

2025 Ralston Girls Softball Association Rules & Regulations



Rules of Good Conduct

Players: Take practice/play schedules seriously. Communicate with your coaches and stay informed. Represent your team and RGSA with sportsmanlike conduct on and off the field. Wear uniform t-shirts with pride. HAVE FUN!!!

Coaches: Communicate with your players. Set a good example for the girls at all times. Take the time to schedule practices and teach the basics. Always remember that you are working with youth and inexperience. This is not the "PROS" – feelings can get hurt easily. Be respectful of the umpires. Negative actions reflect poorly on you, your team, Ralston, and our organization.

Parents: Be a model fan. The in-town program is a recreational league designed to educate, provide fun and create a social atmosphere. Parents play a significant role in developing proper attitudes within the program through responsible conduct toward umpires, league officials, coaches, players, and other members.

2025 Ralston Girls Softball Association

Rules & Regulations

General Rules

- 1) Teams will consist of 11 players at the least. The Peanut League will consist of at least 8 players per team.
- 2) The home team will be determined by flip of coin. Peanut League will be noted on the schedule.
- 3) The official scorekeeper is the **home team**. It will be the visiting team's responsibility to verify scores between innings. No score will be kept for the Peanut League.
- 4) There will be no practice on the infield prior to games. Offenders will be warned the first time, one out will be called for additional offenses.
- 5) No practice in walkways, except in designated areas. Absolutely no practicing against the backstops or fences.
- 6) No smoking, alcohol or profanity in dugout or on playing field. Results of smoking, alcohol or profanity can lead to outs called or ejection from the game. Coaches are not allowed to leave the dugout during a game to smoke.
- 7) Inappropriate actions by any player, coach or fan will result in disciplinary actions as determined by the League Commissioner and/or the RGSA Board.
- 8) No harassment of any umpire will be tolerated. A warning first and then suspension of the game until the people involved are removed from the playing field area. If those concerned will not leave within 5 minutes, the game will be forfeited by the offending team.
- 9) There will be absolutely no protests of an umpire's decision. A rule interpretation will be given a 3-minute discussion. The umpire's decision will be final.
- 10) In the interest of safety, umpire discretion will be used concerning player behavior, including but not limited to: bat throwing, taunting (provoke or challenge with insulting remarks), etc. Discipline examples may include warnings issued, out assessed or ejection from the game.
- 11) **ABSOLUTELY no alterations of the RGSA uniforms including but not limited to cutting, writing or drawing on, etc. Player names may be screen-printed on the back of the uniform if the entire team agrees and covers the added cost.**
- 12) Coaches and players shall pick up trash in the dugouts at the conclusion of the game.
- 13) No jewelry allowed except for medical bracelets.
- 14) All "purchased" equipment (helmets with face guard and chin strap, and bats) **MUST** be ASA certified.
- 15) No player is allowed to have a cell phone or electronic device in the dugout.
- 16) Players and coaches must remain in the dugout or on the playing field throughout the game. Exception will be restrooms. Please refrain from trips to the concession stand until after the game.
- 17) Lightning that is closer than 10 miles will stop the play of the game. Each commissioner will have an application on their phones to see how far away it is. We will wait 15 minutes. At that time if there has been no other lightning sighted play will continue. If during the 15 minutes there is another lightning sighting, the game will be called. If the game has to be stopped again for lightening the game will be called.

2025 Ralston Girls Softball Association

Rules & Regulations

Peanut League Rules

- 1) At the time of registration, girls must be enrolled in Pre-K (at least 4 years old by January 1 of the season year) through 1st grade.
- 2) A regulation Peanut League game will be 45 minutes in duration; each team will have equal batting and fielding time.
- 3) There will be NO umpires for the Peanut League games. Coaches will be responsible for following all rules.

Equipment:

- 4) There will be no catchers for the Peanut League, so no catching equipment is required. All batters and base runners must wear helmets with face guards and chin straps fastened until they return to the dugout area. **The pitcher's helper must also wear a helmet.**
- 5) No metal spikes will be allowed.
- 6) 10" softball used

Team Organization:

- 1) No minimum number of players required. Positions played within the Peanut League will be 1st base, 2nd base, 3rd base, short stop, pitcher's helper, left field, center field, and right field. Outfielders are not required. If teams have enough players, outfielders can be used.
- 2) The team bench shall consist of the players and a **maximum** of 1 head coach and 3 assistant coaches. **Coaches shall be on the field helping their players while on the field, including 1 coach behind the home plate as catcher.**
- 3) The batting order for each team shall be determined before the start of the game and will include **ALL players** in attendance. The batting order shall remain the same for the entire game, regardless of defensive substitutions. Each half inning shall consist of 1 team batting completely through their batting order, no outs will be counted. There are NO strike-outs. No called strikes. No walks are allowed.
- 4) Each team shall play all present players on the field. In the case a team has more than or less than 8 players, they will play with the additional or less players on the field in the chosen positions by the coach; if less than 8 players, there will be no outfielders; outside of catcher, there will NOT be a catcher
- 5) **No one player shall play a single position for more than 2 innings per game. Coaches are encouraged to play all players at all positions during the season.**

Pitching:

- 1) Pitching distance is 25 – 35' feet and the base paths are 50 feet. A chalk line will designate an infield arc, which will be located in an arc approximately 5 feet beyond the base (see diagram below). The coach should pitch from within the 25 to 35' range, for the Kindergarten and 1st grade players, and the Pre-K after Memorial Day.
- 2) If after 3 coach pitches, the batter has not hit, the tee will be brought out and the player will get to hit from the tee. As the pitcher, the coach cannot field the ball and should make every effort to stay out of the way of any hit or thrown ball. If a batted or thrown ball hits the pitcher the ball is in play. If the pitcher, because of reflex action catches

2025 Ralston Girls Softball Association

Rules & Regulations

the ball, the play is dead and all runners and the batter will return to their original positions.

General Play:

- 1) The 1st and 3rd base coaches must be adults over the age of 18. 1 coach is allowed in each box at any time.
- 2) All hits are limited to a single. The bases will be cleared on the last batter. They will run all the way around the bases to complete that team's batting portion of the inning. Fielders should not clear the field until all batters have made it around the bases as courtesy to the other team.
- 3) There is a 13 foot arc out from home plate. If a hit ball does not travel beyond this arc, it is considered a foul ball.

Improper Conduct:

- 1) In the interest of safety, coach/commissioner discretion will be used concerning player behavior including but not limited to: bat throwing, taunting (provoke or challenge with insulting remarks), etc. Discipline examples may include but are not limited to: warnings issued, an out assigned, or ejection from the game.
- 2) Inappropriate actions by any player, coach, or fan will result in disciplinary action as determined by the league commissioner and/or the RGSA board.
- 3) Coaches will have the responsibility to ensure appropriate behavior of their players. For example: sitting a player out for an inning due to throwing a bat would be acceptable.

Tournament Play:

- 1) There will be no tournament for Peanut League.

2025 Ralston Girls Softball Association

Rules & Regulations

Minor League Rules

- 1) At the time of registration, girls must be enrolled in 2nd through 3rd grade.
- 2) A regulation Minor League game will be six innings, or 1 hour in duration, however, no new inning shall start after an hour of play. **Umpires are instructed to enforce a 2-minute time limit between innings.** Failure to abide by this rule will result in a warning with the first offense and a runner being placed on base for each subsequent offense. In the event of bad weather, it will be considered a full game after 3 fully completed innings, or if the home team is ahead after 2 ½ innings and the game has been called.

Equipment:

- 1) Helmets, throat protectors, chest protectors, and shin guards are required for all catchers. All batters and base runners must wear helmets with face guards and chin straps fastened until they return to the dugout area.
- 2) Pitcher's must wear a fielder's mask.
- 3) Pitcher's helper must wear a helmet.
- 4) No metal spikes will be allowed.
- 5) A training ball (softball) will be used until Memorial Day, after that, a 11" regular softball will be used

Team Organization:

- 1) The team bench shall consist of the players and a maximum of 1 head coach and 2 assistant coaches. **Coaches shall remain in the dugout when their team is on the field.**
- 2) The batting order for each team shall be determined before the start of the game and will include **ALL players** in attendance. The batting order shall remain the same for the entire game, regardless of defensive substitutions. Each half inning shall consist of 1 team batting completely through their batting order, unless 3 outs have been made. A batter gets 3 strikes. Prior to Memorial Day, there will be no called strikes and no walks allowed. If a batter bats out of order, she forfeits her turn at bat and an out is called. Bat the **lower number** of players between the 2 teams. If 1 team has 11 and the other team has 10 players, then bat 10 hitters per inning.
- 3) Each team shall play with 9 defensive players on the field. In the case a team is short a player or players, substitute player(s) may be borrowed from another team within the Minor League. **Both Coaches must agree prior to the start of the game to the substitute(s) being utilized.** The borrowed player must play **right field and bat last.** If more than 1 player is borrowed, the coaches will agree on the selection of each player, their positions and their batting order. If no agreement can be reached, the Commissioner will make the decision. If a team is short of players and none can be borrowed, they may begin a game with 7 players.
- 4) **No one player shall play a single position for more than 2 innings per game. Coaches are encouraged to play all players at all positions during the season.** No player shall sit out twice on defense until each player has sat out an inning, the last player(s) sitting out their first inning may occur during the same inning your first

2025 Ralston Girls Softball Association

Rules & Regulations

player is sitting out her second inning.

Pitching:

- 1) The coach will pitch from within the 25 to 35' range.
- 2) After Memorial Day, pitching distance will be 35' feet. The base paths are 60 feet.
- 3) If a player has pitched on a Competitive/Select team in the 2022 season, that player will **not** be allowed to pitch in the RGSA Minor League.
- 4) No pitcher may pitch more than 6 outs or 2 innings in the first 6 innings of the ball game and the outs must be pitched consecutively. Meaning that you cannot use a pitcher, take her out and put her back in before the 6th inning is complete. After the 6th inning is complete, the coach may freely substitute a pitcher.
- 5) On a pitched ball, no player or runner may advance if the pitcher misses the return throw from the catcher.
- 6) It will not be considered a legal pitch when the ball is rolled across the plate intentionally. When the last batter of the half- inning comes to the plate, she will bat as usual. **There will be NO Intentional walks. (Umpires discretion will be used)**
- 7) Defensive time outs – if a team has two time outs while playing defense in an inning, they will be required to immediately change pitchers. Such pitcher will be able to pitch again in the game only after the 6th inning is complete.
- 8) All pitching rules will follow ASA guidelines. Pitcher must start with both feet on the pitching rubber. Step back is permitted.
- 9) If a pitcher pitches 4 called balls, the offensive coach will pitch for a hit or 3 strikes. Pitchers are able to strike batters out if the batter swings or receives a called strike.
- 10) Coaches will pitch to their own team until Memorial Day. Until Memorial Day **each batter will have 6 maximum pitches during each at bat. Failure to hit after 6 pitches will constitute an out.** After Memorial Day, players will begin pitching to opposing teams, balls and strikes will be called normally. We ask that the coaches maintain good sportsmanship and that the defensive players remain in their respective positions. As the pitcher, the coach cannot field the ball and should make every effort to stay out of the way of any hit or thrown ball. If a batted or thrown ball hits the pitcher, the ball is in play. If the pitcher, because of reflex action catches the ball, the play is dead, and all runners and the batter will return to their original positions.

General Play:

- 1) The 1st and 3rd base coaches must be adults over the age of 18. 1 coach is allowed in each box at any time.
- 2) The infield fly rule **WILL NOT** be in effect.
- 3) No bunting the ball
- 4) **NO BASE STEALING IS ALLOWED.** Base runners may not lead off. Batters may not advance on a dropped 3rd strike; the batter is out. Runners may only advance by a batted ball. Runners may not advance on overthrows from the catcher to the pitcher. Catchers will not attempt to throw out base runners.

2025 Ralston Girls Softball Association

Rules & Regulations

- 5) A hit is limited to a single when contained inside the arc line. Runners, including the batter, are allowed only 1 base. Extra bases may only be taken when the ball is hit to the outfield. Any batted ball that passes the infield arc is considered being in the outfield. Runners can continue to advance until the ball is returned inside the arc line. All 3 outfield positions ***MUST play*** behind the arc line.
- 6) Once a ball is fielded and thrown by an outfielder and the ball comes back in across the arc line, runners cannot continue to advance. The ball does not have to be caught or handled as it comes back in across the arc line in order to stop runners. NOTE: If a runner has not reached the hash mark lines (halfway between the bases) when the ball re-enters the infield, the umpire will send the runner(s) back to the previous base after the play is ruled over. When the umpire sends the runner(s) back they are not at risk.
- 7) Umpires will consist of 2 paid umpires in the field and behind home plate calling pitches appropriately.
- 8) No game ending rules exist in this league. No 10 or 20 run rule.
- 9) In the case of a tie during the regular season, extra innings will not be played, and the game will end in a tie. In tournament play, extra innings will be played until a winner is determined. International rules apply (last runner out is placed on second base).

Improper Conduct:

- 1) The umpire shall assess one out against the offending player, manager, or coach for the use of "CASUAL PROFANITY" (defined as expletives: vulgar or profane language) not directed at umpires or opposing players/coaches. All outs will be assessed against the team during their time at bat. Only one "CASUAL PROFANITY" out may be assessed per play with a maximum of 2 per team-at-bat. Incidents of vulgar or profane language exceeding these limits will subject the individuals responsible to ejection from the game for un-sportsmanlike conduct. A player ejected from the game for exceeding these limits will not have a "CASUAL PROFANITY" out charged to the team. The "CASUAL PROFANITY" out will not affect any batter or base runner.
- 2) If the profanity is directed at a league official, umpire, or opposing player, it is an automatic ejection from the game.
- 3) In the interest of ***safety***, umpire discretion will be used concerning player behavior including but not limited to: ***bat throwing***, taunting (provoke or challenge with insulting remarks), etc. Discipline examples may include but are not limited to: warnings issued, an out assigned, or ejection from the game.
- 4) Inappropriate actions by any player, coach, or fan will result in disciplinary action as determined by the league commissioner and/or the RGSA board.
- 5) Any rule question not addressed by Ralston Girls Softball Association will revert to the current ASA Rules Book for interpretation and answer.
- 6) Any ejections will result in a conduct review within 7 days of the incident, by the Commissioner of the league.

2025 Ralston Girls Softball Association

Rules & Regulations

Tournament Play:

- 1) The regular season will be followed by a double elimination tournament. Seeding for the tournament will be determined by the winning percentage after the regular season ends. Tie breakers for the tournament seeding will be 1) results of head-to-head matchups, 2) the best winning percentage of all games played among the remaining teams after the #1 tie breaker, and 3) a single elimination playoff. If an odd number of teams remain, straws will be drawn to determine the bye team
- 2) The tournament championship game will be played in 75 minutes in duration and called only after an entire inning is complete.
- 3) Tie games during tournament play will be decided with 1 inning, international rules – runner placed on second base.

2025 Ralston Girls Softball Association

Rules & Regulations

Junior League Rules

- 1) At the time of registration, girls must be enrolled in 4th - 6th grade.
- 2) A regulation Junior League game will be six innings, or 90 minutes in duration, however, no new inning shall start after an hour and 10 minutes of play. **Umpires are instructed to enforce a 2-minute time limit between innings.** Failure to abide by this rule will result in a warning with the first offense and a runner being placed on base for each subsequent offense. In the event of bad weather, it will be considered a full game after four complete innings or 3 and ½ innings if the home team is ahead and the game is called. Additionally, a game will be called if one team is 15 runs ahead after four full innings or 10 runs ahead after 5 full innings. The second game will start as soon as the previous game is finished.
- 3) Distance between bases is 60 feet. The distance between home plate and the pitcher's mound is 40 feet.

Equipment:

- 1) Helmets, throat protectors, chest protectors and shin guards are required for all catchers. Catchers shall wear helmet and mask while warming up pitchers. All batters and base runners must wear helmets with face guards and chin straps on and secured until they return to the dugout area. Only official softball bats will be used, no baseball bats.
- 2) No metal spikes will be allowed.
- 3) Pitcher's must wear a fielder's mask.
- 4) 12" softball used

Team Organization:

- 1) Only the head coach and 2 assistant coaches will be allowed in the dugout during the course of the game.
- 2) Every girl on the roster will be listed in the scorebook for batting purposes. Each team will bat their entire team in an order determined before the game. The team with the **most number** of players will determine the number of batters per inning. Both teams shall bat the same number of players. Once all the players have batted (3 outs or 1 complete batting rotation), that half of the inning is over. There will be no changes in the batting order, and a girl bats in that order even though she may not be in the field during an inning.
- 3) A player shall not sit out more than 2 consecutive innings. Violation will result in one warning followed by a one full game suspension of the head coach for the second offense. **Coaches are encouraged to rotate players and remember this is a recreational league.**
- 4) Each team can field 9 players. No player shall sit out twice on defense until each player has sat out an inning, the last player(s) sitting out their first inning may occur during the same inning your first player is sitting out her second inning.

2025 Ralston Girls Softball Association

Rules & Regulations

- 5) In the case a team is short a player or players, substitute players may be borrowed from another team within the Junior League. A team can borrow players only if they have less than 9 of their own players. Both Coaches must agree, prior to the start of the game, to the use of each player. **The borrowed player must play right field and bat last.** If more than one player is borrowed, the coaches will agree on the selection of all borrowed players, their positions and their batting order. If no agreement can be reached, the Commissioner will make the decision. Each team must have at least 7 players to begin the game.
- 6) There will be 1 girl at bat, one girl on deck, both of whom will be wearing helmets (with face guards and the chin straps on and secured). The rest of the **players and coaches will** remain in the dugout at all times.

PITCHING:

- 1) The distance between home plate and the pitcher's mound is 40 feet.
- 2) If a player has pitched on a Competitive/Select team in the 2024 season, that player will **not** be allowed to pitch in the RGSA Junior League.
- 3) No pitcher may pitch more than 9 outs or 3 innings in the first 6 innings of the ball game and the outs must be pitched consecutively. Meaning that you cannot use a pitcher, take her out and put her back in before the 6th inning is complete. After the 6th inning is complete, the coach may freely substitute a pitcher.
- 4) On a pitched ball, no player or runner may advance if the pitcher misses the return throw from the catcher.
- 5) It will not be considered a legal pitch when the ball is rolled across the plate intentionally. When the last batter of the half- inning comes to the plate, she will bat as usual. **There will be NO Intentional walks. (Umpires discretion will be used)**
- 6) Defensive time outs – if a team has two (2) time outs while playing defense in an inning, they will be required to immediately change pitchers. Such pitcher will be able to pitch again in the game only after the 6th inning is complete.
- 7) Pitcher must start with both feet or pivot foot on the pitching rubber and back foot within 24 inches. Step back is permitted.

General Play:

- 1) The 1st and 3rd base coaches must be adults over the age of 18. 1 coach is allowed in each box at any time.
- 2) The infield fly rule **WILL NOT** be in effect.
- 3) No bunting.
- 4) The dropped third strike rule will be in effect the entire season.
- 5) A player may score when advanced by a batted ball, forced by a walk, forced by a batter hit by pitch, or a continuation of play. Continuation of a play will only include a play being able to advance home.
- 6) If the ball is in control of the pitcher within open home, play stops. Runners cannot stop short of the base to draw a throw from the pitcher.

2025 Ralston Girls Softball Association

Rules & Regulations

- 7) When a runner is off a base after a pitch or as a result of a batter completing a turn at bat, and while the pitcher has control of the ball on the mound, the runner may stop once, but then must **IMMEDIATELY** return to the base or attempt to advance to the next base. If the player does **NOT** do this, they **WILL** be called out.
- 8) Sliding is allowed, but not required.
- 9) Defensive players may not block any base or home plate while waiting to receive a throw. When possible, the defensive player will stand on the inside of the base, or in front of home plate. Blocking any base, or home plate, will result in an immediate dead ball and all runners will advance to the next base. Umpire's discretion will be used to determine if a base, or home plate, is being blocked.
- 10) In the case of a tie game, there will be extra innings. International rules apply (last runner out is placed on second base). Tie breaker procedure takes priority over the time limit.

Stealing:

The runner can slide into home if the catcher has the ball or is in the home plate area or if the ball is actively being thrown to the catcher. The player can also slide into home if there a runner is on third and the player is attempting to steal home and third base gets the ball and throws it home before the player makes it.

Improper Conduct:

- 1) The umpire shall assess one out against the offending player, manager, or coach for the use of "CASUAL PROFANITY" (defined as expletives: vulgar or profane language) not directed at umpires or opposing players/coaches. All outs will be assessed against the team during their time at bat. Only one "CASUAL PROFANITY" out may be assessed per play with a maximum of 1 per team per game. Anything beyond 1 incident will result in ejection from the game. Incidents of vulgar or profane language exceeding these limits will subject the individuals responsible to ejection from the game for un-sportsmanlike conduct. A player ejected from the game for exceeding these limits will not have a "CASUAL PROFANITY" out charged to the team. The "CASUAL PROFANITY" out will not affect any batter or base runner.
- 2) If the profanity is directed at a league official, umpire, or opposing player, it is an automatic ejection from the game.
- 3) In the interest of **safety, umpire** discretion will be used concerning player behavior including but not limited to: **bat throwing**, taunting (provoke or challenge with insulting remarks), etc. Discipline examples may include but are not limited to: warnings issued, an out assigned, or ejection from the game.
- 4) Inappropriate actions by any player, coach, or fan will result in disciplinary action as determined by the league commissioner and/or the RGSA board.

2025 Ralston Girls Softball Association Rules & Regulations

- 5) Any rule question not addressed by Ralston Girls Softball Association will revert to the current ASA Fast Pitch Rules Book for interpretation and answer.
- 6) Any ejections will result in a conduct review within 7 days of the incident, by the Commissioner of the league.

Tournament Play:

- 1) The regular season will be followed by a double elimination tournament. Seeding for the tournament will be determined by the winning percentage after the regular season ends. Tie breakers for the tournament seeding will be 1) results of head-to-head match-ups, 2) the best winning percentage of all games played among the remaining teams after the #1 tie breaker, and 3) a single elimination playoff. If an odd number of teams remain, straws will be drawn to determine the bye team
- 2) During the tournament **championship game**, time limits are 90 minutes or 6 innings.

*****RGSA reserves the right to revise any and all rules at any time including, but not limited to, during the softball season.*****

2025 Ralston Girls Softball Association

Rules & Regulations

Senior League Rules

- 1) At the time of registration, girls must be enrolled in 7th – 12th grade.
- 2) A regulation Senior League game will be seven innings, or 90 minutes in duration, however, no new inning shall start after an hour and 10 minutes of play. **Umpires are instructed to enforce a 2-minute time limit between innings.** Failure to abide by this rule will result in a warning with the first offense and a runner being placed on base for each subsequent offense. In the event of bad weather, it will be considered a full game after four complete innings or 3 and ½ innings if the home team is ahead and the game is called. Additionally, a game will be called if one team is 15 runs ahead after four full innings or 10 runs ahead after 5 full innings. The second game will start as soon as the previous game is finished.
- 3) Distance between bases is 60 feet. The distance between home plate and the pitcher's mound is 43 feet.

Equipment:

- 1) Helmets, throat protectors, chest protectors and shin guards are required for all catchers. Catchers shall wear helmet and mask while warming up pitchers. All batters and base runners must wear helmets with face guards and chin straps on and secured until they return to the dugout area. Only official softball bats can be used, no baseball bats.
- 2) No metal spikes will be allowed.
- 3) Pitcher's must wear a fielder's mask.
- 4) 12" softball to be used.

Team Organization:

- 1) Only the head coach and 2 assistant coaches will be allowed in the dugout during the course of the game.
- 2) Every girl on the roster will be listed in the scorebook for batting purposes. Each team will bat their entire team in an order determined before the game. There will be no changes in the batting order, and a girl bats in that order even though she may not be in the field during an inning.
- 3) A player shall not sit out more than 2 consecutive innings. Violation will result in one warning followed by a one full game suspension of the head coach for the second offense. **Coaches are encouraged to rotate players and remember this is a recreational league.**
- 4) Each team can field 9 players. No player shall sit out twice on defense until each player has sat out an inning, the last player(s) sitting out their first inning may occur during the same inning your first player is sitting out her second inning.
- 5) In the case a team is short a player or players, substitute players may be borrowed from another team within the Senior League. A team can borrow players only if they have less than 9 of their own players. Both Coaches must agree – prior to the start of the game – to the use of each player. **The borrowed player must play right field and bat last.** If more than one player is borrowed, the coaches will agree on the selection of all borrowed players, their positions and their batting order. If no agreement can be reached, the Commissioner will make the decision.

2025 Ralston Girls Softball Association

Rules & Regulations

Each team must have at least 7 players to begin the game.

- 6) There will be 1 girl at bat, one girl on deck, both of whom will be wearing helmets (with face guards and the chin straps on and secured). The rest of the players and coaches will remain in the dugout at all times

Pitching:

- 1) The distance between home plate and the pitcher's mound is 43 feet. The base paths are 60 feet.
- 2) If a player has pitched on a Competitive/Select team and/or on a High School team during the 2024 season, that player will **not** be allowed to pitch in the RGSA Senior League.
- 3) No pitcher may pitch more than 9 outs or 3 innings in the first 6 innings of the ball game and the outs must be pitched consecutively. Meaning that you cannot use a pitcher, take her out and put her back in before the 6th inning is complete. After the 6th inning is complete, the coach may freely substitute a pitcher.
- 4) On a pitched ball, no player or runner may advance if the pitcher misses the return throw from the catcher.
- 5) Defensive time outs; if a team has two (2) time outs while playing defense in an inning, they will be required to immediately change pitchers. Such pitcher will be able to pitch again in the game only after the 6th inning is complete.
- 6) All pitching rules will follow ASA guidelines. Pitcher must start with both feet on the pitching rubber. Step back is permitted.

Stealing:

The runner can slide into home if the catcher has the ball or is in the home plate area or if the ball is actively being thrown to the catcher. The player can also slide into home if there a runner is on third and the player is attempting to steal home and third base gets the ball and throws it home before the player makes it

General Play:

- 1) The 1st and 3rd base coaches must be adults over the age of 18. 1 coach is allowed in each box at any time.
- 2) The infield fly rule **WILL NOT be** in effect.
- 3) Bunting is allowed.
- 4) The dropped third strike rule will be in effect all season.
- 5) Teams may score only 8 runs in any one inning
- 6) A player may score when advanced by a batted ball, forced by a walk, forced by a batter hit by pitch, or a continuation of play. Continuation of a play will only include a play being made on the base runner advancing home. EXAMPLE: When there are runners at 1st and 3rd, if the runner on 1st attempts to steal 2nd, a play may be made on the runner

2025 Ralston Girls Softball Association

Rules & Regulations

stealing 2nd without the runner on 3rd being able to advance home.

- 7) If the ball is in control of the pitcher within open home, play stops. Runners cannot stop short of the base to draw a throw from the pitcher.
- 8) When a runner is off a base after a pitch or as a result of a batter completing a turn at bat, and while the pitcher has control of the ball on the mound, the runner may stop once, but then must **IMMEDIATELY** return to the base or attempt to advance to the next base. If the player does **NOT** do this, they **WILL** be called out.
- 9) Sliding is allowed, but not required.
- 10) Defensive players may not block any base or home plate while waiting to receive a throw. When possible, the defensive player will stand on the inside of the base, or in front of home plate. Blocking any base, or home plate, will result in an immediate dead ball and all runners will advance to the next base. Umpire's discretion will be used to determine if a base, or home plate, is being blocked.
- 11) ***There will be "NO TAUNTING (provoke or challenge with insulting remarks)" by the 3rd base runner to cause a "pick off". The runner will be called out!!!***
- 12) In the case of a tie game, there will be one extra inning. International rules apply (last runner out is placed on second base). Tie breaker procedure takes priority over the time limit.

Improper Conduct:

- 1) The umpire shall assess one out against the offending player, manager, or coach for the use of "CASUAL PROFANITY" (defined as expletives: vulgar or profane language) not directed at umpires or opposing players/coaches. All outs will be assessed against the team during their time at bat. Only one "CASUAL PROFANITY" out may be assessed per play with a maximum of 1 per team per game. Anything beyond 1 incident will result in an ejection from the field. Incidents of vulgar or profane language exceeding these limits will subject the individuals responsible to ejection from the game for un-sportsmanlike conduct. A player ejected from the game for exceeding these limits will not have a "CASUAL PROFANITY" out charged to the team. The "CASUAL PROFANITY" out will not affect any batter or base runner. Unless governed by the RGSA, all ASA fast pitch rules will apply.
- 2) If the profanity is directed at a league official, umpire, or opposing player, it is an automatic ejection from the game.
- 3) In the interest of **safety**, umpire discretion will be used concerning player behavior including but not limited to: **bat throwing**, taunting, (provoke or challenge with insulting remarks), etc., Discipline examples may include but are not limited to: warnings issued, an out assigned, or ejection from the game.
- 4) Inappropriate actions by any player, coach, or fan will result in disciplinary action as determined by the league commissioner and/or the RGSA board.
- 5) Any rule question not addressed by Ralston Girls Softball Association will revert to the current ASA Fast Pitch Rules Book for interpretation and answer.
- 6) Any ejections will result in a conduct review within 7 days of the incident, by the Commissioner of the league.

2025 Ralston Girls Softball Association Rules & Regulations

Tournament:

- 1) The regular season will be followed by a double elimination tournament. Seeding for the tournament will be determined by the winning percentage after the regular season ends. Tie breakers for the tournament seeding will be 1) results of head-to-head match-ups, 2) the best winning percentage of all games played among the remaining teams after the #1 tie breaker, and 3) a single elimination playoff. If an odd number of teams remain, straws will be drawn to determine the bye team.
- 2) During the tournament **championship** game, time limit will be 90 minutes or 6 innings.

*****RGSA reserves the right to revise any and all rules at any time including, but not limited to, during the softball season.*****