

South East Metro Rec Softball



Rookies 5th/6TH Grade

This Rookies (5th and 6th grade) division is a part of the South East Metro Rec Softball League and is a joint venture of CGAA, ERAA, WAA, OAA and SPPAA to promote the ideals of sportsmanship and spirit of competition across the five sporting communities.

The league will be governed by officials from all Associations.

Teams will be comprised of players in 5th and 6th grades.

The league has been created to provide girls playing Rec/In-House softball a positive and fun, yet competitive environment. The teams from the Associations are created in that spirit.

Teams will be created by the following means:

All teams will be assured of having an equitable number of pitchers and catchers.

CGAA, ERAA and WAA teams will be formed by the league director. WAA will also use evaluation scores as a portion of the process.

Softball Rules – Rookies 5th and 6th Grade

Official NAFA/ASA softball rules governs all play except as noted in these South East Metro SOFTBALL RULES.

Safety

Injuries

Safe play is the most important consideration. If a player is injured, the play in progress shall be completed and time-out called immediately. Bleeding wounds must be bandaged before the player may re-enter the game. Report serious injuries to the league's commissioner.

Shoes

Players must wear tennis shoes or rubber cleats. No sandals or metal cleats.

Helmets

Batters, all base runners, and the on deck batter must wear helmets. Teams may need to share helmets during games. All helmets must be secured with a chin strap and have a face mask attached.

Fielders Masks

It is recommended that all players that play "in the dirt" wear fielders' masks. If a player is registered with CGAA, Oakdale, SPPAA or WAA it is REQUIRED.

Catchers Equipment

Catchers must wear all protective equipment provided.

Thrown Bats

Throwing bats is not allowed. First thrown bat results in a warning. Second thrown bat by the same player at any time during the game results in an out.

Lightning

If lightning is seen by coaches or umpires the game will be halted waiting at least 30 minutes after the last flash of lightning was seen before continuing the game.

Umpires

South East Metro League attempts to provide umpires for all In-House games. There may be times when an umpire is unavailable. In the event there is not an umpire, the coaches will select a parent from each team (one for in the field and one for behind the plate). The home team shall provide the home plate umpire who will be responsible for calling balls and strikes and all plays made at 3rd base. The field umpire will call all plays made at 1st and 2nd bases. The umpires should switch every 2 innings.

Every attempt shall be made to find an umpire. If the home team does not have an umpire, the other team may supply one. The parent umpire calls are final and shall not be argued or disrespected.

Coaches

Coaches are not allowed in the outfield with the players. ALL coaches, except the 1st and 3rd base coach must remain behind the fenced area of the field near your players' bench. Coaches or players are not allowed to stand behind the umpire/batting area. Fans behind the umpire must show good sportsmanship and may be asked to move by the umpire if deemed necessary.

Season Rules

Rescheduling Games

Coaches are responsible for coordinating with the league commissioner to reschedule games called for weather or any other reason. All games must be attempted to be rescheduled.

Game Times and Time Limit

Game will start at 6:30 p.m. No new inning shall start in May after 8:00 p.m. In June, no new inning shall start after 8:15 p.m. unless both coaches agree **AND there is no danger to the players as a result of darkness.** Games will have a drop dead time limit of 8:35 p.m. If the home team is at bat as the drop dead time occurs and they score the winning run prior to the 8:35 p.m. mark, the game is over. IF an inning is not complete at the 8:35 p.m. mark (i.e., the home team is losing and a full inning has not been completed), the game score will revert back to the last completed inning.

Then no new inning shall start after 8:30 p.m.

Games will be a maximum of six (6) innings or until the time limit constraints have been exceeded.

Home Team

The home team is determined by the schedule for all regular season and tournament games. Each team supplies a game ball to the umpire.

It is the responsibility of the coaches to know who is home and away. If the coaches are not able to agree, the decision will be made at the discretion of the umpire.

During the end of season tournament the home team will be established via coin flip.

Strikeouts

Standard 3 strike, 4 ball count.

The count starts with the first pitch thrown to the batter. Drop 3rd strike is not in effect. If the catcher drops the third strike, the batter is still out.

Substitution

Free defensive substitution and all players bat. Late arriving players must be inserted at the end on the batting order.

Playing Time

Coaches are encouraged to provide equitable options for players in both the infield and outfield. All players must not be allowed to sit on the bench for consecutive innings unless in the case of injury or illness. All players **sit** once before someone sits twice during a course of a game.

Minimum Players

Teams will be allowed to begin a game with 7 players. The team must have at least 8 players by the end of the game. If there are not 8 players, the team will forfeit the game.

If a game must be forfeited, the teams may scrimmage sharing players as necessary.

Maximum Players

10 Players in the field

Teams with 10 players present must play 10 players, 4 of which must play the outfield. Teams do not need to match the number of players on the field, (i.e., if a team has 8 players they play 8, and if the opposing team has 10 players, they may play all 10).

Out of Play

The field of play includes foul territory up to an imaginary line drawn parallel to the foul line from the edge of the backstop. Balls beyond this imaginary line are out of play.

Ball

A 12 inch ball will be used.

Base Distances

The base distance is 60 feet.

Winning and Losing

Each game score needs to be entered on the league NGIN website by the home team within two days of the completed game. Tournament seeding is set based upon regular season record.

Sportsmanship

No protests are allowed. There should be no arguments between coaches. Coaches should meet before the game starts to review the rules and agree on gray areas. No taunting of the opposition either from the field of play or from the bench, including hurtful cheers. No taunting includes coaches and spectators. Umpires may eject coaches, players, or spectators for any unsportsmanlike conduct. Anyone ejected must completely leave the field area or their team will be required to forfeit.

Game Rules

Pitching

1. The pitching rubber shall be placed 40 feet from home plate
2. New pitchers entering the game may throw 7 warm up pitches before beginning to pitch
3. Returning pitchers may throw 5 warm up pitches
4. If the ball skips from the pitchers hand during delivery, a dead ball is called and runners may not advance
5. The goal of the Rookie division is to encourage pitcher development. To support this development any illegal pitch is considered a dead pitch. (It is not a ball, and it is not a strike)
6. It is incumbent on the coach to teach proper pitching fundamentals. The pitcher must start and release from the pitching rubber.

- a. At least one foot must be in contact with the pitching rubber before delivery of the pitch.
 - b. Pitchers are allowed to take a single step to the rear before delivery of the pitch as per USA Softball and MSHL rules.
7. Each team will use at least 2 pitchers per game for at least one full inning per pitcher. Pitcher removal due to illness, injury, or at umpire discretion is counted as one full inning for that pitcher
8. If the pitcher hits a batter or batters 3 times in an inning or 5 times in a game, the pitcher shall be removed from the mound
 - a. Batters will automatically take their base if hit by a pitch, but must make a *reasonable attempt* to move out of the way of the pitch. If the batter makes a reasonable attempt to get out of the way of the pitch, they are awarded 1st base
 - b. IF the batter *does not* make a reasonable attempt to get out of the way, the umpire will call the pitch a dead ball and add a ball to the count and the batter will not be awarded 1st base
 - i. Reasonable attempt will be determined at the umpires discretion
 - c. If an umpire believes a pitcher has become a danger to other players, she may be removed at any time at the umpires discretion

Hitting

1. All teams must bat all players on the team in order (round robin). There shall be no changing on the batting rotation during the game
2. The batter has the responsibility of being ready for a pitch unless they indicate they are not. Batters will not be awarded a base unless they are struck by a pitch in flight, and they must make a reasonable attempt to move out of the way of a pitch, as previously discussed
3. The infield fly rule is omitted
4. Bunting is allowed, only 2 bunts per inning
5. If a pitched ball bounces before the plate the ball may be swung at and hit, fouled off or missed. The ball is still live
6. If a player has to leave before the end of a game their batting spot is skipped and no out is called

Base Running

1. The base runner may lead off the base after the ball leaves the pitchers hand
2. Any batter or runner that intentionally loses her helmet shall be declared out. The ball will become dead and all runners shall go back to the last legally held base
3. A runner must slide or attempt to avoid contact when a play is being made at the base they are going for, especially home. The umpire may call a runner out if in their judgement there was no attempt to avoid contact
4. Stealing is allowed in all cases, with the exception of an overthrown from the catcher to the pitcher
5. The pitcher and catcher are permitted to have a base runner by the last out made, when they are on the bases, and once there are 2 outs

Fielding

1. Infielders shall play in traditional positions
2. Infielders may not stand in the baseline and interfere with base runners
3. Outfielders must start each play on the grass
4. A caught foul ball by the catcher must go higher than the batters head for it to be an out. A caught 3rd strike is still an out even if the foul does not travel higher than the batters head. If a 3rd strike is "tipped" and caught by the catcher, the batter is out
5. Overthrows – in the event of an overthrow out of play, the runner is awarded 1 base beyond the base they were going to at the release of the throw
6. A play is ended when the pitcher is in possession of the ball inside the pitching circle, approximately 8 feet around the pitching rubber

Scoring

1. Each team may score a maximum of 5 runs per inning or until 3 outs are made, whichever comes first. Games may end in a tie during the season but not during tournament play
2. Each team must keep a scorebook for the number of runs scored per inning.

Conduct

1. Any player, parent or coach that is belligerent towards any child, coach or umpire will be warned first by their coach or umpire. If actions continue, the game will be called and the offending team will forfeit the game
 - a. Refer to the Parent/Coaches Code of Conduct that was signed at registration for belligerent acts.

These rules are subject to change by the League Directors only to create clarification and/or to preserve the integrity of the game. Changes will only be made with proper communication to all coaches.

Any proposed rule changes by a coach or parent can only be addressed by them at the Rule Committee meeting. Any rule not covered here or in the general rules shall be covered by the Official NAFA Fastpitch Rule Book.