-4875

Samantha Peterson (435) 790-4458

*8 and Under: Lane Woody (435) 621-3933

Braden Olsen (435) 731-1876

Pete Morphy (435) 219-2595

Umpires: Jolynn Christensen (435) 749-1277

Vernal Girls Softball

Coaches Procedures for All Divisions

1. Dugouts: Team players and coaches are the only ones allowed in the dugout area.

2. Weather:

A) If you have not heard from your league rep, then you must assume that the game is still on and will be played at its regularly scheduled time.

B) Forfeit will occur if one or both teams do not show at the field. Game time is forfeit time. Forfeit takes precedence over a rain (weather) out.

3. Coaches' Behavior:

A) Coaches will please remember that your behavior and attitude will be the example for your team. Please make both positive!

B) Do not argue with the umpires, and please be especially patient and kind to our younger umpires. **Coaches are ultimately responsible for the behavior of their parents and fans.** League reps are ultimately responsible for the behavior of the coaches.

4. Fans' Behavior: SPORTSMANSHIP: There is ZERO tolerance for disruptive behavior by fans, coaches, or players. Derogatory comments, poor behavior, and negative verbal communications toward any event staff, coach, or player will be cause for removal from the event and complex Ex): Taunting, use of words or actions to incite or try to incite spectators to demonstrate.

A) use of profanity, intimidation or deceitful tactics, baiting or taunting, embarrassing, ridiculing or demeaning others in any circumstances, including race, gender, religion or nationality

B) Behavior in any manner not in accordance with the spirit of play - team personnel shall not charge an umpire, arguing balls and strike calls, or other umpire judgment calls.

Penalty - The umpire shall eject the offender from the game, unless the offense is judged to be minor in nature. If the offense is minor, the umpire may warn the offender and eject if the offense is repeated. Coaches who are found to be in violation may be restricted to the bench/dugout for the remainder of the game or ejected from the game. **Coaches, you will be held responsible for your fans' behavior.**

SPECTATORS ARE NEVER TO ADDRESS UMPIRES ON OR OFF THE FIELD. You will get one warning per game. After 1 warning, a forfeit/ejection for the night will be at the discretion of a VGS Board member. If you get ejected you player must leave with you.

5. Player's Behavior: Players will conduct themselves in a proper manner at all games. Unsportsmanlike conduct will not be tolerated.

6. **All** youth pitchers will be required to wear a protective face mask (also called a “defensive guard”). All players are highly encouraged to wear a face mask. For more information, please speak with a board member or your league representative. If the player does not have a personal mask, we will have masks available to borrow in the softball shed.

7. Batter Walks: If the pitcher delivers a ball that strikes the ground after crossing the batter’s box and hits the batter, the batter may take her base. If the pitcher delivers a ball that hits the ground before the batter’s box, then the pitch will be declared a dead ball **in 10U league only**.

8. Running on the Third Strike: A batter may run on the third strike only if the catcher misses the ball. This rule applies only to 10U and older leagues.

Look Back Rule: When a runner is legitimately off a base after a pitch, or as a result of a batter completing a turn at bat, and while the pitcher has the ball within the eight-foot radius of the pitcher’s plate, the runner may stop **once**, but then must immediately return to the base or attempt to advance to the next base. This rule is to prevent taunting the pitcher and delaying the game.

Stealing Home Plate: In the 10U and older leagues, runners may steal all bases.

9. Blood Rule: A player may return to the game at any time if she is cleaned up and able to play. Please see rule #19.

10. Five/Seven Run Rule:

A) A maximum of five runs per inning can be scored in the 8U League. Once the fifth run crosses the plate, the inning is over. Scorekeepers and coaches should keep the umpire aware of the fifth run.

B) There will be a seven-run rule in place for the 10, 12, and 16U leagues.

11. Mercy Rule: The game will be over if one team is ahead by:

12 runs after the 3rd inning

10 runs after the 4th inning

8 runs after the 5th innings (complete innings)

This mercy run rule applies in both league and tournament play.

12. Pitchers Hitting Batters: There will be a maximum of 4 hit batters allowed by a single pitcher during any single inning. A mandatory pitcher change will have to be made after the fourth batter is struck. The pitcher may reenter the game to pitch the following inning.

13. Free Substitution: Any defensive player can be moved to any position throughout the game.

14. Scorekeepers: Home team keeps the official score book. The visiting team will run the scoreboard. All scorekeeping decisions will be decided upon by the official scorebook. **The winning coach must report the win/loss of both teams to the league rep.** The league rep will then enter the stats online. The home team will

be determined by a coin flip.

15. Non-Protest: All games will be non-protest and judgment calls are the decision of the umpire. If a coach approaches the umpire, the coach has three minutes to find the rule in the official NFHS or VGS rule book. Within these three minutes, the umpire may change the original call based upon the rulebook findings. If after three minutes, the rule has not been found, the original call will stand, and the game will continue. Each team is allowed to approach the umpire only two times in a game. Coaches need to approach the umpire before the next pitch, or the call will stand, no matter what.

16. Between Innings: The defensive team will be given one minute or five pitches before the start of the new inning. The offensive team will be required to leave the field within this same time frame.

- Timeouts will be permitted at any time; however, a coach may approach the mound only once an inning. The second visit to the mound will result in a mandatory pitcher change.

17. Game Time:

*16U: 1 hour and 15 minutes, with no new inning after 1 hour and 10 minutes.

*12U: 1 hour and 15 minutes, with no new inning after 1 hour and 10 minutes.

*10U: 1 hour and 10 minutes, with no new inning after 1 hour and 5 minutes.

*8U: 55 minutes, with no new inning after 50 minutes.

18. Tiebreaker: Games cannot end in a tie. 8, 10, 12, and 16U Leagues will follow the NFHS tiebreaker rule; with the last batter from the previous inning to be the runner on 2nd base. The game continues for one complete inning. 8U, 10U, 12U, 16U, will only have 1 additional inning after game time has expired. If a tie still exists after one (1) inning, a coin toss will determine the winner. A coin toss will not determine the winner during the tournament. Teams will play complete innings until there is a winner.

19. Teams must bat the entire roster. Teams will **not** be penalized if a player cannot bat due to injury.

Teams will also **not** be penalized (forfeit or take an out) if they are forced to play with less than ten but 7 or more players.

20. 8U, 10U, & 12U will play with 4 outfielders. 16U will play with 3 outfielders.

21. 8U, 10U & 12U Metal cleats are prohibited. 16U metal cleats will be accepted.

22. If a player arrives late to a game and her team has not gone through the batting line-up the late player may be added to the bottom of the batting line-up. If a player is added to the batting line-up and player has not arrived to bat, that player will be an automatic out.

23. 8U, 10U, 12U, & 16U teams will end the game after the top of the last inning if they cannot win or tie the visiting team.

24. All rules apply to league and tournament play. With exception to the run rule in tournament. 8U & 10U will have the same run rule as league. 12U & 16U will not have the run rule in the tournament. Mercy rule still applies in tournament play.

25. 10U Coaches must pitch at least 2 girls per game with one being 9 or under. Younger pitchers must pitch 1 inning or 4 batters.

STATS: COACHES PLEASE TEXT GAME SCORES AND TEAM NAMES THE SAME NIGHT YOU PLAY TO: Your League Representative.

WEBSITE: www.tshq.bluesombrero.com/vernalgirlssoftball stats will be updated through this program.

PLEASE MAKE SURE DUG-OUTS ARE CLEAN AFTER GAMES. Team and coaches' responsibility.

Vernal Girls Softball Coaches' Code of Ethics:

1. Coaches will place the emotional and physical wellbeing of their players ahead of their own desire to win.
2. Coaches will treat each player as an individual, remembering the large range of emotional and physical development for their age group and between players.
3. Coaches will do their best to provide a safe playing situation for their players.
4. Coaches will do their best to organize practices that are fun and challenging for all of their players.
5. Coaches will lead by example in demonstrating fair play and sportsmanship to all players.
6. Coaches will provide an environment for their team that is free from drugs, tobacco, and profanity.
Coaches will also refrain from the use of any of these substances at all youth sporting events and practices.
7. Coaches will be knowledgeable in the rules of softball and will teach these rules to their players.
8. Any violation, including drugs or alcohol, will impose the following consequences:
 - A. The coach will be asked to leave the premises of the sporting event or practice and will be subject to immediate dismissal from the Board of Directors.
9. Any verbal abuse towards player and/or umpires will be subject to disciplinary action by the Board of Directors.

Additional Information:

1. A coach will be allowed 1 automatic girl on their team; 2 coaches per team. There will also be 2 trades allowed on coaches meeting night.
2. Uintah Recreation District has asked that once fields are marked, they are not to be used for practicing. Fields must be groomed early to be properly prepared for the evening games.
3. All Star Coaches will be selected by the discretion of the board & the following criteria:
 - A. Willingness to commit to coaching All Stars.
 - B. Coaching and playing experience in the sport of softball/baseball.
 - C. Previous coaching experience.
 - D. Best Representation of the league.

Miscellaneous

Pitching Distances

8U & 10U-35'
12U-40'
14U, 16U, 18U-43'

Base Distances

8U-55'
10,12,16U-60'

Ball sizes

8U-11" flexi ball
10U-11"
12U+ -12"

Vernal Girls Softball 8U Rules

1. Game time will be 55 minutes, with no new innings starting after 50 minutes.
2. All umpire calls are final. No appeals are allowed on game outcomes. During the tournament, a second umpire may be added.
3. Teams may play ten players, (six fielders including a catcher and four outfielders).
4. Teams must bat the entire roster. Teams will not be penalized if a player cannot bat due to injury. Teams will also not be penalized if they are forced to play with less than ten players. However, if a team of seven cannot be fielded, the team will have to forfeit.
5. Each batter will receive three strikes or five pitches. Three strikes or five pitches will constitute an out. There will be unlimited fouling on the third strike. The offensive and defensive teams will trade positions upon three outs by the defensive team.
6. Batters may only advance **one base** on a ball hit in fair territory in the infield (*including home*). The batter and any additional base runners may also advance one additional base on any batted ball. However, if a ball is batted beyond the baseline, the batter and any additional base runners may continue to run until the ball is in control within the baseline. **Once the ball is controlled within the baseline, no runners may advance.** It is at the umpire's discretion whether the ball is considered within the baseline. ("Under control" means that the ball is securely in the mitt and under control of the player.)
7. The pitcher must stay inside the pitcher's circle when pitching to the batter, and have one foot on the pitching rubber at the release of the ball. **Pitchers need to take special care to not interfere with the play.**
8. The infield fly rule is not in effect. But do not forget about the "tag up" on a fly ball.
9. Bases will be brought in to 55 feet.
10. Any batter that is hit by a pitch cannot advance to first base.
11. Game time is forfeit time. There will be no rescheduling of games due to vacation of the players or coach. Teams may play with 7 players. They must **forfeit with less than 7**. Coaches may decide to play the game for scrimmage/practice game only, but scores will not count.
12. All fielders must start at or behind the pitching plate before the pitch.
13. There will be **no live ball coaching from the mound**. The "pitching" coach is not allowed to instruct the girls to run, return to base, etc. This is to be done by the base coaches only.
14. An official score will be kept; home team will be the official score book. A five-run rule is in place.
15. The pitcher/coach or base coach may not physically help the runners to stop or go. Runners who are contacted in this manner will be called out.
16. If the ball is fielded in the infield and overthrown, the batter will be allowed an additional base, at their own risk, but cannot be awarded home. Stealing is also not allowed.
17. Team standings will be determined by win/loss. (1) Extra inning will be played in case of a tie to determine win/loss, using International Tie-Breaker Rules. If a tie still exists after (1) extra inning, a coin-toss will determine the winner.