



# Senior League Rules

## SENIOR LEAGUE (12U) SOFTBALL RULES

1. The league teams will now play according to age and not grade as in the past. This league consists of girls in 5<sup>th</sup>, 6<sup>th</sup>, & 7<sup>th</sup> grades. We will use the January 1 cutoff date, for example any girl that turns 11 before January 1 of this current year will play in the 12U Senior league and any girls that turn 11 on or after January 1 of this current year will play in the 10U Junior league and any girl that turns 13 before January 1 of this current year will play in the 14U Polar Bear Fast Pitch Club.
2. 40-foot pitching distance will be used (measured from back of the plate to the rubber). The coaches are responsible for checking the pitching rubber distance from home plate. The correct distance measured from the back point of the plate to the rubber is 40 feet. If for some reason play starts at the wrong pitching distance and the game is beyond the first inning the play will continue through that complete inning and the pitching distance will be changed before the start of the next inning. If the play is still in the first inning the game will start over at the correct pitching distance.
3. 12" softball will be used in league play.
4. All batters, base runners and on deck batters must wear helmets with a face mask installed.
5. All players in the field must wear defensive face masks.
6. Catchers MUST WEAR protective chest, face, and leg gear during practices and games.
7. Each game will consist of six (6) innings OR a 1 hour 20-minute time limit, whichever comes first. No new inning will start after 80 minutes, even if the game is a tie. The plate umpire will keep the official game time and use the last out of the previous inning as the start of the new inning to determine if time is remaining in the 80-minute time limit to play another inning. A full inning is allowed to be played up to a maximum of six (6), as long as there is any time remaining at the end of the previous inning. There will be a four (4) run limit per inning throughout the game. The ten (10) run rule applies after five (5) innings.
8. In the event of inclement weather or emergency situation a completed game is defined as either 3 full innings or 45 minutes of playing time, whichever comes first. Games will not be rescheduled or continued if this standard is met, and the game will be scored in the standings as final based on the completed game score.
9. Play-off Exceptions: No time limit will be used during the league championship game. If a game is tied in a play-off game, the game must continue until a winner is determined. (Pitchers still cannot pitch more than 3 total innings per game-Rule 9)
10. A line up consists of 10 players. To start a game a team must have eight (8) players. The coaches must agree upon less than eight (8). Any substitutions for a team not normally on that team roster must be agreed to by the opposing coach prior to the game. \*If a player must leave a game early due to other commitments, NO penalty/no out will be assessed.
11. A pitcher may pitch no more than TWO (2) innings per game. A pitcher may re-enter as the pitcher only one (1) time, but not in the same inning. - This applies in league play-offs as well, if the game is tied after 6 innings and goes extra innings, the pitchers are still only allowed 2 innings per game and cannot pitch a third (3) inning. A pitcher who has not pitched 2 innings must be used.
12. A younger player that is not advancing to the next level league (5<sup>th</sup> grader or YOUNG 6<sup>th</sup> grader) the following year is required to pitch one inning within the 1st, 2nd, or 3rd inning. If the game is expected to go into the 6th inning then a younger player that is not advancing to the next level league the following year is required to pitch an additional inning. In other words: if the game goes 6 innings, then a younger player that is not advancing to the next level league is required to pitch 2 innings. (The "younger player" does NOT need to be the same player in both innings, and it is recommended that it is actually a different player, if possible, in order to develop more pitchers.)

13. Warm-ups by the pitcher between innings are limited to three (3) pitches. A new pitcher is allowed seven (7) warmups.
14. Players must be rotated between positions. Within the first four (4) innings players cannot play one position more than two innings (PITCHERS INCLUDED!) and they have to play in the infield and outfield at least one (1) inning. Pitcher and Catcher are to be considered infield positions. Coaches will be required to exchange a written lineup with position rotation to the opposing coach prior to the start of each game.
15. No metal spikes will be worn.
16. Bunting is allowed. Once you show a bunt, you commit to either a bunt or pull back. You may not swing at that same pitch - this is an automatic out.
17. Home team is listed first on the schedule and always takes the 3rd base dugout. Visitors bat first and will take the 1st base dugout.
18. Stealing is allowed. Runners cannot lead off until the ball crosses the plate. Once the ball is in the possession of the pitcher, base runners must either return to their original base or try to steal as long as they are not stealing home. You can only advance to home on a hit ball or a walk. Example #1- Runners on 1st & 3rd. Ball is pitched but not hit by the batter and was not ball 4. Runner on 1st can try to steal 2nd but the runner on 3rd cannot steal home because the ball was not hit & there was no walk. Example #2 - Runner on 1st. Ball is pitched but not hit by the batter and was not ball 4. The runner on 1st can steal 2nd. If the ball is over-thrown at 2nd the runner can try to steal 3rd (advancing at their own risk). If the ball is overthrown at 3rd the runner must stay at 3rd because the ball was not hit & it was not ball 4.
19. Look-back rule is in play: When the defensive team has possession of the ball within the pitcher's circle in any live ball situation, runners on base have one second to either advance to the next base or return to the previous base.
20. The batter may not run on a dropped third (3) strike.
21. The infield fly rule will not be used.
22. All four (4) outfielders must start on the grass until the ball is pitched.
23. A runner must slide if being played on at any base except first (1st) base. One warning per team, will be given by the umpire and then an out will be called if any other player on the same team does not slide when a play is being made at a base. Fielders must be in position to make the tag at the base to require a slide. It will be the umpire's judgment as to whether a slide was required.
24. A courtesy runner may be used for the catcher if there are already 2 outs in the inning to allow the catcher to start getting on her equipment.
25. If a ball goes out of play, the runners get the base they were going to.
26. A coach may talk to his pitcher once per inning without removing her. A second trip to the mound for the same pitcher requires a pitching change.
27. If a pitched ball hits a batter, it is an automatic free base (walk) even if the ball hits the ground before it hits the batter. However. The batter MUST try to move out of the way. It is the umpire's judgment as to whether an attempt was made. Exception: If the batter is trying to swing or bunt and is hit by the ball, there is NO free base(walk).
28. No abusive language of any kind will be tolerated. As a courtesy, no harassment of the opposition or umpires will be allowed.
29. The home plate umpire is in charge of the game. Judgment type calls will not be disputed. A clear-cut rules violation or umpire mistake may be handled by the coaches involved, along with the umpires. Board Members will handle unresolved disputes.
30. Coaches are responsible for their actions, player conduct, and crowd control. Please lead by example what good sportsmanship looks like!!
31. All players present must bat, and they must bat in continuous rotation. Batting out of order is an out.
32. In case of rain the Board will determine if games are to be played. First check the website, then Face Book. There will be an email sent to the head coaches and also be a sign posted at the park for rain outs.
33. No infield practice is allowed on the game field before the game.
34. THESE RULES WILL BE FOLLOWED FOR ANY LEAGUE PLAY-OFFS AS WELL (with play-off exceptions noted above)!