

**2025 SOUTHWEST SUBURBAN FAST PITCH SOFTBALL LEAGUE
9-10 YEAR OLD GIRLS**

OHSAA Rules apply, except as amended herein

RULE 1.00 PHILOSOPHY & OBJECTIVES

- 1.01** This league is designed to provide wholesome recreational activity for residents of our communities. In addition, such a program should teach basic skills, most important of which is sportsmanship.
- 1.02** Objectives of the league include the following: to familiarize its participants with the rules and fundamentals of the game; to assist them in development of fast pitch skills, and most importantly to have fun.
- 1.03** Each community is responsible for any disciplinary action necessary within their own teams. Any issues arising between cities will be dealt with by other cities in the league not involved in the dispute. All away teams must respect and follow all rules when playing as the visitor. Each community has the authority to remove spectators/coaches/players from visiting teams.

RULE 2.00 UNIFORMS, EQUIPMENT, & THE PLAYING FIELD

- 2.01** Jerseys and caps are provided by the Recreation Department and must be worn by each player during the game. *Jerseys cannot be altered, and must be tucked in.* Pants are required, **PLAYERS MAY NOT WEAR SHORTS DURING GAMES.** Players will be asked to sit out if they are not properly dressed for their own safety.
- 2.02** Metal spikes are not permitted.
PENALTY: First Infraction in the game: a team warning is issued, all players must change their spikes and all coaches are restricted to the dugout.
Additional Infractions in the game: players caught wearing metal spikes are ejected
- 2.03** Official softball bats must be used. Should have a stamp (USA Softball, USSSA, ASA, NSA, etc.)
- 2.04** The batter, on-deck batter, and all base runners must wear a protective helmet when on the field.
PENALTY: *A base runner that deliberately removes his helmet while the ball is in play shall be declared out. The ball would remain alive and in play.*
- 2.05** Bases will be a distance of **60'**, the pitching distance is **35'**
- 2.06** A safety base will be used at 1st base whenever possible.
- 2.07** The official game ball will be an 11" fast pitch softball and will be provided by the home team.
- 2.08** School and travel players are permitted. These players must be distributed evenly amongst all teams in the city they are participating for.

- 3.01** RUN RULE – A team can only score **6 runs per inning**, INCLUDING THE LAST INNING.
- 3.02** TIME LIMIT – No new inning after **one (1) hour and 15 minutes**. Time limit 1 hr 45 minutes.
NOTE: Official starting time begins with the first pitch and is kept by the umpire. This time must be stated out loud and both managers must be aware of the start time. Once the time limit has been reached, tied official games will remain tied. Official tie games will **not** be continued at a later date
- 3.03** The infield fly rule will not be in effect.
- 3.04** Only a Head Coach, 3 assistants, and players in uniform are permitted in the dugout.
- 3.05** The defensive players presently in the game, the batter, one (1) on-deck batter, and two (2) base coaches are the only personnel permitted on the field. Coaches and players must remain in the dugout.
- 3.06** Two (2) adult coaches may coach the bases. They need not be in uniform.
- 3.07** A batted ball, which bounces fair passed first or third base, and then out of play, is a ground rule double.
- 3.08** A fielder's mask must be worn by the pitcher, first baseman, and third baseman

RULE 4.00 STARTING & PLAYING THE GAME

- 4.01** A regulation game consists of five (5) innings unless extended because of tie score, or shortened because of weather, curfew, or time limit.
- 4.02** The league follows the OHSAA rule on a delay due to lightning, 30 minutes. This will be at the discretion of the umpire and league director on site.
- 4.03** **UMPIRE:** Must be atleast 16 years of age to officiate a game at this level. If an umpire doesn't show up, Coaches or an adult fan must call the game from behind the pitcher's mound. Coaches will call the game for the opposing team.
- 4.04** Teams have a ten (10) minute grace period *FROM THE SCHEDULED STARTING TIME* to have the legal number of players (minimum of 8) present to start the game.
CALL UP PLAYERS: If a coach knows ahead of time they will not have enough players they can use players from the next age group down. Call up players must be registered in the program and wear their original team uniform, not a jersey for the team they are playing up on. They must play the outfield and bat last in the order. Call up player(s) CAN play even if enough players on the original team roster show up.
- 4.05** When a game is called, it is regulation and considered complete:
A. If three (3) innings have been completed and 1 team has the lead.
B. If the home team is ahead after two and one half (2 ½) innings have been completed.
NOTE: If the game is called and neither A or B are reached, the game will be rescheduled and started over as a new game.

- 4.06 Teams will field **ten (10)** defensive players; 4 players must play on the grass in the outfield (or approximately 20 feet behind the base path) until the ball is hit. If a team has 8 or 9 players, they must play 2 or 3 players in the outfield.
- 4.07 Free substitution will be allowed throughout the game. Late arrivals playing time may be reduced equally.
- 4.08 As a minimum, a player must play every other inning in the field. No player can sit out a second inning until all players have sat out one inning. All coaches are encouraged to give players playing time in both the infield and the outfield. This is a RECREATIONAL league and developing players should be coaches' main priority.
- 4.09 All players bat in a continuous order throughout the game, regardless of who is in the game defensively.
- 4.10 Should a player leave the game due to injury, illness, or any other legitimate reason, her at bats are bypassed with **NO OUTS RECORDED**. If a player is disqualified (ejected from the game) an **OUT WILL BE RECORDED** when his turn to bat comes up.
- 4.10 Late registrants will not be assigned to teams if it is determined that player will negatively affect the balance of the league. **Rosters will be frozen on June 1st.** Call up players can be used in place.
- 4.11 The home team is responsible for keeping the official scorebook of the game. In the event that the home team cannot provide an official scorebook the visiting scorebook will be official. Both teams are encouraged to keep a scorebook and compare several times throughout the game.
- 4.12 The manager, ten minutes prior to the start of each game, shall present a lineup card with names & numbers in batting order. Players not on site should be left off the lineup card until they arrive.

RULE 5.00 THE BATTER

- 5.01 Dropped 3rd Strike – The batter is out. Base Runners are allowed to advance at the risk of being put out.
- 5.02 Bunting is permitted except with a runner on third base

RULE 6.00 THE RUNNER

- 6.01 After the ball crosses home plate, a runner on second base may steal third base. No further advance by any runner is permitted. No stealing 2nd or home.
- 6.02 Any base runner leaving the base before the ball has been hit will result in a warning being given to their team at the time of the infraction. A pitched ball at that time will be declared a dead ball- no pitch. After one team warning, any offending payer shall be declared “OUT”.

- 6.03 **OVERTHROWS:** If a runner is attempting to steal 3rd base and the ball is overthrown by the catcher – the runner may NOT advance home. If a ball is batted into play and an attempted play by a fielder is being made

to a base and an overthrow occurs, the runner may advance to the next base, this includes advancing to home.

- 6.04 When the ball is in control of an infielder, in the infield, the play is considered dead. Runners may advance to the next base if they were halfway to the base when the play is called dead. This is the judgement of umpire, both when the play is dead and what base the runner gets.
- 6.05 The High School rule will apply for failure to touch a base, or failure to properly tag up after a caught fly ball.
- 6.06 **Speed Up Rule:** with two (2) outs and the catcher on base, the manager is encouraged to use a courtesy runner. The courtesy runner would be the person charged with the last out.
- 6.07 A legal slide must be feet first. A runner will be called out for attempting a head first slide while advancing to a base. A head first slide is legal when attempting to *return* to a base.

RULE 7.00 PITCHING

- 7.01 While on the rubber and before the pitch is delivered, the pitcher must pause with hands together. Any underhand delivery is acceptable (underhand or windmill) and a toe drag is permitted.
- 7.02 A pitcher shall pitch no more than nine (9) outs per game; but no more than six (6) outs in the first 3 innings
- 7.03 If a pitcher hits 3 batters in 1 (one) inning she must be removed for that inning. She may return as a pitcher, but not until the next inning.
- 7.04 Intentional walks are not permitted
- 7.05 A pitcher removed from the mound may return once to the mound in the same inning, and may return to the mound throughout the game; as long as there is no violation of any other pitcher or fielder rules
- 7.06 Balks will not be enforced
- 7.07 HEAT INDEX POLICY ATTACHED ON PAGE

Heat Index Guidelines for Youth Baseball and Youth Softball

It is designed to provide participants with a standard for safe play in situations of extreme heat.

The two values that will be taken into account when modifying or canceling games/practices are air temperature and relative humidity. The combination of these two elements reflects the heat index. We will rely on the heat index reading that is updated hourly by the National Weather Service.

These zones are based on recommended guidelines published by the American College of Sports Medicine (ACSM) for participation in sports activities during periods of extreme heat. Because the heat index does not take into account wind and direct sunlight, two degrees will be added to the stated heat index on sunny and still days. Likewise, two degrees will be subtracted on cloudy and windy days.

White Zone

Heat index of 65-80 degrees. In this range, the participant is in very little danger from heat and no special measures will be taken by the BVRC.

Yellow Zone

Heat index of 81-98 degrees. In this range, coaches will be encouraged to take extra steps to protect their players by making sure they keep them hydrated and by encouraging frequent substitution during games and practices.

Orange Zone

Heat index of 99-105 degrees. In this range, the BVRC will implement the following at games: all measures taken in the Yellow Zone; water coolers will be available at each field complex for players/parents/fans; catchers will be allowed to catch only two innings in succession. If it is a practice day, coaches are instructed to keep players well hydrated and to take frequent breaks.

Red Zone

Heat index ranging of 106 to 115 degrees. In this range, the BVRC will implement the following for games: all measures taken in the Yellow and Orange Zones; the length of games will be modified according to the schedule below.

- Baseball and softball grades K-3 – games will be reduced by 15 minutes
- Softball grades 4-6 – games will be reduced by 15 minutes
- Softball grades 7-12 – games will be reduced by 15 minutes
- Baseball grades 4-12 – games will be reduced by 30 minutes

If it is a practice day, coaches are instructed to reduce the time of practice, take frequent breaks and keep players well hydrated by having them drink water.

Black Zone

Heat index above 115. In this range, the BVRC will cancel all games and practices until the heat index returns to 115 or below. Notification will be given through the rainout line and signage at the sports complex.

Note - During the course of the day, the heat index will rise and fall depending upon the time of day, amount of wind, cloud cover, etc. The above program modifications could also change throughout the course of the day, especially on a weekend. For example, a 1pm game on Saturday could be played under the Orange Zone guidelines and a 4pm game could be played under Red Zone guidelines.