



2024 Rookies Division Rules

GENERAL

Instructional League: This is an instructional league only. No score or standings are kept.

Field: The playing field shall be a standard shape for official softball, except that bases shall be only 50-55 feet apart. The pitching rubber will be 35 feet away from home plate with an 8-foot chalk circle around it.

Practice/Game Length: A 20-30-minute practice will occur before each game. For example, if you have an 11am start time, you will practice will end no later than 11:30am and then begin your game. Your game can last for up to another 45 minutes for a total field time 1 hour and 15 minutes.

Home Team Dugout: Home team shall use the first base dugout.

Home Team Responsibilities: Home team of the first morning game of the day shall be responsible for setting up the field which includes lining (chalker) the baselines, batter's box, and pitching circle, installing the bases and setting up a batting tee before the start of the game. The home team of the final game in the afternoon is responsible for returning the bases, line chalker and batting tee to storage when the game has ended. The home team will provide two game balls.

Uniforms: Are provided by the League and must be worn by each player on the team during games.

Sweatshirts or Jackets on Cold Days: Sweatshirts or jackets with or without numbers may be worn in the field and up at bat on cold days and nights. If numbers are not visible, the player's number on her jersey must be shown to the opposing team when requested. Colors of sweatshirts or jackets need not match.

Jewelry and Medical Alert: Jewelry shall not be worn during an official game. Medical alert bracelets and necklaces are not jewelry and may be worn but must be taped to the body in such fashion that the medical alert information is visible.

Batting Helmets and Masks: A batting helmet with a NOCSAE approved face mask shall be worn by all offensive players when in fair or foul territory on the playing field. Batting helmets are required AT ALL TIMES when a player has a bat in her hands. Players may only have a bat in their hands while at the plate or in the batters circle. AT NO TIME will a player swing anywhere else during a game.

Balls: The official softball is the 10 inch Easton IncrediBall.

FEMALE ADULT CHAPERONE

In accordance with USA Softball requirements, a female adult must be present at all team activities, including games, practices and other team events. This person can be a coach, assistant coach, manager or team parent volunteer.

DIVISION PLAY

Pitching: Managers or coaches shall pitch to their respective teams from within the pitching circle. After four (4) pitches, a batter may hit from a tee until the ball is put into play. There shall be no strikeouts. A batter may also elect to hit immediately from the tee. Please adhere to these pitching rules to keep the game moving.

Minimum number of players: is five (5). A team may have a maximum of eleven (11) players on the field. However, additional fielders may be allowed if agreed upon by both coaches. If a team does not have five players, teams may share players so that the girls can still play a game.

Infield positions: Include Pitcher's Helper, 1B, 2B, 3B and two SS positions (left and right). An adult/coach will be the catcher during rookie games. The remaining players on the roster will play in the outfield. All outfielders must be positioned on the edge of the grass, or at least 10 feet behind the bases.

Stealing: No base stealing shall be allowed. Players may take leads once the pitch has left the coaches hand.

Base Running and Scoring: Base runners may only advance one base at a time and score when a ball is hit into play by the batter. The only exception is when the last batter hits in the inning - all base runners will clear the bases by running around the bases and scoring at home plate.

Stationing of Coaches, Managers and/or Parents: Coaches, Managers and/or parents may be stationed at each base to help base runners while their team is at bat. Coaches, Managers and/or parents may be in the outfield to help the defense while their team is in the field.

Stopping Game to Instruct: Play may be stopped during the game to explain or instruct.

Dead Ball: The play has ended and the ball is dead when the ball has returned to the pitcher (coach) or an attempt has been made to get it there by the defense.

Rotation Batting: Each team shall bat their entire order every inning. No outs will be kept. Once the last batter hits in the inning all base runners will clear the bases by running around the bases and scoring at home plate. HIGH FIVES FOR ALL!

Extra Infielder: One extra infielder shall be allowed. Everyone plays on defense.

Rotation of Players between Infield and Outfield: Coaches shall rotate their players between the infield and outfield positions; however, a player's safety shall always be considered before placing a player in the infield.