
2023 USSSA Fast Pitch Rules

This is intended as quick summary of areas of significant differences in USSSA Fast Pitch rules.

Pitching Distance 35 ft (10U); 40 ft (12U); 43 ft (14U and above) USSSA 1.1

Players shall not use other teams on deck circle. USSSA 1.2.J

Metal Cleats prohibited (12U and younger) USSSA 2.4

Bat must have 2014 USSSA 1.20 BPF Thumbprint Mark or 2020 Stamp USSSA 2.10

Base on Balls – No Verbal intentional walk. USSSA 3 Base on Balls

The Mercy Rule is 12 runs after 3 innings, 10 runs after 4 innings, or 8 runs after 5 innings. USSSA 4.4



Team may bat 9, 10, 11 or all players present (Roster Batting). By using No, One, Two or more Additional Player(s). USSSA 5.1.D; 5.3 {9 defensive fielders}

The Designated Player (DP) / FLEX is optional but must be declared before the game starts. USSSA 5.4. No DP/Flex when Roster Batting 5.1.D

Unreported Substitution Penalty: team warning; 2nd offense coach ejected. USSSA 5.5

May be removed as a pitcher and returned as pitcher only once per inning. USSSA 5.5

All Starters & Substitutes may re-enter USSSA 5.6. This includes the DP and FLEX.

A team may use 3 defensive conferences per game; 1 per extra inning; pitcher removed as a pitcher for game. USSSA 4.8.A

The pitcher can step back with non-pivot foot USSSA 6.1.E.2

The pitcher is not required to drag the pivot foot (i.e. Leap is legal) USSSA 6.1.E.3

Batter is out if ENTIRE foot outside box when contacting the pitch. USSSA 7.14.G; Dead Ball

A team may use a courtesy runner for the pitcher or catcher.

If available, it must be a player who has not been in game (except as a courtesy runner).

If no such eligible player, the Last Completed At Bat (LCAB) may be used as a courtesy runner.

The player may not be used for both positions in same inning.

If the courtesy runner is injured, another courtesy runner or the pitcher or catcher may run for her. USSSA 8.3.E

Runner off base early is Dead Ball USSSA 8.18.K

After reaching First, may use either white or orange portion of the double first base. 8.17.K.3

10&Under C

1. Cannot steal Home 15. (8.1)

2. Can steal more than one base at a time on pitch and/or base on balls (subject to 1. Above)

3. No uncaught third strike rule 15 (8.4.B)

4. 5 runs per inning for first two (2) innings; unlimited after 2nd inning.

5. Infield fly rule is in effect 15 (8.17.)