



# Sanger Softball Association Girls Softball Rules

*Agreed upon January 2026*

These rules govern SSA Interlock Girls Softball registered and held in Argyle, Decatur, Justin, Krum, Ponder, and Sanger. In addition to the current year USA Girls Fast Pitch Softball Rules and Regulations, teams will abide by the following:

## Fast Pitch – 12u & 14u

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### Playing Field:

- Bases will be 60' apart and the official pitching rubber will be 40' from home plate for 12u & 43' for 14u

### Equipment:

- The official ball shall be a 12" fast pitch softball with a .47 core.
- Players must wear batting helmets when batting, or in the on-deck circle. Do not remove helmets until inside the dugout.
- Catchers are required to wear full protective headgear, mask, and chest protector and shin guards.
- **No Metal Cleats**
- No jewelry
- All teams playing in the Sanger Interlock, must wear face masks when playing defense on the infield. Outfielder masks are recommended but **not** required for 10U, 12U, and 14U.

### Game Play:

- Games shall be limited to 75 minutes. No new inning shall start once time has expired. The home team **will be allowed** to bat and finish the inning, even if time has expired, the game will be called when time expires **if** the home team **cannot** come back and tie or win due to inning run limit. Score will be kept, but the focus should be on skill development.
- An offensive team will be allowed to score a maximum of (6) six runs per inning.
- Nine (9) players should assume defensive positions on the field. Each team is allowed: (1) pitcher, (1) catcher, (4) infielders and (3) outfielders.
- Teams playing with only (7) seven players shall NOT incur an automatic out when the 8th batting position arises. A team must have at least (7) seven players to start a game. Any less than 7 is an automatic forfeit.
- Overthrows, whether in foul or fair territory, will be considered live, unless the ball enters the dugout or any other area deemed out of play, in which case, each runner will automatically receive (2) two bases from the time of the throw (the base you are going to, plus 1 more). Overthrows remaining in play will be considered live, and runners may advance at their own risk of being put out.
- Once the ball is returned to the pitcher in the pitcher's circle, all base runners must either advance to the next base or return to the base they just came from immediately. Any hesitation or fake moves by the runner and they will be called out by the umpire.
- Base runners are allowed to leave the base only after the pitcher has released the ball. Base runners are allowed to steal any base and may steal home on a wild pitch or passed ball.
- Bunting is allowed.
- A player's intentional contact with an opposing player will result in the immediate ejection of the offending player. Serious infractions may result in suspension from the league. Umpires will notify a board member in the event of any ejection.
- Infield fly rule will be used.
- Sliding headfirst is allowed on 1st, 2nd, and 3rd base, however, sliding headfirst will remain banned at home plate and will result in an OUT at home plate, if attempted.
- **Dropped third strike is in effect.** When a passed, dropped, uncaught ball is the third strike, the batter can run to 1<sup>st</sup> base, if:
  - **Less than two outs, first base occupied:** The batter is automatically out, even if the catcher drops the ball.



- o **Less than two outs, first base unoccupied:** The batter can be put out by being tagged or thrown out at first base.
- o **Two outs:** The batter can be put out by being tagged or thrown out at first base, regardless of whether first base is occupied.
  - \* Even if batter starts to return to dugout, as long as she does not step foot in dugout, she can run to 1<sup>st</sup> base. If coming from 3<sup>rd</sup> base side, batter can run straight across the ball field towards 1<sup>st</sup> creating their own path.

### Coaching Etiquette:

- Judgment calls made by the umpire are not up for appeal. Please do not argue with the umpires. This only delays the game and presents a bad image to the players and parents. The umpires have been instructed to warn any argumentative coach, player or parent (1) one time. After that the umpire has the authority to remove said person(s) from the park. Umpires will notify a Board Member of the ejection.
- Coaches cannot touch a base runner during live ball. Penalty: 1 is a warning, 2nd time is an out.
- Coaches and players must pick up and properly dispose of paper and trash after each game.

### Participation:

- **All coaches must abide by the player rotation rule:** No player shall be on the bench for two consecutive innings except for injury, illness or disciplinary reasons. No player shall be on the bench twice in one game before all other players sit on the bench at least once – except for the pitcher and catcher positions in levels 10u and up. There is no mandatory defensive rotation rule. However, coaches should provide the opportunity for each player to play multiple positions during the season based on their ability to play the position safely.
- Teams will bat their entire roster and be allowed free defensive substitutions.

### Guest Players:

- Guest players are allowed, under the guidelines below, for purposes of avoiding forfeits and allowing kids to play ball.
- The spirit of the guest player rule is intended to allow shorthanded teams the temporary use of other league players rather than forfeit the game. This rule is not, intended to be used as a tool to exclude regular members in favor of a more highly skilled player.
- Guidelines: A coach is authorized to add up to two guest players per game, provided that:
  1. The guest players are currently registered in your own association or associations that are partnering for the season. If they are from other associations, they must have individual insurance vs. team insurance
  2. The guest player has the permission of her parent(s)
  3. The guest player must wear her own team's uniform
  4. The coach must announce and identify the guest player(s) to the umpires and opposing coach prior to the start of the game
  5. Guest players can play up one age division
  6. Guest players must play outfield positions only
  7. Guest players must bat last in the batting order
  8. The guest player cannot be on the field if there is a regular roster player present and available to play

### Standing General Rules:

1. All games will be played by the voted-on rules and regulations set forth per age group by the SSAI, and surrounding cities involved in softball unless amended by Sanger Softball Association rules. Rules not covered will follow USA rules.
2. Game will be forfeited if team has less than 7 players. No out penalty if the team has less than nine (9) players, during regular season play. A score of 7-0 will be issued to a forfeited game, with the winner receiving 7 points, and the forfeiting team 0. If a game is forfeited, umpires will not officiate, even if team wants to play for fun.
3. All teams will bat the entire roster.
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5. There will be a 10 minute grace period if a team is short, or not present at the scheduled start of the game.
6. Time limits include finishing the inning. No new innings will be started if a game has less than 5 minutes to game time expired. If a game is tied when time has expired, and the inning is finished, leave at a tie.
7. Courtesy runners will not be used.
8. Base path will be 60' feet.
9. Rubber Cleats Only.
10. All age groups, all catchers' positions will be required to wear full protective headgear with mask, chest protector and shin guards.



11. All age groups, players must wear batting helmets when batting, running bases offensively, or in the on-deck circle. Helmets are not to be removed until inside the dugout.
12. No jewelry.
13. Coaches cannot touch base runners during live play. Pushing or physically assisting a runner is prohibited. Penalty: one (1) warning, second time is an out.
14. Sliding headfirst is allowed on 1st, 2nd, and 3rd base, however, sliding headfirst will remain banned at home plate and will result in an OUT at home plate, if attempted.
15. All Code of Conducts will be followed and adhered to.