

# **Sudbury Girls' Softball**

## ***Senior League (Grades 7-8) Rules***

### **League Philosophy:**

The purpose of the Sudbury Girls Softball League (SGSL) is to provide all Sudbury and Lincoln girls the opportunity to take part in a skills development based softball program, progressing to fast pitch softball (ASA rules) in the spirit of fun and good sportsmanship. The overall philosophy of the league is that all girls should have the opportunity to compete, but having fun should be of maximum importance.

### **Playing Rules**

1. Teams may have up to **10 players** in the field with **free substitution**.
2. **All players in attendance will bat** in a pre-determined batting order.

### **Playing Field, Equipment and Safety**

1. The distance between the back of home plate and the front of the pitching rubber will be **43 feet**.
2. Catchers are required to wear all protective gear – helmet/face-mask, chest protector, and shin pads.
3. Any player warming up a catcher is required to wear a face-mask.
4. All batters, on-deck batters, base-runners and players acting as base coaches must wear a helmet with face-guard.
5. No jewelry is allowed. Players must remove all jewelry prior to the game.

### **The Game**

1. Games are **6 innings** or 2 hours long, whichever comes first. No new inning should start after 1 hour and 45 minutes.
2. The umpire has the right to suspend a game due to darkness or inclement weather.
3. **Mercy Rule: An inning is considered over when 3 outs are recorded or if the batting team scores 5 runs in the inning.** The play may continue until it is over, however only 5 runs per inning will count. The Mercy Rule is not in effect during the last inning of the game.

### **Pitching**

1. Pitchers must begin their motion with both feet in contact with the pitching plate. They may only take one step forward as they deliver the pitch. No backward step and no double step forward.
2. Hit by pitch will be awarded.

### **Batting**

1. Intentional bunting *is* allowed, however fake bunting or “slash” bunts are not allowed.
2. Infield Fly Rule *is* in effect.
3. Dropped Third Strike rule *is* in effect.

### **Base Running**

1. Runners may leave the base once the ball leaves the pitcher's hand.
2. Runners are allowed to attempt a steal of second base, third base and/or home plate.
3. In all cases, the ball is “live” until it is in the possession of the pitcher within the pitcher's circle and the play is over.
4. Runners must slide to avoid contact with defensive player.
5. One base on an over-throw that goes out of play.
6. Runner hit by a batted ball which has not been touched by a fielder is out, unless they are standing on a base or in foul territory
7. Look Back Rule: Once the pitcher has the ball within the circle, the runner must immediately return to their base or continue on to the next base.