

A League Softball Rules 2026

Game Information

1. Players should be 7th or 8th grade in school. Players can play up a division but are NOT allowed to play down to a younger division.
2. Games need to start on time.
3. Please have your team ready 15 minutes prior to the scheduled start time in case you can get started early to help keep games on time.
4. No new inning will start after 1 hour and 20 minutes. In case of a tie, the international tie breaker rule will be used by starting a runner that made last out on second base. There is no hard stop for time, once an inning is started it must be finished.
5. If you are playing the last game of the night, you may play all innings if decided between both coaches BEFORE the game starts.
6. If you need an extra player, you may borrow a "B" League player from our league.
7. 12 run rule after 4 innings and 10 run rule after 5 innings.
8. Dugout is to be picked up after you are done playing.
9. Home plate umpire can request a base umpire, to be supplied by the home team.
10. No hitting into fences allowed at any time, which includes the hanging of a tarp with any type of ball.
11. ALL UMPIRE DECISIONS ARE FINAL! NO PROTESTS!

Equipment

12. All bases are at 60 feet apart. Safety bases will be used.
13. All batting helmets are mandatory and follow NFHS Softball Rules, section 1-6, article 6, which states: "*All fast-pitch batting heling shall be equipped with a NOCSAE approved face protector.*"
14. No baseball bats allowed.
15. Pants or Shorts may be worn.
16. No steel/metalspikes allowed.
17. Optic SB 12 yellow softball will be used.

Fielding

18. 8 players are required to start a game. Teams can play 9 players.
19. Infield fly rule will be used.
20. If a catcher is on base with 2 outs, she should be substituted by the player who made the last out to help games from slowing down.

Pitching

21. New pitchers will get 5 warm up pitches to start the game and 5 warm up pitches between innings.
22. If a pitcher pitches for her varsity high school team, she is NOT allowed to pitch in league.
23. Pitchers motion must start with one foot contacting the rubber which is 43 feet from home plate.
24. If pitched ball hits ground and then the batter, it is a dead ball and base is awarded. Player must make attempt to move out of the way.
25. A pitcher is limited to 4 innings per game; one pitch in an inning constitutes an inning. Once a pitcher is removed from that position, she may re-enter only once later in the game as long as she has not pitched more than 4 innings.

Batting

26. Bunting and stealing are allowed.

27. If the batter shows a bunt, she may not swing away. If the batter swings, it is an out. 28. Teams will bat their entire roster and no girl can sit out consecutive innings.

29. Must slide if being played upon.

30. A dropped 3rd strike will be played per Iowa High School Rules.

Home plate is OPEN. 31. Stealing is allowed when the ball leaves the pitchers hand.

Substitution

32. If you need an extra player, you may borrow a "B" league player from our league, that player can play any position.