



2026 T-Ball Rules

QC Heat follows 2026 Little League Softball rules (T-Ball would follow LL Minors Rules). The following rules are in addition to or a modification to Little League Softball rules.

1. Game Time

- a. Games will go for 1 hour or 5 innings, at the discretion of the coaches.

2. Responsibilities

- a. The Home team is required and designated with both the set up and pick up of the field.

- i. Bases are to be set at 35 ft apart.

- b. Visiting team is responsible for the cleanup of the stands and the dugouts after the game.

3. Offense

- a. Continuous batting order rules will be observed.
- b. Girls will stay on the base even when they are out.
- c. All girls must wear a helmet when they have a bat in hand.
- d. There will be no warm-up swings at any time on the sidelines or behind the backstop.

4. Defense

- a. All girls will play in the field, always.
- b. You must rotate through positions from inning to inning.

2026 Machine Pitch Softball Rules

QC Heat follows 2026 Little League Softball rules (MP would follow LL Minors Rules). The following rules are in addition to or a modification to Little League Softball rules.

1. Game Time

- a. A Machine Pitch level game is scheduled for and will go to a time limit of 1 hour

and 30 minutes **or** 3 innings, **whichever comes first**.

2. Responsibilities

- a. The Home team is required and designated with both the set up and pick up of the field. The Visiting team is responsible for the cleanup of the stands and the dugouts after the game.
- b. The bases shall be placed at 50 feet apart
- c. The pitching machine shall be placed according to the standard for Little League Minors division (35 feet from the back of home plate).

3. Offense

- a. All teams will bat a continuous and rotating lineup so no one girl is batting last every inning. (As a suggestion: Player 1 bats last in the second inning and player 2 bats first in the second inning. Player 2 bats last in the third inning and player 3 bats first in the third inning.)
- b. Score is kept up to 3 outs in an inning. After the 3 outs, the runs will not be counted, but you will continue to go through the entire batting lineup so that each player has an at-bat for the inning.
- c. There will be a maximum of 8 runs scored or tracked each inning unless 3 outs have been made. Once a team has had their entire line up hitting for an inning, that team's turn at-bat will be completed regardless of the number of outs and the teams will switch sides. (Flip/Flop Defense and Offense)
- d. If teams are uneven, the team with the least number of players may allow batters to hit more than once until the team has had the equal number of batters as the team with the most players, unless 8 runs or 3 outs have been met to which each girl will only bat once for that inning. This must be done in the continuous and rotating order. (For example; The player who was first in each inning will be the first "extra" batter and so on until 3 outs or max score has been met.)
- e. Batters will hit from the pitching machine and will take a **maximum** of 5 pitches. If the batter does not put a ball in play in 5 pitches, the girl will be called out. If

the batter fouls off the 5th pitch, she will get 1 additional pitch for a maximum of 6 pitches.

- f. Pitching will be to YOUR TEAM.
- g. All girls must wear a helmet when they have a bat in hand. There will be no warm-up swings at any time on the sidelines or behind the backstop. There will be NO on deck batters.
- h. There will be no stealing.
- i. An overthrown ball will allow a maximum 1 base advancement.
- j. As soon as an infielder has control of the ball, all runners must stop running. Play is ended. There should be no base running because of overthrows back to the pitcher.

4. Defense

- a. There will be no more than 10 players on the field. If a team has 11 or more players, you will bench your extra players and must rotate the benched players each inning, so the same girls are not benched twice in a single game.
- b. No fielder shall play the same position each inning and shall be rotated through the field.

5. No Post Season Tournament for Machine Pitch

2026 Junior Minors Softball Rules

QC Heat follows 2026 Little League Softball rules (Jr. Minors would follow LL Minors Rules). The following rules are in addition to or a modification to Little League Softball rules.

1. Game Time:

- a. A Junior Minors level game is 6 innings unless time limit is reached.
- b. Official start of game time is determined by the umpire and time is kept by the umpire.
- c. At 1 hour 40 minutes, the game will be called.

2. Responsibilities

- a. Only the Head Coach of the team may approach the umpire for clarification of a rule or questions. They must request and be granted time before approaching the umpire.
- b. The Head Coach of a team is responsible for the conduct of the coaches, players and

parents of his team.

c. The first Home team of the day is responsible for ensuring the field is ready for play. The last Home team of the day is responsible for putting bases away (home dugout) and putting plugs back into base holes. Always use double first base and break away bases for 2nd and 3rd.

d. Both teams are responsible for leaving the dugouts clean and making sure the stands are cleaned. The city charges a fee every time they must clean up after us.

3. Offense:

a. Continuous batting order rules will be observed.

b. If a batter receives a count of 3-0 or 3-1, the offensive coach will enter the game and underhand pitch the remaining strikes to the batter. These pitches need to be "Hit-able" in the judgment of the umpire. Regular foul ball and base running rules apply. If the batted ball hits the pitching coach, it is a live ball. Stealing is NOT allowed while coach is pitching.

c. Pinch runners will be the last batted out at a maximum of 1 per inning (As a suggestion: Catchers on base)

d. Run Limit:

i. The side is retired when the offensive team scores 5 runs or 3 outs are recorded.

4. Defense:

a. Each player must play a full defensive inning in two of the first four innings.

b. Each player must be given the opportunity to play an infield position at least four innings during the regular season.

c. Pitching:

i. A player can pitch a maximum of 12 innings per week. (Sunday through Saturday)

ii. If a player pitches in more than 6 inning(s) in a day, one calendar day of rest is required. Delivery of a single pitch in an inning constitutes having pitched in 1 inning.

iii. A player can pitch 12 innings in one calendar day.

5. Post Season Tournament

a. Standings will not be tracked during the season. Post season Spring tournament seeds will be determined randomly.

2026 Junior Majors Softball Rules

QC Heat follows 2026 Little League Softball rules (Jr Majors would follow LL Minors Rules). The following rules are in addition to or a modification to Little League Softball rules.

1. Game Time:

- a. A Junior Majors level game is 6 innings unless time limit is reached.
- b. Official start of game time is determined by the umpire and time is kept by the umpire.
- c. At 1 hour 40 minutes, the game will be called.

2. Responsibilities

- a. Only the Head Coach of the team may approach the umpire for clarification of a rule or questions. They must request and be granted time before approaching the umpire.
- b. The Head Coach of a team is responsible for the conduct of the coaches, players and parents of his team.
- c. The first Home team of the day is responsible for ensuring the field is ready for play. The last Home team of the day is responsible for putting bases away (home dugout) and putting plugs back into base holes. Always use double first base and break away bases for 2nd and 3rd.
- d. Both teams are responsible for leaving the dugouts clean and making sure the stands are cleaned. The city charges a fee every time they must clean up after us.

3. Offense:

- a. Continuous batting order rules will be observed.
- b. Pinch runners will be the last batted out at a maximum of 1 per inning (As a suggestion: Catchers on base)
- c. Run Limit:
 - i. The side is retired when the offensive team scores 5 runs or 3 outs are recorded.

- d. Little League rule 6.05b for dropped 3rd strike will be observed.

4. Defense:

- a. Each player must play a full defensive inning in two of the first four innings.
- b. Each player must be given the opportunity to play an infield position at least four innings during the regular season.
- c. Pitching:
 - i. A player can pitch a maximum of 12 innings per week. (Sunday through Saturday)
 - ii. If a player pitches in more than 6 inning(s) in a day one calendar day of rest is required. Delivery of a single pitch in an inning constitutes having pitched in 1 inning.
 - iii. A player can pitch 12 innings in one calendar day.
 - iv. Pitching shall be from the 35 ft pitching rubber with an 11" ball.

5. Post Season Tournament

- a. Standings will not be tracked during the season. Post season Spring tournament seeds will be determined randomly.

2026 Majors Softball Rules

QC Heat follows 2026 Little League Softball rules (Majors would Follow LL Majors Rules).

The following rules are in addition to or a modification to Little League Softball rules.

1. Game Time:

- a. A Majors level game is 6 innings unless time limit is reached.
- b. Official start of game time is determined by the umpire and time is kept by the umpire.
- c. At 1 hour 40 minutes, the game will be called.

2. Responsibilities

- a. Only the Head Coach of the team may approach the umpire for clarification of a rule or questions. They must request and be granted time before approaching the umpire.
- b. The Head Coach of a team is responsible for the conduct of the coaches, players and parents of his team.
- c. The first Home team of the day is responsible for ensuring the field is ready for play. The last Home team of the day is responsible for putting bases away (home dugout) and

putting plugs back into base holes. Always use double first base and break away bases for 2nd and 3rd.

d. Both teams are responsible for leaving the dugouts clean and making sure the stands are cleaned. The city charges a fee every time they must clean up after us.

3. Offense:

a. Continuous batting order rules will be observed.

b. Pinch runners will be the last batted out at a maximum of 1 per inning (As a suggestion: Catchers on base)

c. Run Limit:

i. The side is retired when the offensive team scores 6 runs or 3 outs are recorded.

4. Defense:

a. Each player must play a full defensive inning in two of the first four innings.

b. Each player must be given the opportunity to play an infield position at least four innings during the regular season.

c. Pitching:

i. A player can pitch a maximum of 18 innings per week. (Sunday through Saturday)

ii. If a player pitches in more than 6 inning(s) in a day one calendar day of rest is required. Delivery of a single pitch in an inning constitutes having pitched in 1 inning.

iii. A player can pitch 12 innings in one calendar day.

5. Post Season Tournament

a. Standings will not be tracked during the season. Post season Spring tournament seeds will be determined randomly.

2026 Juniors/Seniors Softball Rules

QC Heat follows 2026 Little League Softball rules. The following rules are in addition to or a modification to Little League Softball rules.

1. Game Time:

- a. A Junior/Senior level game is 7 innings unless time limit is reached.
- b. Official start of game time is determined by the umpire and time is kept by the umpire.
- c. At 1 hour 40 minutes, the game will be called.

2. Responsibilities

- a. Only the Head Coach of the team may approach the umpire for clarification of a rule or questions. They must request and be granted time before approaching the umpire.
- b. The Head Coach of a team is responsible for the conduct of the coaches, players and parents of his team.
- c. The first Home team of the day is responsible for ensuring the field is ready for play. The last Home team of the day is responsible for putting bases away (home dugout) and putting plugs back into base holes. Always use double first base and break away bases for 2nd and 3rd.
- d. Both teams are responsible for leaving the dugouts clean and making sure the stands are cleaned. The city charges a fee every time they must clean up after us.

3. Offense:

- a. Continuous batting order rules will be observed.
- b. Pinch runners will be the last batted out at a maximum of 1 per inning (As a suggestion:

Catchers on base)

- c. Run Limit:
 - i. The side is retired when the offensive team scores 6 runs or 3 outs are recorded.

4. Defense:

- a. Each player must play a full defensive inning in two of the first four innings.
- b. Each player must be given the opportunity to play an infield position at least four innings during the regular season.
- c. Pitching:
 - i. No Pitching Restrictions Apply

5. Post Season Tournament

- a. Standings will not be tracked during the season. Post season spring tournament seeds will be determined randomly.