

Softball Rules (Age: 13-15)

Goals

1. Continue development of fielding, throwing, hitting, and base running skills.
2. Prepare player for mental readiness and field readiness for high school and collegiate level game play.
3. Master Fast Pitching.
4. Placing focus on skill development and understanding fast pitch softball.

Equipment

1. Jerseys, hats, and pants will be given to the players to wear at the games. No shorts or jewelry are allowed for safety purposes.
2. All batters, base runners and players on deck, MUST wear protective headgear.
3. Players supply their own gloves and soft spikes. Tennis shoes are NOT allowed at this age.

Coaches / Managers

1. You MUST always set a good example of GOOD SPORTSMANSHIP for all players and spectators.
2. Coaches will meet before the beginning each game to go over ground rules and cover any questions.
3. Injured player MUST be attended to immediately. Ice packs will be made available at the concession stand as needed for injuries.
4. Coaches are responsible for forwarding all practices, games and events to the players in a timely manner.

The Field

1. The base paths will be 60 feet in length.
2. The distance from the rear tip of home plate to the front edge of the pitcher's rubber is 43 feet.
3. The outfield fence typically ranges between 185 and 235 feet from home plate.

LENGTH OF GAME

1. Regulation games will be 7 innings or 1 hour in length (all innings started MUST be completed in full).
2. Rainouts will be cancelled and rescheduled by the Police Athletic League and can be viewed on the website. Players MUST show up to their scheduled game/field time (unless called before hand) and any cancellations may be done up to 15 minutes after the start time of the game.

Offensive Rules

1. First and third base coaches may be used on offense. Both coaches must remain out of the field of play at all times. Any interference with a ball in play, or a defensive player, will result in the batter being called out and no advancement by base runners. Base coaches are not to interact in any way with defensive players during play. They are to only instruct base runners.
2. Each player is placed in number sequence for the batting line-up before the game begins. A copy of this line-up will be given to the score keeper and the opposing coach before each game. The line-up must contain each player's name and number. Any batter that bats in a different spot in the line-up other than the one given to the score keeper will be called out after taking one pitch. It is the responsibility of the score keeper of each game to alert the umpire if a team is batting out of order.
4. Runners that run past a teammate on the base in front of her will be called out regardless if contact is made by the two players. Only one player may occupy any base at a time.
5. An inning is considered completed once each team bats and records 3 outs.
6. **Players may steal a base after the ball has crossed home plate.**
7. Any base runner attempting to dislodge the ball from a catcher that is blocking home plate will automatically be called out.
8. A base runner is allowed to slide into any base.
9. If there is a runner on third base, the batter must temporarily leave the batter box after each pitch to ensure that there is no play at home, or at third base. If the runner on third base attempts to steal home and the batter has not moved out of the field of play, the base runner will be called out by the umpire.
10. **Lead-offs are not permitted.**
11. Base runners are allowed to advance to as many bases that can be reached before the play is ruled dead or the runner is declared out.

DEFENSIVE RULES

1. One coach will be allowed outside his/her team's dugout while their team is on the field. This coach is to stay in close proximity to the dugout and be sure not to interfere with other base coaches or base runners.
2. The defensive team will field up to 9 players.
3. Play is ruled dead when the pitcher has control of the ball and is on pitcher's mound.
4. Runners on base may be forced out or tagged out per regulation softball rules.

5. If a base runner is interfered with by a defensive player, they will be allowed to safely advance to the base in which they were attempting to occupy when the interference occurred. Players must not stand in the base path.

6. Base runners will be allowed to advance bases on overthrows.

SCORING

1. Scoring will be kept using regular softball rules.