

Youth Rec Softball Rules

(Grades 7 - 12)

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 the game. Please keep this league in its proper perspective and **HAVE FUN!***

- 1) Game Info: Game nights are Monday nights– Teams will play double headers each night. Games are considered official after four complete innings have been played.
 **** Start games on time!**
2. Teams must have a minimum of seven players to begin a game.
3. Games: no new inning will begin after 55 minutes, or 7 full innings - whichever comes first
4. Games can end in a tie - no extra innings will be played
5. Double wall bats are illegal
6. Exposed jewelry or items judged hazardous or potentially dangerous may not be worn during games
7. Metal cleats are prohibited
8. Run Rule: Maximum 7 runs scored per inning-after 7th run scored teams switch
9. Throwing a bat is prohibited; one warning given, second infraction results in batter being called out
10. Coaches must bat their full roster, but players who can't play a defensive position for injury or disciplinary reasons are not allowed to bat
11. The pitch count is three balls/two strikes with one courtesy foul
12. Pitcher's pivot (push-off) foot must begin firmly on the ground in contact with the rubber & the pivot foot must be in contact with the rubber when pitched ball is released
13. The pitcher must present the ball in FRONT of their body (for at least one second) in one or both hands before starting the delivery motion.
14. The pitched ball must have an arc of minimum 3 feet and maximum of 12 feet.
15. If umpire deems that a batter is walked intentionally, the batter will be awarded second base on any subsequent walks, intentional or unintentional for remainder of the game
16. Pinch runners are allowed (by the player making the last out) after notification to the umpire and will be inserted only at 1st base; therefore the batter must stop at 1st base and wait until time is called. Other base runners may advance at their own risk
17. Time will be called by the umpire when the ball is in control in the infield (ball does not have to be back to the pitcher)

18. A foul ball caught by the catcher must go above the batter's head to be considered an out-if ball hits backstop it is a dead ball and can not be caught for an out
19. Infield Fly Rule is in effect: with runners on 1st/2nd, or 1st/2nd/3rd and less than 2 outs, batter is out if umpire calls Infield Fly Rule for a fly ball hit to the infield that can be caught with ordinary effort
- 11) Game Balls: The home team will supply one good game ball and one good backup ball.
Official 11" dudley softballs
**Place your games softballs 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.
- 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.

White Bear Lake Community Services & Recreation Department **Parent Commitment & Code of Conduct**

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: 4/27/26