

# ATCHISON RECREATION GIRLS FAST PITCH SOFTBALL RULES

## Midget League (9-11 year olds)

## Junior League (12-15 year olds)

### OBJECTIVES OF ATCHISON RECREATION FAST PITCH SOFTBALL

- 1) To provide softball for girls under good leadership.
- 2) To implant firmly in the girls the ideals of good sportsmanship, honesty, loyalty, courage, respect for authority, and the desire to hustle and win.

### MESSAGE FOR COACHES

The girls in this program are at a very impressionable age and your influence can be a strong force for good if you realize and take advantage of opportunities for constructive leadership. You have the responsibility of maintaining exemplary personal conduct in front of your players. Your attitude will be reflected by a majority of your players so it is important that you understand and instruct that the relationship with umpires, coaches, spectators and other players be a friendly one.

It is important for the coaches and players to recognize the role of the umpire. Coaches teach respect for law and order when they teach their players to respect the umpire and his role in the game.

Coaches should teach their players to hustle. Players should run on and off the field, batters should be ready to take their turn at bat, etc. Coaches and players should not taunt an opponent and players should not be permitted to criticize other players on their team. They should be taught to encourage them.

Players will respect you if you correct their mistakes in a quiet, friendly manner rather than ranting and raving at them. Try to build up their confidence, not tear it down.

### ELIGIBILITY

MIDGET LEAGUE: 9-11 year old girls. Any girl who will attain the age of 9 years and not attain the age of 12 years on or before September 1, 20\_\_.

JUNIOR LEAGUE: 12-15 year old girls. Any girl who will attain the age of 12 years and not attain the age of 16 years on or before September 1, 20\_\_.

### TEAM STRUCTURE

1. Sisters will play on the same team.
2. If a coach has a daughter in the program, he/she has the right to have his/her daughter on his/her team.

### FIELD DECORUM

1. All players should be on the bench when their team is at bat except the batter, base runners, player 'on deck', and the first and third base coaches. When their team is in the field all reserve players should be on the bench or in the bullpen.
2. Two adults or players will be permitted in the coaching boxes.
3. The head coach of a team is the only person who should confer with the umpire. If one head coach calls time to confer with the umpire, the opposing head coach should also be present. All discussions between the umpires and coaches should be conducted in an adult and calm manner. The only time the decision of an umpire should be questioned is when the coach believes the umpire has made a mistake in interpreting a rule. Judgment calls (such as whether a runner is safe or out) should not be questioned. REMEMBER THE UMPIRE'S DECISION IS FINAL.
4. No smoking is permitted on the playing field, benches, or dugouts.

### EQUIPMENT

1. Coaches are responsible for seeing that equipment issued to their team is taken care of properly and arranged neatly off the playing area at all times.
2. Bats: Players may not use bats that are on the ASA non-approved bat list. The non-approved bat list is online at [www.asasoftball.com](http://www.asasoftball.com). or you may contact the Recreation Office to find out what bats are on the non-approved list. Bats should be marked "official softball" or be approved by the Recreation Program Director.
3. Helmets: The batter, the base runners, the "on deck" batter, and the catcher must wear a helmet.
4. Uniforms: All players must be in uniform.
5. Shoes with metal cleats are not allowed.
6. Coaches are responsible for checking out equipment and issuing shirts & caps to their players at the start of the season. They are also responsible for returning all equipment to the Recreation Office at the end of the season.

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**Midget League (9-11 year olds)**  
**Junior League (12-15 year olds)**

GENERAL RULES AND INFORMATION

1. Official ASA fast pitch softball rules will be followed unless amended by these rules.
2. A game will consist of 6 innings.
3. An inning is over when both teams have batted and each team has had 3 batters retired (3 outs) or has scored 7 runs.
4. All team members are to be in the official batting lineup and are to bat in the game accordingly.
5. All team members must play two full innings on defense prior to the 4<sup>th</sup> inning.
6. Ten players can be fielded on defense in all leagues.
7. Throwing the ball around the infield after an out is made with no one on base (throwing the ball around the horn) is not allowed.
8. There is a 1 and 1/4 hour (75 minutes) time limit on each game in the Midget League and a 1 and ½ hour (90 minutes) time limit on each game in the Junior League. After the time limit has been reached, the inning the game is presently in will be completed, but no new inning will be started unless the game is tied. If the game is tied, the game will continue until a winner is determined.
9. If one team is 12 runs or more ahead of their opponent at the end of four full innings, the game will be awarded to the team with the most runs. (If a team takes the lead by 12 runs in the top half of an inning, the inning must be completed.)
10. A game called by the umpire shall be regulation if 4 or more complete innings (3 1/2 innings if the home team is in the lead) have been played. The umpire is empowered to call a game at anytime because of bad weather, electrical failure, or other causes which place the spectators or players in peril. Suspended games that are not considered regulation shall be resumed at the exact point where they were stopped.
11. NO PROFANITY! Players or coaches using profanity will be ejected from the game immediately.
12. If you have a problem with a girl and must bench her for disciplinary reasons, inform the opposing head coach and the umpire, prior to the game, so that they will be aware of the situation. Failure to report benching a player could result in a forfeit for your team.
13. Hidden ball tricks are not allowed.

BASE RUNNING RULES

1. The distance between bases is 60' in the Midget and Junior leagues.
2. Midget and Junior Leagues: Runners cannot leave a base until the ball leaves the pitcher's hand. PENALTY: The runner is out.
3. Midget and Junior Leagues: If a team is up by 10 runs the team may no longer steal bases. Once the lead is less than 10 runs, stealing will again be allowed.
4. Junior League: Stealing home base on a pitched ball is allowed.
5. Midget League: No running on a dropped 3rd strike. **NO STEALING HOME!**
6. On overthrows in fair territory in the Junior League runners may advance at their own risk. In the Midget League runners may advance only one base.
7. All overthrows leaving the field of play will limit base runners to the base they were going to plus one additional base.
8. On all balls hit in fair territory the base runner is allowed to advance as far as she can at her own risk. Any ball over the fence is a homerun. A ball running through, bouncing over, or sticking in the fence is an automatic double.
9. CRASH RULE: If a runner remains on her feet and deliberately, with great force, crashes into a defensive player, the runner will automatically be out. The umpire will warn the runner that if he deliberately crashes into a defensive player again she will be ejected from the game.
10. OBSTRUCTION is the act of a fielder who, while not in possession of the ball or not in the act of fielding the ball, impedes the progress of any runner. If obstruction is ruled by the umpire, the ball is dead and the obstructed runner and any other runner affected by the obstruction, will be awarded the base or bases she would have reached in the umpire's judgment, had there not been obstruction.

# ATCHISON RECREATION GIRLS FAST PITCH SOFTBALL RULES

## Midget League (9-11 year olds)

## Junior League (12-15 year olds)

### PITCHING RULES

1. The pitching distance is 35' in the Midget League and an 11" inch softball will be used in this league.
2. Midget League: A pitcher will pitch to a batter until the batter either; gets a hit, makes an out, or receives a 4<sup>th</sup> ball. In the event a batter receives a 4<sup>th</sup> ball, the coach will come in and throw **two** pitches to the batter. If the hitter doesn't record a hit within those two pitches, they are out. There will be no walks issued in Midget league unless the batter is hit by a pitch.
3. The pitching distance is 40' in the Junior League. A 12" softball will be used in the Junior league.
4. Any team member may pitch.
5. As soon as a girl delivers a pitch to a batter he shall be considered as having pitched in one inning.
6. Midget and Junior Leagues: A player shall not pitch in more than 10 innings in one week.
7. A pitcher is charged with the number of innings pitched in one week regardless of whether they are league games, postponed games, suspended games, or practice games.
8. A week is from Monday to Sunday inclusive.
9. If a relief pitcher comes in cold from another position the umpire shall allow her to warm up with 5 warm up pitches and no longer than one minute.
10. A pitcher who is withdrawn from the mound but who stays in the game at another position will not be permitted to return to the mound as a pitcher in the same game.
11. It is recommended that any individual warming up the pitcher wear a face mask for his/her own protection.

### PITCHING REGULATIONS – FAST PITCH (For PeeWee, Midget and Junior Leagues)

#### **Section 1. Preliminaries**

Before starting the delivery (pitch), the pitcher shall comply with the following:

- a) The pitcher may not take the pitching position on the pitcher's plate without possession of the ball.
- b) The pitcher shall not be considered in the pitching position unless the catcher is in position to receive the pitch.
- c) Both feet must be on the ground within the 24-inch length of the pitcher's plate. The shoulders shall be in line with 1st and 3rd bases. The pitcher shall take a position with both feet in contact with the pitcher's plate.
- d) While on the pitching plate, the pitcher shall take the signal or appear to be taking a signal with the hands separated. The ball must remain in either the glove or pitching hand.
- e) The pitcher shall bring the hands together for not less than one second and not more than 10 seconds before releasing it. Both feet must remain in contact with the pitching plate at all times prior to the forward step.

#### **Section 2. Starting the Pitch**

The pitch starts when one hand is taken off the ball after the hands have been placed together.

#### **Section 3. Legal Delivery**

- a) The pitcher must not make any motion to pitch without immediately delivering the ball to the batter.
- b) The pitcher must not use a pitching motion in which, after bringing the hands together, the pitcher removes one hand from the ball, and returns the ball to both hands.
- c) The pitcher must not make a stop or reversal of the forward motion after separating the hands.
- d) The pitcher must not make two revolutions of the arm on the windmill pitch. A pitcher may drop the arm to the side and to the rear before starting the windmill motion.
- e) The delivery must be an underhanded motion with the hand below the hip and the wrist not farther from the body than the elbow.
- f) The pitch shall be delivered on the throwing arm side of the body and not behind the back or through the legs.
- g) The release of the ball and follow through of the hand and wrist must be forward and past the straight line of the body.
- h) In the act of delivering the ball, the pitcher must take one step with the non-pivot foot simultaneous with the release of the ball. The step must be forward and toward the batter within the 24-inch length of the pitcher's plate. It is not a step if the pitcher slides the pivot foot across the pitcher's plate toward the batter, or if the pivot foot turns or slides in order to push off the pitcher's plate, provided contact is maintained with the plate. Raising the foot off the pitching plate and returning it to the plate creates a rocking motion and is an illegal act.
- i) Pushing off with the pivot foot from a place other than the pitcher's plate is illegal.
- j) Pushing off and dragging the pivot foot in contact with the ground is required. If a hole has been created, the pivot foot may drag no higher than the level plane of the ground.
- k) The pitcher must not make another revolution after releasing the ball.

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## Junior League (12-15 year olds)

- l) The pitcher shall not deliberately drop, roll or bounce the ball in order to prevent the batter from hitting it.
- m) The pitcher has 20 seconds to release the next pitch after receiving the ball or after the umpire indicates "play ball".

### **Section 4. Intentional Walk**

If the pitcher desires to walk a batter intentionally all pitches must be legally delivered to the batter.

### SUBSTITUTION RULES

- 1. Free substitution, except in the case of the pitcher, is allowed.

### FORFEITS

- 1. The umpire may declare a game forfeited in favor of the opposing team if:
  - a) A team fails to appear upon the field within 5 minutes after the umpire calls "Play Ball".
  - b) A team is unable to field 8 uniformed players.
  - c) If, after a warning by the umpire, a team continues to delay the game purposely through devious means or willfully continues to violate rules.
  - d) A team refuses to continue to play.
  - e) All team members haven't played at least 2 full innings in the field prior to the 4th inning of the game.

### POSTPONEMENTS

If bad weather makes playing conditions questionable, call the Softball Hotline to find out if games will be played or not. **THE HOTLINE PHONE NUMBER IS 367-2202.**

### PROTESTS

Protests are not allowed in this program. Differences of opinion should be resolved at the game in a friendly manner. Remember that the umpire's decision is final.

In almost every game situations will arise that have not been discussed in these rules. These should be settled, at the time they arise, by using good common sense combined with a spirit of sportsmanship.

**DO NOT LOSE SIGHT OF THE OBJECTIVES OF THE PROGRAM IN AN EFFORT TO WIN GAMES.**

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