

A photograph of a softball game in progress. In the foreground, a player in a red jersey and white pants is wearing a purple face mask and is reaching up with her right hand to catch a yellow softball. Her left hand is in a softball glove. In the background, another player in a red jersey and white pants is also visible, holding a softball glove. The scene is set on a dirt field with a chain-link fence and trees in the background. The lighting suggests it is late afternoon or early evening. The image is framed by a diagonal blue and grey stripe that runs from the top left to the bottom right.

Softball Rules & Regulations



1. Gameplay Rules

- 1.1. All games are scheduled for 5 innings or 1.45 hours long (Middle School).
 - The 2 hour time limit starts at the scheduled game time, unless otherwise noted in the ground rules.
- 1.2. All games are scheduled for 6 innings or 2 hours long (High School).
 - The 2 hour time limit starts at the scheduled game time, unless otherwise noted in the ground rules.
- 1.3. Once the time limit is up, the inning is finished and the game is complete, based on the specific game situation.
- 1.4. There is no time limit for all playoff and championship games.
- 1.4. A game is considered an official game after 3 innings (Middle School – weather related).
- 1.5. A game is considered an official game after 4 innings (High School – weather related).
- 1.6. If a game is postponed due to inclement weather, it will continue exactly where it was left off, unless it is considered an official game.
- 1.7. Once the game has started, only the umpire or league administration can delay or postpone a game due to weather or field conditions.
- 1.8. The re entry substitution rule is allowed (Players must re enter for the same player).

- 1.9. Extra hitter is allowed.
- 1.10. The mound will be 38 feet from home plate, and 60 feet from each base (Middle School).
- 1.11. The mound will be 43 from home plate, and 60 feet from each base (High School).
- 1.12. Refer to the NFHS Softball Rules, for other rules, violations, and techniques.

2. Lineups & Ground Rules

- 2.1. Umpires will go over the ground rules with both coaches at the beginning of the game.
- 2.2. Clarification of ALL RULES must be done BEFORE the game.
- 2.3. Coaches must relay all rules to their players.
- 2.4. All lineups must be submitted via lineup card to the umpire and the opposing team before the start of the game.
- 2.5. All information on the lineup cards must be accurate.
- 2.6. Both teams are required to keep a scorebook, the HOME TEAMS scorebook will be the official book.
 - In the situation of a protest, if the HOME TEAM does not have the scorebook correctly filled out, the HOME TEAM will automatically lose the protest.



- 2.7. Teams are not allowed to have 10 fielders.
- 2.8. Coaches are allowed 1 mound trip per inning, on the second mound trip, the pitcher must come out.
- 2.9. Coaches are allowed a total of 3 mound trips per pitcher, on the 4th trip, the pitcher must come out.
- 2.10. Teams are not allowed to bat around in any specific inning (regular season). Teams are allowed to bat around in the playoffs and championship.

3. Extra Hitter

- 3.1. An extra hitter may be used in the lineup, but is not necessary.
- 3.2. The EH can hit anywhere in the lineup but can not play the field.

4. Re - Entry Rule

- 4.1. Allows for a starter to re-enter the game one time. That is, when a sub replaces a starter, the starter then can sub back in the place of her replacement once. However, the starter can only return to the same spot in the lineup she occupied before being subbed out of the game.
- 4.2. A substitute, on the other hand, after entering the game and then being replaced, cannot come back into the game.

5. Base Running / Violations

- 5.1. The orange outside base belongs to the runner, the white inside base belongs to the fielder. If a runner touches the white inside base and makes contact with the fielder, the runner will be called out.
- 5.2. Base Runners may not run over fielders, they must slide or avoid.
- 5.3. Courtesy runners may be used in 2 out situations for the catcher to speed up the game, the courtesy runner must be the last batted out in that inning. If there is no out in that inning, the courtesy runner is the player who made the last out of the previous inning. If there are no outs in the first inning, the courtesy runner is the last batter in the lineup.
- 5.4. First and third base coaches MUST wear helmets in the coach's box (NO EXCEPTIONS).
- 5.5. Students are not allowed to coach in the coach's box.
- 5.6. There are no headfirst sliding, except on returning to a base (Middle School).
- 5.7. There will be no running over the catcher.
- 5.8. All appeal plays must start from the pitching mound.
- 5.9. The batter cannot try to reach first base safely on a dropped third strike (Middle School).



- 5.10. The batter can try to reach first base safely on a dropped third strike, if no runner occupies first base (High School).
- 5.11. The batter can try to reach first base safely on a dropped third strike with two outs regardless if a runner occupies first base (High School).
- 5.12. Base runners can lead after the pitcher releases the ball. Runners that leave early will be declared out.
- 5.13. Stealing will be allowed after the pitcher has released the ball (High School and Middle School).
- 5.14. Fielders must allow the base runner access to the orange base at 1st base. Fielders blocking the orange base will be called for interference and the runner will be called safe.
- 5.15. Sliding is not allowed at 1st base.
- 5.16. Runners can advance on a dropped ball by the pitcher, or an overthrow back to the pitcher by the catcher.

6. Coaches Responsibility

- 6.1. Only coaches are allowed to coach first and third base and be in the dugout.
- 6.2. All coaches must be wearing school apparel to represent their team and school.

- 6.3. Umpires will only speak to a head coach during disputes.

7. Intentional Walk

- 7.1. Umpire must be notified of an intentional walk.
- 7.2. Pitches do not have to be thrown.
- 7.3. The batter will proceed directly to their base.

8. Mercy Rule / Extra Innings

- 8.1. The 10 run mercy rule will be in effect after 3 innings (Middle School).
- 8.2. The 10 run mercy rule will be in effect after 4 innings (High School).
- 8.3. The home team always gets a final at bat in order to decrease the deficit to less than 10 runs. If done so, the game will continue. If the lead is 10 runs or greater after the home teams at bat, the game will end.
- 8.4. If a game ends in a tie, extra innings will take place (only if within the allotted time limit).
- 8.5. If extra innings starts and a full inning can not be completed, the game will end in a tie.



- 8.6. If extra innings cannot start due to time constraints, the game will end in a tie.

9. Warm Up / Speed Up

- 9.1. Teams are not allowed to take infield/outfield before the game.
- 9.2. Teams can stretch and throw in the outfield.
- 9.3. There will be 60 seconds in between innings.
- 9.4. Pitchers get no more than 7 warm up pitches in between innings.

10. Equipment

- 10.1. All players must be properly equipped.
- 10.2. Gloves must be worn properly.
- 10.3. Coaches must be wearing helmets in the coaches box, and players must be wearing helmets in the batters box, on deck circle, and on the bases at all times.
- 10.4. Teams are responsible for their own softballs to warm-up with before the game and in between innings.
- 10.5. The home team is responsible for game balls, bases, home plate, and a pitching rubber. First base should be a

white and orange double base of single construction.

- 10.6. Game balls should be 12" NFHS certified.
- 10.7. Catchers must wear throat guards at all times during gameplay.
- 10.8. Players are not allowed to wear metal cleats, on any playing surface.

11. Pitching

- 11.1. Windmill/Fast pitch will not be allowed (Middle School), this is a slow pitch league.
- 11.2. Windmill/Fast pitch is allowed (High School).
- 11.3. All pitchers must start with at least 1 foot in contact with the pitching rubber.
- 11.4. Pitchers can only take 2 steps and must stay inside of the pitching circle or marked pitching line (8 feet from the rubber) (Middle School).
- 11.5. Pitchers can only take 1 step and must stay inside of the pitching circle or marked pitching line (8 feet from the rubber) (High School).

* - Dictates a rule that does not apply to District 8 sports.

** - Dictates a rule that only applies to District 8 sports.