

Harrisburg, Lennox, & Tea

10U Softball Rec League Rules

Last updated 4/22/2026

Field Specs.

- 35' pitching rubber; 60' base path

Game Play

- All games are 70 minutes "drop dead" – final game score will revert to the last full inning that was completed.
- Game ties will not be played out.
- Half Innings end after 3 outs or 5 runs.
- 5 warmup pitches for the 1st inning and then only 1 unless a new pitcher enters.

Substitution

- Pitchers & catchers can only play three innings in those positions. No more than 2 innings in a row.
- Courtesy runners for pitchers and catchers
- Open substitution

Equipment

- Play with 11" regulation Softball.
- The catcher must wear safety equipment when catching (catcher's helmet, chest protector, and shin guards).
- Anyone under the age of 18 who is warming up a pitcher must wear a protective helmet
- Anyone on the field under the age of 18 must wear a helmet
- Defensive players are allowed to wear Softball Fielders Masks.

League Rules

- 9 defensive players. There must be 6 players in the infield, and 3 in the outfield.
- All players must bat.
- Players are required to play 2 full innings.
- Cannot run on a dropped 3rd strike.
- The infield fly rule is in effect.
- Batters can advance to first base after being hit by a pitch only if she made an attempt to get out of the way – this is a judgment call by the umpire and his/her decision is final.
- If there is a play on the runner, the runner must either slide, avoid the tag, or surrender. If a baserunner runs into the fielder they shall be called out. This is a judgement call by the umpire.
- The pitcher must start with one foot touching the pitching rubber.

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Stealing / Home Plate Rules

- Runners may not leave the base until the ball crosses home plate.
- Runners may advance only one base per pitch.
- Home plate is closed on all steal attempts, including overthrows.
 - On overthrows during a steal attempt, runners may not advance beyond the base they were attempting to steal.
- On a walk, runners may advance to one base only.

Home plate becomes open in the following situations:

- When the ball is hit into play
- On defensive plays made on baserunners (*this applies only when the ball is hit into play and live; it does NOT include routine throwbacks to the pitcher, defined as the catcher returning the ball to the pitcher after a pitch when no play is being made*)
- When the bases are loaded and the batter is walked
- After a ball is hit, home plate remains open until the pitcher has possession of the ball in the pitcher's circle

First 4 Games of the Season – Coach Pitch Rules

- Coaches will come out and pitch after the 4th ball. By doing this then there will be no walks!
- After the 4th ball then the coach will come in and pitch to the players. The umpires will keep track of strikes and still will call all strikes.
 - **Example:** If a player has 4 balls but has 2 strikes. Then the coach will come into pitch (since it was the 4th ball), and if you pitch a strike and the batter either misses or doesn't swing then that batter will be called out. Basically, once the coach comes out to the pitch to the player, that player will either strike out or get a hit into play. Those are the only two options once the coach comes into pitch.
- **Coaches must pitch from the pitching rubber.**

AFTER THE FIRST 4 GAMES THEN THE PLAYERS WILL BE PITCHING, THERE WILL BE NO COACH PITCH!

WEATHER

- The National Federation of High Schools (NFHS) recommends suspending games when lightning is seen or thunder is heard and waiting at least 30 minutes after the last thunder or lightning before resuming play. If there is more thunder or lightning after the 30-minute count begins, the clock resets and another 30-minute count begins.