

Fast Pitch Softball Rules

(Updated 2/1/2024)

Girls Minor Ages 9-10	1 hr. 20 min. / finish inning	6 innings	3 run limit – 1 st thru 3 ^d inning 5 run limit-4 th thru 6 th inning
Girls Ages 11-18	1 hr. 20 min. / finish inning	7 innings	5 run limit – 1 st thru 3 ^d inning 10 run inning – 4 th thru 7 th

1. Teams may play ten (10) players on defense, four (4) of which must be in the grass when the pitch is thrown.
2. Player substitutions on defense are unlimited. All players must play six (6) defensive outs.
3. Pitchers may not pitch with anything on the pitching wrist or hand.
4. The "Infield fly" rule is in effect.
5. The "Look Back" rule is in effect.
 - a. Look Back Rule: When a runner is legally off their base after a pitch, or as a result of a batter completing her turn at bat, she must attempt to advance to the next base or immediately return to the base left while the pitcher has the ball within the 8' radius of the pitcher's plate.

6. 9-10 Division Only:

Stealing:

- Base runner may steal when the ball leaves the pitcher's hand
- Base runner may only steal one base at a time.
- Batter may not steal first (1st) on a drop third strike.
- Base runner may not steal when a coach / pitcher is pitching.
- No one may advance on an over-throw while stealing
- Base runner may steal home.

Pitching:

- One pitch = One Inning
- Each pitcher is limited to three (3) innings.
- A starting pitcher may re-enter the game as a pitcher one time if she has not exhausted her three (3) innings.
 - End of Season County Tournament – There is no limit on innings for a pitcher. Starting pitchers may re-enter the game as a pitcher once.
- Batter may take her base if hit by pitcher in accordance with USA rules.
- The "No Walk" rule will be in effect.

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- In the event a player / pitcher throws four (4) balls to a batter, the batter will not be awarded first base. A coach / pitcher will enter the field after the previous play is ruled dead and pitch a maximum of four (4) pitches to the batter. The coach-pitcher will pitch from the pitching rubber. No “called strikes” will be called when the coach / pitcher is pitching. The strike count does carry over. The batter may extend their at-bat on a foul ball(s). The batter will continue until she either strikes out or puts the ball in play. Batters may not bunt off of a coaches’ pitch. Batter may not take her base if hit by a coach pitch. Coach / Pitcher hit by a batted ball will be ruled a dead-ball.
- When a coach is pitching, the defensive player pitcher may stand anywhere within or directly behind the 16-foot pitching circle. Directly behind is defined as if there were two parallel lines running from the outside of the pitching circle and continuing toward the outfield. The player pitcher can stand anywhere between these two imaginary lines behind the pitching circle. She is the only player allowed in the circle prior to the ball being pitched.