

Lynden Youth Sports

Girls Fastpitch Rules

MINOR – 3rd & 4th grade will be together. There will be 4 innings using the pitching machine. Only 4th graders may pitch live for two innings.

MAJOR – 5th & 6th grade will be together with all innings live pitch.

-Within the 1st 4 innings of a game a 5th grader must pitch 2 innings and a 6th grader must pitch 2 innings.

-Within the 1st 4 innings of a game a 5th grader must catch 2 innings and a 6th grader must catch 2 innings.

-2 innings open (either 5th or 6th grade pitching and catching)

Pitcher and catcher may pitch or catch again after having played that position before.

Practice: 2 nights a week until games begin. 1 night a week once games begin.

1. Any pitcher will be allowed 4 warm-up pitches at the beginning of any inning. A new pitcher will be allowed 5 warm-up pitches. All pitchers **must** keep 1 foot on the rubber when pitching.
2. Umpires will be used in both divisions and in all innings.
3. The pitchers mound is 35 feet from home plate for 4th and 5th graders. The pitchers mound is 40 feet from home plate for 6th graders. The pitch should come between the shoulders and the knees.
4. **Stealing** is allowed in the 5th & 6th grade only. The runner may not leave any base before the ball leaves the pitchers hand. If the runner leaves early – the runner is out. 5th & 6th grade are allowed to steal home. No stealing is allowed in the 3rd & 4th grade. NO stealing home if ahead by 10 or more runs.
5. Bunting is allowed. If you bunt a 3rd strike foul, the batter is out.
6. Sliding is allowed and **encouraged**. 5th and 6th graders must slide when stealing home, or the runner is out.
7. Games will be forfeited if there are less than 7 players. The game will be played for practice only. A team can play with 7 players or more of its own players. Pickup players will play defense in the outfield only.
8. There will be 10 players on defense, with 4 players in the outfield. All 4 outfielders must play at least eight feet behind the base line until the batter makes contact with the ball. They may come up to field the ball. However, they must not interfere with the base runners.

9. Each player must play their position. There are no rovers.
10. All players bat, regardless of whether they play defense in any inning.
11. All players present must play at least 3 innings of defense per game.
12. Players must play different positions. No player may play the same position for more than 2 innings, except for the pitcher and catcher in the Major League division.
13. The pitcher must be replaced after the coach's second trip to the mound in any one inning.
14. No infield fly rule. No dropped 3rd strike rule.
15. Five run rule per inning. For example: If the team up to bat is behind by less than 5 runs, only 5 runs may be scored by this team in that inning. If there are 4 runs and there are players on 2nd and 3rd and the batter hits a home run she may run until play is completed, but only one run is scored to equal 5 runs that inning.
16. The catch-up rule. If a team is behind by more than 5 runs they may score up to but not surpass the score of the opponent. If a team is behind by less than 5 runs the 5 run rule is in effect.
17. Overthrow rule: when the ball is in play and is overthrown (beyond the boundary lines, ex: in the opening of the dugout, or past the chain link fence or over the imaginary line) all runners will be awarded a base. The award will be governed by the position of the runners when the ball left any fielders hand. All other cases of the ball hitting the fence, the ball is live and must be played.
18. The batter will not be called out on a foul ball after the 3rd strike. In other words, there are unlimited foul balls. The batter is out if they hit a foul ball on any strike that is over their head and is caught by anyone on the defense.
19. Only the batter and the on-deck player will be allowed outside the dug-out confines and must have a helmet on. No one except team members, coaches and scorer are allowed in the team dugout.
20. Adult base coaches are encouraged, but if you have one of the players coach they must wear a helmet.
21. Umpires will insure that all players and spectators are removed from the area directly behind the backstop in line with the pitcher and batters box.
22. Games will begin at 6:00 p.m. The visiting teams will be allowed infield practice from 5:30 to 5:45 and the home team will be allowed infield practice from 5:45 to

6:00. Any inning starting after 7:45 will be the last inning. The last inning has no run limit. Saturday games will have the same warm up schedule and Saturday's last innings will be at 11:30.

23. The home team will be the official scorer. The visiting team must check with the home team after each inning. The home team is the team listed first on the schedule.
24. A regulation game will consist of 6 innings. However, 4 full innings will constitute a complete game (3 ½ if the home team is ahead) for rainout purposes of the 7:45 rule.
25. MINOR DIVISION – Play will be stopped when the ball reaches the pitcher who must be with 8 ft. of the pitching machine. Please DO NOT run your players around the bases.
26. MAJOR DIVISION – Play will be stopped when in the judgment of the umpire the defense has stopped the continuation of the runners.
27. Girls must wear their shirts so that their number is visible to the scorekeeper. Shorts are allowed.
28. Coaches and players, please have the respect for the umpires call, because they do have the final word.
29. All other rules are official Babe Ruth rules.
30. Make up games will be rescheduled if possible, through the coordinator.
31. Do not move the bases. They have been set up for a specific game. This includes turnout times.
32. Pitching machines. The visiting team coach must get the pitching machine out and set it up. The home team must put the pitching machine away.
33. All bating helmets must have face masks.
34. Mouth guards or a face mask is encouraged for pitchers in both majors and minors.
35. Coaches, please have the respect for the LYS equipment. **DON'T DRAG YOUR BAG.** Everything is numbered and accounted for.
36. Remember coaches, get the parents involved with the kids in this fine game of softball and let's all show **GOOD SPORTSMANSHIP!**

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