

D League Softball Rules 2026

Equipment

1. Players should be 1st or 2nd grade in school. Players can play up to the next division but are NOT allowed to play down to a younger division.
2. All bases are at 60 feet apart. Safety bases will be used.
3. The catcher will wear all catchers' equipment when playing the position.
4. Batting helmets are mandatory, face guards and chin straps are **strongly** recommended.
5. No baseball bats allowed.
6. Pants or Shorts may be worn. Shirts must be tucked in.
7. 11" yellow softball will be used. (chinstraps and facemasks are not required, but are strongly recommended)

Fielding

8. All coaches & assistants are allowed on the field to give instruction to the defensive players.
9. Coaches can not touch or field the ball. If coach is hit by the pitch, it still remains a live ball
10. No more than 5 players will play the infield before the ball is hit. A team can play with 10 girls on the field
11. No player will play between home plate and the pitcher's mound before the ball is hit, each girl should play their position.
12. On any batted ball, runners may advance a maximum of one additional base due to an overthrow. Multiple overthrows on the same play do not allow further advancement.

Pitching

- 13.. A coach or an adult will pitch to their own team. (Three strikes). If coach is hit by a batted ball, it still remains a live ball.
- 14.. The player playing the pitching position will stand close to the coach and will field the ball on a hit. (coach can not touch ball)

Batting

15. . A coach or an adult will pitch to their own team. Pitch count is as follows: There will be a pitch count of 10 pitches. 3 strikes and the batter is out. An at bat will not end with a foul ball or a walk.

16. Runners may be allowed to take 2 bases after the ball is hit. Runners may not leave the base until the ball is hit.

17. Teams can only score a max of 5 runs per inning unless both coaches agree to have an unlimited last inning. If both coaches don't agree the default will be all innings limited at 5 runs.

18. All games will be 1 hour. There is no hard stop for time, once an inning is started it must be finished.