

City of Raleigh 2021 Youth Softball



Rules & Regulations

Raleigh Parks, Recreation
and Cultural Resources
Department



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov



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2021 Points of Emphasis

COVID-19

All players, coaches, volunteers and umpires must pass a wellness screening before entering the field or participation in a game or practice. Players and parents must check in with a staff member on-site to conduct a wellness check.

a. Health Screening

- Program Manager will mandate that all youth softball participants have a parent or guardian be present at all onsite health screenings for their participant in case of a failed screening.
 1. Participants in Colt baseball and Girls Fast Pitch (13-17) Softball who can provide a valid driver's license will be allowed to go through a wellness check without a parent or guardian.
 2. Health screenings will only be conducted before the game or in between innings, NOT during actual game play.

General Information

1. MISSION STATEMENT

- 1.1. Raleigh Parks, Recreation and Cultural Resources Department's Athletics Program strives to promote quality athletic programming while committing to healthy living, fundamentals and positive sportsmanship for both youth and adults in a safe recreational setting.

2. PURPOSE

- 2.1. The Purpose of Raleigh Parks and Recreation Softball is to provide the opportunity to the youth of Raleigh to have fun and learn the skills involved in sports.

3. YOUTH SPORT PHILOSOPHY

- 3.1. Every child is given the opportunity to participate in a safe and fun environment in the sport of his or her choice.
- 3.2. It is the charge to provide as many diversified athletic offerings as possible throughout the year.
- 3.3. It is encouraged that all participants are given the maximum opportunity to succeed in competition without regard to level of experience or ability.
- 3.4. All coaches, participants, and spectators are expected to display good sportsmanship at all times.
- 3.5. The wellbeing of the participant must always come first. NO exceptions!

4. LEAGUE MANAGEMENT

- 4.1. Operation of the leagues shall be under the direction of the Community Center Director, or designated staff member.
- 4.2. The governing authority shall be vested in the City of Raleigh Parks, Recreation and Cultural Resources Department, Athletic Division.
- 4.3. Teams will play a determined number of games based on number of teams, weather etc.
 - 4.3.1. Mini Girls 8 games
 - 4.3.2. Modified Pitch 10 games
 - 4.3.3. Fast Pitch 12 games (10 Games in fall season)
- 4.4. Staff will determine the number of practices based on availability, number of teams, and weather. Raleigh Parks and Recreation will attempt to schedule each team a minimum of six (6) preseason practices. There will be a maximum of three (3) league events per week throughout the season. A week is defined as Monday-Sunday and league event is either a game or practice.
- 4.5. Once game schedules have been distributed, schedule change requests cannot be accommodated. Necessary schedule changes will be made by Raleigh Parks, Recreation and Cultural Resources Department staff only in the case of inclement weather or unusable facilities.

5. IMPORTANT CONTACT INFORMATION

- 5.1. Athletics Line: 919-996-6836
- 5.2. Weather Line: 919-996-6575
- 5.3. Website: www.raleighnc.gov
 - 5.3.1. Athletic Program Information: search "athletic programs"
- 5.4. RecLink Website: search "Raleigh"
 - 5.4.1. RecLink offers online access to game schedules and other information. The information can be found by selecting the "Activities" tab on the main RecLink page. Next, select the "Sports Report" for a list of active leagues. Select the league for your child to view the information.
- 5.5. MyRaleigh Subscription

- 5.5.1. MyRaleigh Subscriptions is a free, subscription-based service provided by the City. The City will be able to provide citizens with better service and access to relevant information by proactively delivering new information through email and wireless alerts.
- 5.5.2. Look for "MyRaleigh Subscriptions" to sign up. Sign up opportunities are available across many of our web pages.

6. PARENTS ASSOCIATION FOR YOUTH SPORTS (PAYS)

- 6.1. What are youth sports about?
 - 6.1.1. Learning about teamwork and perseverance
 - 6.1.2. Adopting a healthy, active lifestyle
 - 6.1.3. Making Friends
 - 6.1.4. And Most Importantly– HAVING FUN
- 6.2. Reasons Why Youth Quit Organized Sports:
 - 6.2.1. It was no longer fun
 - 6.2.2. Too much emphasis on winning
 - 6.2.3. Too much pressure from parents
 - 6.2.4. Lost interest
 - 6.2.5. Friends stopped playing
- 6.3. Take the Sports Parent Pledge
 - 6.3.1. I pledge to promote positivity in youth sports and act as a role model to my child, as well as other participants and sports parents I meet. I will serve as an advocate for good sportsmanship and to keep fun and learning at the center of the youth sports experience. I will try to improve upon my youth sports knowledge so that I can be an informative leader in the youth sports community.
 - 6.3.2. To take the pledge, visit <http://www.nays.org/sportsParentPledge/>

7. CODE OF CONDUCT

- 7.1. The Raleigh Parks and Recreation Department expects good sportsmanship from its coaches, participants and spectators, outlined below in the code of conduct.
 - 7.1.1. No Individual shall refuse to abide by any League Official's decision.
 - 7.1.2. No Individual shall be guilty of objectionable demonstrations of dissent at any League Official, participant or spectator decision.
 - 7.1.3. No Individual other than the Coach/Captain shall discuss with any League Official in any manner the decisions reached by any League Officials.
 - 7.1.4. No Individual shall be guilty of personal verbal abuse upon any League Official, participant or spectator for any real or imaginary wrong decision or judgment,
 - 7.1.5. No Individual shall be guilty of using unnecessary rough tactics in the play of the game.
 - 7.1.6. No Individual shall at any time lay a hand on, push, shove, strike or threaten to strike ANY League Official, participant or spectator.
 - 7.1.7. No individual shall be guilty of physical attack as an aggressor upon any other Individual or League Official.
- 7.2. Penalty: For rules 7.1.1 through 7.1.7, Individuals ejected from the game by any league official for any of the above unsportsmanlike acts shall immediately leave the property and will be suspended until after the team's next game. Individuals that have been suspended will not be permitted to attend any athletic activities, including practices and games for that team during the suspension period.
 - 7.2.1. Individuals without transportation shall remain at the facility until a parent or guardian can arrive to pick them up. If the individual continues to be disruptive while at the facility, he or she will suffer further disciplinary action.

- 7.2.2. If a coach is removed from a game, the assistant coach will take over the head coaching responsibilities. If there is not an assistant coach available, a parent will temporarily become the coach for that team. The Athletic Director should be made aware of any of these situations.
- 7.3. Penalty: For violations 2.1.5 through 2.1.7, individuals may be suspended for the remainder of the season. All suspension rules still apply.
- 7.4. Code of Conduct Definitions
 - 7.4.1. Property – All facilities and parklands used by City of Raleigh Parks and Recreation Department programs.
 - 7.4.2. League Official – Includes any scorekeeper, game official, and Parks and Recreation Department Staff
 - 7.4.3. Individual – All Coaches, players, spectators and staff
 - 7.4.4. Suspension Rules – Any suspension, regardless of broken rule and penalty, includes suspension from all property (defined above).
- 7.5. Four Level Suspension Policy (All penalties noted in code of conduct also apply.)
 - 7.5.1. After an evaluation of each offense by staff, the following penalties will be imposed:
 - 7.5.2. Level 1: The offending individual will receive a verbal warning and a note on their record.
 - 7.5.3. Level 2: The offending individual will receive a written warning and a note on their record.
 - 7.5.4. Level 3: The offending individual will be required to meet with an Athletics Department representative and a League Official at an agreed upon time where the individual will receive a 2nd written warning and an extensive discussion of the events that took place. Expectations for the immediate future will be discussed and additional penalties, including suspension, may be imposed. The result of any future disciplinary action will be discussed.
 - 7.5.5. Level 4: The offending individual may receive an indefinite expulsion from all City of Raleigh Parks and Recreation Department athletic activities.
 - 7.5.6. Depending on the severity of a situation that occurs, an individual may be called in by staff at any time to discuss the incident and the potential for immediate disciplinary action.
 - 7.5.7. An individual may receive any level at any time depending on the severity of the situation
 - 7.5.8. The suspension policy is cumulative, and may be carried over from sport to sport over an unspecified period of time.
- 7.6. No coach may come onto the field of play or to the home plate area to contest a call – automatic ejection. They may come to their respective foul line in front of their dugout, midway between home plate and first/third base, to confer with home plate umpire and make an appeal/protest.

8. RULES FOR PLAYERS, COACHES AND FANS

- 8.1. Never boo a player or an official – recognize good play by all teams and participants
- 8.2. Always keep control of your temper
- 8.3. Remember “The Golden Rule”
- 8.4. Play to win, play fair, play with integrity
- 8.5. Treat all players and fans of the opposing teams with courtesy
- 8.6. Accept the outcome of the game graciously and in a sportsmanlike way
- 8.7. Do not make abusive or irritating remarks from the sideline.
- 8.8. Accept the decisions of the officials as final

9. SPORTSMANSHIP

- 9.1. Sportsmanship is a foundation to encourage skill development in a fun, safe and competitive environment.
- 9.2. Provide a positive atmosphere for all involved.
- 9.3. Coaches, players and fans are held accountable through the City of Raleigh Code of Conduct policy.

10. COACHES AND ASSISTANT COACHES

- 10.1. Head coach appointments are to be made by the PRCR Staff for one (1) season. All coaches will be evaluated each year. This evaluation will be used to determine whether or not he/she will be invited back to represent a team in our program in the future.
- 10.2. All coaches are required to submit a formal application and pass a background check in order to coach. The background checks are subject to approval of the Athletic Supervisor. All coaches must complete the National Athletic Youth Sports training prior to beginning practices.
- 10.3. Assistant coaches may be selected by the Head Coach, pending approval of the PRCR Staff. Assistant Coaches must submit a formal application and pass a background check.
- 10.4. All coaches must understand and agree to carry out the duties, responsibilities, policies, and philosophies as established by the Raleigh Parks and Recreation Department. All coaches must be approved by the PRCR Staff. Any coach not carrying out these duties and responsibilities will be subject to dismissal by the department.
- 10.5. Head Coaches are required to meet with parents to discuss rules, conduct, responsibilities, etc. This can be done at a preseason meeting or at the first practice.
- 10.6. Coaches should always keep in mind they are setting examples in sportsmanship and fair play and should conduct themselves accordingly at all times.
- 10.7. Only coaches will be allowed in the dugout with the team during the playing of an official game. Violations of this rule will result in forfeiture of the game upon appeal from the opposing coach, if the offending coach does not immediately remove the unauthorized person from the dugout.
 - 10.7.1. T-ball and Pinto leagues: Teams may have up to four (4) coaches in the dugout. Teams may have up to three (3) coaches on the field on offense and two (2) coaches on the field for defense.
 - 10.7.2. Mustang through Pony leagues: Teams may have up to three (3) coaches in the dugout.
- 10.8. All coaches shall remain in the dugouts, or in the prescribed areas throughout the game. Only Head Coach may leave the dugout for the purpose of discussion with an official
- 10.9. No active Raleigh Parks, Recreation and Cultural Resources Department Coach shall recruit players to play in or on programs and/or teams outside the Raleigh Youth Program that directly affects current attendance to leagues. Violation of this rule will result in expulsion from the program.

11. BEHAVIOR MANAGEMENT

- 11.1. Reinforce positive behavior
 - 11.1.1. Use praise and privileges, such as being the first to start a shooting line, to encourage good behavior
 - 11.1.2. Learn to talk to participants at eye level. For example, get down on your knees to talk to a small child.
- 11.2. Unacceptable Discipline Techniques
 - 11.2.1. Administering corporal punishment, such as push-ups, wall sits, excessive running laps, hitting, etc., is not permissible under any circumstances. Do not use any form of discipline that might be considered physical, cruel or degrading.
 - 11.2.2. Verbal abuse of participants is not permitted. Always remain calm and refrain from making comments designed to humiliate.
 - 11.2.3. Never take away a participants' privilege of eating, using the restroom, or getting water.
 - 11.2.4. Threatening a participant is prohibited. Do not say or do something negative to the participant and forbid the participant from mentioning your behavior.
 - 11.2.5. Failure to abide by these policies will result in disciplinary actions in accordance with the Code of Conduct and possible child abuse/neglect charges.
- 11.3. Acceptable discipline techniques (listed below are some general techniques for managing behavior)
 - 11.3.1. Discuss behavior problem with the participant. This should be done quietly and away from other participants.

- 11.3.2. Use “time out” technique if inappropriate behavior continues. One minute out per activity per year of age might be a rule of thumb for initial problems. Time out should be done in close proximity to a staff member.
- 11.3.3. If the situation does not improve, contact the league administrator for assistance.

12. TEAM COMPOSITION

- 12.1. Each team shall consist of approximately eleven to fourteen (11-14) eligible players, depending on the number of the candidates available at a particular location. There should be a minimum of 8 players.
- 12.2. Team composition will be determined by the number of registrants in each age group.
 - 12.2.1. The PRCR Staff must determine the number of players the program can accommodate.
 - 12.2.2. The PRCR Staff must develop the player selection to accommodate the needs of all teams, including possible modifications of draft order depending on returning players and other factors.
- 12.3. Registration Forms of all players will be kept by PRCR. A player cannot participate in player selection, practices or games until a registration form has been submitted. Only players with registration forms on file with PRCR are eligible participants in the program.
- 12.4. League Age as of date: Child’s age as of August 31st of the current school year.
- 12.5. Players may be replaced for the following reasons:
 - 12.5.1. Sickness and/or injury that will prevent a player from resuming play before the conclusion of the season.
 - 12.5.2. Parental consent to participate may be withdrawn at any time. Players will not be allowed to participate on another team within the youth program for the present season.
- 12.6. The PRCR staff may replace players who are lost during the season from the waitlist.

13. ROSTERS/AVOIDING FORFEITS

- 13.1. Rosters will be frozen after player selection has been completed. Players may be added during the season only by the PRCR staff.
- 13.2. Only players on the official roster are eligible to practice, play or sit in the dugout.
- 13.3. If a team is unable to field the required number of eligible players at game time, or at the end of the grace period, the game will be declared a forfeit.
 - 13.3.1. If a team is unable to field eight players at any time during the game, the game will be declared a forfeit.
 - 13.3.2. In the event of a forfeit, a practice game may be played between the two teams. If a practice game is played the officials and scorekeepers will not be present.

14. LEAGUE AWARDS

- 14.1. Participation medals will be given to all participants in the Mini Girls league.
- 14.2. Awards will be given to the regular season champions plus post-season champions and runners up in our Modified and Fast Pitch leagues. (Additional awards will be given by the Parks and Recreation Department when deemed appropriate.)
- 14.3. In the event of a tie, the following tie breakers will be used to determine a winner:
 - 14.3.1. Head to head record between the teams involved in the tie.
 - 14.3.2. Point differential (Points scored minus points allowed) in the head to head games.
 - 14.3.3. Point differential against the first place team if the first place team is not involved in the tie.
 - 14.3.4. Point differential for all regular season games for the teams involved in the tie.
 - 14.3.5. Overall record including pre-season games (if any were played).
 - 14.3.6. Point differential in overall record including pre-season games.
 - 14.3.7. Coin flip

15. UNIFORMS & EQUIPMENT

15.1. Uniforms and Softball Visors

15.1.1 Jerseys, softball visors, and batting helmets will be provided by the Raleigh Parks and Recreation Department. (Parents will be required to purchase pants, gloves, and other softball accessories.) It is mandatory that the jersey and hat provided by Raleigh Parks and Recreation Department be worn at all games. Teams shall NOT alter or enhance the uniforms that are distributed to players in any manner. No team shirts, team bags, etc. shall be purchased or donated for any team. It is the goal that all participants receive the same opportunities, experiences, and benefits from the league.

15.2. No jewelry shall be worn by any player, except for medical identification or religious reasons.

15.3. No equipment should be purchased or used of a quality less than that supplied by the City.

16. Heat Precautions and Heat Related Illnesses

16.1. Coaches need to take precautions a practice during hot weather. The Red Ozone Alert (all participants) and the Orange Ozone alert (those participants who are sensitive to heat and/or have breathing problems) is as follows:

16.1.1. Players should be given frequent scheduled water breaks

16.1.2. Coaches should watch all participants closely for heat related illness problems. If a child is having trouble, every precaution should be taken to insure that the participant remains safe and healthy.

16.1.3. Athletic drinks, like Gatorade, Powerade, etc, are fine, but unnecessary if plenty of water is provided.

16.1.4. Take a 10 minute break every hour in a shaded area.

16.1.5. Athletes should wear light, loose, reflective clothing and hats during practices. Dark clothing attracts and holds heat. Sunglasses should also be worn to prevent sun damage to the eyes.

16.1.6. Athletes should wear sunscreen on all exposed areas to prevent sunburn. The recommended SPF is a minimal of 15.

16.1.7. Do **not** deprive athletes of water under any circumstance since it risks heat exhaustion.

Limiting water breaks should never be a form of discipline.

16.2. When practicing in hot weather or when exercising in a hot climate, the body is usually able to maintain a safe temperature with the evaporation of sweat. Athletes can lose as much as 2 quarts of sweat each hour of practice or competition. This water must be replaced or the body becomes dehydrated and a dehydrated body does not function well.

16.3. The water level can be maintained in most sports by:

16.3.1. Drinking 1 to 2 cups of water before practice or competition

16.3.2. Taking frequent drinks during the activity (water breaks)

16.3.3. Continuing to drink after the practice or competition.

16.4. Potassium may be depleted after many days of practicing or playing in a hot climate. This can easily be replaced by eating citrus fruits and drinks, potatoes, bananas and other potassium rich foods.

16.5. Key points to remember:

16.5.1. Fitness: Aerobic fitness enhances the circulating system, which is responsible for heat transfer. Also, fit players start to sweat sooner and generally do not get as hot.

16.5.2. Acclimation: 4 to 8 days of practice in the heat will prepare young players to compete in the uncomfortable environment.

16.5.3. Instruction: Make sure athletes know how important it is to drink a great deal of water during hot days and to eat potassium-rich foods.

16.6. Everyone should know the signs and symptoms of heat related disorders. If any of these are suspected, cool the person quickly, provide cool liquids if conscious, and call 911.

- 16.6.1. The hotter it gets, the more stress on the body. The first signs of trouble include symptoms like fatigue, thirst, discomfort, and lightheadedness.
- 16.6.2. Heat cramps** are painful muscle spasms in arms, legs, or intestines that are caused by losing salt while sweating.
- 16.6.3. Heat exhaustion** can make a person feel weak and possibly dizzy and/or nauseous. Other symptoms include chills, clammy skin, and profuse sweating.
- 16.6.4. Heatstroke** is the most serious type of heat-related sickness and is, in fact, life threatening. Emergency medical attention is required. A patient of a heatstroke stops sweating, causing the body to overheat. Symptoms include hot and flushed skin, poor coordination, and confusion, possibly followed by loss of consciousness.

Administrative Information

1. PLAYER ELIGIBILITY

1.1. League age divisions for youth softball:

7-9	Mini Girls
10-12	Modified Pitch
13-17	Fast Pitch
10-12	Fall Fast Pitch
13-17	Fall Fast Pitch

1.2. A player's league age is the player's age as of August 31st of the current school year.

1.3. Candidates may be asked to provide a copy of their birth certificate with their player registration form to verify age.

1.4. Non-City residents may participate in the program, providing they pay the non-resident fee in addition to the registration fee. They must also play in the proper athletic district as assigned by the Athletic office.

1.5. Players returning to a team from the previous season must register, however they will be excused from player assessments.

1.6. Players returning to the same team and age division shall not move from one team to another within their athletic district.

1.7. Players returning to the same team and age division who have moved into another athletic district during the off-season may do one of the following:

1.7.1. Register and play in the athletic district of their previous residence and remain on the team from previous season or

1.7.2. Register in the athletic district of their new residence and attend assessments.

1.8. No player shall be eligible to participate in player selection, practices or games until they have completed the registration process.

1.8.1. Penalty: Forfeiture of all games in which an ineligible player participates. Coaches may face disciplinary action if they allow an ineligible player to participate.

1.9. Player selection will be supervised by a member of the PRCR Staff.

2. FIELD MANAGERS, SITE MANAGERS, UMPIRES AND SCOREKEEPERS

2.1. All field staff are required to attend the appropriate annual training designated by the Athletic Division.

2.2. Site managers are scheduled to supervise fields for all softball leagues. Games may be played without an assigned site manager. Their duties may consist of the following:

2.2.1. Make the final decision on canceling game if inclement weather occurs suddenly. Contact supervisor if game is canceled. Let coaches know that they will be contacted about a make-up game.

2.2.2. Check to make sure all people working with the team have a coach badge. If they don't have a badge, alert head coach and ask to handle. If coach does not effectively handle, step in and manage.

2.2.3. Write and submit any accident reports.

2.2.4. Start the game as close as possible to the scheduled start time. Site managers are responsible for keeping up with the official time during the game. (You will need to have a watch/cell phone.)

2.2.5. Turn ball field lights on if necessary before it starts getting too dark.

2.2.6. Field managers may stand behind the plate to assist with missed pitches and to assist hitters with stance when necessary. You will also be responsible for helping to keep up with number of swings, number of outs and number of runs during each inning for t-ball and pinto leagues.

- 2.2.7. Field managers may help coaches determine if a batter is “out.”
- 2.2.8. Field managers may inform coaches when time is running low.
- 2.2.9. Make sure to turn off lights and remind coaches to clean out dugouts before leaving.
- 2.3. Two umpires are scheduled for all other leagues. Games may be played with only one assigned umpire.
- 2.4. Scorekeepers should only be scheduled for modified and fast pitch leagues. Games may be played without an assigned scorekeeper. If this occurs, the home team will keep the official score.
Scorekeeper’s duties are as follows:
 - 2.4.1. Contact supervisor if game is canceled due to inclement weather or for safety reasons by the umpires. Let coaches know that they will be contacted about a make-up game.
 - 2.4.2. Check to make sure all people working with the team have a coach badge. If they don’t have a badge, alert head coach and ask to handle. If coach does not effectively handle, step in and manage.
 - 2.4.3. Write and submit any accident reports.
 - 2.4.4. Write down the official start time of the game as stated by the plate umpire.
 - 2.4.5. Turn ball field lights on if necessary before it starts getting too dark.
 - 2.4.6. Make sure to turn off lights and remind coaches to clean out dugouts before leaving.

3. POSTING SCORES

- 3.1. Scores will be uploaded for leagues in League Maintenance in the following manner:

Pre-season/non-counting game	“No Game”
Regular Season Game	Actual Score
10 run-rule enforced	Actual Score

Raleigh Parks, Recreation and Cultural Resources

Mini Girls Softball Playing Rules

Note: The National Federation of State High School Associations will be the official rules for the youth softball program with the following exceptions.

1. League age divisions for youth baseball: Mini Girls 7-9 year olds

*A player's league age is the player's age as of **August 31st** of current school year.

2. Equipment

- 2.1 Tennis shoes or shoes with molded cleats are approved for use. Metal spikes, metal toe plates, and detachable cleats (metal or plastic) are prohibited. Pitchers cannot use cleats in any league playing on portable mounds.
- 2.2 All batters, base runners, youth base coaches and batters in the on-deck circle must wear a batting helmet. Helmets must be NOCSAE approved, and must give protection to the temples, ears, base and top of the skull. Turtle style helmets without ear protections will not be allowed.
- 2.3 Catchers must wear all protective equipment: masks, throat protector, helmet, shin guards, chest protector, and an athletic supporter with a protective cup.
- 2.4 All helmets shall be free of cracks and tape should not be applied.

Note: The protective helmet is worn for the safety of the participants. An "out" will be called when a base runner deliberately removes his or her helmet.

3. Mandatory Play Rule

- 3.1 All eligible players at the game shall bat in a continuous batting order for the entire game. Late arrivals will be placed at the bottom of the batting order.
- 3.2 The field will be occupied defensively by all players present.
- 3.3 A player should not play in one position for more than 50% of the game.
- 3.4 All players are required to play four (4) innings in the infield and four (4) innings in the outfield over the course of the season.

4. Length of Game/Completed Game

- 4.1 Game time will be indicated on the league schedule. There will be a ten minute grace period for the first game of the night/morning only. Grace time will count as time played unless the game is delayed because of an umpire or scorekeeper absence.
- 4.2 No new inning is to begin after 1 hour of playing time.
- 4.3 Games that are called by the field manager for inclement weather or safety reasons will be considered a complete game (RPRD Staff will determine what games will be rescheduled).
- 4.4 If the assigned staff is absent, the game will be played.
- 4.5 Play will continue until the hour time limit is up.

5. Game Play

- 5.1 No score will be kept: Everyone is a winner!
- 5.2 Bases 50 ft. Distance
- 5.3 Pitching Mound at 30 ft. (for pitching machine setup)
- 5.4 Coaches and Field Manager

- 5.4.1 The offensive team will be allowed to have two base coaches. One base coach will be positioned near first base and the other coach will be positioned near third base.
- 5.4.2 Coaches pitching may choose to pitch under or over handed. The ability of the batter will determine which pitch delivery will be used by the coach.
- 5.4.3 If a field manager is present, they will assist in managing the game.
- 5.5 Batting Order/Substitution
- 5.5.1 All levels of play will use a continuous batting order. The batting order will consist of all players present to play the game.
- 5.5.2 If a player must leave the game for any reason, the coach must notify the umpires and the opposing coach. The absent player's position in the batting order will be skipped with no penalty.
- 5.5.3 Players arriving after the start of the game will be added to the end of the batting order.
- 5.5.4 When using the continuous batting order, all players may enter to play defense an unlimited number of times.
- 5.6 Batting Rules
- 5.6.1 No stealing allowed; a player cannot leave his/her base until the ball is in play. There will be no bunting allowed.
- 5.6.2 A player shall be declared OUT after failing to hit a fair ball after 6 swings (**4 machine pitch; 2 coach pitches if necessary**). If a player fails to hit a fair ball from the pitching machine after 4 attempts, then the coach pitcher will have the option of pitching to that player for the 2 final attempts. (*For safety concerns please turn machine off before attempting to physically pitch to that player*).
- 5.6.3 If fielded from the outfield, the ball will be considered dead when it reaches the infield. If fielded in the infield, the ball will be deemed dead after one attempt to throw. The base to which the runner will advance is determined by the halfway point between bases and the judgment of the official calling in the area.
- 5.7 Defensive Rules
- 5.7.1 The field will be occupied defensively by all players present.
- 5.7.2 Infielders should position themselves consistent with traditional baseball positions for 1st, 2nd, 3rd, short, catcher and pitcher.
- 5.7.3 Outfielders should also position themselves consistent with the following positions of right field, right center field, left center field, and left field and should position themselves on the grass outfield area. No outfielders should be positioned on the space designated as the infield (i.e. skinned infield).
- 5.7.4 It is required that a player be positioned as a catcher if 8 or more players are present. The catcher must be wearing full protective gear.
- 5.7.5 There should be one coach in the infield, one coach in the outfield and one coach in the dugout when the defensive team is playing in the field.
- 5.7.6 The team at bat will bat until they reach either three (3) outs or five (5) runs.
- 5.7.7 The coach-pitcher shall pitch from a pitching area designated by a marked circle.
- 5.7.8 The player fielding the pitcher's position shall take position always to the rear of the pitching plate, and on the left or right side of the pitching machine.
- 5.7.9 A player should not play in one position for more than 50% of the game.
- 5.7.10 If the ball comes to a rest in **pitching machine area** then that ball will be considered dead and the hitter will be awarded 1st base. ***It will be the coach pitcher's responsibility to make sure that NO player charges a ball that comes to a rest in the pitching machine area.***
- 5.7.11 If the ball DOES NOT come to a rest in the pitching machine area (outlined circle), then the fielder will have to wait for the ball to clear that area before making a play on the ball.

Raleigh Parks, Recreation and Cultural Resources

Girls Modified Pitch Softball Playing Rules

Note: The Amateur Softball Association will be the official rules for the youth modified pitch softball program with the following exceptions.

League age divisions for youth softball: 10-12 years

*A player's league age is the player's age as of August 31 of current school year.

1 Pitching and Base Distance

- 1.1 Bases 60 feet
- 1.2 Pitching 40 feet

2 Equipment

- 2.1 Tennis shoes or shoes with molded cleats are approved for use. Metal spikes, metal toe plates, and detachable cleats (metal or plastic) are prohibited for all league play.
- 2.2 All batters, base runners, youth base coaches and batters in the on-deck circle must wear a batting helmet. Helmets must be NOCSAE approved, and must give protection to the temples, ears, face, base and top of the skull. Turtle style helmets without ear protections will not be allowed. All helmets must have a mask.
- 2.3 All helmets shall be free of cracks and tape should not be applied.

Note: The protective helmet is worn for the safety of the participants. An "out" will be called when a base runner deliberately removes his or her helmet.

- 2.4 Catchers must wear all protective equipment: masks, throat protector, helmet, shin guards, chest protector, and an athletic supporter.
 - 2.4.1 No other defensive players will be required to wear masks, but can if they choose too.

3 Mandatory Play Rule

- 3.1 All eligible players at the game shall bat in a continuous batting order for the entire game. Late arrivals will be placed at the bottom of the batting order.
- 3.2 All eligible players must play at least one inning in the field by the end of the second inning; all eligible players must play at least two innings in the field by the end of the fourth inning; and all eligible players must play at least three innings in the field by the sixth inning.
- 3.3 An inning is considered 3 consecutive outs on defense or 5 runs in the first three innings.

4 Length of Game/Completed Game

- 4.1 **Game time will be indicated on the league schedule.** There will be a ten minute grace period for the first game of the night only. Grace time **will count as time played** in all unless the game is delayed because an of umpire or scorekeeper absence.
- 4.2 **Pre-Game Warm-up (first game only):** No team should be on the infield (dirt) prior to 30 minutes before the start of the first game. The visiting team is allowed to take the infield for the first 15 minutes and the home team is allowed to take the infield for the 15 minutes leading up to the game. For example, if the game starts at 6:30pm, the visiting team is allowed to take the infield from 6:00-6:15pm and the home team from 6:15-6:30pm.

- 4.3 10-12 year old league will play a 6-inning game with a 1 hour 30 minute time limit. A game stopped due to the time limit will be considered a completed game. If there is more than one game scheduled on a field for a given day, there will be a 1hour 15 minute time limit on both games.
- 4.4 No game shall end in a tie. Games that are tied when time has expired shall be played until there is a winner.
- 4.5 The first three (3) innings each team will only be allowed 5 runs or three outs, whichever occurs first, after that only 3 outs.
- 4.6 **10-Run Rule:** If a team is leading an opponent by at least 10 runs after four (4) or more complete innings have been played or after three and one half (3 ½) innings if the home team has a 10 run lead the game will end and the team in the lead shall be declared the winner.
- 4.7 Games that are called by the umpires for inclement weather or safety reasons will be considered a complete game if 3(three) innings have been completed 2 ½(two and one half) innings if the home team is ahead)

Note: Games that do not reach the required number of innings to be considered a complete game will be replayed from the beginning only. One attempt will be made to reschedule rainout/weather related postponed games. ***Tournament games will pick up at the point of the game it was stopped in case of inclement weather. ***

- 4.8 If a team is unable to field eight players at game time, or at the end of the grace period, the game will be declared a forfeit.
- 4.8.1 If a team is unable to field eight players at any time during the game, the game will be declared a forfeit.
- 4.8.2 In the event of a forfeit, a practice game may be played between the two teams. The umpires will not work the game, innings pitched will not count toward pitching limits, and code of conduct violations will be enforced.
- 4.9 Starting Games Without Assigned Umpires
- 4.9.1 If both assigned umpires are absent, the game will be postponed and rescheduled.
- 4.9.2 If one of the assigned umpires is absent; the other official will work the game alone.

5 Game Play

5.1 Base Coaches

- 5.1.1 The offensive team will be allowed to have two base coaches. One base coach will be positioned near first base and the other coach will be positioned near third base.
- 5.1.2 Base Coaches shall:
- 5.1.2.1 Be an eligible player in team uniform or one of the coaches. One adult must always remain in the bench area. (A player MUST wear a batting helmet while coaching bases).
- 5.1.2.2 Remain in the area of the coach's box and move to avoid interference with defensive players.
- 5.1.2.3 Talk with members of that team only.

5.2 Batting Order/Substitution

- 5.2.1 All levels of play will use a continuous batting order. The batting order will consist of all players present to play the game.
- 5.2.2 If a player must leave the game for any reason, the coach must notify the umpires and the opposing coach. The player's position in the batting order will be skipped with no penalty.
- 5.2.3 Players arriving after the start of the game will be added to the end of the batting order.
- 5.2.4 All players may enter to play defense an unlimited number of times.
- 5.2.5 The Designated Hitter Rule will not be used in any division.
- 5.2.6 Runners may not advance to first base on a drop third strike.

- 5.2.7 First base will be prepped with a double base, players will run through the red base and defensive players will play off of the white base.

5.3 Pitching

- 5.3.1 When presenting the ball, both feet must be on the pitching plate. Both feet must remain in contact with the pitching plate at all times prior to the forward step.
 - 5.3.1.1 The pitcher may deliver the ball from a 12 o'clock position with a straight arm
 - 5.3.1.2 Windmill pitch delivery is prohibited
 - 5.3.1.3 Maximum pitch height shall not exceed 6ft
- 5.3.2 The coach may conference 3 times with one pitcher in a six inning game. If a coach conferences more than 3 times while the pitcher is on the mound, the pitcher shall be removed and not return to the game as pitcher.
- 5.3.3 Pitchers may pitch no more than four innings in a game and seven innings in a week.
- 5.3.4 Once the pitcher is pulled from the mound she cannot return to the pitching position in that game, but can play in any other defensive position.

5.4 Speed up Rules

- 5.4.1 It will be mandatory for a courtesy runner to run for the catcher when there are two outs. The batter making the last out will run for the catcher.
- 5.4.2 Following an out with no one on base, the ball will be returned to the pitcher without being thrown around the infield.
- 5.4.3 Games that are tied after time is up or 6 innings have been played will go into one extra inning. Games cannot end in a tie.
- 5.4.4 There will be no infield practice in between games.

5.5 Stealing

- 5.5.1 Runners can advance once the ball reaches the plate.
- 5.5.2 Runners can only steal 2nd and 3rd base.
- 5.5.3 Runners will not steal home.
- 5.5.4 Runners cannot steal once the play is called dead, or when the ball is in the pitchers hand and the pitcher is on the mound.
- 5.5.5 Runners may **not** advance to first base on a drop third strike.

5.6 Collision Rule

When a defensive player has the ball and the base runner remains on his or her feet and deliberately, with great force, crashes into the defensive player, the base runner will be declared out. All other base runners must return to the base last touched at the time of the collision. If the act is determined to be flagrant, the base runner will be ejected. **There is no "must slide" rule****

5.7 Defensive Rules

If there is an appeal situation on the final out or play of an inning or a game, it is the responsibility of the defensive team to make an appeal before all players have left fair territory on their way to the dugout.

5.8 Protests

- 5.8.1 The only legal protests are protests involving the use of an ineligible player, an ineligible pitcher or violations of the mandatory play rule.
- 5.8.2 If a coach feels there has been a misinterpretation of the rules, the coach may appeal to the umpires. The umpires shall confer, and after reaching a decision, discuss the decision with the coaches. A decision will be reached before play is resumed, and this decision shall be final.
- 5.8.3 Protests based on an umpire's judgment will not be permitted. Coaches shall not attempt to get an umpire to over-rule another umpire's call.

Raleigh Parks, Recreation and Cultural Resources

Girls Fast Pitch Softball Playing Rules

Note: The National Federation of State High School Associations will be the official rules for the youth fast pitch softball program with the following exceptions.

League age divisions for Fast Pitch: 13-17 year olds (10-12 and 13-17 in the fall).

A player's league age is the player's age as of August 31st of current school year.

1. Equipment

1.1 Bats: Any approved and legal softball bat is permitted. Must have the ASA 2000 or ASA 2004 markings visible.

1.2 Ball: this league will use the 12' softball (core .47)

1.3 Metal or plastic cleats CANNOT be worn in any age group EXCEPT ages 13-17.

1.4 All batters, base runners, youth base coaches and batters in the on-deck circle must wear a batting helmet. Helmets must be NOCSAE approved, and must give protection to the temples, ears, base and top of the skull. Turtle style helmets without ear protections will not be allowed.

1.4 All helmets shall be free of cracks and tape should not be applied.

Note: The protective helmet is worn for the safety of the participants. An "out" will be called when a base runner deliberately removes his or her helmet.

1.5 Catchers must wear all protective equipment: masks, throat protector, helmet, shin guards, chest protector, and an athletic supporter with a protective cup.

2 Field Play Dimensions

Bases: 60 feet

Pitching Rubber: 43 feet

Pitcher's Circle: 8ft radius (16ft diameter)

3 Mandatory Play Rule

3.1 All eligible players at the game shall bat in a continuous batting order for the entire game. Late arrivals will be placed at the bottom of the batting order.

3.2 All eligible players must play at least one inning in the field by the end of the second inning; all eligible players must play at least two innings in the field by the end of the fourth inning; and all eligible players must play at least three innings in the field by the sixth inning.

3.3 An inning is considered 3 consecutive outs on defense.

4 Length of Game/Completed Game

4.1 Game time will be indicated on the league schedule. There will be a ten minute grace period for the first game of the night only. Grace time will count as time played in all unless the game is delayed because an of umpire or scorekeeper absence.

4.2 Pre-Game Warm-up (first game only): No team should be on the infield (dirt) prior to 30 minutes before the start of the first game. The visiting team is allowed to take the infield for the first 15 minutes and the home team is allowed to take the infield for the 15 minutes leading up to the game. For example, if the game starts at 6:30pm, the visiting team is allowed to take the infield from 6:00-6:15pm and the home team from 6:15-6:30pm.

4.3 The 13-17 league will play a 7-inning game with a 1 hour and 30 minute time limit. No new inning will begin after 1 hour and 30 minutes of play. A game stopped due to the time limit will be considered a completed game. If there is more than one game scheduled on a field for a given day, there will be a 1 hour 15 minute time limit on both games, with no new inning beginning after 1 hour and 15 minutes of play.

4.4 **No game shall end in a tie.** Games that are tied when time has expired shall be played until there is a winner.

- 4.5 **10-Run Rule:** If a team is leading an opponent by at least 10 runs after four or more complete innings have been played or after three and one half innings if the home team has a 10 run lead the game will end and the team in the lead shall be declared the winner.
- 4.6 Games that are called by the umpires for inclement weather or safety reasons will be considered a complete game if three innings have been completed 2 ½(two and one half) innings if the home team is ahead)

Note: Games that do not reach the required number of innings to be considered a complete game will be replayed from the beginning only. One attempt will be made to reschedule rainout/weather related postponed games. Tournament games will pick up at the point of the game it was stopped in case of inclement weather.

- 4.7 A team consists of nine defensive players. If a team is unable to field at least seven players at game time, or at the end of the grace period, the game will be declared a forfeit.
- 4.7.1 If a team is unable to field seven players at any time during the game, the game will be declared a forfeit.
- 4.7.2 In the event of a forfeit, a practice game may be played between the two teams. The umpires will not work the game, all innings pitched will count toward pitching limits, and code of conduct violations will be enforced.
- 4.8 Starting Games Without Assigned Umpires
- 4.8.1 If one of the assigned umpires is absent; the other official will work the game alone.
- 4.8.2 If both assigned umpires are absent, the game will be postponed and rescheduled.

5 Game Play

5.1 Base Coaches

- 5.1.1 The offensive team will be allowed to have two base coaches. One base coach will be positioned near first base and the other coach will be positioned near third base.
- 5.1.2 Base Coaches shall:
- 5.1.2.1 Be an eligible player in team uniform or one of the coaches. One adult must always remain in the bench area. (A player **MUST** wear a batting helmet while coaching bases).
- 5.1.2.2 Remain in the area of the coach's box and move to avoid interference with defensive players.
- 5.1.2.3 Talk with members of that team only.

5.2 Batting Order/Substitution

- 5.2.1 All levels of play will use a continuous batting order. The batting order will consist of all players present to play the game.
- 5.2.2 If a player must leave the game for any reason, the coach must notify the umpires and the opposing coach. The player's position in the batting order will be skipped with no penalty.
- 5.2.3 Players arriving after the start of the game will be added to the end of the batting order.
- 5.2.4 All players may enter to play defense an unlimited number of times.
- 5.2.5 The Designated Hitter Rule will not be used in any division.

5.3 Batting Rules/Base Running

- 5.3.1 Runners are permitted to steal bases, however a base runner is not permitted to leave base until a pitched ball leaves the pitcher's hand.
- 5.3.1.1 Runners can advance on a caught fly ball as long as they tag up.
- 5.3.1.2 Runners cannot advance until the next pitch when a dead ball is called.
- 5.3.1.3 Runners may steal home, on an overthrown ball to home plate. (But not on a dead ball).
- 5.3.2 A player missing a base or leaving early is an appeal play by the defense and must be properly appealed to the proper official per the High School Rulebook.
- 5.3.3 Throwing the bat will result in an out being called on the batter. If in the judgment of the umpire the act was flagrant, the participant may be removed from the game for unsportsmanlike conduct. Timeout will be called and no one will advance.

5.3.4 There is no limit on the amount of foul balls allowed with two strikes

5.3.5 **Dropped third strike**-The batter will be allowed to advance on a dropped third strike.

5.3.5.1 With the exception; if there is a runner on first base with less than two outs.

5.4 Speed up Rules

5.4.1 The pitcher and catcher may have a courtesy runner at any time but it is mandatory for the catcher with two outs. The runner will be the last player to make an out in the lineup. (The catcher **MUST** be the catcher of record.)

5.4.2 Following an out with no one on base, the ball will be returned to the pitcher without being thrown around the infield.

5.5 Collision Rule

When a defensive player has the ball and the base runner remains on his or her feet and deliberately, with great force, crashes into the defensive player, the base runner will be declared out. All other base runners must return to the base last touched at the time of the collision. If the act is determined to be flagrant, the base runner will be ejected. There is no “must slide” rule.

5.6 Pitching Rules

5.6.1 Any member of a team may pitch subject to the restrictions of the pitching rules.

5.6.2 As soon as a pitcher delivers one pitch to a batter, that pitcher will be considered to have pitched in one inning.

5.6.3 Any pitcher taken out can be re-entered in the pitching position or any other position.

5.6.4 Inning Restrictions (for the purposes of this rule, the week will be defined as Monday – Sunday). Pitchers shall not pitch in more than seven innings in the same calendar day or no more than fourteen innings in a week. A pitcher may not pitch in more than one game per day and pitchers do not exceed the number of innings allowed for a day or a week.

5.6.5 Players pitching in seven innings in the same calendar day will be required to have 40 hours of rest before pitching again. Rest periods are computed from the start of a game.

5.6.6 A pitcher shall be considered ineligible when pitching one pitch after reaching the inning limit.

If it is discovered that a team is using an ineligible pitcher, there will be no penalty if upon the discovery, the pitcher is removed from the mound. If for any reason the pitcher is not removed from the game the offended team may play the game under protest. If protest is upheld the game will be declared a forfeit.

Note: It is the responsibility of the scorekeeper and the head coaches to work together to avoid violations of this rule. Remember that these rules are for the safety of the players.

5.6.7 A pitching change must be made when a coach makes the second visit to the mound to the same pitcher during the same inning. A trip to the mound will be charged whenever a defensive coach enters the playing field to confer with the players. A visit will not be charged if the coach enters the playing field because of an injury.

5.6.8 Pitching Distances: 43ft

5.6.9 The Pitcher has 20 seconds after time is called to return to the mound and deliver the next pitch.

Once the pitcher is on the mound she has 10 seconds to deliver her pitch.

5.6.10 The infield fly rule will be in effect for this league.

Protests

5.6.11 The only legal protests are protests involving the use of an ineligible player, an ineligible pitcher or violations of the mandatory play rule.

5.6.12 If there is an appeal situation on the final out or play of an inning or a game, it is the responsibility of the defensive team to make an appeal before all players have left fair territory on their way to the dugout.

5.6.13 If a coach feels there has been a misinterpretation of the rules, the coach may appeal to the umpires. The umpires shall confer, and after reaching a decision, discuss the decision with the coaches. A decision will be reached before play is resumed, and this decision shall be final.

5.6.14 Protests based on an umpire’s judgment will not be permitted. Coaches shall not attempt to get an umpire to over-rule another umpire’s call.

