

Central Perk Youth Association

Softball Rules and Goals



This handbook is designed to be a guide for present and future members of the Central Perkiomen Youth Association (CPYA).

The Philosophy, objectives, procedural statements and other information contribute to the smooth operation of the CP SOFTBALL LEAGUE.

No handbook could possibly provide all the answers to all the Softball League questions, but familiarity with this manual, along with good judgment should help in making good decisions for the League.

All items in this handbook are subject to revision periodically. Ideas for improvements are encouraged at any time. The various chapters in this manual deal with all facets of our league operation. Any part of this manual shall be considered the "rules" of the CP SOFTBALL program and should be adhered to accordingly.

PHILOSOPHY

Central Perkiomen Youth Association (CPYA) exists to provide a safe, enjoyable environment for children to learn the great game of Softball. The safety and wellbeing of young players is the primary objective of CP. The goal is to teach Softball skills so the players can improve and develop satisfaction and enjoyment of the game. The objective of this association is to implant the youth of the community ideals of good sportsmanship, honesty, loyalty, courage and reverence, so they may be finer, stronger, and happier youths who will grow to be healthy and confident adults.

GENERAL RULES – ALL LEVELS (Regular Season)

1. Babe Ruth Softball rules apply unless specifically excepted in this document.
2. CP is a RECREATIONAL league. The intensity in a Softball game should never reach a level that detracts from the basic rules of good sportsmanship and fair play.
3. All Managers must conduct their program in a manner that ensures the safety of each player.
4. All Managers and Coaches must have completed the required CP Background check before being able to coach at any level. The link to the Protect Youth Sports website can be found on the CP web site. Background checks are good for one year from the date of issue.
5. Managers are responsible for keeping their coaches, players, and partisan spectators under control, observing good etiquette, and exhibiting sportsmanlike conduct at all practices and games.

6. Managers will conduct a mandatory team meeting involving players and parents at the first practice so that expectations are clearly communicated. At this meeting Managers and coaches should make clear the rules of good conduct with all parents.
7. Managers are responsible to have the best interest of the PLAYER in mind at all times.
8. Managers will provide all players with a game schedule once the League has approved the schedule. The Softball Commissioner will develop a practice schedule that is fair to all teams. Managers can update and add more if needed.
9. Only Managers, coaches, scorekeepers, players, umpires, and League officials are permitted in the dugout during a game.
10. Base coaches must remain in the coach's box when their team is at bat and in dug out behind the fence when their team is in the field.
11. Managers, coaches, and parents are responsible for limiting the communication and items passed during the games to the players while on the team benches and playing field. This includes food, drinks, and conversation between players, parents, and siblings. The goal is to offer encouragement with the least amount of distractions.
12. Only the Manager may question an umpire's ruling and such cases are limited to rule interpretations only. A judgment call of an umpire should never be questioned. The Manager shall not allow any coaches, players, or parents to question or harass an umpire in any way. The Manager may never leave the dugout or coach's box to talk to an umpire, without first receiving the umpire's permission. CP is a RECREATIONAL league. The intensity in a Softball game should never reach a level that detracts from the basic rules of good sportsmanship.
13. Protests are not allowed during the regular season. During the playoffs, protests are allowed for rule interpretations only. The umpire and the Softball Director/Commissioner (or his designate) will resolve the protest BEFORE play resumes. Judgment calls are not subject to protest.
14. Managers, players, coaches, and spectators shall not behave improperly or use abusive language. The penalty for this behavior is:
 - a. First Occurrence - Automatic ejection from the game.
 - b. Second Occurrence - Automatic ejection from the game PLUS suspension for the next game.
 - c. Third Occurrence - Ejection from the league for the year.

Any ejection can be appealed to the CP Board of Directors or their designate, with the player, Manager/Coaches, and umpire attending. The decision is final and not subject to further appeal.
15. For the safety of the players and umpires, the intentional throwing of any equipment is prohibited. Managers should teach their players the proper way to drop the bat after hitting the ball. Penalties for throwing of equipment are at the umpire's discretion, up to ejection for repeat offenses.
16. When coaching and/or umpiring clinics are offered, attendance by ALL Managers and coaches is strongly recommended. Attendance at such clinics will be consideration for future-coaching positions at all levels.

17. Managers and coaches should strive to make playing time as equal as possible for all players on the team during the regular season. During the regular season, each player must play three (3) innings in the field, unless:
 - a. The game is shortened due to weather, darkness, or game time.
 - b. A player arrives late or leaves early.
18. During regular season games, all players should be given the opportunity to play the infield and outfield in each game. All players should be given the opportunity to play the infield for at least 2 innings each regular season game. However, it is up to the coaches to place players with skill set and safety in mind. For instance, as the girls get older, the ball gets hit harder and comes out faster, so players in the infield need to pay attention or someone will get hurt.
19. There are no intentional walks.
20. Games will consist of six (6) innings. During the regular season, there will be no extra innings in case of a tie. Tie games will not be replayed. Games are considered official after three (4) full innings, or 2 1/2 if the Home team is ahead. The league will attempt to reschedule games that are not official during the regular season based on field availability. The Instructional leagues will play as many innings as the allotted time permits or as warranted considering other factors (e.g. weather) given the ages of the players.
21. In the event of inclement weather or lack of daylight, the League may suspend play. If the League has not suspended play, the Managers and Umpires will use their discretion on whether or not to play, with the player's safety in mind.
22. Only the Softball Director/Commissioner or his designate may cancel a game for reasons other than weather.
23. The League Commissioner will reschedule cancelled and unofficial games, with priority given to cancelled games. Games will be rescheduled based on field availability. The League reserves the right to not reschedule a game if fields are unavailable. Rescheduled games will be replayed in their entirety.
24. Pitching limits of unofficial or tie games count toward league weekly allotments.
25. The umpire will notify both teams of the official time of the first pitch. If there is a game following the current game, there is a one-hour and thirty minute time limit on the game (1:30). Once the time limit has been reached, the current inning (top and bottom halves, if home team is trailing or tied) may be completed without regard to the time limit. However, no new inning may begin after the time limit has been reached.

Example: Team A (home) and Team B begin at 1:01 PM. Teams C and D are scheduled to play at 3:00 PM. At 2:31 PM, the time limit is reached in the top of the 5th inning and Team B leading. The game will end after the bottom of the 5th inning.
26. All players present must bat consecutively. All players must play at least half the game in the field. A manager may sit a player for disciplinary reasons but must report the incident to the Softball Commissioner before the next scheduled game. Players arriving late will be put last in the batting order.
27. Each Manager will supply a copy of his batting order, consisting of player's last name and number, to the opposing manager. Managers must keep scorebooks that include player's first and last names and numbers and return to league commissioner once season has ended. This is important administrative matter in order to support the eligibility of players for the travel season. .

28. Players in the field and on the bench are encouraged to "chatter" to support their teammates. However, "chatter" should not distract the batter nor be derogatory to the opposing team in any way.
29. Catchers may catch the entire game, but Managers should attempt to utilize more than one catcher in a game whenever possible, especially on hot days. If a pitcher throws one pitch in an inning and is removed from the mound for any reason, she is considered to have pitched one inning. There are no thirds of an inning when calculating pitched innings.
30. All pitchers (player or coach) must pitch from the pitching rubber.
31. Any player warming up a pitcher, whether on the field or on the sidelines, must wear a glove and protective mask.
32. **MANDATORY NO CONTACT RULE (Slide or Surrender):** During the first few weeks of the regular season (until May 1), if a runner does not slide and makes no effort to avoid contact with the player making the play, the umpire can use their discretion and issue a warning the runner as opposed to declaring the runner out. A second offense will result in the runner being declared out. After May 1, a runner will automatically be declared out if a runner does not slide and makes no effort to avoid contact with the player making the play.
33. Headfirst slides are not permitted unless diving back into a base that a runner has successfully reached. Any runner making a headfirst slide will be declared out. Repeat offenses by any player in the same game will result in the ejection of that player.
34. Players are not permitted to coach at first or third base.
35. Only the on-deck batter is permitted in the designated on-deck area. All other players must remain on the bench when not in the field, on the bases, or at bat. Players may not swing bats in any other area.
36. A fielding glove, batting glove, approved batting helmet with facemask, fielders mask, and bat(s) are the only personal equipment a player can use, except the catcher. If a catcher has his own equipment, she may use it as long as it is considered "normal" catcher's equipment.
37. Fielder's masks are **REQUIRED** for girls playing Pitcher, 1st or 3rd base. However, it is highly recommended to be worn for all other infield positions.
38. A cage is **REQUIRED** for all batting helmets.
39. To speed up play, Managers are encouraged to use a courtesy runner for their catcher when the next innings catcher is on base and there are two outs. Courtesy runners are not permitted in any other instances except in the case of injury. The courtesy runner will be the player who made the last batted out.
40. **Call Up Players** – The call up program allows short-handed teams to play with a full team and exposes younger players to a higher level of play. As such, calling up a player should not be used as a mechanism to improve a team. The League Commissioners in the Instructional Rookies, Minors, and Majors will identify a pool of higher-skilled players that will be available for temporary use by short-handed teams. This list will be distributed to the Managers and League Commissioners of the higher leagues. Managers may call up a player or players from a lower league to bring his/her team up to 10 players. Call up players cannot play up if their regular team has a scheduled game. Call up players are subject to the same playing time provisions as regular players with the following exceptions:
 - a. Call up players may NOT pitch.
 - b. Call up players may only play two innings in the infield, including catcher.
 - c. Call up players must bat at the bottom of the batting order.
 - d. Call up players cannot play more than a rostered player

The Softball Commissioner reserves the right to review and appropriately address any use of the call up rules deemed inconsistent with the intent of the rule.

41. A team may only score five (5) runs in an inning. Once the fifth run in the inning has scored, the half-inning is declared over. This rule does NOT apply in the sixth inning or extra innings. This rule applies to all leagues.
42. After the completion of the fourth inning, if either team is ahead by 10 or more runs, the game will be declared over. At the discretion of both coaches, game can be continued until proper time limit has been reached.
43. Players may not wear any jewelry or non-Softball headwear.
44. The home team is responsible for bringing any necessary equipment to the field and preparing the field before the game (lining and dragging the field, etc.). The visiting team is responsible for retuning equipment (and locking the relevant shed) and for raking the field after the game and emptying the trash cans into the dumpsters. Both teams must clear their dugout area of litter and police the field after the game.
45. Alcoholic Beverages are not permitted at CP Premises.
46. Tobacco products are not permitted on the playing field or in the dugout.
47. All players in CP Softball are required to play in the league for which they are age-appropriate as defined by Babe Ruth Softball. Any exceptions require the approval of the Softball Commissioner.
48. The Softball Commissioner's approval, in consultation with the Softball Director, is required for players to play below their age-appropriate league (playing down).

FIVE & SIX YEAR OLD INSTRUCTIONAL TEE-BALL DIVISION (6U)

1. 6U Softball is offered for female player's ages 5 & 6 as of January 1st of the current calendar year. This division is a child's first exposure to organized Softball. The program is designed to introduce children to the basic concepts of Softball in a fun and stress-free environment helping them make the transition into 8U softball (Rookie). Teams will play one or two games per week (depending on number of teams); practices will be limited given the age of the children.
2. Games are scheduled for 60 minutes fitting in as many innings as is reasonable during the allotted time. Games should continue to be used as a teaching mechanism given the age of the children.
3. A 10-inch RIF (Reduced Injury Factor, soft) ball will be used for all practices and games.
4. Managers should strive to teach their players the following basic skills and concepts:
 - a. Softball positions
 - b. Proper batting stance and level swing
 - c. Base running: running through first base and home plate and to second base and third base.
 - d. Proper Throwing technique: proper arm position, leg drive and follow through. "Step, throw, touch your toe."
 - e. Catching: catch with two hands. Fingers point up on ball above the waist; fingers point down on balls below the waist.
 - f. Fielding ground balls: Knees bent, feet slightly wider than shoulder-width, glove down and slightly in front of the body (scoop some dirt).
5. During games, all players present will bat each inning. Managers are encouraged to rotate the batting order each inning so each player has equal opportunity to bat first and bat last.
6. For at least the first half of the season (until May 1) each batter should hit from the tee. The goal is to teach proper hitting mechanics and fundamentals. For the second half of the season (after May 1), each batter will receive five hittable pitches from the coach. If after the fifth pitch the ball has not been put in play, the batter must hit from a tee. This will be strictly enforced to ensure the game moves along.
7. Except for the last batter, batter/runners and runners shall advance one base at a time, unless the ball is cleanly hit into the outfield. On the last batter, all runners will circle the bases.
8. On defense, all players are to be placed in the field. Normal infield positions only. Remaining players should spread out in the outfield. Managers should instruct their players when it is appropriate to pursue a ball. For example: The third-baseman should not run after a ball hit into right field. Managers should rotate positions each inning and ensure each player has equal opportunity to play each position.

No catchers. Coaches and parents should help retrieve balls thrown to batter.
9. Prior to May 1, all base runners will be safe to get used to running the bases, even if an out is recorded. After May 1, if an out is made at a base, the player should take a seat. All batters will still bat that inning no matter how many outs are recorded. When 3 outs are made, the bases will be cleared but the batting team will continue to bat the rest of the lineup.
10. Coaches are permitted in the field of play while their team is on defense to instruct players. If needed, parents can assist.
11. Score is not recorded, no wins or losses.
12. Coaches will be required to complete player evaluations at the end of the season. Forms will be provided by the league commissioner.

SEVEN & EIGHT YEAR OLD INSTRUCTIONAL DIVISION (ROOKIE - 8U)

1. The 7 & 8 YEAR OLD Instructional League is a bridge between the introductory 5/6 year old division and the competitive leagues. As the season progresses, players in this division will be introduced to a more competitive environment. However, managers are encouraged to continue developing the basic skills learned in the 6U Instructional league while introducing new concepts such as outs.
2. Games in this Division are scheduled for two hours with no new innings started after 90 minutes.
3. An 11-inch standard softball shall be used.
4. Batter/runners and runners should advance one base at a time, unless the ball is cleanly hit into the outfield. Coaches should not attempt to advance a runner at this level of play taking advantage of the age and skill level of the players.
5. All batters present will bat each inning. Managers are encouraged to rotate the batting order each game so each player has bats in each batting order position an equal number of times.
6. The "dropped third strike" rule shall not apply during any segment of the game.
7. The infield fly rule is not in effect.
8. Leads and Stealing are not permitted at any time. Players can take a lead once the ball is released from the pitcher
9. Prior to May 1, coach pitch for the entire game to start the season. After May 1, we will introduce player pitch to the game. The pitcher must use underhand or windmill type motion, as described in the Babe Ruth Softball Rule Book. The pitching distance will be 32 feet from the front of the pitching rubber/stripe to the back of home plate.
 - a. Before May 1 - During the coach pitch portion of the games, players get 5 hittable pitches. If players do not put the ball in play, it is up to the coach's discretion if a hitting T should be used.
 - b. After May 1 - Player pitching will be introduced. The pitcher will throw a maximum of 3 pitches to each batter. These pitches will not count as strikes against the batter. If after the 3 player pitches the ball has not been put in play by the batter, the coach (of the hitting team) will pitch to the batter a maximum of 5 hittable pitches. If at any time the player swings and misses at a 3rd strike (where all strikes comes from the coach) the player shall be declared out. With the exception of foul balls, if the batter does not put the ball in play after these 5 hittable pitches they, are declared out. Walks are not permitted.
10. Pitchers may pitch a maximum of two innings in a game. One of goals of this league is to promote pitching for all players. Coaches should give all players who wish to pitch the opportunity to try to pitch. However, coaches should use good judgment based on how the players perform during practice (e.g., they should be somewhat able to pitch within the strike zone, if they cannot, the player should probably not pitch and should be encouraged to keep practicing).
11. Both feet must be in contact with the rubber/stripe to start the pitch. One foot must remain in contact with ground (toe drag) until ball is released.
12. A play will be declared over once the ball is in control in the infield. The call is made in the coach's judgment and is not subject to appeal. Coaches should not take advantage of the lack of skill of players at this age and send players to the next base simply to advance a runner. A good general rule of thumb is "if the players in the field were of an advanced age and skill such that you normally would not consider sending the runner, then don't send her".

13. 3 outs or 5 runs per inning. Unlimited runs in the 6th inning.
14. No extra bases on overthrows.
15. Each team will field ten players. Defensively, only six (6) players are permitted in the infield: Pitcher's mound, catcher, 1B, 2B, SS, and 3B. Remaining players (4) should spread out in the outfield – no short fielder is allowed behind second base. Outfielders must be positioned in the outfield grass. Managers should instruct their players when it is appropriate to pursue a ball.
16. Coaches should teach the concept of "backing up" and should discourage players running after a ball (e.g., the third-baseman should not run after a ball hit into left field). Players should be taught the "Ball, Base, Backup" principle- players should do one of these on each play. If a player cannot make a play on the ball, they should cover a base. If the player cannot cover a base, they should backup the fielder or a base.
17. Coaches are permitted in the field of play while their team is on defense to instruct players. If needed, parents can assist.
18. Coaches are to keep score and a scorebook which is required for those girls interested in playing for the CP travel team. Also, coaches will be responsible for updating the website with game results.
19. Coaches will be required to complete player evaluations at the end of the season. Forms will be provided by the league commissioner.

MINOR LEAGUE ADDITIONAL RULES (10U)

1. An 11-inch softball shall be used
2. The infield fly rule is not in effect.
3. Bunting is allowed. However, once a batter "shows" bunt, the batter cannot take a full swing at the pitch. The batter must bunt or take the pitch. If the batter "shows" bunt and then swings, the batter will be declared out and a dead ball will be called.
4. Leads/Stealing - Runners may not leave the base until the ball has been released by the pitcher.
5. No advance on an overthrow on steal (2nd and 3rd only). A player can only steal 3rd base with no running on overthrow on the pitch.
6. No stealing home
7. A play will be declared over once the pitcher has control of the ball in the pitcher's circle. Runners must have achieved at least 1 / 2 the distance to their next base when play is stopped to earn the additional base. The call is made in the umpire's judgment and is not subject to appeal. Coaches should not take advantage of the lack of skill of players at this age and send players to the next base simply to advance a runner. **A good general rule of thumb is "if the players in the field were of an advanced age and skill such that you normally would not consider sending the runner, then don't send her".**
8. With the exception of the pitching position, free substitution is allowed.
9. Prior to May 1, the first two (2) innings of the game will be coach pitch. The remainder of the game will be player pitch. The only exception is intra-league games where it will be all player pitch as determined by both head coaches. For instance, games against Spring-Ford, ARA, Kimberton, etc. After May 1, it will be all player pitch.
10. Players and coaches must pitch from the pitching rubber at 35 ft.
11. During coach pitch segment of the game, each batter will receive 5 hittable pitches from the hitting teams coach. If the batter does not put the ball in play after the 5th hittable pitch, or has swung at the 3rd strike, the batter will be called out. There are no walks during coach pitch portion of the game. If the batter fouls off the last pitch, they will be awarded another pitch.
12. During player pitch segment of the game, normal softball rules regarding balls and strikes will be in effect with the following exceptions:
 - a. An expanded strike zone will be used at the discretion of the umpire. This especially applies during the beginning of the season. Players should be encouraged to swing at hittable pitches.
 - b. A pitcher cannot walk in a run. If the bases are loaded and ball four is pitched, a batting team coach will come in a pitch to the batter. The coach must pitch from 35 ft and assumes the batters count. The batter gets a max of three pitches to put the ball in play. If the batter fouls off the third, 4th, 5th, etc pitches she will get another pitch until she misses, hits or doesn't swing.
 - i. Ex 1 bases loaded, 3-2 count and ball four is pitched for team A. Team a coach comes in and throws a strike and batter does not swing. The batter still gets 2 more pitches to swing as once the coach comes in ball and strikes are not called by the umpire.
 - ii. Ex 2. Same scenario as above but the batter swings at the coach's pitch and misses. The result is a strikeout.
 - iii. Ex 3 Same scenarios as above and the coach pitches the third ball behind the batters head. The result is still a strikeout.

13. A batter must attempt to avoid being hit by a pitch. It is up to the umpire to determine if a base is awarded
14. If a batter is hit with bases loaded, the batter will have the option to either take the base or finish the count with the coach pitching.
15. If a pitcher pitches one ball and then is removed from the mound for any reason, the pitcher will be credited for one full inning pitched towards her allotment.
16. A pitcher can pitch a max of 3 innings per game.
17. The pitcher must use the underhand or windmill type motion, as described in the Babe Ruth Softball Rule Book.
18. Both feet must be in contact with the rubber to start the pitch. One foot must remain in contact with ground (toe drag) until ball is released.
19. 3 hit batters per inning, pitcher is removed from inning. Maximum of 5 hit batters per game, pitcher is removed from game.
20. The front of the pitching rubber shall be placed 35 feet from the rear of home plate.
21. Each team will field ten players. The tenth fielder must be positioned in the outfield.
22. The "dropped third strike" rule shall not apply.
23. If a base runner makes contact with a defensive player who, in the judgment of the umpire, is in the act of making a play and the base runner is not sliding, the base runner shall be called out. A dead ball shall be called. The intent of this rule is to protect the fielder and runner from a collision. Coaches should be teaching the players how to slide properly. Coaches should not look to have a player called out simply because a player does not slide and there was no real close play at the base.
24. Games in this Division are scheduled for 2 hours with no new innings started after 90 minutes.
25. 3 outs or 5 runs per inning. Unlimited runs in the 6th inning
26. 10 run rule in effect after 4 innings.
27. Continuous lineup
28. Rainouts can be rescheduled between coaches.
29. Coaches are to keep score and a scorebook which is required for those girls interested in playing for the CP travel team. Also, coaches will be responsible for updating the website with game results.
30. Coaches will be required to complete player evaluations at the end of the season. Forms will be provided by the league commissioner.

Playoffs

1. If a playoff game is tied after six full innings, or time limit has been reached, international tie breaker rules will be used.
2. Playoff games are scheduled for 2 hours with no new innings started after 1:45.

MAJOR LEAGUE ADDITIONAL RULES (12U)

1. A 12-inch softball shall be used.
2. The infield fly rule is in effect.
3. **Dropped 3rd strike is in effect.** Catchers must catch the third strike when first base is not occupied with less than two outs or anytime there are two outs.
4. Bunting is allowed. However, once a batter "shows" bunt, the batter cannot take a full swing at the pitch. The batter must bunt or take the pitch. If the batter "shows" bunt and then swings, the batter will be declared out and a dead ball will be called.
5. With the exception of the pitching position, free substitution is allowed.
6. The pitcher re-entry rule shall apply. A pitcher may re-enter a game one time as a pitcher under the following conditions:
 - a. She must be the starting pitcher, and
 - b. She must be eligible to pitch, and
 - c. She must not have been removed because of a second trip to the mound.
7. A pitcher can pitch a max of 3 innings per game.
8. If a pitcher pitches one ball and then is removed from the mound for any reason, the pitcher will be credited for one full inning pitched towards her allotment.
9. The pitcher must use underhand or windmill type motion, as described in the Babe Ruth Softball Rule Book.
10. Pitchers must have one foot remain in contact with the ground (toe drag) until the ball is released.
11. The front of the pitching rubber shall be placed 40 feet from the rear of home plate.
12. Each team will field ten players. The tenth fielder must be positioned in the outfield.
13. Game time limit is 2 hours. No new inning may start after 1:30 hours.
14. Stealing is allowed. However, the base runner may not leave the base until the release of the pitch.
15. If a base runner makes contact with a defensive player who, in the judgment of the umpire, is in the act of making a play and the base runner is not sliding, the base runner shall be called out. A dead ball shall be called. The intent of this rule is to protect the fielder and runner from a collision.
16. 3 outs or 5 runs per inning. Unlimited runs in the 6th inning
17. Continuous lineup
18. Coaches are responsible for updating the website with game results.
19. Coaches will be required to complete player evaluations at the end of the season. Forms will be provided by the league commissioner.

SENIOR LEAGUE ADDITIONAL RULES (14U & 16U)

1. A 12-inch softball shall be used.
2. The infield fly rule is in effect.
3. **Dropped 3rd strike is in effect.** Catchers must catch the third strike when first base is not occupied with less than two outs or anytime there are two outs.
4. Bunting is allowed. However, once a batter "shows" bunt, the batter cannot take a full swing at the pitch. The batter must bunt or take the pitch. If the batter "shows" bunt and then swings, the batter will be declared out and a dead ball will be called.
5. With the exception of the pitching position, free substitution is allowed.
6. The pitcher re-entry rule shall apply. A pitcher may re-enter a game one time as a pitcher under the following conditions:
 - a. She must be the starting pitcher, and
 - b. She must be eligible to pitch, and
 - c. She must not have been removed because of a second trip to the mound.
7. If a pitcher pitches one ball and then is removed from the mound for any reason, the pitcher will be credited for one full inning pitched towards her allotment.
8. The pitcher must use underhand or windmill type motion, as described in the Babe Ruth Softball Rule Book.
9. Pitchers must have one foot remain in contact with the ground (toe drag) until the ball is released.
10. The front of the pitching rubber shall be placed 43 feet from the rear of home plate.
11. Each team will field nine players.
12. Game time limit is 2 hours. No new inning may start after 1:30 hours.
13. Stealing is allowed. However, the base runner may not leave the base until the release of the pitch.
14. If a base runner makes contact with a defensive player who, in the judgment of the umpire, is in the act of making a play and the base runner is not sliding, the base runner shall be called out. A dead ball shall be called. The intent of this rule is to protect the fielder and runner from a collision.
15. 3 outs or 5 runs per inning. Unlimited runs in the 6th inning
16. Continuous lineup
17. Coaches are responsible for updating the website with game results.
18. Coaches will be required to complete player evaluations at the end of the season. Forms will be provided by the league commissioner.