



# Lou Gehrig Softball

## Juniors

Updated April 2026

### General

1. Regular season games are 6 innings with a **four-run limit** in all innings until the last inning which will allow unlimited runs for both teams\*.

Time limit on each game is **1 hour and 40 minutes** and no inning can start after this time limit.

Drop dead limit is **2 hours** from the scheduled start time of game.

- if the 2 hour limit is reached within the last inning, the game will roll back to the last completed inning.

*\*If a game will not reach the 6th inning due to time, both managers, along with the umpires, will need to deem the upcoming inning the 'last inning' as you approach that 1 hour 40 minute mark. Please see 'Softball General Rules' for more detail on playoff time limits and weather related interruptions.*

2. Pitching distance is 40 feet.
3. When warming up between innings, a pitcher must wear a batting helmet.
4. Pitchers and infielders are required to wear a fielding mask during game play.

### Hitting / Running

5. Teams will use a continuous batting order – everyone bats.
6. Bunting **is** allowed at this level.
7. Stealing of ALL BASES is allowed.

### Defense

8. Defense will play ten players (with four in the outfield)
9. Defensive set up
  - a. Outfielders must be no closer than the edge of the outfield grass and may not be used to play a base. A fielded ball by the outfielder must be thrown, not run back to the infield.
  - b. For a “skinned” field, infielders must start within 3 – 5 feet of the baseline.

### **NOTE: THE GIRL'S SAFETY COMES FIRST!**

10. Infield fly rule is waived.
11. For both regular season and playoffs, every player must play at least four defensive innings. Players must be rotated every 2 innings to a new defensive position. They must play at **least 2 innings in the infield** and 2 innings in the outfield. Players may only play a maximum of 2 innings at a specific defensive position (with the exception of the catching and pitching position – see rules 13 and 14). This rule also applies to call-ups.
12. Play is dead when the ball is in possession of the pitcher within the pitching circle.
13. Catcher is considered an infield position and can play up to 3 innings.



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14. Pitchers may pitch a maximum of three innings per game in the regular season. If a girl throws one pitch in an inning, this is considered a full inning pitched. Innings do not have to be consecutive.
15. After a pitcher hits 2 batters in an inning, the managers should call time-out to discuss the pitcher's control and if she must be removed from pitching. If the pitcher hits 3 batters in one inning, she must be removed from this position for the rest of that inning. Please use good judgment before placing this girl at pitcher again in the same game. Remember: Safety First!
16. On a swinging or called third-strike, the batter cannot advance if the catcher does not catch the pitch. (The dropped third strike rule is NOT in effect).