

2026 Arrowhead Fastpitch League

League Rules: 14U, 16U, 18U

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**Arrowhead Fastpitch League will follow USSSA Rules unless otherwise indicated below.
All teams must roster all players through USSSA.**

1. **Age** is determined by player's age as of midnight on December 31, 2024. The board must approve any player desiring to play in a lower age division. However, any player 'playing down' is not allowed to be a pitcher or catcher and will not qualify for tournament play at the lower age level. Limit of two players playing down per team. Players are allowed to play in higher age divisions, but must be rostered on each team.
2. **Select teams.** Definition is: "Privately managed organization formed from open tryouts or direct recruitment outside of league play AND includes players from more than one community." Select Teams will be required to move up one age level, with the option to petition the board if they feel they do not have adequate pitching or will not be able to compete fairly at the upper age level. A written petition should be sent to the board by the registration deadline
3. **Number of Players.** A game can start, play, and finish with 8 players, no "auto-out". If a player is ejected from the game bringing the number of players to less than 8, that team forfeits.
4. **Time Limit.** No new inning after 1 hour 15 minutes for 14U, 16U, and 18U.
 - A. For 14U, game ends at 90 minutes regardless if last inning is completed. (Drop Dead Rule)
If home team is ahead, they win. If visitor is ahead, reverse back to the previous completed inning score.
 - B. For 16/18U, if an inning has started, it must be finished if the home team is behind.
5. **Time Outs.**
 - A. Two defensive time-outs per game are allowed, (one additional per extra inning if beyond 7 innings).
 - B. One offensive time-out per inning is allowed.
5. **Run Limits.** USSSA run-ahead rules will apply in all games: 15 runs after 3 innings, 12 runs after 4 inning, 8 runs after 5 innings.
 - A. For 14U, there is a 5 run per inning limit for the first three innings. Any inning beyond the third will be unlimited runs.
 - B. If a team is ahead by 10 runs or more at the start of their at bat, they will be limited to scoring 4 runs for that inning.
 - a. Example 1. Team A scores 12 runs in the first inning and Team B scores 1 run. Team A will only be able to score 4 runs in each inning thereafter as long as they stay ahead by 10 or more runs.
 - b. Example 2. After first inning, Team A has 12 runs, Team B has 1 run. Second inning, Team A has 4 run limit and scores 1 run, Team B scores 6 runs, score is now 13-7. Team A has no run limit in third inning. Third inning, Team A scores 9 runs, Team B scores 1 run. Score is now 21-8. Team A is now back to 4 run limit.
6. **Batting lineup.**
 - A. Teams may bat the full lineup OR should follow USSSA rules.
 - a. Full lineup is continuous batting with free defensive substitution. New players may be added to the end of the batting order before the team completes its first round of the

batting order. The courtesy runner will be the last out.

- b. USSSA rules indicate 9 players in the lineup with the option to include a DP/FLEX and/or up to two additional players in the lineup. The maximum number of players in the lineup is 12; the maximum number of batters in the lineup is 11. The courtesy runner should be a bench player.
- B. On deck batter should be behind the batter, as per high school rules.
7. **Game Balls.** Each team must provide 1 game ball per game (Dudley SB12 or Bownet Official USSSA Softball).
8. **Equipment.**
 - A. Metal cleats are allowed in 14U, 16U and 18U.
 - B. Catchers warming up pitchers on or off the field must be wearing a mask.
 - C. All offensive players must keep batting helmets on until they are safely inside the dugout.
 - D. Batting helmets must be NOCSAE approved.
 - E. Bats must have the USSSA stamp.
9. **Pitchers** can only pitch for one team per age group for which they are eligible. The board must approve any exceptions.
10. **Playoffs.** To participate in playoffs, a player must play a minimum of 9 league games or 60% of the league games. Coaches run the risk of being suspended for the entire next season if they do not abide by this rule.
11. **Umpires.**
 - A. Umpires must be at least two years older than the age group they plan to ump.
 - B. Umpires have the authority to eject any coach or parent that is being disrespectful or uncooperative.
 - a. The ejected person must leave the premises or wait inside their vehicle out of sight of the field for the remainder of the day.
 - b. If there is only one coach and that coach is ejected, then the team forfeits the remainder of the games for that day.
12. **Borrowing of players.** If a team is shorthanded for a league non-playoff game, a coach may borrow from lower level age groups to fill vacancies up to a 10-player roster for that night. Added players should be at the end of the batting order and the opposing coach should be notified. Borrowed players may not pitch or catch. If violated, then the team forfeits the game. Pre-approved board exceptions are allowed.
13. **Postponed Games/rescheduling.** Postponed games should be made up as soon as they can. The league website will have links to reported rainouts at Braun, Wade/Wheeler, Proctor, and Hermantown fields. If a rescheduled game is rained out, it must be played before the win/loss records are determined for post-season play.
14. **Lightning.** In the event lightning occurs during a game, the game will be suspended 30 minutes from the last lightning strike.
15. **Air Quality.** Air Quality Index of 175 or higher will result in games being postponed/cancelled. Air Quality Index will be from airnow.gov and based on zip code for game location at 3pm on game day. We will do our best to post if games are cancelled.