

# **Southeast Fastpitch Conference (SFC) – 10U - 2023**

## **Important Dates/Deadlines:**

- May 8th (Final Schedules posted online)
- Game Night 1: Wednesday May 24th
- Game Night 2: Wednesday May 31st
- Game Night 3: Wednesday June 7th
- Game Night 4: Wednesday June 14th
- Game Night 5: Wednesday June 21st
- Game Night 6: Wednesday June 28th
- Makeup Week: July 10th
- SFC Tournament July 15 and July 16

**Inclement Weather/No-shows:** In the case of bad weather, home team coaches will be responsible for making a decision on postponement and contacting the opposing coach no later than 4pm on the day of the game. Teams will have a 15 minute grace period to arrive at the playing field. Teams who do not arrive within this grace period will forfeit the game.

**Rescheduled Games:** All make-up game dates and locations are to be agreed upon by the two head coaches. No games that are forfeited due to lack of players are eligible to be rescheduled.

**League Tournament:** All participating teams in all age divisions will qualify for a season-ending tournament. The tournament date is July 15 and July 16. Location may not be Rochester. Top 8 seeds from each age division will play an 8-team double elimination bracket meaning all are guaranteed two games but some might play more. Lower seeds will play in four team brackets and/or three team pools and are guaranteed exactly two games.

**State Tournament:** If your team wishes to play in the state tournament, pay attention to entry fee deadlines. Please visit <http://fastpitch.mnsoftball.com/> for tournament dates.

**10U Details:** There will be 2 divisions offered. Gold (more advanced) & Silver.

**Format:** Games will start at 6:00 pm with a second game to begin after a 10 min break. The time limit is no new inning after 60 minutes. Both levels of play will require that both games have umpires, however the use of uncertified umpires (such as current high school players or other

trusted individuals) will be allowed at this age level. The team listed as the home team will be the home team for the first game, and then visitor for the second game. Games may end in a tie. Teams may play with a minimum of 8 players on defense and maximum of 10 players (4 outfield). Game ball size is 11 inches and the pitching rubber will be 35' from home plate. The home team is responsible for supplying game balls.

Gold rules are used for Gold Level games in game one of the double header. Game two should use silver level rules even for gold level teams.

### **Rules:**

#### **GOLD:**

- There is a five run limit per inning. Limit of 3 by passed balls which are defined as runs scored on pitches that get away from the catcher and the runner from third steals immediately after the ball gets away from the catcher. Bad throws back to the pitcher or delayed steals home are not limited per inning. It's important to learn these defensive skills at this level.
- No Dropped third strike. The batter is out and runners may advance at their own risk.
- No Infield Fly Rule

#### **SILVER:**

##### **Pitching/Hitting**

##### **Coach Pitch Rules:**

- Batters start with 0-0 count
- There will be no walks
- If the count gets to 4 balls, the coach from offense comes in to pitch. Players can steal on ball four, so coaches please make sure the play is dead before taking your place on the field.
- Coach may pitch from edge of pitching circle
- Player/Pitcher must have at least one foot on or in the circle when the coach is pitching. Pitchers may play to either side of the circle.
- Strike count carries forward to coach pitch (i.e., if batter has 2 strikes when coach comes into pitch, she still has 2 strikes and she gets 1 good pitch from coach) (this rewards pitcher for pitching strikes and also pushes batter to swing at pitches)
- Coach pitches until strike out or ball is put into play
- Batter stays alive with foul ball on 3rd strike (no limit)
- If a batter is hit by a pitch, the coach comes into pitch and the count resets to 0-0. Umpire can instruct the batter to take first if the batter is hit hard (umpire discretion). If batter cannot continue due to injury, last recorded out takes first.

##### **Other Offense Rules at all times:**

- No infield fly rule

- No dropped third strike rule: Batter is out on 3rd strike, but runners may still advance at own risk

### Base Running

- Maximum of 5 runs per team per inning (3 outs or 5 runs ends the inning)
- Stealing is allowed with certain restrictions:
  - Runner may steal home, delay steal home, score on passed balls, score on overthrows from the catcher to the pitcher, or score from second on overthrow on steal, but only 3 out of 5 runs can be scored from plays without a batted ball or hit-by-pitch.
  - When stealing, runner may advance one base beyond initial base they were stealing on overthrown ball – Even if a play is made on a runner advancing after the first overthrow the runner cannot score from first (exception on balls that go out of play)
  - Batter is not limited to the number of bases she can advance on any hit ball until the ball is either out of play or the ball reaches the circle in the pitcher's glove (or umpire calls time).

