

Shorewood Girls Softball League Rules

Junior League

1. An approved SGSJL coach shall be present at all games for its entirety. If an approved coach is unavailable to coach the team, a parent volunteer is NOT acceptable. In the event of a coach's absence from a game, the Coach Manager (Angie Price) shall be contacted to provide a substitute coach who has a background check on file.
 - a. Coaches are responsible to see that batters, runners, and catchers have proper protection.
2. We play fast pitch softball, with a 11" size ball.
3. 4 balls or 3 strikes.
4. A game lasts six innings. However a new inning does not begin if we have played more than 1 hour 15 minutes.
 - a. Both coaches should confirm the start time with the umpire.
 - b. TIE – A game can end in a tie during the regulation season. NO INNING SHALL BE STARTED AFTER THE ALLOTTED TIME is EXPIRED.
 - c. A regulation game shall be declared if the score is TIED when the game is called, after 4 or more innings, or if Team second at bat has equaled the score of the first Team at bat, while batting during any incomplete inning.
 - d. Game ends after home team scores winning run during bottom of last inning. Game ends if home team is ahead after the top of last inning.
 - e. If a visiting home team is behind and has only had one at bat, they can ask for additional time (scores not counted) for practice to finish the inning. Up to the discretion of the umpires.
5. Five runs maximum to an inning.
 - a. If a team is ahead by 15 runs after 3 full innings, that team is declared the winner.
 - b. When the umpire has declared the last inning, there is no run maximum.
 - c. In the last inning played, if for some reason the game has to be stopped (due to inclement weather or an emergency) the score reverts to the end of the previous full inning's score unless the home team has tied or taken the lead at the point of stoppage.
6. Ten girls on the field. Minimum to play is eight for the entire game. Seven or less players is a forfeit. The teams should still scrimmage.
 - a. A courtesy time of 5 minutes will be given to a team, if prior notice is given to the umpire and opposing team coach that a player(s) may be late under special circumstances.
 - b. A team may use a sub from another Jr. League team that is not currently scheduled.
 - c. If no subs are available and both coaches agree, the opposing team can provide a substitute Right Fielder if there are less than 8 players on the field.

7. Fair Play Rules:

- a. No player may sit out 2 innings in a row. No player may sit out a second inning until all players have sat out one inning.
 - b. No player may play the same position for more than 4 innings in a regulation game. Coaches are strongly encouraged to have a player play at least one infield and one outfield position each game.
 - c. All players present at the game will bat in regular rotation, but only 10 players may play in the field at one time
 - d. No cheers allowed once the pitcher begins the pitching motion
8. Required Uniform: jerseys, socks and visors are provided to all players
- a. Softball/Baseball pants are required to be worn by all players to be eligible to play in a game.
 - b. Visors should be worn during all games and practices.
 - c. Sneakers or rubber cleats (soccer shoes or softball shoes) must be worn. No metal cleats will be allowed.
 - d. No Jewelry or fitness trackers/watches (exception is medical alert bracelets) should be worn during games or practices. Hair bands or friendship bracelets are OK, and if a player has newly pierced ears, she may cover them with medical tape.
 - e. No gum chewing.
 - f. Face paint is allowed if applied at home, it will NOT be allowed in the dugout under any circumstance.
 - g. A fielder's masks must be worn for players playing the pitcher position. Players preference if they want to wear their fielders masks while playing the other positions. The team provided equipment including (1) fielders masks for the mandatory position.
9. When a coach runs in the direction of home base or any other base, on or near a baseline, while the fielder is attempting to make a play on a batted ball or a thrown ball and thereby causes distraction, the coach will be given a warning and then asked to sit out an inning.
- a. Only an adult may coach first and third base,
 - b. Base coaches must stay behind the marked line, which is 6 feet from the baseline once the pitcher releases the ball. Coaches may not touch a baserunner.
10. The pitching distance is 40 feet (measured from back of home plate to front of pitching rubber). Baselines are 60 feet. (PLEASE CHECK FIELD every time – so bases are not at 65 feet.)
- a. Closest a pitcher can be is the start of the circle, with a foot on the circle. With follow through they can end off the circle.
11. At the beginning of an inning or when a pitcher relieves another pitcher, five (5) practice pitches may be used. All attempts should be made to have the catcher ready at the beginning of a new inning.
- a. If a coach is catching, it still counts towards the five. Coaches, please get out there to keep the pace moving.
12. Players will pitch the ball, and can pitch the whole inning. Coaches will decide when to substitute pitchers.
- a. Pitchers will continue to pitch until walk 3 batters in a row or $\frac{4}{5}$ in a row, and then coach or relief pitcher will finish the inning. This pitcher will then field in the pitcher position.

- b. Coaches (coach of the batting team) can finish the inning. The pitcher will not return to pitch the same inning.
- c. Once a coach or relief pitcher has come in, they finish the inning. 13. The strike zone is between the batters forward armpit and the top of the knee and over the home plate.
- 14. The runner may advance only one base on an overthrow that is in foul territory. 15. Any overthrown ball that hits the fence or dugout is a dead ball, except behind home plate. Runners may continue to the base they are in route to.
- 16. Lead Offs: Base runners must keep contact with their base and may leave it ONLY when a pitcher has released the ball.
 - a. The base runner may only take 2 (approx 3-4 feet) steps off the base.
 - b. One team warning will be given per game regarding the base runner leaving the base too early.
 - c. If the base runner leaves a base too soon (before the pitcher has released the ball) or starts running before the ball has been hit, she will be called out and the ball is dead.
 - d. The base runner cannot advance as a result of any pitched ball not hit.
- 17. No base stealing is allowed.
- 18. Courtesy runners shall be allowed when a player who has reached base is clearly unable to run on subsequent plays due to injury or is the scheduled catcher for the next inning.
 - a. The courtesy runner shall be the last batter to be put out
- 19. If a batter injures herself while batting, the next batter in the lineup steps up to take her place and inherits her count.
- 20. Any batter who ATTEMPTS to get out of the way of a pitched ball, whether in flight or on ground and still is hit shall be awarded first base.
- 21. No third strikes rules are in effect, no advancing on dropped third strike.
- 22. A bat crossing the plate is a strike (not if the batter has broken her wrists).
- 23. No bunting is allowed
- 24. Throwing the bat: Each team will be given one warning by the umpire. A second time will result in the umpire calling her out and the ball “dead” (runners return to bases).
 - a. A Thrown Bat out will be given when the batter makes no attempt to finish her swing before dropping the bat. ex: the bat leaving the batter’s hands travels towards the pitcher, down the baseline, back towards the umpire or fence.
 - b. A Thrown Bat is not to be given to a batter who makes an attempt to clear the bat from the baseline and batters box when finishing her swing to leave it free for base runners.
- 25. The infield fly rule is NOT in effect.
- 26. Runner is out for the following offenses:
 - a. When she interferes with a fielder attempting to field a batted ball or intentionally interferes with a thrown ball. If this interference in the judgment of the umpire is an obvious attempt to prevent a double play, the base runner closest to home plate shall also be called out.
 - b. When a base runner is struck by a fair batted ball on fair ground while off her base and before it touches a fielder, or passes a fielder.

- c. When a base runner intentionally kicks a live ball, or intentionally interferes with a ball in play, whether or not the runner is in contact with her base.
 - d. If a baserunner, who has been put out, continues to run the base thus simulating live base running and thereby draws a throw to retire her a second time, the ball is dead (runners return to bases).
 - e. When a baserunner is attempting to score and the next batter or other team members interfere with the attempted play, the runner will be called out and no score awarded. (Same will hold true if team members:
 - i. stand or collect around a base toward which a base runner is advancing, thereby confusing the fielders in adding to the difficulty in making a play.)
 - ii. When running toward any base, she runs more than three feet from a direct line between a base and the base she is trying for, to avoid being tagged with the ball in the hands of a fielder (ball is dead).
 - f. When a defensive player clearly has the ball and is waiting for the runner and the runner deliberately with great force crashes into the defensive player, the runner is declared out, the ball is dead (runners must return to their bases).
27. Infielders must begin their positions either in front or behind the baseline path. Infielders have a right to be in the base path to field a "fieldable" ball.
- a. If a runner collides with them it is interference on the RUNNER, and she is out.
 - b. If the ball is not fieldable, it is interference on the FIELDER and the runner is safe.
28. The intent with sliding when there is a play at the plate is to try to avoid a collision with the catcher. The catcher should stand in front of the plate. She cannot set up in the baseline without the ball. Sliding is highly encouraged when the ball is close enough to the catcher that the catcher cannot take her eyes off the ball to see the runner. If the runner comes in contact with the catcher, while the runner is in an upright position then the runner is out. This always presents a judgment call since it is not necessary for the ball to be in the catcher's hand.
- a. Runner may run out of the baseline (within 3 feet) to avoid colliding with the catcher, if the catcher is set up in the baseline for a throw to home. A catcher cannot set up to interfere with the baserunner to prohibit a play at home if the ball is not being played to home.
29. Games stopped after the fourth inning will have the score revert to the end of the previous full inning unless the home team has tied or taken the lead at the point of stoppage.