

# Youth Rec Softball Rules

## Coach Pitch (Grades 1-3) & Kid Pitch (Grades 4-6)

### Scores, Standings, Schedules, Field Locations:

WHITE BEAR LAKE: <http://www.teamsideline.com/sites/whitebear/home>

*This is a recreational league. It is a league where total participation is more important than winning a game. Please keep this league in its proper perspective and **HAVE FUN!***

- 1) Rosters/registration: No player may compete until they are officially registered.
- 2) Game Info: Games nights are Monday & Wednesday for grades 1-3.  
Game nights are Tuesdays & Thursdays for grades 4-6.  
Games will be played in the White Bear Lake area. Game times are 6:00 pm and 7:15pm. Game time is forfeit time. No inning in the 6:00 pm game may start after 7:15 pm. Game time is one hour and fifteen minutes. Any inning started must be completed, unless the home team is ahead. The 7:15 pm game must also have a one hour fifteen minute time limit enforced from the actual start of the game. Games are considered official after four complete innings have been played. **\*\* Start games on time!**
- 3) Length of Game: Both leagues: 7 innings
- 4) Officials: **Coach Pitch:** Coaches or parent volunteers will act as umpire. Prior to the start of each game make sure both coaches designate someone to make the final decision on close plays and called outs. It works well if base coaches help determine close plays.  
**Kid Pitch:** Parks & Recreation Department will furnish officials. If the umpire assigned does not show up, the teams must play with a volunteer umpire; or if both coaches agree, they themselves may officiate the game in which case, each coach should call balls and strikes when their team is in the field. Make sure to have a pre game meeting between coaches so both teams are understanding of the rules.
- 5) Players: A normal team plays with 10 players. A team may start and play a game with 8 players. When a team is playing with 8 players, the opposing team shall provide a courtesy non-fielding catcher. The non-fielding catcher shall not field either batted balls or throws. It is the responsibility of the fielding team to cover the catcher's position on plays at the plate. On plays at the plate, the non-fielding catcher should move out of the way of the fielder. However, should the non-fielding catcher be in the way, there would be no recourse for the fielding team.
- 6) Batting Lineup: The batting lineup shall consist of the ENTIRE roster. Players must keep their place in the batting order.  
*Example: If a coach has a roster of 12 players, all 12 players bat before the number one batter bats again. Once the game has started a late arrival must be added to the end of the roster. Substitutions for players in the field may be made at any time. In the event of an injury to a player, the next batter in the lineup will bat. The injured player will be scratched from the lineup for the remainder of the game.*
- 7) Playing Time: **A)** All players must play 3 innings in the field, unless there is disciplinary action by their coach. Opposing coach must be notified of the reason before the start of the game. Because of time limits, coaches should not wait until the last 3 innings to start substituting players in the field.  
**B)** Coaches must exchange lineups consisting of names before the start of the game. Any player under disciplinary action must be listed as not playing in that game.
- 8) Pitching: 1st - 3rd Grade - Coach pitch  
4th - 6th Grade - Kid pitch with umpires  
**1st - 3rd Coach Pitch Rules**

Teams will use a designated pitcher, who is the minimum age of 13 years old and can pitch consistently hittable pitches, to pitch to their own team. The pitcher will throw underhand to the batter. Each batter will be given a maximum of 6 pitches and/or 3 swinging strikes. There will not be any called strikes or balls. The pitching distance is 40 feet or as short as 30 feet if necessary to throw hittable pitches. It works best if each coach pitches to its own team.

The designated pitcher (DP) may only coach verbally from the mound and may not do any fielding. The DP should make every attempt possible to stay out of the field of play after the ball has been hit. If the DP unintentionally touches a batted ball the ball will be ruled dead, the runners will not advance, and the batter will return to the plate. No pitch will be counted. If the DP intentionally interferes with the defensive team's attempt to field or throw a ball, the ball will be ruled dead, the runners must return to the last base they occupied, and the batter will be called out. When coaching a team while on defense, one coach from the defending team may be in the outfield.

- A. Each batter will receive 6 pitches maximum during an at bat
- B. The batter may strike out, but cannot walk. If the batter does not get a hit and does not strike out, they player will return to the bench and an out will be recorded.
- C. If a batter swings at 3 pitches during the at bat an out will be recorded (foul balls do not count as a strike)
- D. No walks will be granted at anytime
- E. Umpires will not be provided-- Prior to the start of each game make sure both coaches designate someone to make the final decision on close plays and called outs. It works well if base coaches help determine close plays.

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- 9) Warm Up Pitches: Kid Pitch (4-6): Pitchers shall be given 5 warm up pitches to start the game and only 3 pitches between innings. A new pitcher entering the game shall be given 5 warm up pitches.
  - 10) Ball/Strike Count: Kid Pitch (4-6): Will have a 3 ball 2 strike with no limit to the number of foul balls a batter may hit. The ARCH of the pitch shall be a minimum of 3 feet and a maximum of 10 feet from the point of release. If a pitched ball touches any part of the plate it is a ball. Strike zone is determined by the area between shoulders and knees of the batter.
  - 11) Game Balls: The home team will furnish one good game ball and one good backup ball.  
Coach Pitch: RIF 10 Softballs                      Kid Pitch: Official 11" dudley softballs  
*\*Place your games balls back in your equipment bag for future use*
  - 12) Bases: All fields should have bases already in place.
  - 13) Bats: Only official softball bats will be used. Bats must be properly taped.
  - 14) Catchers Equipment: Catcher's mask and chest pad mandatory. Shin guards are optional and can be provided.
  - 15) Jerseys: Jersey must be worn at all games. Any player not wearing a current year jersey is ineligible to play, unless agreed upon by both coaches. No jersey can be altered or cut off.
  - 16) Batters Helmets: All batters, base runners, catchers and players coaching a base must wear a batter's helmet.  
**It is highly encouraged that families bring their own equipment if possible.**
  - 17) Steel Spikes: **No steel spikes allowed.** Soft rubber molded cleats or plastic are permissible. Everyone must wear shoes.
  - 18) Official Scores: The home team will keep the official score, although both teams are encouraged to keep their own score. Winning teams must update scores online after the game is complete. To do so, an email will be sent to the head coach. The official score book must include the correct batting order of both teams. **Players must keep their same place in the batting order.**
  - 19) Ground Rules: Coach Pitch: Coaches are to meet five minutes before the game starts to go over ground rules and decide on a volunteer umpire.  
Kid Pitch: Managers are to meet with the umpire five minutes before the game starts to go over ground rules. **\*\*Start games on time!**

- 20) Runs Per Inning: A team will not be allowed to score more than 7 runs in an inning. After the 7<sup>th</sup> run scored, the team batting will take the field. If the home team is trailing by 7 or more runs prior to their final at bat they will still be allowed to hit.
- 21) Batters Box: No penalty shall be called on the batter's box. However, if the batter steps on the plate and contact is made with the ball, the batter is out.
- 22) Stealing/Leading Off: A runner may not lead off or steal a base. They may not leave the base until the ball has been hit.
- 23) Infield Fly: Infield fly rule will NOT be in effect for any league.
- 24) Rain-Out Policy: In the event of a rainout, the league director will send an email to all head coaches if games are canceled anytime before 4:30 pm. If head coaches do not receive an email by 4:30 pm, teams should show up at the fields for a final decision on the status of the game. At the game, both coaches and umpires will decide if the game is to be played.
- 25) Postponed Games: Coaches not willing or unable to make their games will receive a forfeit loss. There will be no postponed games without the approval of the Parks & Recreation Department. Postponed or canceled games will be rescheduled by the Parks & Recreation Department.
- 26) Official Diamond Size: The official diamond shall have the following dimensions:
- | <u>League</u> | <u>Pitching Distance</u> | <u>Base Distance</u> |
|---------------|--------------------------|----------------------|
| Coach Pitch   | 40 feet                  | 55-60 feet           |
| Kid Pitch     | 40 feet                  | 55-60 feet           |
- 27) Protests: Since this is a recreational youth league, no protests will be allowed.
- 28) Outfielders: All outfielders will play their position in the outfield and must be touching grass. Outfielders cannot play up into the infield. A short fielder is not allowed.
- End of season: Coaches please clean out your equipment bag and return back to community services. Make sure to return other players equipment if needed.

### **OFFICIAL SOFTBALL RULES**

1. All Leagues play USSSA rules except for the above stated league rules.
2. Zero tolerance for smoking, chewing tobacco or alcohol during league activities.
3. All teams must return their equipment to their Parks and Recreation Department at the close of the season.

1. *I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.*
2. *I will place the emotional and physical well being of my child ahead of my personal desire to win.*
3. *I will insist my child play in a safe and healthy environment.*
4. *I will support volunteer coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.*
5. *I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all youth sports events.*
6. *I will remember that the game is for youth- not adults.*
7. *I will do my very best to make youth sports fun for my child.*
8. *I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.*

**Any violation of the WBL Community Services & Recreation Parent Commitment may result in temporary or permanent banishment from current or future youth recreational programs.**

**Updated: 3/26/25**