



Arlington Heights Youth Athletic Association

**Revised 2023**

**GIRL'S SOFTBALL RULES  
Coach Pitch**



## **Mission Statement**

A.H.Y.A.A. GIRL'S SOFTBALL IS COMMITTED TO:  
PARTICIPATIVE, RECREATIONAL SOFTBALL.

WE WILL PROVIDE A FUN ENVIRONMENT WHERE:  
NEW FRIENDSHIPS ARE FORMED,  
POSITIVE REINFORCEMENT IS ENCOURAGED,  
SKILLS ARE DEVELOPED.

## **Code of Ethics**

Each person that participates in the Arlington Heights Youth Athletic Association Softball League must conduct themselves within a certain standard of conduct as outlined by the Arlington Heights Youth Athletic Association Softball League.

Therefore, it is justified to assume that all adults participating, including scorekeepers, umpires, fans, coaches, and managers, would set high standards of conduct for themselves.

Managers and coaches in particular, working almost daily with the players must have a moral obligation to be leaders in every respect.

LEAD BY EXAMPLE. Your attitude towards umpires, other managers and coaches and other teams are picked up by our youth as the golden rule of competition. It is also picked up by the parents and coaches of your team. Please set the right example.

## **AHYAA OATH**

I trust in God  
I love my Country  
And I respect it's Laws

I will play fair  
And strive to win  
But win or lose, I will always do my best!

## **1. Appropriate Behavior for Players, Managers, Coaches and Fans**

## **1.1 Field Conduct**

- Good conduct applies to all Managers, Coaches, Bench Personnel, and all spectators.
- We ask that all parents, adults and young adults at all games and practices remember to follow good judgment at all times around the children.
- The purpose of our field conduct rule is to promote conduct that fulfills our commitment to our mission statement.
- Please abide by this and be responsible for your actions in a positive fashion at all times.
- ANY MANAGER, COACH, AND OTHER BENCH PERSONNEL SHALL NOT:
  - Use profanity.
  - Make remarks which reflect upon opposing players, coaches, spectators.
  - Intentionally disregard any of the rules of the game.
  - Demonstrate conduct unbecoming of responsible adults and the AHYAA organization.
  - Use Tobacco at any A.H.Y.A.A. game or practice.

## **1.2 Disqualifications**

Managers, coaches, players, other bench personnel and spectators shall be disqualified for:

- Exhibiting violent conduct or committing serious foul play in blatant and intentional disregard of the rules of the game.
- Using foul or abusive language.
- Any subsequent act of misconduct after having been cautioned.

## **2. The Playing Field**

### **2.1 Boundaries**

- The playing field is normally described as the area bounded by straight lines extended from the backstop.

### **2.3 Games on Grass**

- Games can be played on a grass field set up by the managers if both managers agree.

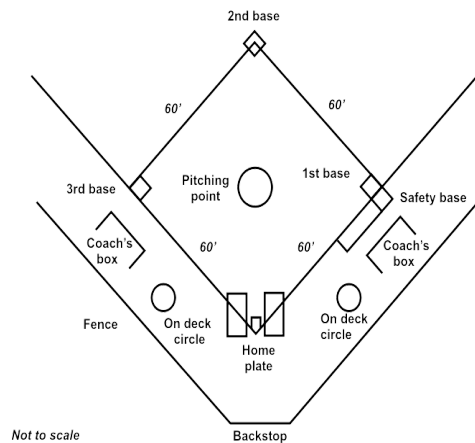
### **2.4 Home Team Game Day Responsibilities**

- shall occupy the third base side of the field.
- shall take the field first in any given inning (top half of inning).

- is responsible for field set-up (bases, striping, raking)

## **2.5 How to Set Up the Field**

- Rake all high traffic areas
  - Both batters' boxes
  - The catcher's box
  - The pitching area
- Measure the bases. The distance from home to 1<sup>st</sup> and 3<sup>rd</sup> base is from the back tip of home plate to the back corner of 1<sup>st</sup> and 3<sup>rd</sup> base (see image below) 2<sup>nd</sup> base is measured twice. Once from the back tip of home plate to the center of 2<sup>nd</sup> base (see image below), then again from the center of 2<sup>nd</sup> base to the foul back tip of 1<sup>st</sup> and 3<sup>rd</sup> base (see image below).
  - Base Distances for all levels
    - 60 ft between all bases and the distance from the back of home plate to the center of 2<sup>nd</sup> base is 84 ft 10.25 in.
- The pitching distance is 25 ft.
- Chalk the field by using the tape measure or string in the field box as a guide, and begin chalking the baselines starting three (3) feet from the back tip of home plate, over the foul side of the base, and into the grass. (see image below)
- Batters boxes are measured from the side center of home plate to four feet through the batters boxes, and again from the same spot on home plate to three feet towards the pitcher and three feet to the backstop. (see image below)
- Upon completion of the game, put all the bases and pitcher's plate back in the field box. RAKE and add water if necessary to the batters boxes, catcher's box, pitching area and around the bases.



## **3. Equipment**

### **3.1. Bat**

- CPS does not require a bat marked as “Official Softball” .

### **3.2. Destroying Equipment**

- Any willful destruction of league equipment will result in the responsible person being charged at retail price for the damaged equipment.
- This includes league provided bats, helmets, masks, catchers gear, and/or other equipment.
- Please treat the equipment like it was your own.

### **3.3. Footwear**

- Cleats or gym shoes are required.
- The soles may be either smooth or with soft or hard rubber cleats.
- Metal spikes are illegal.

### **3.4. Required Defensive Equipment**

- Catchers helmet, mask, chest protectors, and shin guards must be worn by catchers in all leagues
- All infielders (Pitcher, 1B, 2B, 3B, SS, SC) must wear protective facemasks with NOCSAE certification.

### **3.5. Jewelry and Piercings**

- For safety and the prevention of injury, casts, jewelry, such as wrist watches, bracelets, any earrings, and neck chains, or any other items deemed as dangerous must not be worn during the game.
- The managers should instruct all of their players not to wear any of the above to games.
- “Posts” and facial piercings are prohibited at all levels.

### **3.6. Helmets**

- Helmets with **facemasks** and chin straps (optional) must be worn by all batters and runners while on the playing field and on-deck circle.

### **3.7. Ball Size**

- Coach Pitch Softball (CPS) will use a 10” safety ball.

## **4. The Game**

### **4.1. Time Limit**

- No new inning may start after 1 hour 15 minutes in CPS.

#### **4.2. End of an inning**

- An inning will end when one of the following occurs:
  - 3 defensive outs are made
  - 8 batters have batted (or another mutually agreeable number as determined by the coaches at the plate meeting before the game begins).

#### **4.3. Lightning Rules**

- NO TEAMS SHALL PLAY OR PRACTICE IF LIGHTNING IS SEEN OR THUNDER IS HEARD.
- TEAMS MUST WAIT AT LEAST 20 MINUTES TO START AFTER LIGHTNING BEING SEEN OR THUNDER BEING HEARD AT A GAME OR PRACTICE.

#### **4.4. In the case of a game canceled prior to game time**

- If the weather is bad and the game can't be played it is the responsibility of the home team manager to notify the other manager and the league rep
- Every effort must be made to play the game (either on grass or an alternate field).
- No game is to be called off more than four (4) hours before the scheduled starting time.

#### **4.5. Rescheduling Games**

- When a game is to be rescheduled, the home team manager after consulting with the visiting team manager will contact the league representative who will assign a reschedule date and a field. (this process should be done in 36 hours)
- Managers should have two agreed to dates/times to make up the game when they contact the league rep to reschedule within a one week window. All games canceled M – F should be made up by Sunday. A Saturday cancellation can be made up on the next day. Otherwise the game should be made up before the next weekend.

#### **4.6. Game Change Requests**

- All game changes must be approved by your league representative.

#### **4.7. Time between innings**

- Managers should prepare a line-up prior to the game to help the team know what position they are at the next inning.

## **5. Game Participation Requirements**

### **5.1. Players needed to play a game**

- A team must have the required number of players to start and play the game.
- The minimum player requirement for CPS is five (5) players.
- No unregistered participants are allowed.

### **5.2. Players needed to play in field**

- CPS fields a maximum of ten (10) defensive players.
- The 10<sup>th</sup> CPS player is a short-center fielder positioned behind 2<sup>nd</sup> base.
- The 10<sup>th</sup> player is NOT allowed to play inside the base paths nor as a 4<sup>th</sup> outfielder.
- CPS is allowed to borrow players from the opposing team if needed.

### **5.3. Minimum Play Requirements**

- No player will exceed playing one inning more than a teammate(s) who played the least number of innings.
- No player shall be out more than one inning at a time (no back to back innings).
- Each player must play two innings in the infield (includes 1B, 2B, 3B, SS, SC and P). In CPS, short-center is considered an infield position.
- Each player must play at least two innings in the outfield and/or catcher (includes C, CF, RF, LF). In all leagues, the outfield positions are considered one aggregate position, so, for example, one inning in RF and one inning in LF equals two OF innings.

### **5.4. Free Substitution**

- There is free substitution in all leagues.
- A player cannot exchange positions with another player within an inning unless there is an injury or pitching change.

### **5.5. Catcher courtesy runner**

- A “courtesy runner” for the next half inning’s catcher is required.

## **6. Batting**

- Coaches should pitch 6-8 balls to each player. If she is unable to hit the ball after that, a tee may be used.
- This is not a t-ball league and it should NOT become standard practice. Every effort should be made as the season progresses to eliminate tee use.

## **7. Baserunning**

### **7.1. Contact with Base**

- Runners must have at least one foot in contact with the base they occupy until the pitched ball is hit, makes contact with the catcher or passes the catcher.
- Lead offs are **not** permitted in all leagues.

### **7.2. Baserunners Advancing**

- No stealing bases is allowed.

## **8. Fielding**

### **8.1. Overthrow rule**

- In CPS, no overthrows result in extra bases being awarded.

### **8.2. Chalk Line**

- The chalk foul line is fair territory. If any part of the ball is touching the foul line, it is a fair ball.

### **8.3. Fair Balls**

- If a fly ball is hit beyond 1<sup>st</sup> or 3<sup>rd</sup> base and lands on the chalk line, it is a fair ball

### **8.4. Distances between bases & pitching mound**

- Distance between bases is 60 feet
- Pitching distance is 25 feet