

SFL League Rules

Playing Equipment

- A. All equipment shall comply with NSA Rules unless modified below.
 - B. Softball T-Ball bats will be allowed in the Training Division (6U). The board reserves the right to ban any T-Ball bats that deem dangerous.
 - C. Players shall wear the official uniform designated for their team, including numbers.
 - D. Under adverse weather conditions long sleeves (and long pants in those Leagues where the official uniform pants are shorts) may be worn; however, the shirt must be worn in such a manner that the uniform numbers are visible during play. (some exceptions---umpires discretion)
 - E. No award patches will be allowed on uniforms.
 - F. Catchers must wear facemasks with a throat protector or extended wire protector approved helmet with earflaps, shin guards, which offer protection to the kneecaps, and a chest protector at all times when catching, both in games and in practice. Any player warming up a pitcher must wear a mask with a throat protector or extended wire protector and approved helmet with earflaps while in the squatting position.
 - G. Shoes with metal or pointed cleats shall not be worn; offenders will be ejected. Any shoe approved for NSA youth play may be worn. All age divisions except Peewees must wear cleats.
 - H. All batters and base runners, both in games and in practice, shall wear protective headgear with face guards, they may not be removed until completely in dugout
 - I. Basic team equipment shall be provided by the league and distributed to each head coach, who shall sign for the equipment and turn it back in at the completion of each season. The head coach shall be responsible for the replacement cost of any equipment not turned back into the league.
 - J. All IN FIELD PLAYERS must wear a face mask in every age division.
- Player Age and Player Assignment**

- A. **Player Age**
 - 1. Spring - Player age for the spring season is determined by the girl's age as of December 31 of the previous year.
 - 2. Fall - Player age for the fall is determined by the player age as of July 31st of the current year.
 - 3. Players are allowed to play up an age division by 1 season (spring or fall).
 - a. A player may play up 2 seasons if they are protected by a coach and with the approval of the executive board.
 - b. Or, can request an assessment from the executive board to show ability to play up to requested division.
 - C. Once a player is approved to move up an age division, that player must stay in the age division going forward. Players will not be allowed to go back to the previous age division.
- B. **Player Assignments**
 - 1. **Spring Season**

a. All girls returning to the same age division as they played the previous spring season in SFL may return to that team or opt to go back into the draft. That player will be part of the blind draft.

b. For girls that did not play the previous spring season in SFL or are moving up in age division are eligible to be protected by a coach or will be placed in the draft.

Note: Players must attend assessments to be drafted or will be placed in the blind draft (random pick by coaches).

1. Fall Season

a. All girls returning to the same age division as they played the previous spring season in SFL may return to that team or opt to go back into the draft.

b. For girls that did not play the previous spring season in SFL or are moving up in age division are eligible to be protected by a coach or will be placed in the draft.

Note: There are no player assessments in the fall.

Team Duties

A. Each team shall be responsible for cleaning dugouts and stands after each game played.

B. Each team shall furnish the opposing team and scorekeeper a copy of the batting order. The batting order shall include and list with reference both to name and uniform number of all team players present, 10 minutes before the first ball is pitched.

Scorekeeping

A. The official score book shall be furnished by the league and returned to the league after the last scheduled game played.

1. When a Team is designated as the Home Team, it shall provide an Official Scorebook keeper of at least 16 years of age for the game.

2. The Visiting Team shall provide an Official Scoreboard Keeper of at least 16 years of age for the game.

3. Both official scorekeepers must sign the scorebook once the game is finished.

4. Scorebook Keeper will be responsible for recording Game start time.

B. Any protest based on the Official Scorebook regarding substitution and eligibility shall be verbally made to the home plate Umpire prior to the 1st pitch of the next batter.

Conduct

A. If in the opinion of the Chief Umpire, the conduct of a Coach, Player, or Spectator is detrimental to the game; the offender may be removed from the game or the grounds. If the offender is ejected from the game, they will be suspended for the following game and every day in between and the steps listed in Section D below will apply for any subsequent ejections. If removal of the offender does not solve the problem, then the offender's team shall forfeit the

game. All such forfeitures shall be subject to review by the Executive Board and may take further action or no action as is deemed fit for the benefit of the SFL Program and the City of Smyrna.

B. Any girl showing unsportsmanlike conduct such as the throwing of a bat, glove, helmet, aggressive behavior, etc. may be subject to, but not limited to, removal from the game with discretion of the umpire or SFL Board member after one warning.

C. Only the Head Coach, his assistants, and Team Parent (or in their absence, their approved substitutes) are allowed on the playing field (inside the fences and including the dugout). However, a maximum of 4 adults at one time for the lower conference teams and a maximum of 3 adults at one time for the upper conference teams. Team parents approved for dugout only. If they wish to help on the field they must submit a coaches application.

D. Head Coach is responsible for making sure that all assistant coaches have the appropriate paperwork turned into the league before he/she is allowed on the playing field. Failure in getting appropriate paperwork in for assistant coaches will result in ejection from games until paperwork is turned in. (will follow ejection guidelines stated in Conduct E. 1,2,3)

E. Only a Head Coach or acting head coach (in the event that the designated manager is absent) shall be allowed to address the umpire for any reason. Head Coaches and the Assistant Coaches may not argue with the umpire's decisions (asking the umpire to explain a call is not arguing with the umpire). Any assistant coach who argues with or approaches an umpire will be given a single warning. If the coach persists or argues again, they shall be ejected. Umpires have complete authority during the process of a game. Umpire's decisions are final. Argumentative conduct exhibited toward an umpire or umpires decision can result in an ejection and suspension of the next game.

1. 1st ejection within a season shall result in an automatic suspension for the next game, and CAN NOT be in the park.

2. 2nd ejection within a season shall result in a review by the SFL Board for coaching status in the league the rest of the season, also follows ejection rule #1.

3. 3rd ejection within a season shall result in automatic coaching suspension from SFL indefinitely.also follows ejection rule #1.

4.

F. Heckling of players, use of offensive language or use or possession of intoxicating beverages shall not be allowed during league games and practices or on league property.

a. Violators of the rule against heckling or persons using offensive language shall be given one warning by the head coach in the case of the parent or other relative having a ball player on the team or by the league commissioner/board member in other instances. Further violation occurring after warning will result in the violator's removal from the premises.

b. Person's using or having intoxicating beverages in their possession on the premises shall be asked to leave.

G. NO cell phone use is allowed on the field during game times by any coaching staff, including videoing or photography. Failure to comply with this rule will result in ejection from game and will follow ejection guidelines stated in Conduct E 1, 2 & 3)

H. NO Buckets on field during games.

I. NO metal cleats

J. The chain of command for complaints is as follows:

Parent to Head Coach

Head Coach to Conference Commissioner

Conference Commissioner to League Commissioner

League Commissioner to Executive Board

Exception: If a parent has a complaint about their Head Coach, they may report it directly to the Conference Commissioner for that Age Division.

Playing Rules (All Divisions)

A. Official NSA Rules shall apply unless amended or modified by these rules.

B. All protests shall be made in accordance with NSA protest procedures prior to the next pitch being issued and a \$50 fee (cash) (refer to NSA rule book for procedure to protest)

C. Games shall start at the scheduled time. If a team does not have a sufficient number of players to start the game, there shall be a 10-minute grace period from the official game time before deemed a forfeit. This applies to the first game of the day/night only.

D. The time limit of all regular season and league tournament games shall be one (1) hour and ten (10) minutes or 7 innings(6 innings for 6u and 8u) (the Head Umpire has the official time). A new inning begins as soon as the third out of the previous inning has been recorded.

E. Any game in the regular season resulting in a tie score at the end of the final innings shall go to a one inning tie breaker for **Upper Conference (13U & 16U)**. The last recorded out from the previous inning will start as a runner on second base and the offensive team will start with one out. If the score is tied after one extra inning, the game will be considered a tie.

Lower Conference (6U , 8U and 10U) will not have a tie breaker inning, they can end in a tie.

F. The League Commissioner shall reschedule rain out games. Once a game has begun, the home plate umpire shall determine when a game is rain delayed or rained out.

a. A rained out game shall be considered a complete game when three (3) or more innings have been completed or 55 minutes have been played.

i. If visitor team is winning, final score shall be determined by last completed inning.

ii. If home team is winning final score shall stand.

b. If rained out game is not complete under guidelines listed above, it will pick up at a later date at the point at which it was stopped. Line up must remain the same.

If a pick up player was in the initial game the missing player on team roster or a different pick up player may be used in the event the sub is no longer available or the missing player on team roster is available.

c. If a game is temporarily rain delayed, the game clock shall be stopped during the rain delay and restarted when play resumes.

G. All offensive players, except the batter, base runners, and the on deck batter must stay in the dugout or behind screens during play.

H. All players must have at least one at bat and play a minimum of six (6) defensive outs per game. In the event that a player does not satisfy the requirements, she must start the next game and complete remaining play plus her new game requirements.

I. All teams must have 8 players to consider a game as official. If a team does not have the required number of players to start a game they shall forfeit the game. However, a team may borrow players from the same age division or a player from one age group lower with eligible DOB to move up into that borrowing division without a board assessment. (Players being borrowed for a game shall be approved by their coaching staff and/or parent (s) as well as the board). The borrowed player must play right field. If a second player is picked up, they must play left field. All players picked up from other teams must bat last in the batting lineup. A team must have at least 6 players from their current season roster present to play in order to pick-up any other approved players. Pick-up requirements are as follows:

* 6 players = 2 borrowed players * 7 players = 1 or 2 borrowed players * 8 players = 0 or 1 borrowed player

J. If a player is missing from the batting lineup or hurt for any reason, an out shall be assessed on the first at bat only. On subsequent at bats, the player may return to the lineup or she may be skipped without an out being assessed.

K. Courtesy runner may be used for the pitcher and the catcher at any time, must be the last recorded out. Should the player that made the last recorded out be on base for any reason or is the pitcher or catcher, or batting or has already been a courtesy runner in that inning, the new courtesy runner would be determined by going back previous outs to the next allowable courtesy runner or to any player not currently in the game. If in the first inning a courtesy runner is used for either the pitcher or the catcher (who are listed in the line – up when the line ups are turned in) and there are no outs recorded, the courtesy runner will be the player furthest removed from the pitcher or catcher needing the courtesy runner.

Except the Training Division and Rookie Division this rule does not apply in those divisions.

L. Players arriving after a game begins, may be added to the bottom of the batting lineup only if their team has not batted through their batting line up once. Player may be used as a substitute if not able to add to the batting lineup.

M. When an injury occurs while the ball is in play, at the umpire's discretion, the play will be stopped and the base runner(s) will be situated according to their position(s) on the base path at the time the play was stopped.

N. Each team will be allowed to warm up on the half of the infield closest to their dugout, if time permits prior to a game beginning.

O. NSA Run Rule shall apply:

▪ 12 RUNS after 3 Innings played / 10 RUNS after 4 Innings played / 8 RUNS after 5 Innings played

****When the games ends due to The run rule the following shall apply-

- IF there is more than 10 min left on the clock, the game shall continue until the time runs out. Additional runs do not count toward game score.

P. Any Players ejected from a game shall be counted as an out at each at bat.

End of Season Tournament

A. Double Elimination to be played per age division at the end of the regular season.

B. Seeding for tournament will be as follows: Best Record (wins), Head to Head with strength of schedule factored in then if necessary a coin toss.

- C. Winners bracket-Higher seed will remain home team throughout the bracket until the IF game then the home team will be determined by coin flip
- D. Losers bracket- Home team will be the team coming out of the winners bracket throughout the bracket. If two teams drop at the same time the home team will be determined by the regular season seeding, higher seed will be home team.
- E. **Any game, in the tournament, including Lower Conference** resulting in a tie score at the end of the final innings will play tie breaker innings until a winner is determined. The last recorded out from the previous inning will start as a runner on second base and the offensive team will start with one out.

AGE GROUP 6 & under (Training Division)

- A. All players shall be placed in the batting order and allowed to play on defense.
(Unrestricted defensive substitution)
- B. 11 inch softball to be used for play.
- C. The distance between bases shall be 60 feet.
- D. The distance from the back point of home plate to the front of the coach pitching line shall not be less than 25 feet.
- E. There shall be 3 outs per $\frac{1}{2}$ inning or a 5 run rule limit when batting.
- F. Each batter shall receive up to a total of 5 pitches/swings. The batter must receive 3 pitches from the offensive coach and then be allowed to have the option of going to a batting tee. The coach may opt to use any combination of live pitches/tee swings for the last 2 swings. If the batter does not put the ball in play with the total of 5 pitches/tee swings, she is out.
 - a. If the batter touches the ball on the tee and knocks it off while lining up for the swing, it does not count as an attempt. The batter must show intent to hit the ball for it to be counted as a swing.
 - b. If the batter hits the ball in foul territory on the 5th attempt, she shall receive another swing until the ball is put into fair play or unsuccessful swing attempt. (If the extra attempt results in the ball coming in contact with the coach pitching, refer to rule H below).
- G. When hitting off the tee, for a "hit" ball to be considered in the field of play, it must travel past the "six foot line" (The 6- foot line shall be measured from the back of the home plate and extended from the first and third base foul lines). Standard foul lines are in play for a "hit" ball off the pitch.
- H. Any batted ball coming in contact with the coach pitching to the batter shall be a dead ball/no play, but shall count towards the batter's pitch/swing count. Umpire's discretion. However, if it's the last pitch/swing available to the batter one more pitch/swing shall be rewarded, but must be hit into fair territory or the batter shall be out.
 - a. If it occurs on the 3rd coach pitch, one more pitch shall be rewarded and the tee shall still be available for 2 swings.
 - b. If it occurs on the 5th coach pitch/swing, one more pitch/swing shall be rewarded, but must be hit into fair territory or the batter shall be out.
- I. Anytime a batter gets a hit (a ball hit in fair territory) the play shall remain live until the following occurs:

- a. Pitcher has possession of the ball in the circle and is not attempting another play (see rules N if fielded by pitcher)
- b. Lead runner has stopped advancement to the next base and the ball is in the possession of the defensive team in the infield.
- J. Any player that has passed a base and running to the next base when the umpire calls the play dead, shall be allowed to continue to the base she was attempting to take if she is beyond the hash mark. If she is not beyond the hash mark she shall be sent back to the prior base. The umpire's decision shall be final and not subject to protest. (All decisions based on position of lead runner at time. Umpires discretion)
- K. Coach Rules:
 - a. If a coach touches a runner during a live play, the runner shall be out.
 - b. An opposing coach cannot intentionally walk a batter.
 - c. A coach is allowed three defensive trips to the mound/infield to talk to his/her defense during a single game, but no more than one per inning. On the third trip, the player who has been playing pitcher has to be moved to another position for the rest of the game.
 - d. Up to two (2) coaches shall be allowed in the playing field; outfield only. Coaches must position themselves behind the players in the outfield. One (1) coach may stand on the dirt near the dugout but must not interfere with play. One(1) Coach or team parent may be in the dugout
- L. Coach/ Pitcher Rules:
 - a. The coach pitcher shall be required to leave the playing field by direction of home plate and secure the bat and batted tee on a fair ball, making every effort to avoid interfering with the play. He/She shall not be allowed to coach the base runners.
 - b. The coach pitcher must throw a hard and flat pitch. The pitched ball must maintain a constant speed and not be dropping significantly as it arrives at the plate. If the ball is too slow or has a downward arc as it arrives at the plate, the umpire will call the attempt a no pitch. The decision is a judgment call from either umpire and cannot be protested.
 - c. If the last pitch from the coach pitcher is called a no pitch, the batter is out, regardless if the player hit a fair ball.
- M. Specific rules governing defensive player and play:
 - a. There must be 6 recognizable players in the infield and all outfield players must be in the grass.
 - b. Infield players shall not be positioned in front of the hash marks on either foul line until after the ball is hit (applies to the 1st and 3rd base players). SS and 2nd are not to pass the imaginary line that crosses the middle of the infield connecting 1st and 3rd base until after the ball is hit.
 - c. Outfield defensive players may not get a batter out by tagging a base or a runner. A throw must be made by the outfielder in order for the out to count.
 - d. Defensive players must make an attempt to throw the ball in the air to the base.
 - i. In the umpire's discretion, an attempt to throw the ball at least half way to the base in the air must be made.
 - ii. Intentionally throwing the ball into the ground so it will roll to the base will result in the runner being called safe. In this instance, the ball will remain in play until time is called in accordance with the stoppage rule.

e. Infielders may only make a tagging play from their base to either the preceding base or the advance base, depending on where the initial play on the ball started. If the defensive player attempts to “chase” the runner beyond these limits the base runner may continue advancing until normal stoppage rules apply.

For Example: Runner on 3B, ball hit to third baseman – she is able to make a running/tagging play on the runner if she goes home or goes back to 3B. Or Runner on 2B, ball hit to third baseman – she is able to make a running/tagging play on the runner coming to 3B or going back to 2B. (

f. All defensive players must have an opportunity to make a play at their existing position before another defensive player can assist. I.e. if there is a play at home plate, the catcher must make the 1st attempt to catch the ball for the out. If the attempt by the catcher was unsuccessful another player may make the 2nd attempt to get the runner out coming home to score.

N. Specific rules governing player/pitcher:

a. The girl playing the pitcher position must have both feet inside the circle until the ball is hit by the batter.

b. If the pitcher fields the ball in the circle she must make a throwing attempt for a defensive play. If a tagging play is made – the play shall be called dead and all offensive players shall advance one base from their original start point.

c. If the pitcher fields the ball outside the circle she may make a tagging or throwing defensive play*umpire will signify when the ball must be thrown.

**However, she may only make a tagging play on the first base line before the runner passes the halfway mark or third base line after the runner passes the halfway mark, or when a normal softball play warrants a tag instead of a throw for the out. Umpires discretion is final.

For Example: runner on 3B, ball is hit towards shallow 3B towards the foul line, player pitcher fields the ball and runner is attempting to advance home, player pitcher may tag the runner out.

d. After an initial attempt at a defensive play, defensive players can throw to the pitcher in an attempt to stop advancing base runners. Player/pitcher can still make attempts to throw or tag a runner if fielding a ball outside the circle; while still following rules of not chasing advancing players.

For example: After making a successful out at 1st base, the 1st baseman throws to the pitcher (in the circle) to stop a base runner from advancing to home. The pitcher fields a bad throw outside the circle near the 3rd base foul line; the pitcher can tag the advancing runner coming to her or tag the base runner retreating back to 3rd. The pitcher cannot chase the runner home if the base runner has passed the pitcher as this would be “chasing and advancing runner.”

O. The infield fly rule shall not apply.

P. No Stealing allowed

Q. No Bunting allowed.

R. Speed up rule for catcher in affect, courtesy must be the last recorded out

AGE GROUP 8 & under (Rookie Division)

- A. All players shall be placed in the batting lineup and up to 10 players are allowed to play on defense. (Unrestricted defensive substitution)
- B. 11 inch softball to be used for play.
- C. The distance between bases shall be 60 feet.
- D. Pitching rubber shall be 35 feet from home plate.
- E. There shall be 3 outs per $\frac{1}{2}$ inning or a 5 run rule limit when batting.
- F. Each player shall receive up to 5 pitches from the offensive coach.
 - a. No walks shall be allowed
 - b. Three (3) strikes (by unsuccessful swings) or 5 un-hit pitches shall result in an out.
 - c. However, if the 5th pitch is a foul then the batter shall receive unlimited pitches until the ball is put into play or an unsuccessful swing occurs.
- G. Any batted ball coming in contact with the coach pitching to the batter shall be dead ball/no play at the umpire's discretion. However, pitch shall be counted to the batter. If play occurs on 5th pitch to batter, an additional pitch shall be given and treated as the 5th pitch.
- H. Anytime a batter gets a hit (a ball hit in fair territory) the play shall remain live until the lead runner has stopped advancement to the next base and the ball is in the possession of the defensive team in the infield.
- I. Any player that has passed a base and running to the next base when the umpire calls the play dead, shall be allowed to continue to the base she was attempting to take if she is beyond the hash mark. If she is not beyond the hash mark she shall be sent back to the prior base. The umpire's decision shall be final and not subject to protest. (All decisions based on position of lead runner at time. Umpires discretion)
- J. Coach Rules:
 - a. If a coach touches a runner during a live play, the runner shall be out.
 - b. An opposing coach cannot intentionally walk a batter.
 - c. A coach is allowed three defensive trips to the mound/infield to talk to his/her defense during a single game. On the third trip, the player who has been playing pitcher has to be moved to another position for the rest of the game.
 - d. Up to two (3) coaches shall be allowed in the playing field; 2 outfield/four ball lines only. one near dugout, May not interfere with game.
- K. Coach/ Pitcher Rules:
 - a. The coach pitcher shall be required to leave the playing field by direction of home plate and secure the bat on a fair ball, making every effort to avoid interfering with the play. He/she shall not be allowed to coach the base runners. Any coach pitcher who coaches during the play will be given one warning. After the first warning if it occurs again, the coach cannot pitch for the rest of the game.
 - b. The coach pitcher must throw a hard and flat pitch. The pitched ball must maintain a constant speed and not be dropping significantly as it arrives at the plate. If the ball is too slow or has a downward arc as it arrives at the plate, the umpire will call the attempt a no pitch. The decision is a judgment call from either umpire and cannot be protested.
 - c. If the last pitch from the coach pitcher is called a no pitch, the batter is out, regardless if the player hit a fair ball.

L. Specific rules governing defensive player and play:

a. There must be 6 recognizable players in the infield and all outfield players must be in the grass.

b. Infield players shall not be positioned in front of the hash marks on either foul line until after the ball is hit (applies to the 1st and 3rd base players). SS and 2nd are not to pass the imaginary line that crosses the middle of the infield connecting 1st and 3rd base until after the ball is hit.

c. Outfield defensive players may not get a batter out by tagging a base or a runner. A throw must be made by the outfielder in order for the out to count.

d. Defensive players must make an attempt to throw the ball in the air to the base.

1. In the umpire's discretion, an attempt to throw the ball at least half way to the base in the air must be made.

2. Intentionally throwing the ball into the ground so it will roll to the base will result in the runner being called safe. In this instance, the ball will remain in play until time is called in accordance with the stoppage rule.

e. All defensive players must have an opportunity to make a play at their existing position before another defensive player can assist. I.e. if there is a play at home plate, the catcher must make the 1st attempt to catch the ball for the out. If the attempt by the catcher was unsuccessful another player may make the 2nd attempt to get the runner out coming home to score.

f. Infielders may only make a tagging play when a normal softball play warrants a tag instead of a throw for the out. If the defensive player attempts to "chase" the runner beyond these limits the base runner may continue advancing until normal stoppage rules apply. Umpires discretion is final

***Only exception would be if a natural run down situation occurs and the defensive player is able to run the runner down and make a tagging play for the out.

M. Specific rules governing player/pitcher:

a. The girl playing the pitcher position must have both feet inside the circle until the ball is pitched by coach/pitcher.

b. If the pitcher fields the ball in the circle she must make a throwing attempt for a defensive play. If a tagging play is made – the play shall be called dead and all offensive players shall advance one base from their original start point.

c. If the pitcher fields the ball outside the circle she may make a tagging or throwing defensive play.

**However, she may only make a tagging play on the first base line or third base line, when a normal softball play warrants a tag instead of a throw for the out. Umpires discretion is final
For Example: runner on 3B, ball is hit towards shallow 3B towards the foul line, player pitcher fields the ball and runner is attempting to advance home, player pitcher may tag the runner out

N. The infield fly rule shall not apply.

O. No Stealing allowed. Runners may leave base when batter makes contact with ball. Runners must be on bases before the next pitch is thrown or she shall be called out.

P. No Bunting allowed.

Q. Speed up rule for catcher in affect, courtesy must be the last recorded out

AGE GROUP 10 & under (Junior Varsity Division)

- A. All players shall be placed in the batting lineup and up to 10 players are allowed to play on defense.
- (Unrestricted defensive substitution)
- B. 11 inch softball to be used for play.
- C. Bases shall be 60 feet apart.
- D. Pitching rubber shall be 35 feet from home plate.
- E. There shall be a 5 run rule limit when batting.
- F. 2 pitchers must record at least 1 complete inning of play per **GAME**. (completed inning is 3 outs or 5 runs)
- G. 3rd strike dropped rule shall apply.
 - a. 3rd strike dropped ball by catcher and 1st base occupied with less than 2 outs: Ball is live, the batter is out and base runners may advance with liability to be put out
 - b. 3rd strike dropped ball by catcher and 1st base occupied with 2 outs ball is live, the batter becomes a batter-runner plus all other base runners may advance with liability to be put out.¹
 - c. 3rd strike dropped ball by catcher and 1st base not occupied: ball is live; the batter becomes a batter-runner with liability to be put out. All base runners may advance with liability to be put out
- H. Pitchers will be given up to 5 warm up pitches between innings, or one minute, whichever occurs first.
- I. Pitchers must complete a full windmill motion. A slingshot style or any other style other than a windmill shall be considered a no pitch and count as a ball towards the pitch count.
- J. The pitcher must attempt to throw a hard and flat pitch. The pitched ball should maintain a constant speed with no obvious arch from the beginning to the end of the pitch. If the ball is continually too slow or continually has a downward arc as it arrives at the plate, the umpire will call the attempt a no pitch and count as a ball towards the pitch count. Umpires discretion is final.
- K. The infield fly rule shall not apply.
- L. Steals are allowed after the pitch crosses home plate. All runners are at risk every play.
- M. Look back rule is in effect (refer to NSA rule book)
- N. Bunting is allowed.

AGE GROUP 13 & Under (Varsity Division)

- A. All players may be placed in the batting line up and up to 10 players are allowed to play on defense.
- B. (Unrestricted defensive substitution).
- C. 12 inch softball to be used for play.
- D. Pitching rubber shall be 40 feet from home plate.

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- E. Bases shall be 60 feet apart.
- F. There shall be a 7 run rule limit when batting.
- G. Pitchers will be given up to 5 warm up pitches between innings, or one minute, whichever occurs first.
- H. 3rd strike dropped ball shall apply.
 - a. 3rd strike dropped ball by catcher and 1st base occupied with less than 2 outs: Ball is live, the batter is out, and base runners may advance with liability to be put out
 - b. 3rd strike dropped ball by catcher and 1st base occupied with 2 outs ball is live, the batter becomes a batter-runner plus all other base runners may advance with liability to be put out.
 - c. 3rd strike dropped ball by catcher and 1st base not occupied: ball is live, the batter becomes a batter-runner with liability to be put out. All base runners may advance with liability to be put out. A player can be used only once per inning as a courtesy runner.
- I. Pitchers must complete a full windmill motion. A slingshot style or any other style other than a windmill shall be considered a no pitch and count as a ball towards the pitch count.
- J. The pitcher must attempt to throw a hard and flat pitch. The pitched ball should maintain a constant speed with no obvious arch from the beginning to the end of the pitch. If the ball is continually too slow or continually has a downward arc as it arrives at the plate, the umpire will call the attempt a no pitch and count as a ball towards the pitch count. Umpires discretion is final.
- K. The infield fly rule shall apply.
- L. Steals are allowed at the release of the pitch. All runners are at risk every play.
- M. Look back rule is in effect (refer to NSA rule book)
- N. Bunting is allowed.

AGE GROUP 16 & Under (Collegiate Division)

- A. All players may be placed in the batting line up and up to 10 players are allowed to play on defense.
- B. (Unrestricted defensive substitution).
- C. 12 inch softball to be used for play.
- D. Pitching rubber shall be 43 feet from home plate.
- E. Bases shall be 60 feet apart.
- F. There shall be a 7 run rule limit when batting.
- G. Pitchers will be given up to 5 warm up pitches between innings, or one minute, whichever occurs first.
- H. 3rd strike dropped ball shall apply.
 - a. 3rd strike dropped ball by catcher and 1st base occupied with less than 2 outs: Ball is live, the batter is out and base runners may advance with liability to be put out
 - b. 3rd strike dropped ball by catcher and 1st base occupied with 2 outs ball is live, the batter becomes a batter-runner plus all other base runners may advance with liability to be put out.

c. 3rd strike dropped ball by catcher and 1st base not occupied: ball is live, the batter becomes a batter-runner with liability to be put out. All base runners may advance with liability to be put out

I. Pitchers must complete a full windmill motion. A slingshot style or any other style other than a windmill shall be considered a no pitch and count as a ball towards the pitch count.

J. The pitcher must attempt to throw a hard and flat pitch. The pitched ball should maintain a constant speed with no obvious arch from the beginning to the end of the pitch. If the ball is continually too slow or continually has a downward arc as it arrives at the plate, the umpire will call the attempt a no pitch and count as a ball towards the pitch count. Umpires discretion is final.

K. The infield fly rule shall apply.

L. Steals are allowed at the release of the pitch. All runners are at risk every play.

M. Look back rule is in effect (refer to NSA rule book)

N. Bunting is allowed.