



Sanger Softball Association Girls Softball Rules

Agreed upon June 2026

These rules govern SSA Interlock Girls Softball registered and held in Argyle, Krum, Ponder, and Sanger. In addition to the current year **National Fastpitch Softball** Rules and Regulations, teams will abide by the following:

Fast Pitch – 12&under, 14&under, and 16&under

Playing Field:

- The base path will be 60 feet.
- The pitching mound distance is:
 - 12u is 40 feet.
 - 14u & 16u is 43 feet

Equipment:

- The official ball will be an 12" fastpitch softball with a .47 core.
- All USA Softball safety equipment rules apply, including mandatory batting helmets with face masks, catcher's protective gear, **rubber cleats only (no metal cleats)**, and no jewelry.
- All teams playing in the Sanger Interlock, must wear face masks when playing defense on the infield. Outfielder masks are recommended but **not** required for 10U, 12U, 14U, and 16U.

Game Play:

- Games shall be limited to 75 minutes.
No new inning shall start once time has expired. The home team will be allowed to bat and finish the inning, even if time has expired, the game will be called when time expires if the home team cannot come back and tie or win due to inning run limit. Score will be kept, but the focus should be on skill development.
- An offensive team will be allowed to score a maximum of (6) six runs per inning.
- Sliding headfirst is allowed on 1st, 2nd, and 3rd base, however, sliding headfirst will remain banned at home plate and will result in an OUT at home plate, if attempted.
- Dropped third strike is in effect. When a passed, dropped, uncaught ball is the third strike, the batter can run to 1st base, if:
 - Less than two outs, first base occupied: The batter is automatically out, even if the catcher drops the ball.
 - Less than two outs, first base unoccupied: The batter can be put out by being tagged or thrown out at first base.
 - Two outs: The batter can be put out by being tagged or thrown out at first base, regardless of whether first base is occupied.
* Even if batter starts to return to dugout, as long as she does not step foot in dugout, she can run to 1st base. If coming from 3rd base side, batter can run straight across the ball field towards 1st creating their own path.
- **Courtesy runners will be used for pitchers and catchers. Courtesy runner will be the last out.**

Participation:

- Each coach must bat his/her complete roster.
- **All coaches must abide by the player rotation rule:** No player shall be on the bench for two consecutive innings except for injury, illness or disciplinary reasons. No player shall be on the bench twice in one game before all other players sit on the bench at least once – except for the pitcher and catcher positions in levels 10u and up. There is no mandatory defensive rotation rule. However, coaches should provide the opportunity for each player to play multiple positions during the season based on their ability to play the position safely.
- Nine (9) players should assume defensive positions on the field. Each team is allowed: (1) pitcher, (1) catcher, (4) infielders and (3) outfielders.



- Seven (7) players is the minimum, any less is a forfeit. No out penalty if the team has less than nine (9) players, during regular season play.
A score of 7-0 will be issued to a forfeited game, with the winner receiving 7 points, and the forfeiting 0.
If a game is forfeited, umpires will not officiate, even if team wants to play for fun.

Coaches Etiquette:

- Protesting games will not be allowed. All disagreements shall be resolved at the time of the dispute with the umpire, commissioners or Sanger field duty representative.
- Coaches and players must pick up and properly dispose of paper and trash after each game.
- Coaches cannot touch base runners during live play. Pushing or physically assisting a runner is prohibited. Penalty; one (1) warning, second time is an out.
- All Code of Conducts will be followed and adhered to during practice, and game play.

Guest Players:

- The spirit of the guest player rule is intended to allow shorthanded teams the temporary use of other league players rather than forfeit the game. This rule is not intended to be used as a tool to exclude regular players in favor of a more highly skilled player.
- Guidelines: A coach is authorized to add up to two guest players per game, provided that:
 1. The guest players are currently registered player for the current season.
 2. The guest player has the permission of her parent(s).
 3. The guest player must wear her own teams uniform.
 4. The coach must announce and identify the guest player(s) to the umpires and opposing coach prior to the start of the game.
 5. Guest players can play up one age division (they cannot play down even if their age would allow it).
 6. Guest players must play outfield positions only.
 7. Guest players must bat last in the batting order.
 8. The guest player cannot be on the field if there is a regular roster player present and available to play.

Select Players:

- Select players are allowed to play for Sanger Softball Interlock with the following caviates
- During registration, players will need to identify if they are part of a select/travel team along with what level of play. (*Note the select/travel team information is not needed).
- Interlock commissioners will have shared knowledge of each cities select/travel players.
- Only 4 maximum select players per team. Any more will need an Interlock vote.
- A, B Select Players in 10U, 12U, 14U, and 16U age group can only pitch 1 inning.
- In 8U, only recreational level pitcher will have unlimited innings (when allowed to kid pitch), and select level C-Rec allowed to pitch 1 inning.
- If select/travel pitcher is found to have pitched more than 1 inning, a forfeit of the game of offending pitcher will be warranted.

HAVE A GREAT SEASON!!!