



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 USA Girls Fast Pitch Softball Rules and Regulations, teams will abide by the following:

7U Coach Pitch

Playing Field:

- The base path will be 60 feet.
- The pitching mound distance is 35 feet.
- A line will be dashed at 30' for infield players between bases.

Equipment:

- The official ball will be an 11" 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, and no jewelry.
- All teams playing in the Sanger Interlock, must wear face masks when playing defense on the infield.

Outfielder masks are recommended for 6U, 7U, and 8U.

Game Play:

- Games are 60 minutes long. With a 10-minute grace period, if team is short players at game time. 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.
- Only one (1) coach and three (3) assistant coaches will be allowed in the dugout during the game. The defense will be allowed to have two (2) coaches positioned in the outfield to help instruct the outfielders, and teams should provide one (1) defensive coach at the fence behind the catcher to help keep the game moving.
- If a pitcher fields they can make the play at the plate or tag the runner at home.
- Batters will receive five (5) pitches from coach pitcher; if batter does not hit any pitches in fair play, she will be called out. No walks. No foul outs, as in, on the 5th pitch if fouled batter continues until hits into fair play or missed next pitch.
- A ball thrown over the fence or in the dugout will entitle the runner to advance one (1) base, is a dead ball. If a ball is overthrown at the field base, the batter/runner or base runner may advance (1) base at her own risk.
- Once an infielder gains access to the softball, and does not try to make a play, the play stops, and runners advance if more than halfway, or return if less than halfway between bases, and then umpires will call time.
- An offensive team will be allowed to score a maximum of five (5) runs per inning.
- A maximum of two (2) timeouts per inning per team will be allowed.
- 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.
- Courtesy runners will be used for pitchers and catchers.

Participation:

- All players in the dugout must play every inning during the game, unless sick or injured.
 - Each coach must bat his/her complete roster.
 - The pitcher must play somewhere in the back half of the pitching circle. Teams must field the catcher's position.
- The 4 infielders (1st, 2nd, SS, and 3rd) must be at least 45 feet from home plate.
- All remaining players must be in the outfield (in the grass areas of the field, behind the infield bases).
- 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 caveats
- 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!!!