

Girls Fastpitch Softball Rules 2023

Level 3-4 (Machine Pitch)

These rules were adopted from MAA and LCYBS.

Playing Rules

Playing rules will be governed by ASA fastpitch rules, except as modified by individual League modifications. Copies of League Rules should be made available to coaches and players upon request. Additional League modifications may be made during the season as needed if approved by the respective League commissioners.

Modified Rules

Definition of a “New Inning” - Immediately after the third out is made at the bottom of an inning.

Minimum to Start a Game – Eight players are needed to start a game or a forfeit will be declared. Borrowing player(s) will not constitute a forfeit during League play, and is encouraged to even out the teams, or to avoid a forfeit. Players arriving to the game late will be inserted at the bottom of the batting order.

Short-Handed Rule – A team can choose to play with eight of their own players, or make a larger team by borrowing players from another team. Borrowed players must be at the grade level of the team, and must be registered to play in the League. No more than ten players in total can be on a “borrowing” team’s roster (i.e. the borrowing team has six of their own players, they are able to borrow up to four players for a total of ten players on their roster). The goal of the rule is to avoid a forfeit so the girls can play the game.

Jewelry – Wearing of jewelry is not allowed except for medical reasons (medical bracelet or ID, etc). Soft, flexible, ponytail holders are encouraged.

Players Leaving Early- A player may leave early, and the team will not be charged with an out at the batter’s spot in the line-up. A player who leaves the game cannot return unless the player originally left due to injury. Upon recovery the injured player returning to the game may return to their spot in the line-up. If the player had suffered any type of head injury the player must be cleared by medical personnel before returning to the game.

Overthrow Definition – Wild throw to the base fielder, not a dropped ball. The overthrow is an umpire judgment call and cannot be argued.

Overthrow Rule- On a ball hit into the infield, which results in an overthrow on defense to any base including home plate, the base runners may advance one base only. On a ball hit into the outfield, the runners may advance until the ball is thrown back into the infield. Once the ball crosses over the dirt into the infield, all runners may, at their own risk, attempt to advance one base beyond the base they occupy or being run toward at the time of the overthrow.

Offensive Rules

Helmets – Must have face masks, and should have chin straps.

Batting Order – Players must bat in continual order whether they play in the field or not during that inning. Borrowed players must bat in the bottom of the line up.

Sliding Rule – A base runner will be called out at home plate if she remains on her feet crossing the plate while a defensive player is holding the ball, or about to receive the ball at home plate for a play at the plate (umpire discretion).

Interference – Will be called when a fielder has the ball, or is about to receive the ball (umpire discretion), and a runner interferes with the defenders ability to field the ball, effect-the play will be called dead by the umpire, and the runner will be called out. Any other runner must return to the last base occupied.

Speed-Up Rule – Catchers should be ready to go prior to the 3rd out of their team's at bat. The utilization of a pinch runner is recommended when possible,

Pinch Runner – The pinch runner will be the last player to bat that was called out in the current inning, or the player that was last out in the previous inning.

Warm-Up Pitching – Five warm-up pitches are allowed per inning (Coach or machine).

Defensive Rules

Defensive Line-up – Ten players in total. Must include four outfielders, which must play a ten foot (adult strides) distance from the infielders or from the outfield grass.

Substitutions – Are unlimited, and a minimum of two innings must be played in the field by each player. No substitutions other than pitcher can be made once an inning begins with the exception of replacing an injured player.

Obstruction – Fielder not in possession of, or in the act of fielding the ball, who impedes the runner’s advance to the next base. Effect-the play will be called dead by the umpire, and the runner’s will be awarded the base.

Player Positions- Concerted effort should be made by the coaching staff to allow for each player to have had the chance to play each defensive position during the course of the season. A must for lower levels (1-2), great effort by the middle grades (3-4, 5-6), with a lesser emphasis at the higher grades (7-9).

3-4 Grade Level Rule Modifications

Pitching machine is to be used. The speed will be set, monitored, and operated by the coach, and should be set at the slowest speed possible that will still result in a relatively flat trajectory of the pitch across the plate.

The batter gets three swinging strikes or seven total pitches at bat, unless the batter continues to foul off pitches. Fouls will count as strikes unless the foul is the seventh pitch then the batter will continue batting until they swing and miss, put the ball in play, or continue to foul off.

- A hit ball that strikes the pitching machine shall result in a single for the batter and all other runners advance one base.
- The player “pitcher” may play on either side of the machine/coach, and is not allowed to charge the plate unless the ball is hit near the plate.
 - Runs per at-bat- Five is the most allowed, including the final at-bat.
 - Dropped third strike – batter is out.
 - Bunting- Not allowed.
 - Leading Off - Not allowed unless the batter swings and misses.
 - Stealing – Not allowed
 - Infield Fly Rule – Not in effect.
 - Overthrow – Runner(s) are allowed one base per overthrow. **One overthrow per play.**

- Time-out – The pitcher (or any other player) can call timeout when inside the eight foot mound circle while in possession of the ball. Runners less than halfway to the next base must return to the last base touched.
- Base Distance – fifty feet; Pitchers Mound – Thirty-five feet.
- Game Ball – Softball, Regulation, 11” diameter.
- Helmets must have a face mask, chin strap recommended.
- Coaches are allowed to coach from the outside grass on defense or from the bench/sideline, whichever they prefer.
- Game Length – Seven innings or seventy-five minutes. No inning may start after the seventy-fifth minute. If the home team cannot complete their at bat due to time limit, the final score will be the last full inning’s score. Tie games are completely acceptable.

3-4 Girls End of the Season tournament is July 7-9th in Merton

5-6th Grade Softball

Note: *The purpose of the Land-O-Hills Baseball League is to allow the players to learn the game of softball and have fun doing so. The league is not run for the benefit of the coaches or the parents of the players. The rules stated below are intended to help carry out this purpose. Should a situation arise not specifically covered in these rules, resolution of the situation should be made keeping this stated purpose in mind.*

It is also the intention of the league to maintain a fair level of play amongst all the teams within a community. Rosters should be balanced by age and talent. The league committee will investigate all complaints and they alone will determine if and what disciplinary action will be taken. Your cooperation is appreciated to keep baseball fun, challenging and rewarding for all of our young players.

GENERAL RULES:

1. Players will have just completed 5th or 6th grade to play. For Home Schooled children, players must not turn 13 before September 1 of the current season.
2. The home team will keep the official scorebook for both teams. If the score is disputed, the umpire will be the tiebreaker if there is a paid umpire. Otherwise, the two coaches must resolve the dispute.
3. The HOME team is responsible for reporting the score to ballcharts.com/LandOHills within 24 hours of the completed game.
Login: Username: LOH2023 Password: Homerun
Select: "Admin" and then "Add/Edit Games"
Choose the game to add and select "edit"
Add Runs scored for both teams and Save.
4. No protests allowed.
5. Players can be called out or ejected for throwing equipment. This decision is up to the umpire, although the umpires should first give a warning unless the incident is intentional or flagrant.
6. Coaches are responsible for the conduct of their team and fans. Heckling by players or fans is not allowed. Arguing umpire calls will be considered unsportsmanlike conduct and after one warning, may result in ejection. Continued incidents will result in a game forfeit.
7. All players present at the game must play at least two innings in the field, with the following exceptions:
8. Each team will have 8 rostered players in the game at all times.
9. Ten girls play the field (4 outfielders). All 4 of the outfielders will play the Outfield or the equivalent of.
10. Each team will have 8 rostered players in the game at all times. In the case the team does not have 8 girls, a team is allowed to bring up non-rostered players from a lower age group or from another LOH team at the same level in order to complete the game. Add-on players must bat last and cannot pitch or catch. Add-on players must be communicated and agreed upon by the coaches before the game starts.
11. If a rule is not specified within, WIAA rules would take precedence.
12. Each player must have either a number or name on their uniform.
13. Scheduled games can be canceled or postponed only because of weather related conditions by 5pm of game day.
14. Rainouts: The home team coach must take the initiative to communicate to the visiting coach and is responsible for notifying the Community Directors of the date and field of choice to insure availability.

- Coaches will make a good faith attempt to reschedule rained out games.
- Rained out games may be played at any LOH venue and also on Saturdays/Sundays.
- The home team from the original game will be responsible for baseballs and umpires.
- The home team shall provide a minimum of two alternate dates within 7 days of the rained out game.

FIELD PREPARATION:

1. The home team is responsible for having the playing field in good condition.
2. Bases and pitcher's rubber must be staked down.
3. Bases are 60 feet apart. The pitcher's mound is 40 feet.
4. A safety base will be used at 1st base.

GAME RULES:

1. The home team will supply two 12 inch raised seam high visibility softball for each game.
2. The home team will provide the home plate umpire or both umpires if both are paid.
3. The home team coach will determine when conditions prevent the playing of a game and shall contact the visiting team's coach not less than one hour before game time. If canceled, the home team coach should take the initiative to communicate to the visiting coach to reschedule the game.
4. Games start promptly at 6:00 pm. Teams arriving more than 15 minutes late shall forfeit the game, however, this rule may be waived by mutual consent of the coaches.
5. Visiting team gets to the field from 5:45 to 6:00.
6. No new inning may start after 8:00 pm. In case of a tie, the umpires will determine if the game can be safely completed.
7. Games shall consist of 7 innings. Four and one-half (4 ½) innings is considered a full game if the home team is ahead, five (5) if the visiting team is ahead. Score reverts back to the last completed inning for a game called in the middle of an inning.
8. A half inning consists of 3 outs or 5 runs scored. **The 5 run rule will be in effect in the last inning of the game.**
9. A team will bat all players present that game with batting order staying the same. If a batter bats out of order, she is out. The batters are out if it is found out in the current inning.
10. *Only the pitcher can call timeout when in control of the ball. Play is live until the umpire calls time.*
11. The infield fly rule is in effect.
12. If the batter is hit by the pitch, the batter is given first base. Attempts should be made to avoid being hit. Umpire's discretion will be used.
13. A game can be considered over if the winning team has a ten (10) run lead at the end of five (5) innings or anytime thereafter.

PITCHING:

1. The strike zone is from the knees to the armpits.
2. No minimum arc is required. Max Arc 6 foot.
3. The pitching style is determined by each individual pitcher.
4. Contact with the Pitcher's Plate - Due to the varying levels of play and levels of skill in pitching development, prior to the start of the pitch, NFHS rules allow the pitcher to choose foot placement. The pitcher may choose to take a position with the pivot foot in contact with the plate and the non-pivot foot behind the pitcher's plate or both feet in

contact with the pitcher's plate. Prior to the start of delivery, both feet must be on the ground within or partially within the 24-inch length of the pitcher's plate. This allows for personal preference and developing pitchers to work through levels of progression.

5. Maximum of four innings per pitcher per game. There is no consecutive inning rule. A pitcher may reenter the game as a pitcher as long as she has not exceeded the 4 inning limit and any part of an inning should count as a full inning.
6. Pivot foot must be in contact with the rubber or the ground (drag foot). (No step taken off mound).
7. If the pitch bounces before the plate and hits the batter it is a ball in the count, the base is not given. The ball is dead thus runners cannot advance.
8. No runner may be forced in via a walk. When the bases are loaded and a batter reaches ball 4, a coach will then come out to pitch to the batter in an attempt to put the ball in play. The batter will get as many swings as she had strikes left in the count prior to ball 4. **The coach must pitch from the pitcher's mound.**

BASE RUNNING:

1. Players must wear helmets at all times while in the field of play. Intentional removal of a helmet while baserunning when the ball is live shall result in the runner being given a warning for the first such incident or being declared "OUT" for any further incidents.
2. If the ball is out of play, the runners shall be awarded the base to which they were headed plus one base.
 1. Example #1 - An overthrow out of bounds while a runner is going from first base to second - the runner is awarded third base.
 2. Example #2 - An overthrow out of bounds while a runner is heading back to first base after going part way to second - the runner is awarded second base,
3. If a play is made at home plate, the runner must slide or attempt to avoid contact. The umpire must call the runner out if the runner does not slide when the umpire decides a slide was required. The catcher cannot block home plate or make a play for the runner if he does not have the ball or will not have the ball before the runner reaches the base. The umpire shall warn the catcher for the first infraction and can eject the catcher from the game for flagrant or further infractions.
4. Two (2) stolen bases are allowed per inning per team. Runners can attempt to steal a base after the ball crosses home plate. (No lead off: One warning given per team) Runner may not steal home plate on a wild pitch/passed ball. A runner can advance to any other base as per the rules, but cannot take home on the pitched ball. The purpose is to create a situation where only a ball put into play can score the runner/s. (Even when there are 2 outs.)
5. If a play is made on a runner by throwing the ball, the runner may advance to the next base, including home plate, or return to the original base.
6. If the catcher drops the third strike, the batter is out.
7. A batter reaching first base safely and overrunning the base may immediately return without liability of being tagged out, providing she does not attempt to advance to second base. If an attempt to advance to second base is made, she may be tagged out.
8. If a runner interferes with fielding, the runner is out. Fielders cannot be on the baseline unless going after a hit ball, or runner is awarded next base. (3 feet)

9. If two outs, supply a courtesy runner for the catcher. The courtesy runner is the player who made the last out.
10. When time is called: if the runner is halfway to the next base, she advances to the next base.

BATTING:

1. No designated hitter.
2. Batters must wear a helmet. (it is also recommended that helmets have a protective face guard)
3. Bunting is allowed.
4. All players present at the game must bat in common numerical order.

UNIFORM/EQUIPMENT:

1. Metal spikes are not allowed.
2. Catchers must wear protective helmets with facemask, shin guards and chest protectors.
3. No jewelry or metal hair clips allowed.
4. Protective face masks are recommended for all infielders but are not required.

7-9th Grade Softball

Note: *The purpose of the Land-O-Hills Baseball and Softball League is to allow the players to learn the game of softball and have fun doing so. The league is not run for the benefit of the coaches or the parents of the players. The rules stated below are intended to help carry out this purpose. Should a situation arise not specifically covered in these rules, resolution of the situation should be made keeping this stated purpose in mind. It is also the intention of the league to maintain a fair level of play amongst all the teams within a community. Rosters should be balanced by age and talent. All complaints will be investigated by the commissioners and they alone will determine if and what disciplinary action will be taken. Your cooperation is appreciated to keep baseball fun, challenging and rewarding for all of our young players*

GENERAL RULES:

1. Players will have just completed 7th, 8th or 9th grade to play. For Home Schooled children, players must not turn 15 before September 1 of the current season.
2. The home team will keep the official scorebook for both teams.
3. **The HOME team is responsible for reporting the score to ballcharts.com/LandOHills within 24 hours of the completed game.**
Login: Username: LOH2023 Password: Homerun
Select: "Admin" and then "Add/Edit Games"
Choose the game to add and select "edit"
Add Runs scored for both teams and "Save Game and Exit".
4. No protests allowed.
3. Players can be called out or ejected for throwing equipment. This decision is up to the umpire, although the umpires should first give a warning unless the incident is intentional or flagrant.
4. Coaches are responsible for the conduct of their team and fans. Heckling by players or fans is not allowed. Arguing umpire calls will be considered unsportsmanlike conduct and after one warning, may result in ejection. Continued incidents will result in a game forfeit.
5. All players present at the game must play at least two innings in the field, with the following exceptions:
 - Coaches and umpires must be notified if a team member will not participate due to disciplinary actions.
 - Ejections for unsportsmanlike conduct - failure to comply will result in forfeit of the game.
6. Each team will have 8 rostered players in the game at all times. In the case the team does not have 8 girls, a team is allowed to bring up a non-rostered player from a lower age group from another LOH team in order to complete the game. Add-on players must bat last and cannot pitch or catch. Add-on players must be communicated by the coaches before the game starts.
7. Ten girls play the field (4 outfielders).
8. If a rule is not specified within, WIAA rules would take precedence.
9. Each player must have either a number or name on their uniform.
10. Scheduled games can be canceled or postponed only because of weather related conditions by 5pm of game day.
 1. The home team coach must take the initiative to communicate to the visiting coach and is responsible for notifying the Community Directors of the date and field of choice to insure availability.

- Coaches will make a good faith attempt to reschedule rained out games.
- Rained out games may be played at any LOH venue and also on Saturdays/Sundays.
- The home team from the original game will be responsible for baseballs and umpires.
- The home team shall provide a minimum of two alternate dates within 7 days of the rained out game.

FIELD PREPARATION:

1. The home team is responsible for having the playing field in good condition.
2. Bases and pitcher's rubber must be staked down.
3. Bases are 60 feet apart. The pitcher's mound is 43 feet.
4. A double base will be used at 1st base.

GAME RULES:

1. The home team will supply two new 12 inch, high visibility raised seam softballs for each game.
2. The home team will provide the home plate umpire or both umpires if both are paid. The visiting team will provide one base umpire unless the home team provides paid umpires.
3. Games start promptly at 6:00 pm. Teams arriving more than 15 minutes late shall forfeit the game, however, this rule may be waived by mutual consent of the coaches.
4. Visiting team gets warm up on the field from 5:45 to 6:00.
5. No new inning may start after 8:00 pm. In case of a tie, the Umpires will determine if the game can be safely completed.
6. Games shall consist of 7 innings. Four and one-half (4 ½) innings is considered a full game if the home team is ahead, five (5) if the visiting team is ahead. Score reverts back to the last completed inning for a game called in the middle of an inning.
7. A half inning consists of 3 outs or 7 runs scored. The 7-run rule is not in effect the last inning of the game. (Both the visiting and home teams have unlimited runs in the last inning.)
8. A team will bat all players present that game with the batting order staying the same. If a batter bats out of order, she is out. The batters are out if it is found out in the current inning.
9. The infield fly rule is in effect.
10. If the batter is hit by the pitch, the batter is given first base. Attempts should be made to avoid being hit. The umpire's discretion is used to determine avoidance.
11. A game can be considered over if the winning team has a ten (10) run lead at the end of five (5) innings or anytime thereafter.
12. Only the pitcher can call timeout when in control of the ball. Play is live until the umpire calls time.

PITCHING:

1. The strike zone is from the knees to the armpits.
2. No minimum arc is required. **Maximum arc of 6 feet.**
3. Pitching style is determined by each individual pitcher.
4. The pitcher must start her windup with at least one foot in contact with the pitching rubber.
5. Maximum of four innings per pitcher per game. There is no consecutive inning rule. A pitcher may reenter the game as a pitcher as long as she has not exceeded the 4 inning limit and any part of an inning should count as a full inning.
6. Pivot foot must be in contact with the rubber or the ground (drag foot). (No step taken off mound).
7. A walk to first base is a live play. Stealing is allowed.
8. If the pitch bounces before the plate and hits the batter, the base is not given. The ball is dead and base runners may not advance.

BASE RUNNING:

1. Players must wear helmets at all times while in the field of play. Intentional removal of a helmet while baserunning when the ball is live shall result in the runner being given a warning for the first such incident or being declared "OUT" for any further incidents.
2. If the ball is out of play, the runners shall be awarded the base to which they were headed plus one base.
3. Example #1 - An overthrow out of bounds while a runner is going from first base to second - the runner is awarded third base.
4. Example #2 - An overthrow out of bounds while a runner is heading back to first base after going part way to second - the runner is awarded second base,
5. If a play is made at home plate, the runner must slide or attempt to avoid contact. It is a judgment call by the umpire if the play is close enough to require a slide. The umpire must call the runner out if the runner does not slide when the umpire decides a slide was required. The catcher cannot block home plate or make a play for the runner if she does not have the ball or will not have the ball before the runner reaches the base. The umpire shall warn the catcher for the first infraction and can eject the catcher from the game for flagrant or further infractions.
6. If a play is made on a runner by throwing the ball, the runner may advance to the next base, including home plate, or return to the original base.
7. If the catcher drops the third strike, the ball is in play and the batter may attempt to reach base safely if 1st base is unoccupied or there are 2 outs. The batter can begin running anytime before she reaches the dugout or fence line whichever applies. Once the batter reaches the dugout or fence line, she is out. The umpire is also to call the batter out if a teammate or coach touches her before she attempts to reach 1st base..
8. Base stealing is allowed. Runners can attempt to steal a base after the ball crosses home plate. (No lead off: One warning given per team)
9. A batter reaching first base safely and overrunning the base may immediately return without liability of being tagged out, providing she does not attempt to advance to second base. If an attempt to advance to second base is made, she may be tagged out.
10. If a runner interferes with a fielder attempting to play a ball, the runner is out. Fielders cannot be on the baseline unless going after a hit ball, or runner is awarded next base. (3 feet)
11. If two outs, supply a courtesy runner for the catcher. The courtesy runner is the player that made the last out.
12. When time is called: if the runner is halfway to the next base, she advances to the next base.

BATTING:

1. Bats must be marked with the USA/ASA Certified stamp.
2. No designated hitter
3. All players present at the game must bat in common numerical order.
4. The batter must wear a batting helmet with a protective face guard
5. Bunting is allowed.

UNIFORM/EQUIPMENT:

1. Metal spikes are not allowed.
2. No jewelry or metal hair clips allowed.
3. Catchers must wear a protective helmet, face mask, shin guards and chest protectors.
4. Protective face masks are recommended for all infielders but are not required.

7-9 Girls End of the Season tournament is July 7-9th in Stone Bank