

2009 7/8 Year Old Lake Norman Sports Softball Rules

PURPOSE:

1. To sponsor and develop a complete athletic program for the many rather than the few, with major emphasis on teaching sportsmanship, competition, and teamwork.
2. To develop physically fit children who will grow to be good, clean, healthy adults.
3. To develop individual competencies for our youth through the practice of individual skills to develop a child's ability to understand how to work as part of a team.
4. To teach the fundamentals and the rules of the game.

Equipment:

- A. Tennis shoes or rubber molded cleats. No metal spikes allowed.
- B. A protective helmet with face mask must be worn by all batters at the plate, base runners, players on deck and player coaches.
- C. Catchers must wear complete protective equipment including helmet, mask, throat protector, chest protector and shin guards.
- D. An 11" softball with a ball COR of .470 or under and a ball compression of 375 lbs. or under will be used.

Playing Rules

1. A regulation games consists of 6 innings or 1 hr. 15 minutes. A new inning will not start after 1 hr. 10 minutes.
2. 10 players will be played in the field (4 outfielders). All players present at a game must be included in the batting order. Players arriving late for a game must be added to the bottom of the batting order. A player will be allowed to sit only 1 consecutive inning on defense. If possible, substitutions should be made for players who have not previously sat out during the game.
3. There will be a maximum of 15 girls per team.
4. If either team is ahead by ten runs at any time after the fourth inning or 3 ½ innings if the home team is ahead, provided the losing team has had an equal amount of at bats, the game will be stopped and considered a complete game.
5. It is a regulation game if terminated by the umpire or league supervisor on account of darkness, rain, or other causes which prevent

- further play, provided 4 innings have been played or the home team is leading after the visiting team has completed 4 at bats.
6. The machine settings will be #5 power, #1 micro, #4 release. Coaches may not adjust the pitching machine in any way after it is set up. The machine will be set up at 35 feet with both front pegs at the back side of pitching rubber. Umpire and both coaches will agree that machine is operating properly. Home team is responsible for bringing the machine and setting it up. If the machine is hit, moves or pitches erratically, umpire may make adjustments. The only adjustment allowed by the coach is the left and right movement of the back “leg” if machine is accidentally moved or kicked.
 7. Batters are given 5 pitches. There will be no strike outs or walks. If the batter does not hit within the 5 pitches they are out.
 8. A batted ball must go outside of the minimum hit line which is a five foot semi circle in front of home plate.
 9. A team may begin with 8 players and end with 8 players. A team may pick up one player that is on another team’s roster and of the same age group. That player must bat last and play in the outfield.
 10. An inning will consist of 3 outs or 10 batters. The team at bat must notify umpires and other coach of 10th batter. If there are less than 2 outs, the count will automatically move to 2 outs and the fielding team must make the 3rd out. 10th batter must continue to run until out or scores. Any runners that cross home plate before the last out, scores.
 11. The player in the pitching position must keep one foot inside the pitchers circle and stay behind the pitching machine until the ball is pitched. They may play on either side of the machine.
 12. Calling Time, Outfielders may not call “time”. Only the Umpire can call TIME OUT. When an **infielder** has possession of the ball inside the baseline, the umpire may call time if the player holds the ball up or calls time. When time is called, runners halfway to the next base may continue; runners not yet halfway must go back. This is a judgment call and not to be argued by the coach. Umpires should NOT make or allow coaches to make lines in the dirt halfway between bases. This is strictly an umpire’s judgment call. Runners are allowed one base on an overthrow. This base must be made by the runner, it is not automatic.
 13. Contact Rule- If a runner attempting to reach home plate intentionally and maliciously runs into a defensive player in the area of home plate, she will be called out on the play. The objective of this rule is to penalize the offensive team for deliberate, unwarranted, unsportsmanlike action by the runner for the obvious purpose of crashing the defensive player, rather than trying to reach home plate. Obviously, this is an umpire’s judgment call.
 14. A defensive player is not allowed to block home plate if she does not have the ball in her possession. Once she has the ball she may move into position to make the tag or play at home plate.

15. Outfielders must play 12 feet behind the infielders.
16. Absolutely no jewelry of any kind will be allowed.

Coaches

1. Two coaches may be in the outfield while their team is in the field. They may not touch the players or interfere with the ball or any play.
2. The pitching coach must stay in the circle at all times and cannot interfere with a play. If the ball hits the coach or the machine it is a dead ball and runner advances to first base. Other base runners move accordingly. Umpire may call interference on any coach not making an effort to remove themselves from the play and batter may be called out.
3. Both teams will keep a scorebook. Scorekeepers should check with each other first before interrupting a game. The home team is the official score book.