

2026 Arrowhead Fastpitch League

League Rules: 10U, 12U

Email: info@arrowheadfastpitch.org

Arrowhead Fastpitch League will follow USSSA Rules unless otherwise indicated below.

All teams must roster all players through USSSA.

1. **Age** is determined by player's age as of midnight on December 31, 2024. The board must approve any player desiring to play in a lower age division. However, any player 'playing down' is not allowed to be a pitcher or catcher and will not qualify for tournament play at the lower age level. Limit of two players playing down per team. Players are allowed to play in higher age divisions, but must be rostered on each team.
2. **Select teams.** Definition is: "Privately managed organization formed from open tryouts or direct recruitment outside of league play AND includes players from more than one community." Select teams will be required to move up one age level, with the option to petition the board if they feel they do not have adequate pitching or will not be able to compete fairly at the upper age level. A written petition should be sent to the board by the registration deadline.
3. **Number of Players.**
 - A. 10U and 12U teams may have 10 defensive players on the field. All 4 outfielders must be in the outfield grass. If there is a deep dirt infield, players must be at least 60' from the pitcher's mound.
 - B. A team may play with as few as 8 players; there will not be an "auto-out". Only exception to the 8-player rule is if a player is ejected bringing the players down to 7, then that team forfeits.
4. **Game Time and Playing Time.**
 - A. Starting times for games will be 5:30pm and 7:00pm. A 10-minute grace period is allowed if a team is delayed. New players may be added to the game roster before the team completes its first round of the batting order.
 - B. No new inning shall start after 1 hour and 5 minutes for the 5:30pm game. If an inning is started, it must be finished if the home team is behind. The 7:00 game does not need to have a time limit if agreed upon by both coaches prior to the game.
 - C. A complete game for 10U is 5 innings, for 12U is 6 innings.
 - D. Minimum play time. All players should play defensively a minimum of 2 innings per game (or 1 inning if only 3 innings are played). Exceptions are illness, injury or disciplinary action for which the opposing coach should be made aware.

5. **Run Limits.** 10U and 12U teams are allowed a maximum of 4 runs per inning. Umpires must be aware of the time limit and must announce when the last/open inning is starting.
 - A. For 12U, the last inning is an open, unlimited inning.
 - B. For 10U, the last inning run limit is 10 runs. If the visiting team is ahead or goes ahead by 12 runs in the last inning, the visiting at bat is completed.
6. **Batting Lineup.** Continuous batting shall be in effect for 10U and 12U with free defensive substitution, including the pitcher.
7. **Game Balls.** Each team must provide 1 game ball per game.
 - A. 10U uses 11-inch balls, recommend Dudley SB11 or Bownet Official USSSA Softball
 - B. 12U uses 12-inch balls, recommend the Dudley SB12 or Bownet Official USSSA Softball
8. **Equipment.**
 - A. Metal cleats are not allowed in 10U and 12U.
 - B. Catchers warming up pitchers on or off the field must be wearing a mask
 - C. All offensive players must keep batting helmets on until they are safely inside the dugout.
 - D. Batting helmets must be NOCSAE approved.
 - E. Bats must have the USSSA stamp.
9. **Pitchers.**
 - A. Pitchers can only pitch for one team per age group for which she is eligible. Any exceptions must be approved by the board.
 - B. Pitchers are now allowed to step back or start back from the pitching plate.
10. **Playoffs.** To participate in playoffs, a player must play a minimum of 9 league games or 60% of the league games, whichever is less. Coaches run the risk of being suspended for the entire next season if they do not abide by this rule.
11. **Umpires.** Umpires must be at least two years older than the age group they plan to ump. Umpires have the authority to eject any coach or parent that is being disrespectful or uncooperative. The ejected person must leave the premises or wait inside their vehicle out of sight of the field for the remainder of the day.
12. **Borrowing of players.** If a team is shorthanded for a league non-playoff game, a coach may borrow from lower level age groups to fill vacancies up to a 10-player roster for that night. Added players should be at the end of the batting order and the opposing coach should be notified. Borrowed players should not pitch or catch.

13. **Postponed Games/rescheduling.** Postponed games should be made up as soon as they can. The league website will have links to reported rainouts at Braun, Wade/Wheeler, Proctor, and Hermantown fields. Rescheduled games are to be played at the originally scheduled field unless both coaches agree to play elsewhere. It is the responsibility of the home team coach to call the other team coach to postpone the game by 3:00pm on the day of the game. If the visiting team is not contacted or if there is a conflict, the League Director should be contacted to resolve the matter. If a rescheduled game is rained out, it must be played before the win/loss records are determined for post-season play.
14. **Lightning.** In the event lightning occurs during a game, the game will be suspended 30 minutes from the last lightning strike.
15. **Air Quality.** Air Quality Index of 175 or higher will result in games being postponed/cancelled. Air Quality Index will be from airnow.gov and based on zip code for game location at 3pm on game day. Please reach out to opposing coach to confirm if game will be played or postpones.
16. **Stealing/Advancing Bases.**
 - A. 10U players may lead off after the pitched ball crosses home plate. Players may steal and/or advance on a passed ball that gets behind the catcher, but only one base per non-hit pitch. Players are not allowed to steal or advance home on a passed ball. Players may not steal/advance when the coach is pitching.
 - B. 12U follows USSSA rules, leading off when the ball is released.
17. **Dropped Third Strike.**
 - A. 10U batters do NOT advance to first base on a dropped third strike.
 - B. 12U follows USSSA rules
18. **Hit By Pitch**
 - A. The batter advances to first base at 10U and 12U if hit by a pitch that has not hit the ground first
 - B. If the pitch rolls or bounces into the batter, then she should complete her at bat.
19. **Infield Fly Rule and Bunting**
 - A. 10U. There is NOT an infield fly rule and no bunting allowed for safety.
 - B. 12U. There is an infield fly rule and bunting is allowed.
20. **Pitching.**
 - A. Pitchers can start with both feet on the pitchers plate, step back, or start back from the pitchers plate.
 - B. The pitcher may no longer pitch if she hits 4 batters in a game.
 - C. 12U pitches from 40 feet, 10U pitches from 35 feet

19. Pitching

D. 10U May and June. Players will not walk.

- A 10U pitcher continues to pitch until the batter is out, or she throws four called balls. After the fourth called ball, a designated adult (coach or otherwise) from the batting team will then take over pitching, continuing with the same number of strikes.
- The designated adult does not have to have a full pitching motion and does not have to pitch from the pitcher's plate. (Most adults will stand closer to home plate, near the front of the pitcher's circle.)
- A batter can strike out with the designated adult pitching. The umpire should still call balls and strikes with the designated adult (but the batter will not walk.)
- No stealing or advancing bases on passed ball/wild pitch when designated adult is pitching.
- No advancing to first base if hit by the pitch while the designated adult is pitching.

E. 10U July. No further coach/adult pitching. Batters can walk after four called balls.

F. 10U Playoffs. In the gold and silver divisions of playoffs, only players will be pitching and walks will be allowed. No coach/adult pitch at gold and silver divisions. Bronze division will go back to coach/adult pitching as in May and June.

21. Reporting Scores. A link is provided on our website, or send scores to info@arrowheadfastpitch.org.

A. Please include in subject line:

- a. Date of Game, Age Level, Team Name
- b. Example: 5/5/2017 – 10 North Proctor Green

B. Please include in the email:

- a. Date of game, especially if different than original schedule
- b. Team name and corresponding scores
- c. Age (10s or 12s) with division (north or south)
- d. Example: 5/5/2017 rescheduled from 5/4/2017 – 10 north. Game 1 Proctor Green (8) over Proctor Gold (4). Game 2 Proctor Gold (4) over Proctor Green (2)

