

Hopedale Girls FastPitch Softball OFFICIAL RULES

INSTRUCTIONAL DIVISION

Grades K thru 2 (5--8 YEARS OLD)

- 1. Each Softball Session will include instruction/practice time of approximately 15 minutes followed by a softball game. Instructional drills may be joint sessions or may be organized by team or by age group. Actual game to begin at 6pm**
- 2. Instruction and Drills should focus on softball fundamentals including rules of the game, proper equipment and safety, proper batting stance, proper bat swing, contact hitting, base-running, fielding (ground balls & pop-flies), throwing, covering bases & force outs, pitching circle, and pitching basics (optional).**
- 3. Each game is no more than one (1) hour long.**
- 4. Innings may be terminated at the discretion of the coaches after discussion amongst same. Games must be stopped immediately upon any sighting of lightning.**
- 5. Eleven inch Flexi balls will be used.**
- 6. Batting helmets with face guards (optional) and chin straps are to be used for the batters and base runners. There are no catchers. We encourage each girl to have their own helmet, however, helmets will be provided.**
- 7. All players are to be included in a continuous batting order. **For the first six (6) games of the season – all girls will bat in an inning regardless of 3 outs be attained by the opposing team. For the remaining games, a traditional 3 out structure will be implemented.**
- 8. A batter will stay up at bat until she strikes out, hits the ball or is pitched 8 pitches. Coach or team Parent may pitch. At no time is a player allowed to pitch to the opposing team. There are not called strikes (Swinging strikes only).**
- 9. There will be no base stealing, leading or bunting. A base runner cannot leave the base until the ball is hit.**
- 10. During a game, there will be a maximum of four (4) coaches, and the members of the team will be seated on the bench or in the field. Coaches will also act as umpires. All other assistants and visitors must be seated elsewhere.**
- 11. Players in the field should be encouraged to make a play for the runner at the appropriate base. The base runner may advance on an error or overthrow – *one base.**
- 12. The bases will be (45) feet apart. The pitchers rubber will be (30) feet from the front of the plate.**
- 13. The infield fly rule will not be enforced. The base runners may advance at their own risk on a pop-up within the infield, regardless of the number of outs.**
- 14. Cheering is encouraged. Derogatory comments, chants or gestures towards opposing team players by coaches and/or fans will not be tolerated.**
- 15. No parents or coaches behind the back stop.**
- 16. Complaints regarding coaching conflicts will be reviewed by the Board of Directors and the affected coaches will be notified.**

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17. Coaches are responsible for the safety and conduct of their players. When not in the field or at bat, players should be on the bench. The single exception is for the on deck batter. The on deck batter is allowed to swing a bat and this must only be performed in the on deck cage.
18. Coaches should try to give players equal time in all positions consistent with the development of their abilities (e.g. Players who have trouble catching a thrown ball should not play first base until they have developed the confidence and skills to safely play there). Players should not be played where they are not comfortable.
19. For the safety of the players and the coaches, a batter that throws the bat will be given a warning. The second time a batter throws the bat the player will be called out.
20. KINDERGARTEN ONLY - The players are must use the batting tee during each game.
21. If rules are not specifically covered, the rules of the Amateur Softball Association of America shall govern play.
22. If a rule interpretation cannot be agreed to during a game, a meeting should be required with the executive board of the league. Play should resume under protest, but DO NOT delay the game under any circumstances.
23. Score will not be kept by either team.

GENERAL CONSIDERATIONS:

- Coaches are expected to lead by example.
- Good Sportsmanship on part of all coaches and players is to be encouraged and displayed.
- Players should wear their team shirts to all games.
- Coaches are responsible for making every reasonable effort to control parents, players, and fans.
- This is an instructional league only. At all times this shall be the main ambition of all coaches.
- Where appropriate, Coaches should provide instruction to all players, regardless of team.

TEAM FORMATION:

- Coaches for each Team will be designated by the league directors.
- Coaches should solicit Assistant Coaches from interested parents.
- All Coaches and Assistant Coaches shall read and adhere to these rules.
- Players shall be assigned to each Team by the designated Coaches.
- Players shall be assigned to each Team to ensure an even distribution of age and skill levels.
- Siblings shall be placed on the same team.
- Where possible, every effort will be made to accommodate special requests for team assignment.