

Sartell- Sauk Rapids- Waite Park

8U League

Rules and Regulations

2025 Summer Season

General Rules:

1. This league is for the girls to learn the game of softball and have fun.
2. All team members must get equal playing time.
3. Each coach and parent is to be a good example for the players.
4. No jewelry is allowed during games or practices, except earring starter sets may be left in but must be covered by tape or a band aid.
5. Equipment:
 1. Players will wear a league t-shirt tucked in.
 2. Players must wear tennis shoes or rubber cleats.
 3. Batters, base runners and on deck batter must wear helmets (chin straps must be tight to chin if worn) and full face masks at all times.
 4. Catchers must wear full gear (Helmet with mask, chest protector and shin pads).
 5. Only league approved aluminum softball bats allowed-ASA seal-
 6. We will be using a 11 inch hard softball.
6. Home team will provide a good game/back up ball.
7. Game start times are at 6:00 PM, **Thursdays**
8. Games will consist of 7 innings or 1 hour & 15 min, whichever is less.
 1. Any inning started must be finished (even if batting team cannot win).
 2. There is to be no tie breakers.
9. Communities are to create teams of equal/balanced abilities.

Game Rules:

1. Games will be played with 10 players on the field-can play as low as six.
2. Every player bats in a continuous order; if a player comes late they are to be placed at the end of the batting order. No one should hit twice until everyone has batted once.
3. A half inning ends at the earliest of 3 outs or when 5 runs have scored.
4. Bases are to be set at 60 feet.
5. Pitching rubber is to be set at 35 feet.
6. Players can only play each position a maximum of three innings per night.
7. Games will be machine pitched only Blue Flame pitching machine. Machine will be set to approximately **27 to 30 MPH** and 35 feet from home plate. No switching setting between players.
8. No stealing is allowed. Runner is to remain on base until ball and bat make contact (no leading off).
9. Only batter and batter on deck should be swinging bats, and only inside fence. Batter on deck must be at the batter back.
10. Collision avoidance is mandatory! Sliding is recommended but not required. Fielding team calls the batters/runners "safe or out"
11. There are no walks; the player will receive 3 quality pitches from the machine, then use the tee for all of JUNE. In July we will take away the tee and have outs after 3 pitches unless they hit a foul ball, they will continue hitting.

Hitting Rules:

1. Squaring up and bunting is not allowed.
2. Batters cannot advance on a dropped third strike.
3. Throwing of the bat results in a warning for the first offense and the next time it is an out. A bat is deemed thrown when the bat hits another player or if it flies eight feet or more.
4. When the ball is under control in the infield, coaches must stop base runners from continuing to advance anymore bases.
5. If no outfielder has control of the ball, runners may continue to advance. Once the outfielder gains control of the ball and throw it toward the infield the runners will stop at the next base. Even if the ball doesn't make it to the "dirt" on the throw, the act of throwing the ball in is an attempt at making the correct play. Players must stop at the next base.

Fielding Rules:

1. When a ball is overthrown, base runners can only advance one base.
 2. The infield fly rule does not apply, unless the fielder drops the ball on purpose.
 3. If a play is being made on a base runner, they are not allowed to continue running past the base in which the play was attempted.
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Pitching (last two games of the season)

1. Girls will get 4 pitches per batter (same rules apply-either they strike out or get a hit).
2. We will go into coach pitch after 4 pitches, the coach will have a max of 2 pitches. If the batter doesn't make contact with the ball in 2 pitches they are out.
 - a. If there is a foul ball on the last pitch, the batter will get another pitch.
3. NO WALKING!

The Rules and Regulations above shall govern. For all other rules of softball, ASA rules should be followed when possible, always keeping in mind they are 8U.

Each community will have their own practice schedule and times.

Try to be flexible on start times when road conditions or other traffic delays occur.

Coaches should contact opposing coach by 4:00 PM of game day whenever the game obviously cannot be played for whatever reason - see spreadsheet for coaches contact info(field conditions, shortage of players, weather conditions, etc.).

Last update 4/13/2025