

West Cobb Girls Softball Game Rules & Regulations Fall 2026

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Player Eligibility:

- A. To be eligible, each girl must be at least four (4) years of age by September 1st of that year for the Fall season and August 31st of the previous year for the Spring season. A player can be no older than 18 years of age by September 1st of that year for the Fall season and August 31st of the previous year for the Spring season. A player's age as of September 1st of that year for the Fall season and August 31st of the previous year for the Spring season will determine their age group.
- B. Both residents and non-residents of Cobb County are allowed to participate in West Cobb Girls Softball. No girl shall be excluded from play in WCGS based on race, color or national origin under any circumstance.
- C. Players must be properly registered with WCGS to participate in practices or games.
- D. League Directors will determine the final number of girls to be assigned to each team. Any players signing up after their age group's draft will be placed on a waiting list for their respective age group. In the order in which they submit their registration form, their League Director in coordination with the Player Agent will place each player on a team until that given age group is closed.
- E. Age groupings may be revised from season to season based on actual registration numbers.

Coaching Requirements:

All Head Coach and Assistant Coaches must submit a signed application and agree to a background check. Each Coach must be approved by a majority vote of the Board of Directors and said approval remains current until suspended by the board or failure to pass the required background check.

Coaches should always have a positive attitude. Do not criticize players for mistakes or errors but instead offer encouragement and support. Suggest ways to improve player skills, build confidence and enjoyment for the game. The attitude and conduct of Coaches at WCGS reflects on and determines the value of our program for both players and parents.

1. Use of alcohol in the park is prohibited. Being present with the girls while under the influence of any drug or alcohol is prohibited.
2. Use of tobacco products (including vapes and e-cigarettes) in the Park is prohibited.
3. Profanity is prohibited. Profanity on the field or in the presence of the players is subject to immediate removal from the field
4. Coaches must conduct themselves properly towards umpires, scorekeepers, their players, the opposing team, spectators and the WCGS Board.
5. Coaches are responsible for the conduct of their assistant coaches, players and parents. A coach who has used his best efforts to control detrimental conduct should immediately seek the board's assistance with the problem.

6. Coaches will use appropriate touch including pats on the back or shoulder, side hugs, handshakes, high fives or other related forms of touch. If a coach needs to assist the player with her batting stance, throwing motion or any other relevant softball skill, they may do so only if there are others present to witness the interaction and the player (and parent) have given their approval for the physical touch.
7. Coaches will not have private interactions through social media, computers or handheld devices with individual players on the team. Any communication to the players should always involve the parents as well, whether that be through email, text, or group apps.
8. Coaches should never leave a player unattended at the end of a practice or game. Coaches may check in with the board member on duty if a parent is not there to pick up their player.

A Coach, who in the opinion of the Board displays an attitude or conduct unbecoming or detrimental to WCGS, including willfully disregarding these rules and regulations, may at the discretion of the Board receive a warning, suspension, dismissal or for the remainder of the season. The following is a guideline to the discipline procedure for all coaches.

- 1st offense: Warning
- 2nd Offense: 3 game suspension
- 3rd Offense: Automatic dismissal for the remainder of the season.

The Board reserves the right to judge any reported offense and take immediate action different from the guidelines above if deemed necessary to protect the safety and well-being

9. Player Language– players are prohibited from the use of profanity as well as the coaches. Coaches should notify the board member on duty and their league director if they are hearing such language.

- First offense: Warning by the League director or the Fast Pitch Director
- Second offense: 1 game suspension
- Third offense: 3 game suspension

Coaches are responsible for all assigned equipment. It must be kept in good condition and returned at the end of the season. Failure to do so will jeopardize the opportunity to manage in the future and may result in forfeiture of any equipment deposit.

10. Player cheers and banter – all player, parent, and team cheers should be directed towards their own team and players. All cheers and banter directed toward the other team's pitcher or batter used to distract or throw off their timing will be prohibited. In other words, any banter or demonstration directed toward an opposing player, coach, parent or fan is prohibited.

Team Organization:

- A. All players will be drafted in accordance with WCGS Draft Rules.
- B. A Coach and one Assistant Coach may be assigned per team. Official Coaches must actively participate in practices and games.
- C. If requested at registration, sisters will be placed on the same team in accordance with the draft procedure. Sisters must be either biological or if related by marriage and be residing at the same physical address. Birth certificates may be requested. No other consideration will be given for special requests including transportation reasons.
- D. Parents or Legal Guardians have the option to name one (1) Coach for whom they will not allow their daughter to play. A Confidentiality form must be completed and submitted upon registration or given to a Board Member prior to the draft. This should be done only after serious consideration.

Equipment:

- A. Metal cleats are prohibited. Rubber cleats or sneakers are allowed.**
- B. Jewelry should be kept to a minimum - pitchers may not wear any jewelry on their wrists. Any jewelry presenting a safety risk will need to be removed. Hair clips must be made of rubber or fabric, no metal or plastic is allowed.**
- C. Each player must wear her assigned team jersey - these jerseys may not be altered with logos or team names in any way. The number must be visible while at bat. A sweatshirt or jacket without a number may be worn in instances of cold weather or rain. The umpire or opposing coach may ask to see the jersey of a player with a cover-up if they need to confirm which player is up to bat.
- D. Catchers equipment:
 - 1. Catchers in all fast-pitch divisions (10u, 13u, and 14+) must wear full protective gear to include a catcher-approved masked helmet, chest protector, and shin guards. Catchers who are warming up a fast-pitch pitcher, either on or off the field of play, must wear full protective gear as well.
 - 2. Catchers in 8U must wear the catcher-approved masked helmet and the chest protector. If the catcher-approved helmet is too large, the 8U catcher may wear a batting helmet with the protective facemask as the approved helmet.
 - 3. Catchers in SRSS (8U) must wear a batting helmet with a protective face mask (or a catcher-approved masked helmet if they want) with a face guard and the chest protector.

E. **Bats must be official softball bats.** Bats must also be marked with the USA/ASA certified stamp. **Any bat listed on the USA Softball disapproved list is banned from use at WCGS.**

1. **For SS, SRSS, and 8U,** we do NOT allow any form of a composite bat to be used at any time during the game (this includes all multi-walled and half and half bats). All bats in these age groups must be an alloy or aluminum bat (t-ball bats in SS and SRSS are allowed).
2. **For 10u, 13u, and 14+,** both alloy and composite bats are allowed to be used.
3. Umpires may do random pre-game inspections of the bats. If they deem a bat illegal, it should be removed from the dugout immediately.
4. If a batter is found to be in the batter's box with an illegal bat prior to the first pitch, the bat should be removed from the dugout immediately and replaced with a legal bat.
5. If the batter is found to have received a pitch with an illegal bat, she may be called out once the bat is found to be illegal. If the batter gets on base by any means allowed by the rules, then the following penalties will be assessed:
 - a. First offense: the batter will be called out and removed from the bases. All runners on base during the play, will be returned to the base prior to the at-bat. The bat should be removed from the dugout immediately.
 - b. Second offense: the game will be considered a forfeit upon completion of the game.
 - c. Third or More offenses: the head coach will be subject to suspension or other disciplinary action from the Board of Directors.
 - d. During play, violation of these rules is subject to the Umpire's interpretation of the USA Softball rules regarding use of Altered, Non-Approved or Illegal bats.

F. A protective face mask must be worn by the pitcher and all infielders in our SRSS, 8U, 10U, and 13U age groups. A protective mask must be worn by the pitcher in the 14+ age group but is suggested for all infielders. Any player not wearing the protective face mask as required will need to be moved to a position where it is not a requirement in that particular age group.

G. The batter, on deck batter and base runners must wear an approved batting helmet and it must remain on until they exit the field of play. Additionally, all fastpitch players (10u, 13u, 14+) must have an approved protective facemask on their batting helmet. On-deck hitters may occupy either circle for safety reasons, but should try to always be in the batter's circle behind the batter.

H. The location of the on-deck circle should be located no closer to home plate than half way between home plate and the dugout entrance.

I. Double bases will be used at first base when available.

J. One new ball and one used ball will be provided for each game.

Field Dimensions:

	<u>Pitcher's Plate</u>	<u>Bases</u>
Sugar & Spice, Senior Sugar & Spice, 8U	35 ft.	55 ft.
FP10U	35 ft.	60 ft.
FP13U	40 ft.	60 ft.
FP 14+	43 ft.	60 ft.

General Park Rules:

A. USA rules will be followed unless otherwise stated by WCGS. In the event rules differ, **WCGS RULES SUPERSEDE** all others where applicable.

B. Player Participation:

1. All players present will be in the lineup and bat.
2. A player(s) arriving after the game begins will be added upon arrival to the bottom of the lineup and bat in that spot. If a player(s) is not able to take her turn at bat for any reason the Umpire and opposing Coach shall be notified and the turn will be skipped without penalty. A player(s) missing a turn at bat for any reason may bat later in the game in the same spot. The Umpire and opposing Coach shall be advised of her return.
3. If a runner is unable to continue due to injury (injury sustained while running the bases), the Umpire and opposing Coach shall be notified. The previous batter not on base is allowed to replace that runner as a temporary runner until she is put out, scores or the inning ends.
4. A player will have only one offensive return per game. The second time a player leaves the game for any reason it will be an out if they are unable to bat or if they leave the bases.
5. **No player may sit out more than one inning per game until all other active players have sat out. This does not include the starting pitcher and catcher in 10U, 13U, and 14+ if they are still in those positions in that game. Once the starting pitcher or catcher leaves those positions, they also must be included in the rotation to sit out an inning.**
6. **Understanding that the Fall season is more instructional versus competitive (there are NO regular season standings kept), Coaches shall change up their batting lineup every game to allow more batting attempts by all players.**
7. **In addition, all Coaches shall make an effort to ensure all players are placed in an infield position at least one (1) inning per game in SS, SRSS, and 8U. In 10u, 13u, and 14+, all coaches should ensure that each player is placed in an infield position at least every other game (no player should go more than 2 games without playing in the infield).**
8. **Any girl that is actively taking pitching lessons will have the opportunity to pitch in at least 2 games this season. How to divide up innings among the pitchers will be at the discretion of the head coach.**

C. Bat slinging is not allowed and the player may be ruled out. No warning is necessary and the Umpire's judgment prevails.

D. Only the Head Manager/Coach may approach an Umpire to question a rules interpretation. Before the next pitch, the Head Manager/Coach must request time out then approach the Umpire.

E. An adult Coach is required at 1st and 3rd base and as the “coach pitcher”. An approved Community Service Coach (HS age player) may serve as a base coach in SS, SRSS, and 8U but not as the “coach pitcher”.

F. **No infield practice (meaning on the dirt)** will be allowed before the scheduled game start time. Pitchers will be allowed a maximum of five warm-up pitches.

G. Forfeit time will be ten (10) minutes after the scheduled start time of the first game of the day. Subsequent games are allowed a five (5) minute grace period.

H. A full game is considered 6 innings or when the time has elapsed.

I. Scorekeeping: Even though there are no standings kept in the regular season, the Coaches shall still exchange line-ups in order to keep up with the correct batting order. The home team is the official book for any questions brought to light by the umpire. Scoreboards may be used if the teams choose to operate them- the visiting team should provide someone to operate the scoreboard. **No scores need to be recorded on the website during the Fall regular season.**

J. **Umpires are responsible for the official game time and rule interpretation.**

K. The league will allow “Fill-in” players with the following stipulations:

1. A team must have less than 9 players in order to use a fill-in player;
2. A fill-in player can be from the same age group or from a younger age group (ie. a 10u player can not fill in 8u but an 8u player can fill-in 10u)- they can not play down to fill in.
3. All fill-in players must be registered for the current season in the WCGS rec program. No outside school or travel ball players may be used.
4. A fill-in player must bat last in the lineup and play outfield.
5. In the event a team is missing a pitcher and there are no other players on the team currently taking pitching lessons, the Head Coach may contact their league director and the fast-pitch director to get permission to use a fill-in pitcher.
6. No fill-in players will be allowed in the tournament.

Sugar & Spice: (4-5 years old)

The time limit is 55 minutes and the game ends. A half or full inning does not need to be completed.

Two (2) base coaches may be on the field to assist base runners and three (3) coaches may be on the field to assist the defense.

All players present will be on the field defensively and will bat regardless of the number of players present. No substitution is required and there are no forfeits due to the number of players.

Softie balls are used for the entire season. **No composite or multi-walled bats (including half and half bats are permitted in SS).**

Each team will bat through their entire batting order once each inning. The batting order should be reversed each inning (in the 2nd inning, go backwards in the order, etc).

During play, no outs or runs will be recorded. However, if a player is properly put out she must leave the field. Each team will bat through the lineup once each half inning. The last player in the line up that inning should run all the bases (just like a homerun). Players may attempt to get more than one base for each hit.

Only tees will be used during the first half of the season (after the 5th or 6th game). In the second half of the season, each batter will receive up to four (4) pitches from a designated coach. If the ball is not batted during the four coach pitches, then a tee will be used to complete the at-bat. No strikes will be recorded. The at-bat continues until the batter hits the ball into fair territory.

If possible, defensive players should be rotated to different positions except in situations where injury or embarrassment may occur, and only two defensive players can be of equal distance to the coach-pitcher.

If the pitcher fields the ball, the pitcher is not allowed to run the ball to any base except home plate. They must throw the ball to the base in order to record the out or they may tag the runner out. This hopefully will help to eliminate any potential collisions between the runner and defensive players at most bases along with skill development on throwing and catching the ball. If a fielder, other than the pitcher, fields the ball, she is allowed to tag the runner or a base but coaches should make every effort to have the girls make a true softball play by throwing to the bases when the play warrants it.

All play stops when a player has possession of the ball and is within the circle drawn around the pitcher's mound.

The purpose of the Sugar & Spice age group is to have fun, work on basic skills and build enthusiasm for the game. No score will be kept, all players are WINNERS.

Senior Sugar & Spice: (6 years old)

Time limits:

1. 1st half of the season without umpires - the time limit is 60 min and the game is over regardless if the inning is complete or not.
2. 2nd half of the season, no new inning will start after 55 min (to be regulated by the umpire).

Regular season games may end in a tie - no extra innings in the regular season.

No standings will be kept in Senior Sugar & Spice. The End of Season tournament will be a blind draw for seeding - team records do not matter.

Softie balls are used for the entire season. **No composite or multi-walled bats (including half and half) bats are permitted in SRSS.**

The Coach-Pitcher should pitch with at least 1 foot in or on the pitcher's circle.

The Coach-Pitcher must leave the field of play as soon as the ball is hit AND is not to be coaching the player. They should leave opposite the batted ball and remove the bat for safety purposes.

Batting line-ups should vary in order to move girls up and down the line-up so the same player is not always at the bottom (unless they are not present when the game begins and line-ups are exchanged).

Defensive players should be rotated to different positions throughout the game and season.

All infielders are required to wear a fielder's mask.

Players will be positioned as pitcher, catcher, four infielders and four outfielders. Infielders shall not be closer than 45' from home plate until the ball is hit. Outfielders must be positioned no closer than 5 ft in front of the edge of the outfield grass.

If the pitcher fields the ball, the pitcher is not allowed to run the ball to any base except home plate. They must throw the ball to the base in order to record the out or they may tag the runner out. If the pitcher makes a play at any base (besides home) by running the ball, the base will be awarded to the runner (in other words, they will be called safe). This hopefully will help to eliminate any potential collisions between the runner and defensive players at most bases along with skill development on throwing and catching the ball.

Senior Sugar & Spice: (6 years old)

For the 1st half of the season (all games played prior to having an Umpire):

1. Batters will be given five (5) pitches or three strikes then a TEE will be used. **There will be NO strike-outs by a batter in the first half of the season.**
2. Three outs or a maximum of five (5) runs per half inning is allowed.
3. No batter or runner on base, may advance more than 2 bases on any hit unless the ball has clearly landed in the outfield grass or continued to roll into the grass with momentum more than at least one foot into the grass (ie. hard line drive landing or bouncing into the grass, a fly ball that lands in the outfield, or a hard hit grounder that continues to roll between all the outfielders). Otherwise, all hits that land on the DIRT area of the field, can only yield up to a 1 or 2 base hit depending on when the umpire calls time.
4. ***No player may play in the same defensive position on the field more than once per game (ie. a player can only play 1st base one time in the game). All players must be rotated into the infield and outfield at least one time per game.***
5. Two coaches may be on the field to assist the defense-- they need to be behind the outfielders.
6. There are no forfeits in the 1st half-- there is no minimum number of players needed to play.

For the 2nd Half of the Season:

1. One umpire will be supplied.
2. No batting Tee will be used
3. No batter or runner on base, may advance more than 2 bases on any hit unless the ball has clearly landed in the outfield grass or continued to roll into the grass with momentum more than at least one foot into the grass (ie hard line drive landing or bouncing into the grass, a fly ball that lands in the outfield, or a hard hit ground that continues to roll into the outfield between the outfielders). Otherwise, all hits that land on the DIRT area of the field, can only yield up to a 1 or 2 base hit depending on when the umpire calls time.
4. ***No player may play in the same defensive position on the field more than twice per game. All players must be rotated into an Infield position at least one time per game.***
5. Play is governed by 8U rules (**follow the 8 Universal Rules on the next page**). Please read these rules very carefully with regards to the overthrow at first base.

8U Universal Rules:

No new inning will be started after 55 min of the game. A full game is considered 6 innings or when the time has elapsed.

Regular season games may end in a tie - no extra innings in the regular season.

ASA/ USA Softball approved, 11" balls will be used.

No composite or double-walled bats (including half and half bats) are permitted in 8U play (please refer to Page 5 for more detailed rules).

A team may start the game with six (6) players but not fall below 5 once the game has started. Teams are encouraged to play a practice game if a forfeit condition should arise without umpires.

All Coaches shall ensure all players are placed in an infield position at least one (1) inning per game in SS, SRSS, and 8U.

8u Offensive Play:

1. Five (5) pitches or three swinging misses shall be an out (no called strikes). A foul ball on the 5th pitch or with two strikes keeps the batter alive if not caught for an out.
2. **On any attempt to get an out at first base should the ball be overthrown (goes beyond the first baseman, regardless if the ball ends up in foul or fair territory), the runner reaching 1st base may advance, at risk, to 2nd base ONLY. The runner is restricted to the next base regardless of what actions the defensive player takes with the ball.**

Runners already on base may only advance up to two bases from where they began the play, at their own risk. For example, a runner that began play at 2nd may advance to home. A runner that began at 1st base may advance to 3rd base regardless of what actions the defensive player takes with the ball or how far the runner advances before the throw - it's the base they began the play.

All runners are always at risk until play is stopped by the umpire which will be when they deem the lead runner to be stopped or she stops herself. In the event the runner continues beyond their allotted base the umpires will return them to the specified base per this rule as long as they were not called out during the play.

3. Three outs or a maximum of five (5) runs per half inning is allowed.
4. A batter cannot bunt.
5. A batter cannot reach first base by a walk.
6. A batter will not be awarded first base if hit by a pitch.
7. Stealing is not permitted. Base runners may leave the base after the ball crosses home plate.

8u Offensive Play (con't):

8. There is no advancement on a dropped third strike.
9. Base coaches may not touch the base runner to either encourage them to run or to keep them from leaving the base-- if seen by the umpire, the baserunner will be called OUT.

Pitching Regulations:

1. There will be an 8' radius circle around the 35' pitching mound. **The Coach-Pitcher will start their pitching motion with at least one foot within or on the circle.** The momentum of the pitch may carry the pitcher outside the circle.
2. When the ball is hit, the Coach-Pitcher must exit the playing field opposite the direction of play. It is proper and advised for the Coach-Pitcher to remove the bat from play if possible. The Coach-Pitcher shall refrain from verbally coaching or talking to a batter or base runner until they have gotten off the field of play-- that is what the base coaches are for.
3. If a batted ball hits the Coach-Pitcher, the ball is dead, considered a no-pitch and is replayed.
4. The Coach-Pitcher may deliver a pitch that is appropriate for that batter's skill level- there is no illegal pitch height in this age group.
5. The Coach-Pitcher needs to move promptly to the circle to deliver the pitch in order to avoid delays to the game.

8u Defensive Play:

1. A maximum of two (2) coaches may be positioned in the outfield beyond the outfielder's area of play. They may not enter the playing area or interfere with play in any manner.
2. The Player-Pitcher may be positioned anywhere in or around the 8' radius circle as long as one foot is positioned inside or touching the circle. There is no restriction once the ball is hit.
3. Players will be positioned as pitcher, catcher, four infielders and four outfielders. Infielders shall not be closer than 45' from home plate until the ball is hit. Outfielders must be positioned no closer than 5 ft from the edge of the outfield grass before the ball is hit.
4. There is no infield fly rule in 8U play.

8U Defensive Play (con't):

5. Defensive play that can stop runner advancement is as follows: The defensive team throws the ball to the base in front of the lead runner and the fielder at the base has control of the ball or the umpire waits to see if the lead runner is tagged out. Once the lead runner is tagged out, reaches the base safely or goes back to the previous base, play is called dead. Throwing the ball to the pitcher in the circle does not stop play. If the defensive team throws the ball to a base other than the base in front of the lead runner, play will not stop until all runners ahead of the defensive play stop their advancement. For example, with a runner on 2nd base, the ball is hit to left field. The left fielder throws the ball to 2nd base and stops the advancement of the batter. The runner who started at 2nd base, going to 3rd, does not have to stop running because the play was made at 2nd base. However, if the runner hesitates or stops momentarily at 3rd for any reason, the Umpire may call time and the runner cannot advance.
6. If the pitcher fields the ball, the pitcher is not allowed to run the ball to any base except home plate. They must throw the ball to the base in order to record the out or they may tag the runner out. If the pitcher makes a play at any base (besides home) by running the ball, the base will be awarded to the runner (in other words, they will be called safe). This hopefully will help to eliminate any potential collisions between the runner and defensive players at most bases along with skill development on throwing and catching the ball.

Fast-Pitch Recreation Rules:

A team may play a game with a minimum of **five (5)** to be considered a regulation game. All teams must have a player in the pitcher and catcher position.

No outs will be taken if a player has to be taken out or leave the game for any reason even if she has already batted in the line up. Her spot will just be skipped as is.

ASA approved 11" balls will be used in the 10U age group and 12" ball will be used in the 13U and 14+

No bats on the USA Softball disapproved list may be used! All bats must have the ASA or USA stamp.

Pitchers will be allowed a maximum of five (5) warm up pitches. Warm up pitches will be delivered within a one (1) minute time limit.

At any bat when four (4) runs are scored, the half inning is complete regardless of the number of outs. There are no open innings in Spring or Fall play.

No new inning can begin after 65 minutes. The game will be declared over at 65 min if the home team is ahead or the visiting team is down more than 4 runs and can not tie or go ahead.

If a player has not had an official at-bat and the game is at the 65 min mark, that player(s) must be allowed to bat to finish the game. If the offense and defense needs to swap to get that player an at-bat, then please change up the field swiftly. The inning only goes until the player has batted.

Fall regular season games may end in a tie - no extra innings in the regular season.

The following tie-breaker rule will apply during the Fall tournament only.

1. The last two (2) batters of the previous inning will be put on 2nd base and 3rd base respectively.
2. Each inning will start with one (1) out.
3. The game will be extended a maximum of two (2) innings.
4. If still tied after the first extra inning: **10U will become a one pitch game in which batters will have 1 pitch from the coach pitcher.** They will either put the ball into play or be out if there is a swing and miss. Batters will continue to receive pitches on foul tips. There will be a maximum of 6 runs in the inning. **In 13U and older, the player-pitcher will have 1 pitch** and the batter will either put the ball into play or be out if there is a swing and miss. There will be a maximum of 6 runs in the inning.
5. Play will continue under this format until a winner is determined.

When a play at home plate occurs, the base runner should make every attempt to avoid a collision with the Catcher or risk being called out. Sliding is suggested in order to avoid a collision but not required. The catcher may not block the plate or they risk the runner being called safe even if it appears they are out or there is a collision. Any play at home is at the umpire's discretion.

In all Fastpitch age groups, outfielders must be positioned on the outfield grass before a pitch is delivered.

The Look Back rule is in effect. The rule states that when the pitcher has possession of the ball within the 8' radius circle and is not making a play on a runner, a runner must immediately return to her base or proceed to the next base without hesitation or be liable to be called out by the Umpire. No runner may leave a base when the pitcher has possession of the ball in the circle and is not making a play on a runner. If the circle is not marked, the Umpire will approximate the circle radius when making this judgment call. Exception: when a batter receives a walk, runners on 2nd or 3rd can remain off their bases until the batter-runner reaches 1st base. As soon as the batter-runner reaches 1st base and the pitcher has the ball in the circle, the other runners must return to their base or commit to the next base.

A courtesy runner for the catcher may only be used if there are 2 outs. The player must be going in defensively as the catcher after the 3rd out is made. This is to give the catcher time to put her equipment in order to switch over the inning in a timely fashion. The previous batter not on base is allowed to be inserted as the courtesy runner.

FP10U League:

The infield fly rule is not in effect for the 10U age group.

ALL INFIELDERS ARE REQUIRED TO WEAR A FIELDER'S MASK.

No dropped third strike in 10u.

The look back rule is in effect for 10u.

There are **NO** intentional walks permitted **in the Fall Regular Season.** **For the tournament,** a coach is permitted One (1) intentional walk per game. If a pitcher intends to intentionally walk a batter, the walk will be granted by signaling the umpire of her intention. No pitches need be thrown for an intentional walk to be granted in this situation. The signaling of an intentional walk must be given **before** the first pitch is thrown.

Pitching Regulations:

1. The Player-Pitcher has four (4) balls or three (3) strikes, whichever comes first.
2. If Player-Pitcher reaches four (4) balls first, the Player-Pitcher will then assume a "pitcher's helper" position.
3. The Coach-Pitcher must have at least one foot on the 35' rubber when delivering their pitch.
4. The Coach-Pitcher will be allowed a maximum number of pitches equal to the number of strikes remaining for the batter. The final coach pitch must be put in play or hit foul. If neither occurs the batter is declared out. If the final coach pitch is illegal, it's a delayed dead ball. If the batter-runner reaches 1st base and all other runners advance at least one base, the defense gets the option of taking the play or the penalty. The penalty is replaying the pitch. If the next pitch is an illegal pitch the batter is out.
5. A 3rd strike foul against the Coach-Pitcher entitles the batter to another pitch until the ball is put in play or a strike is pitched. If neither occurs the batter is declared out.

6. When the ball is in play, the Coach-Pitcher must avoid all contact with the ball and all defensive players. If the Coach-Pitcher is struck with a batted ball or makes contact with a player attempting to field a batted ball, play will stop and the ball shall be declared a dead ball. All runners will return to the base they occupied when the pitch was made. The pitch does not count in the pitch total or the pitch count and the batter is awarded another pitch. If in an Umpire's judgment, interference by the Coach-Pitcher is intentional, the batter is out and all runners will return to the base they occupied when the pitch was made.
7. **Each ball pitched to a batter by the Coach-Pitcher must have a flat trajectory and appropriate velocity. Any pitch with a significant arc is not allowed.** If, in the judgment of the Umpire, the actions of the Coach-Pitcher are deemed to give an unfair advantage to the offense, the play shall be nullified and all runners will return to the base they occupied when the pitch was made. The pitch will accrue in the pitch count. Multiple offenses shall cause the Coach-Pitcher to be removed from pitching for the remainder of the game. If the Coach-Pitcher hits the batter, it is NOT a free base but will be considered in the pitch count.
8. **In the event the Player-Pitcher throws a pitch that in the judgment of the umpire hits the ground like a rolling bowling ball prior to hitting the batter where they had plenty of opportunity to move from their batter's position, then the batter IS NOT entitled to a walk. Should the umpire judge the batter did not have time to move or to be injured then the umpire has the option to award first base. If the ball hits the batter prior to hitting the ground then it will be considered a hit by pitch and the batter will advance to first base. 10U is a developmental league and as such the girls will be given every opportunity to hit the ball.**
9. Bunting (or slap bunting) is NOT allowed during coach-pitch at any time.

Batting, Running, Stealing

Once the pitched ball leaves the Player-Pitcher's hand, the runners may attempt to advance. **There will be NO base stealing during Coach-Pitch. The base runner may lead-off though during coach-pitch.** A base runner may only steal one base **per delivered pitch**. If the Catcher attempts to throw out a base runner advancing to 2nd base or 3rd base on a steal and the ball is overthrown, **the runner may not advance beyond that base (in other words, runners can only steal one base at a time). The Look Back rule is in effect.**

1. With a base runner on 1st base, the pitcher delivers the pitch and the ball passes the catcher. The runner attempts to advance to 2nd base, the catcher retrieves the ball and throws to 2nd but the ball gets past the infielder. The base runner must stay on 2nd base.
2. All runners on 3rd base will be given the opportunity to attempt to steal home at their own risk. When a play at home plate occurs, the base runner should make every attempt to avoid a collision with the pitcher or catcher or be subject to being called out. Any other base runner may advance one base at their own risk. **All stolen bases are still subject to only one base per pitch.**

A defensive coach may assist with balls that have passed by the catcher during non-steal situations (no runners may be on the bases). Should a Coach interfere with a ball that has passed by the catcher during a steal situation, runners are entitled to move one base from the base they occupied before the pitch.

When a play at home plate occurs, the base runner should make every attempt to avoid a collision with the Catcher or risk being called out. Sliding is suggested in order to avoid a collision but not required.

The catcher may not block the plate or they risk the runner being called safe even if it appears they are out or there is a collision. Any play at home is at the umpire's discretion.

10U Pitcher innings limitations (regular season only):

1. Innings Limitation: A pitcher may not pitch in more than 2 consecutive innings per game - even pitching to one batter constitutes an inning so in other words, it does not mean a full inning of work.
2. Inning rest requirement: If a pitcher pitches in 2 consecutive innings, they may not pitch for at least one full inning before returning to the mound. They can be placed in any other position on the field besides the pitcher position.
3. No maximum innings: There is no limit on the number of innings a pitcher can pitch in a game, provided that they adhere to the 2 consecutive innings rule.

This rule aims to encourage more players to try pitching and to promote the development of pitching skills across the league while also giving the seasoned pitcher an opportunity to play other positions as well as coming back in the game for an extra inning or two.

FP13U, 14+ Leagues:

Once the pitched ball leaves the Pitcher's hand, the runners may attempt to advance. A base runner leaving early may be called out. If the Catcher attempts to throw out an advancing base runner and the ball is overthrown, the runner(s) may continue to advance at their own risk. In other words, there is no overthrow rule in 13u/14+.

There are **NO** intentional walks permitted in the **Fall Regular Season**. **For the tournament**, One (1) intentional walk per game is permitted. If a pitcher intends to intentionally walk a batter, the walk will be granted by signaling the umpire of her intention. No pitches need be thrown for an intentional walk to be granted in this situation. The signaling of an intentional walk must be given before the first pitch is thrown.

When a play at home plate occurs, the base runner should make every attempt to avoid a collision with the Catcher or risk being called out.

The infield fly rule is in effect for 13U and 14+ play.

The dropped 3rd strike rule is in effect for 13U and 14+ play.

13U will play with 10 fielders for all games (no more than 4 players positioned in the infield besides P/C)

13U pitchers will pitch from 40' rubber

14+ will play with 9 fielders for all games (no more than 4 players positioned in the infield besides the P/C)

14+ pitchers from the 43' rubber