

# Suffolk North Shore Girls Softball



## Rules and Regulations All Divisions Spring 2025

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# **GENERAL** **RULES**

## GENERAL RULES

1. Good sportsmanship shall be exhibited at all times by everyone.
2. Team managers are responsible for the conduct of everyone connected with their team (coaches, players, parents, and spectators). Please notify the Home Team League Official immediately if there are any problems. If someone is thrown out of a game or made to leave the field due to misconduct, please notify the Home Team League Official right after the game.
3. **The umpire is the absolute authority and must be respected.** Harassment of the umpire will not be tolerated and will result in a forfeiture of the game and possible suspension from coaching as determined by the Softball League Officials. Any dispute of calls will be conducted in a civilized manner between the umpire and manager only, and ONLY if it is regarding a rule in this Rulebook. Balls and Strikes and judgment calls cannot be questioned.
4. If a question arises pertaining to a rule interpretation, only the team manager shall have a discussion with an official, and the discussion shall be carried on calmly and briefly.
5. Alcoholic beverages, smoking or tobacco products of any kind, foul language, abusive language, and gestures are strictly prohibited. Chewing gum and sugar drinks are also prohibited at fields that have artificial turf.
6. Throwing equipment in any manner that could cause harm to another player will result in ejection from the game. Anyone ejected from a game for any reason will be suspended for their next game as well.
  - a. If a batter throws her bat in any manner that could cause harm to another player, the umpire will issue a warning to the player and the manager of the team. In the event that any batter on the same team throws her bat again, the batter will be declared out and ejected from the game. The ejected person's spot in the batting order will NOT be an automatic out.
7. Fighting in any manner will not be accepted and will result in ejection from the game and automatic league suspension.
8. Field areas should be kept clean and free of litter. After the game, it is the responsibility of the manager to be sure that all litter left behind by your team and spectators is cleaned. It is not the manager's job to clean it up – please just make sure that someone does.
9. Equipment should be kept in the dugout or away from the playing area.
10. No one is allowed behind the backstop. This includes spectators as well.
11. Only team personnel, including players and registered volunteers, are allowed on the field or in the dugouts during an officially scheduled game. All other persons should be in the appropriate spectator areas.
12. For Minors and Majors, Managers/Coaches must stay in the dugout unless they are coaching 1<sup>st</sup> base or 3<sup>rd</sup> base. No hanging out on the field.
13. All ground rules and division rules will be discussed with the managers and the officials prior to the start of the game. All teams should have a copy of this rulebook with them at every game.
14. It is the responsibility of the winning team to report the outcome of the game to the Home Team League Official, including the number of innings pitched by each pitcher, no later than 2 hours after the completion of the game.

15. No negative chanting! Positive chanting must stop once the pitcher is touching the pitcher's rubber.
16. No walk-up music for players.
17. No on deck batters.
18. No time limits for Championship games.

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### **EQUIPMENT, FIELDS & UNIFORMS**

1. Home teams will take the first base dugout. Home team is based on the home team listed on the schedule.
2. Each team will supply one new ball to the umpire for each game.
3. Batting and running helmets are mandatory.
4. Complete uniforms which consist of pants, shirt, and socks must be worn while at the field at games. Hat/visor is optional in the field if the player is wearing a facemask. Shirts must be tucked in.
5. Metal spikes are prohibited.
6. Each catcher must wear a mask, throat protector, hard hat, chest protector, and shin guards during all games and practices.
7. The officials may remove from the game any equipment that they deem unsuitable or unsafe for competition.
8. All bats must be BPF 1.2
9. **ALL BATTERS must wear approved helmet (NOCSAE) with face mask**
10. **ALL PITCHERS MUST WEAR A FACEMASK. IT IS HIGHLY RECOMMENDED THAT ALL INFIELDBERS WEAR A FACE MASK.**
11. **IT IS HIGHLY RECOMMENDED THAT ALL GIRLS WEAR A HEART GUARD FOR PROTECTION.**

### **BATTING ORDER**

1. No On Deck Batters.
2. Once the line-up is exchanged, any player arriving late must bat last.
3. All players are included in the batting order regardless of whether they are playing the field in a particular inning.
4. For all divisions, teams will use a continuous batting lineup during the regular season. This means that a manager will set a lineup for the initial game of the season and then in subsequent games the lineup will commence from the point where it ended in the previous game. For example, if in the first game the child in the 7<sup>th</sup> position of the lineup makes the last out of the game then the child in the 8<sup>th</sup> position will be the first batter of the next game. This should be followed for the entire regular season. New lineups would be used for any and each playoff game.
5. Seven (7) players per team must be present to start the game. You may “borrow” two (2) defensive players from the opposing team. The “borrowed” players will be the last two batters in their order for the given inning and must play in the outfield. You do not have to give the opposing team your pitcher or catcher. When playing with less than nine (9) players, the vacant slot in the batting order is not an automatic out. Any late arriving players will be inserted into a game at the bottom of the batting order, and she is considered a starting player.

## PITCHING

1. Pitchers are limited to 6 innings a game and 9 innings per week.
2. Dropped third strike is not in effect (except in the Majors Division)– i.e., the catcher does not need to catch the third strike for the batter to be out. However, if the catcher catches a foul tip on strike three – the batter is out in all divisions.
3. If a pitcher hits three (3) batters in one inning or five (5) in a game, the pitcher must be removed.
4. Pitching distance is determined by division (35 feet for Rookie & Minors and 40 feet for Majors). **FOR SAFETY PURPOSES, PLEASE DO NOT ALLOW PITCHERS TO PITCH FROM A CLOSER DISTANCE.** If they cannot reach home plate from the required distance, work with them in practice until they can.
5. Weekly innings limits run from Sunday to Saturday.
6. The manager is permitted to visit the mound once in any inning, and on the second visit, the pitcher must be removed.
7. Pitcher must deliver the ball in one motion and must deliver the ball once the hands are separated. Windmill pitchers can make only one revolution and then must deliver the ball. All pitchers must pitch from the rubber.

## WEATHER CONDITIONS

1. Every effort should be made to allow games to be played.
2. Only the Softball Officials can cancel officially scheduled games (excluding in-game hazardous weather conditions or a determination by the official umpire that the field is unplayable).
3. If there is lightning or thunder, play must be suspended for 30 minutes from the last time lightning is seen or thunder is heard. All players must leave the field and immediately go to their parent's or manager's vehicle. The 30-minute countdown restarts every time lightning is seen, or thunder is heard. If there is a second occurrence 10 minutes or more after the first lightning/thunder, the game is officially stopped.
4. A game is considered official after 3 innings. If the home team is winning, a game can be official after 2 ½ innings. If the game is not official, please call the division coordinator to have the game rescheduled.
5. When a game is canceled by the league, opposing managers should contact each other to reschedule the canceled game.
6. Make-up games are not guaranteed due to time and field restrictions. No games will be played in July.

## FORFEITURES

A forfeiture will be awarded under the following circumstances:

1. For Rookies, a team can play with six (6) players. If there are less than six (6) players, the team forfeits the game.
2. For Minors and Majors, teams must play with seven (7) players. A team can start the game with six (6) players. However, if the seventh player does not show up 15 minutes after the official start time, the game will be forfeited. If a team is playing with seven (7) players, and one of the players leaves the game or cannot continue to play, the game is forfeited.
3. Harassment of the umpire by any manager, coach, or any spectator will result in an automatic forfeiture.
4. Failure to report innings pitched to the league after the game will result in automatic forfeiture.
5. Failure to report game outcomes to League after the game will result in an automatic forfeiture.
6. Use of a pitcher that has surpassed her weekly innings limit will result in an automatic forfeiture.

## BASE-RUNNERS

1. There is a courtesy and speed-up rule in all of the divisions.
2. If a catcher is on base with two outs, the last batter to make an out will run for her.
3. If a runner is injured, the last player to make an out will run for her.
4. Division rules outline when a runner is permitted to leave base. If a runner leaves the base too soon in the Minors or Majors division, the runner will be warned and called out at the termination of the play; all other results of the play will stand.  
**NO WARNINGS.**
5. No base runner is permitted to “barrel” into another player. A base runner is expected to slide into a base if there is a play being made on her. If a fielder is blocking the base, the base runner should make an effort to avoid contact.
  - a. If the runner causes unnecessary contact, which could be considered potentially dangerous (judgment of umpire), the umpire may eject that player.
  - b. If the fielder blocked the path of the base runner and the runner made an effort to avoid contact, then the umpire can award the base to the runner due to interference.

# **ROOKIES** **DIVISION**

## **GIRLS ROOKIES DIVISION**

### **SEASON GOALS**

- Bases distance is 50’.
- Reinforce basic fundamentals of throwing, catching, fielding and batting –
  - Throwing – body position
  - Catching – above and below belt line (i.e. wiffle & tennis ball drills)
  - Batting – stance, loaded bat, following through
  - Fielding – situational fielding (cut out man, lead runner)
  - Base running – running through 1<sup>st</sup>, arcing out (going for 2)
- Teach responsibilities of all infield & outfield positions
- Introduce player pitching
- Introduce the concept of secondary leads, and sliding into bases
- Introduce defensive responsibilities (EX – covering 2<sup>nd</sup> base)

### **PLAYING RULES**

Games begin at 5:45 with the goal of getting at least four (4) innings. A complete game is six (6) innings.

### **DIVISION SPECIFIC RULES**

1. An inning will consist of THREE (3) outs OR if FIVE (5) runs are scored. A strikeout is considered an out.
2. Batter is out after 3 swinging strikes. 10 total pitches count per batter.
3. If a fielded out is made, the batter does not stay on base.
4. Players in the outfield should be at least 5 feet behind the bases. Do not crowd the infield.
5. Players field the catcher’s position with coach backup if necessary.
6. Player positions rotate every inning.
7. A player may field the pitcher’s position to the left or the right of the Coach Pitcher during Coach Pitch
8. Coaches pitch in relief of player to their own team from 35 foot mound distance
9. No single player should sit more than one inning in a row

## **PLAYER PITCHING**

1. Introduce player pitching (35 ft): 2 innings max per player per game.
2. Not a rule, but the goal is to have a different girl each inning
3. The player will pitch FIVE pitches to opposing batters. If the batter has not struck out or put the ball in play, the Coach will pitch up to FIVE more pitches to the batter.
4. If the batter does not strike out or put the ball in play after 10 pitches, then the batter is no longer up. The next batter will come to the plate, but the batter does not count as an out. NO walks will be issued. No players will advance to 1<sup>st</sup> base if hit by pitch.

### **No Stealing:**

### **Introduce Base Running:**

1. One base on an overthrow to any base. Does not include throws to the pitcher.
2. Encourage hitters to go for two bases if a batted ball makes it to the outfield.
3. Encourage runners to take a secondary lead after each pitch.
4. If the runner is comfortable sliding, encourage runners to slide into the base if the situation requires (NO SLIDING at first base).

# **GIRLS MINORS** **DIVISION**

## **GIRLS MINORS DIVISION**

All games played will be in accordance with the Official Rules of Little League Softball 2023 applicable to the current season with the following exceptions below. Any questions should be directed to your Girls Softball League Coordinator.

### **GAME OVERVIEW**

1. Umpire announces official start time to both managers.
2. A complete game will be six (6) innings.
3. Games will have a 1 ¾ hour time limit (no new inning will start after that time) and a 2 hour “drop dead”. After 2 hours, the score shall revert to the last completed inning.
4. Twelve (12) Run mercy rule after 4 innings.
5. Five (5) runs/inning limit for the first three (3) innings.
6. All weekday games will start at 5:45 pm
7. Some leagues use kid/child umpires, and some use adult umpires. The home Little League or organizations have the authority to decide to use whatever Umpire group (adult or children) that the home field League/organization decides to use/pay for.

### **PLAYER PITCHING**

1. Pitching Rubber will be placed at 35 feet.
2. Four (4) balls for a walk
3. Walk Limit – Maximum of 3 walks per inning. After 4 balls to any subsequent batter, the offensive coach will pitch a maximum of 5 pitches from the pitching rubber who must either hit or be called out on swinging strikes. If the batter does not put the ball in play after 5 pitches, she is out. Strikes carry over from the count when the coach comes into pitch. No called strikes (only swinging strikes). The pitcher then resumes pitching to the next batter; the same process will follow until the ½ inning has been completed.
4. A hit batter is NOT an automatic walk. It is up to the umpire’s discretion if the batter attempted to avoid the ball. The umpire will call “dead ball” once the player is hit and no runners can advance.
5. Pitchers are limited to pitch 6 innings/game and 9 innings/week.
6. No drop third strike

### **BASE-RUNNING**

1. Limit of 3 steals each inning.
2. No “delayed” steals.
3. Stealing of home is **not** allowed.
4. In the event of an overthrow on a steal, the runner is awarded the intended base but will not be allowed to advance any further. (encourage catchers to throw)
5. When the pitcher is in control of the ball in the circle, and NOT making a play on a runner, **THE BALL IS DEAD**. Runners more than halfway to the next base (at the umpire's discretion) may advance to the next base.
6. No Leading off. The runner may only leave the base when the ball is hit or the ball crosses home plate.
7. Continuation rule is in effect. Please note if a girl scores on a continuation play that counts as a steal. If a girl steals 2<sup>nd</sup> during a continuation, that also counts as a steal.

### **OTHER HITTING & FIELDING RULES**

1. No infield fly rule.
2. No on-deck batters.
3. Optional you can field 10 players (4 outfielders)
4. A player cannot sit for two consecutive innings.
5. Bunting is allowed.
6. The ball is live unless it is out of play. An overthrow is live unless it goes over the fence, in the dugout or anywhere determined out of play by the umpire during ground rules. At that point, all runners will advance to the intended base plus one base (**Except on a steal as explained above where the runner does not advance**).

# **GIRLS MAJORS** **DIVISION**

## **GIRLS MAJORS DIVISION**

All games played will be in accordance with the Official Rules of Little League Softball 2022 applicable to the current season with the following exceptions below. Any questions should be directed to your Girls Softball League Coordinator.

### **RULE EXCEPTIONS**

1. Umpire announces official start time to both managers.
2. A complete game will be six (6) innings.
3. Games will have a 1 ¾ hour time limit (no new inning will start after that time) and a 2 hour “drop dead”. After 2 hours, the score shall revert to the last completed inning.
4. Twelve (12) Run mercy rule after 4 innings.
5. Seven (7) runs/inning limit for the first three (3) innings.
6. All weekday games will start at 5:45 pm
7. Some leagues use kid/child umpires and some use adult umpires. The home Little League or organizations have the authority to decide to use whatever Umpire group (adult or children) that the home field League/organization decides to use/pay for.
8. Adult umps will be used for the playoffs.
9. No stealing home after 10 run lead (runner will be returned to third base)
10. Pitchers are limited to 6 innings/game and 9 innings/week.
11. A player cannot sit for two consecutive innings.
12. Teams can use four (4) outfielders

### **OFFICIAL RULES TO BE AWARE OF**

1. Continuation rule is in effect from the beginning of the season
2. Dropped 3<sup>rd</sup> strike is in effect from the beginning of the season
3. Base runners may leave on pitcher's release of the ball.
4. Four (4) Outfielders.
5. Infield Fly Rule is in effect.