

Groovies Recreational League Rules

2012 Season

- This league is for girls in 5th and 6th grades as of sign-up date.
- Coaches and umpires will go over the ground rules before the game begins.
 - ✓ Be sure to bring these rules to each game and follow them.
 - ✓ Each home coach should know the ground rules for his/her field.
 - ✓ Questions regarding rules should be covered at this time.
- The number of innings to play for a complete game is 7 innings.
 - ✓ Fifteen run rule will apply after 5 innings unless both coaches and teams decide to continue play.
 - ✓ Rained-out for regular games is 4 innings.
 - Home team does not have to bat in the bottom of the 4th if they are ahead.
- A new ball shall be used for each league game.
- 10 players are used for this league, but you may start and finish with 8 players.
- No innings will begin after 8:30pm on unlit fields.
- If any problems arise between teams, forward all information to your directors. If the problem cannot be settled contact the county recreation director.

Field:

- 1) Baseline distance = 60 feet
- 2) Pitching distance = 35 feet
- 3) Field is broken into play area, foul area and out of play area

Umpires:

- 1) Home team will furnish umpire-in-chief behind home plate.
- 2) Umpires should be at least 15 years old to ump this league.
- 3) Must use chest protectors and a face mask.
- 4) He/she must know the rules of this league.
- 5) The umpire is not allowed to coach the teams in any way.
- 6) The umpire's decision is final.
- 7) There will be no arguing with the umpire.

Uniforms/Equipment:

- 1) Catchers will wear a mask, chest protector, and shin guards to protect against injuries.
- 2) Helmets will be worn by batters and base runners.
- 3) Tennis shoes or rubber cleats are the only shoes allowed. No bare feet, street shoes or sandals. This is to protect against injuries.
- 4) One piece aluminum bats with the label "official softball bat" will be used.
- 5) No short shorts – it is highly recommended due to injuries that girls have appropriate clothing or gear for sliding.

Pitching:

- 1) Modified slow pitch rules will apply.
- 2) No windmill pitch will be allowed.
- 3) Pitcher must start and end with at least one foot on the pitchers rubber until the ball is released.
- 4) Pitcher must follow through with the pitching arm finishing in front. (Pitching arm cannot stop at hip)