

Northern Hills Fastpitch Softball Association RULES for 2022

Adopted 5/2008; Amendments made in 2009; 2010; 2011; 2015; 2017; 2018; 2019; 2020; 2021; 2022

DIVISION: U6

Tournaments: Not scheduled for tournaments.

Base distance: 60 feet

Pitching rubber to home plate: 35 feet

Ball: 11 inch RIF

Game time: 1 hour, no new innings will start after 55 minutes

Umpire: No Umpires

First Aid Kits: All teams must have one available in the dugout.

Score: No score will be kept.

Team: All players will play at least one half of the game in the field, with free substitution, and all players will bat in the line-up.

Game: A game will be 1 hour with no new innings starting after 55 minutes. Each team will bat the entire roster, each inning, regardless of the number of outs. No score will be kept. A game is over after 60 minutes regardless of where they are at in the game.

Pitching/Catching: Coach will pitch 3 pitches, if girls have not hit the ball a tee will be placed and they will get 3 swings to hit the ball. The batter will hit the ball or be struck out, within the 6 pitches. Coach can pitch from the front of the pitcher circle.

Batting: NO infield fly rule. Girls need to be reminded to not throw the bat.

Base Running: NO stealing at any time. One base on an overthrow, that leaves the field of play.

Helmets: If helmets come off in the field of play on batter/runner and they do not have a chinstrap on they will be called out.

Inclement weather: In the case of weather cancellations, the home team's head coach will contact the visiting team's head coach by 3 pm of game day.

Misc:

- Anyone under the age of 18 on the field as a base coach must wear a batting helmet
- Good sportsmanship is required.
- Coaches can request a change to the rules for an individual game by requesting a coaches and head umpire meeting prior to the start of the game, if all parties agree the change can be made for that game only.

Northern Hills Fastpitch Softball Association RULES for 2022

Adopted 5/2008; Amendments made in 2009; 2010; 2011; 2015; 2017; 2018; 2019; 2020; 2021; 2022

DIVISION: U8

Rules: USA softball rules will be used except for special exceptions noted below.

Tournaments: Not scheduled but could be considered.

Base distance: 60 feet

Pitching rubber to home plate: 35 feet

Ball: 11 inch RIF

Game time: 1 hour, no new innings will start after 55 minutes

Score: Score will be kept.

First Aid Kits: All teams must have one available in the dugout.

Umpire: 1 Umpire will Officiate

Team: All players will play at least one half of the game in the field, with free substitution, and all players will bat in the line-up. To field a team, you must have at least 6 of your own players and may borrow up to 3 from another team. A team may play with 4 outfielders, for a total of 10 players on the field.

Game: A game will be 1 hour with no new innings starting after 55 minutes. 5 run limit per inning. An inning is over when play on the last batter is dead (from an out or run rule) or pitcher has control of the ball in the 16 ft. circle. A game is over after 60 minutes regardless of where they are at in the game. (Games can end in a tie or one team has one more bat than the other).

Pitching/Catching: The pitcher will pitch from 30-35 feet. No wind-up is needed, modified pitching is legal. Coaches must pitch from the rubber at 35 feet. The pitcher must stay in the pitching circle and beside pitching rubber when the coach is pitching. When there is no circle, it is the discretion of the umpire. The circle is 16 feet in diameter around the pitching rubber.

Batting: Each new batter will start with a count of 1 ball and 1 strike. If the count reaches 4 balls, the coach will then pitch assuming the strike count. The coach may throw up to a max of 3 pitches, and the batter must hit or be struck out. There are no walks in this division.

If a team has a U6 player, coaches will pitch 3 pitches. If girls have not hit the ball, a tee will be used and they will get 3 swings to hit the ball. The batter will hit the ball or be struck out, within the 6 pitches. Coach can pitch from the front of the pitcher circle. The pitcher needs to be within the pitcher's circle and beside the pitching rubber. *(2020 Amendment)*

For example, if the coach comes in to pitch to a batter that already has 2 strikes, the next strike results in an out and the at bat is done. If a batter hits a foul ball on the third strike from a coach or pitcher they will receive another pitch. Batter is out on a dropped third strike ball. NO infield fly rule. If a batter is hit by a pitch whether from a girl/pitcher or coach, they may be awarded 1st base if the umpire feels like an attempt was made to move out of the way. Girls need to be reminded to not throw the bat.

Base Running: NO stealing at any time including home plate. A runner must be hit home to score. If the runner leaves early, the umpire will call time and the runner will return to the base. One base on an overthrow, when the ball leaves the playing field.

Helmets: If helmets come off in the field of play on batter/runner and they do not have a chinstrap on they will be called out.

Northern Hills Fastpitch Softball Association RULES for 2022

Adopted 5/2008; Amendments made in 2009; 2010; 2011; 2015; 2017; 2018; 2019; 2020; 2021; 2022

Division U8 Continued

Inclement weather: In the case of weather cancellations, the home team's head coach will contact the visiting team's head coach by 3 pm of game day.

Misc:

- When on defense, a team may have a coach on each side of the infield behind the base path, and one behind the plate to help players with alignment and instruction. The coach must not be within the base paths and cannot touch any player or the ball. 10U teams can play with 7 players without penalty. Playing with 6 players will result in an out when the missing 7th batter appears in the lineup. *(2020 Amendment)*
- Anyone under the age of 18 on the field as a base coach must wear a batting helmet
- Good sportsmanship is required.
- Coaches can request a change to the rules for an individual game by requesting a coaches and head umpire meeting prior to the start of the game, if all parties agree the change can be made for that game only.

Northern Hills Fastpitch Softball Association RULES for 2022

Adopted 5/2008; Amendments made in 2009; 2010; 2011; 2015; 2017; 2018; 2019; 2020; 2021; 2022

Division U10

Rules: USA softball rules will be used except for special exceptions noted below.

Tournaments: U10 will play with Northern Hills Rules.

Base Distance: 60 feet

Pitching Rubber to Home Plate: 35 feet

Ball: 11 inch

First Aid Kits: All teams must have one available in the dugout.

Umpire: 1 Umpire will Officiate

Game Time: 1 hour 10 minutes, no new innings after 1 hour 5 minutes.

Score: Mercy rule in effect: 15 runs after 3 innings, 12 after 4, 10 after 5.

Team: Coaches are encouraged to play their players for half of the game (defensively), with free substitution, and all players will bat the line-up. To field a team, you must have at least 6 of your own players and may borrow up to 3 from another team. A team may play with 4 outfielders, for a total of 10 players on the field.

Game: A game will be 1 hour and 10 minutes with no new innings starting after 1 hour and 5 minutes. 5 run limit per inning. An inning is over when play on the last batter is dead or the pitcher has control of the ball in the 16ft. circle. Games can end in a tie.

Pitching/Catching: A pitcher must start with the pivot foot on the rubber and their non-pivot foot in contact with or behind the rubber within 24". The pivot foot must always remain in contact with the pitcher's plate prior to the forward step. A backward step may be taken before, simultaneous with or after the hands are brought together. *(2020 Amendment)* No wind-up is needed, modified pitching is legal. When there is no circle of chalk it is the discretion of the umpire. The circle is 16 feet in diameter around the pitching rubber.

Batting: No pitch count when the batter gets up to bat. **NO** infield fly rule. **NO** Coach Pitch. There will be one (1) warning for a thrown bat and any offense after that the batter will be out. No dropped 3rd strike rule as batter does not advance to 1st on a dropped 3rd strike. They are considered out. Batters can be walked, including walking a runner home.

Base Running: HOME PLATE IS CLOSED UNTIL JUNE 13, 2022.

Runners may steal between 1st and 3rd (1 base/ 1 pitch) anytime in the season. Runner must stay on their base until the ball LEAVES the pitcher's hand, if the runner leaves too soon the runner will be called out.

Rule prior to June 13, 2022: A Runner is never able to steal home plate. A runner can only come home from 1) a hit, 2) a batter is hit by a pitch and forces a runner home, or 3) a batter walks and bases are loaded and the runner is forced home. If a catcher makes a throw down and the ball is missed by the fielder, the runner cannot steal home. (1base/1pitch)

Rule after June 13, 2022: U12 batting and base running rules will apply. Home base is open to steal, but it will still be 1 base / 1 pitch (i.e. they can't steal 3rd base and then on an overthrow to 3rd base then steal home; in order to steal home, they would have to start on 3rd base before the pitch in order to steal home).

Northern Hills Fastpitch Softball Association RULES for 2022

Adopted 5/2008; Amendments made in 2009; 2010; 2011; 2015; 2017; 2018; 2019; 2020; 2021; 2022

Division U10 Continued

Helmets: If helmets come off in the field of play on batter/runner and they do not have a chinstrap on they will be called out.

Inclement weather: In the case of weather cancellations, the home team's head coach will contact the visiting team's head coach by 3 pm of game day.

Misc:

- 10U teams can play with 7 players without penalty. Playing with 6 players will result in an out when the missing 7th batter appears in the lineup. *(2020 Amendment)*
- Anyone under the age of 18 on the field as a base coach must wear a batting helmet
- Good sportsmanship is required.
- Coaches can request a change to the rules for an individual game by requesting a coaches and head umpire meeting prior to the start of the game, if all parties agree the change can be made for that game only.

Northern Hills Fastpitch Softball Association RULES for 2022

Adopted 5/2008; Amendments made in 2009; 2010; 2011; 2015; 2017; 2018; 2019; 2020; 2021; 2022

Division U12

Rules: USA softball rules will be used except for special exceptions noted below.

Tournaments: U12 will play USA Softball rules.

Base Distance: 60 feet

Pitching Rubber to Home Plate: 40 feet

Ball: 12 inch: Pro 9, 47 core, 375 compression

First Aid Kits: Required in the dugout

Umpires: 2 umpires will officiate when possible

Game Time: 1 hour and 20 minutes, no new innings after 1 hour 15 minutes

Score: Mercy rule in effect: 15 runs after 3 innings, 12 after 4, 10 after 5

Team: All players will play at least one half the game in the field, with free substitution, and all players will bat in the line-up. To field a team you must have at least 6 of your own players and may borrow up to 3 from another team. All teams will have a first aid kit in their dugout.

Game: A game will be 1 hour and 20 minutes with no new innings starting after 1 hour and 15 minutes. 5 run limit per inning. Games can end in a tie.

Pitching/Catching: A pitcher must start with the pivot foot on the rubber and their non-pivot foot in contact with or behind the rubber within 24". The pivot foot must always remain in contact with the pitcher's plate prior to the forward step. A backward step may be taken before, simultaneous with or after the hands are brought together. *(2020 Amendment)* No wind-up is needed, modified pitching is legal.

Batting: No pitch count when the batter gets up to bat. Uncaught foul tips do not count as strikes on the third strike. Infield fly rule in effect. If the batter is struck by a pitched ball they are awarded first base if the umpire feels like an attempt was made to move out of the way. If the catcher drops the third strike the batter can run: a) if first base is unoccupied with 0 or 1 out, or b) with 2 outs. If the batter throws their bat, they will be called out. A warning will be given to each team before the game starts; if the umpire forgets to give the warning it is up to the coach to remind their team.

Base Running: Runner must stay on their base until the ball LEAVES the pitcher hand, if the runner leaves too soon the runner will be called out.

Helmets: If helmets come off in the field of play on batter/runner and they do not have a chinstrap on they will be called out.

Inclement weather: In the case of weather cancellations, the home team's head coach will contact the visiting team's head coach by 3 pm of game day.

Misc:

- 12U teams can play with 8 players without penalty. Playing with 7 players will result in an out when the missing 8th batter appears in the lineup.
- Any player may be a Courtesy Runner for catcher and pitcher. If the courtesy runner is stranded, she is out and then she bats.

Northern Hills Fastpitch Softball Association RULES for 2022

Adopted 5/2008; Amendments made in 2009; 2010; 2011; 2015; 2017; 2018; 2019; 2020; 2021; 2022

Division U 12 Continued

- Anyone under the age of 18 on the field as a base coach must wear a batting helmet
- Good sportsmanship is required.
- Coaches can request a change to the rules for an individual game by requesting a coaches and head umpire meeting prior to the start of the game, if all parties agree the change can be made for that game only.

Northern Hills Fastpitch Softball Association RULES for 2022

Adopted 5/2008; Amendments made in 2009; 2010; 2011; 2015; 2017; 2018; 2019; 2020; 2021; 2022

Division U14/U16

Rules: USA softball rules will be used except for special exceptions noted below.

Tournaments: U14 and U16 will play USA Softball rules. Except when a U14 team is playing a U16 team the notation will be in affect

Base Distance: 60 feet

Pitching Rubber to Home Plate: 43 feet

Umpires: 2 umpires will officiate when possible

First Aid Kits: Required in the dugout

Ball: 12 inch: Pro 9, 47 core, 375 compression

Game Time: 1 hour and 20 minutes, no new innings after 1 hour 15 minutes

Score: Mercy rule in effect: 15 runs after 3 innings, 12 after 4, 10 after 5

Team: All players will play at least one half of the game in the field, with free substitution, and all players will bat in the line-up. To field a team you must have at least 6 of your own players and may borrow up to 3 from any other team. All teams will have a first aid kit in their dugout.

Game: A game will be 1 hour and 20 minutes, with no new innings starting after 1 hour and 15 minutes. 5 runs per inning. An inning is over when play on the last batter is dead or the pitcher has control of the ball in the 16 ft. circle. Game can end in a tie.

Pitching/ Catching: A pitcher must start with the pivot foot on the rubber and their non-pivot foot in contact with or behind the rubber within 24". The pivot foot must always remain in contact with the pitcher's plate prior to the forward step. A backward step may be taken before, simultaneous with or after the hands are brought together. (2020 Amendment) No wind-up is needed, modified pitching is legal.

Batting: No pitch count when the batter gets up to bat. Foul tips do not count as strikes on the third strike. Infield fly rule in effect. If the batter is struck by a pitched ball they are awarded first base if the umpire feels like an attempt was made to move out of the way. If the catcher drops the third strike the batter can run: a) if first base is unoccupied with 0 or 1 out, or b) with 2 outs. If the batter throws their bat, they will be called out. A warning will be given to each team before the game starts; if the umpire forgets to give the warning it is up to the coach to remind their team.

Base Running: Runner must stay on their base until the ball LEAVES the pitcher's hand, if the runner leaves too soon the runner will be called out. Steel cleats will be allowed in Northern Hills, in accordance with USA Softball.

Helmets: If helmets come off in the field of play on batter/runner and they do not have a chinstrap on they will be called out.

Inclement weather: In the case of weather cancellations, the home team's head coach will contact the visiting team's head coach by 3 pm of game day.

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Division U14/U16 Continued

Misc:

- **When a U16 team is playing a U14 team,** the U16 team will start with a one strike count while batting and will have a 5 run limit, U14 teams will have an 8 run limit.
- 16U and 14U teams can play with 8 players without penalty. Playing with 7 players will result in an out when the missing 8th batter appears in the lineup. *(2020 Amendment)*
- Anyone under the age of 18 on the field as a base coach must wear a batting helmet
- Good sportsmanship is required.
- Coaches can request a change to the rules for an individual game by requesting a coaches and head umpire meeting prior to the start of the game, if all parties agree the change can be made for that game only.