

## Shorewood Girls Softball League Rules

### Senior League

1. Coaches
  - a. An approved SGSGL 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 coaches absence from a game, the Division Coordinator shall be contacted to provide a substitute coach who has a background check on file.
  - b. Coaches are responsible to see that batters, runners and catchers have proper protection.
  - c. A Coach may visit each different pitcher on the mound once per inning, with a one-minute limit per visit. The second time a pitcher is visited by a Coach during an inning, that pitcher must be replaced.
2. Travel for away games should be provided by the league coach or parent/guardian.
3. We play fast pitch softball, with a 12" size ball.
4. 4 balls or 3 strikes (exception, see Rule 25).
5. A game lasts seven innings. However a new inning does not begin if we have played more than 1 hour 30 minutes.
  - a. Both coaches should confirm the start time with the umpire.
  - b. TIE – A game that is tied at the end of seven innings shall be continued, by playing additional innings until one team has scored more runs than the other at the end of a completed inning, or the team second at bat scores more runs in their half of the completed extra inning. 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.
6. Five runs maximum to an inning.
  - a. If a team is ahead by 15 runs after 4 full innings, that team is declared the winner.
  - b. When the umpire has declared the last inning, there is no run maximum.
7. 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 a Sr. League team that is not currently scheduled or a team that is in a lower division than them, "Playing Up" from a lower division must not interfere with that player's regularly scheduled team's game. Example: cannot skip the lower division

game to play up.

- 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.

#### 8. Fair Play Rules

- a. No active 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; pitchers are exempt from this requirement when they are pitching consecutive innings
- 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 by the end of the fifth inning. Pitchers and catchers are considered “neutral” positions for the purpose of this rule.
- 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

#### 9. Jerseys and 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. Uniform shirts should be tucked
- c. Visors should be worn during all games and practices.
- d. Sneakers or rubber cleats (soccer shoes or softball shoes) must be worn. No metal cleats will be allowed.
- e. 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.
- f. No gum chewing.
- g. Face paint is allowed if applied at home, it will NOT be allowed in the dugout under any circumstance.
- h. Fielder’s masks must be worn for players playing 3B, P, 1B positions. Players preference if they want to wear their fielders masks while playing the other infield positions. The team provided equipment included (3) fielders masks for the mandatory positions.

#### 10. 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 Base runner will be called out.

- a. Only an adult may coach third base. It is preferable for an adult to coach first base, but a player can assist with first base but must wear a batting helmet while base coaching.
- 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.

#### 11. The pitching distance is 43 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.)

12. A player may only pitch a maximum of 4 innings per game. The innings do not need to be consecutive.
13. The strike zone is between the batters forward armpit and the top of the knee.
14. Pitchers must start with both feet in contact with the pitching plate and hands apart. Once the ball and glove come together and a forward motion has begun.
15. A pitch must be thrown to avoid an illegal pitch. The pivot foot cannot take a step forward or backward off the pitching plate before the pitching motion has begun to be a legal pitch, in accordance with ASA rules. The pivot foot must remain in contact with the ground throughout the pitch in order to be a legal pitch, in accordance with ASA rules.
16. Pitcher's Time Limit – a "BALL" will be called if a pitched ball is not released within ten seconds from the time the pitcher has the ball and the batter has taken her position in the batter's box.
17. 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.
18. Pitcher to call "TIME" Pitcher has to be within the pitcher's circle and have control of the ball to call "TIME".
19. The ball is dead if the catcher's throw to the pitcher is either caught or dropped but remains in the pitcher's circle. If the ball is thrown outside the pitcher's circle, it is a live ball and the runners may advance one base (per the overthrow rule #18).
20. You may advance only one base on an overthrow to any base.
21. Lead Offs: Base runners must keep contact with their base and may leave it ONLY when a pitcher has released the ball.
  - a. Stealing is allowed. Stealing of home is permitted successfully 2 times per inning. After stealing home twice an inning the runner on third can only advance home on a ball put in play. Stealing home includes wild pitches and passed balls.
  - b. One team warning will be given per game regarding the baserunner leaving the base too early.
  - c. If the base runner leaves a base too soon (before the pitcher has released the ball), she will be called out and the ball is dead.
  - d. A team cannot steal at all if ahead by seven runs or more. Lead offs are still allowed.
22. 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
23. If a batter injures herself while batting, the next batter in the lineup steps up to take her place and inherits her count.
24. 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.
25. Bunting is allowed, if a bunt is not put in fair territory on the third strike, the batter is out.
26. 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.

27. The infield fly rule is in effect.

28. Dropped 3rd strike rule is in effect: If the batter strikes out but the catcher drops the ball, and first base is open, they may run to 1st in an attempt to stay in the game.

29. 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.
  - 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).
  - iii. 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).

30. 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. If a runner collides with them it is interference on the RUNNER, and she is out. If the ball is not fieldable, it is interference on the FIELDER and the runner is safe.

31. 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:

- a. 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.
  - b. Runner may run out of baseline (within 3 feet) to avoid colliding with catcher, if catcher is setup in baseline for a throw to home. A catcher cannot setup to interfere with the baserunner to prohibit a play at home if ball is not being played to Home.
32. In the last inning, 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.