

ROGERS COMMUNITY-SCHOOL RECREATION ASSOCIATION

10 & UNDER FASTPITCH RULES

USSSA RULES WILL BE FOLLOWED, EXCEPT WHERE AMENDED BY THE FOLLOWING:

(1) All players must be on the league-issued roster on file with the league director prior to playing in any games. Any coach that violates this procedure WILL FORFEIT the game(s) that the illegal player participates in.

(2) Pitching Distance – 35'; Base Distance – 60'; Ball Size – 11"

(3) Shoes must be worn. **No Steel Cleats!**

(4) Teams may start or continue a game with a minimum of six players. Teams must begin at scheduled game time if six or more players are present at game time. If less than six players are present, the game is a forfeit.

(5) A batting order of all girls present at game time will be presented to the scorekeeper. Any late arrivals will be added to the bottom of the list. Each girl will bat in the order listed. Each girl will play two complete innings, from start to finish, on defense. A child may be removed from the line-up without an "automatic out" being charged to the team in the case of injury, or a need to leave early. If a player is already on base and is injured during a play, then you may substitute a player to complete that inning (the last player to either have scored a run or to have made an out). Players may be deprived of playing time for disciplinary reasons or chronic absenteeism only with **PRIOR** approval from the league director.

(6) A regulation game will consist of seven innings. Exceptions: There will be a 70 minute time limit on each game. No inning may start after 70 minutes, even if the game is tied. If time has expired and either team is behind and cannot catch up, the game shall be over immediately. Non tournament games can end in a tie. Tournament games will follow USSSA tiebreaker rules.

(7) Defense will use up to ten players, but only six defensive players are permitted on the infield dirt. Defensive players shall be permitted to wear any type of glove at any position.

(8) The catcher must wear a mask, protective helmet, shin guards, and chest protector. All batters and baserunners must wear protective helmets with proper facemask, including the on deck batter. Deliberate loss of the helmet is an automatic out! Accidental helmet loss is not an out. Judgment of the umpire is final.

(9) In order for time-out to be called, the ball must be under control of the pitcher, while the pitcher is within the pitcher's circle, and all runners have ceased advancing. The look-back rule will be in effect, however no outs will be assessed and when called the runner will be put back on the base last touched or achieved. Prior to the look-back rule being called, if the runner is not on a base, the runner is liable to be put out.

(10) The pitcher will throw to every batter. If three pitches are called balls by the umpire, the coach of the batting team will throw, from the pitching rubber, up to three pitches to the batter. While batting off her coach, the batter keeps any strikes thrown by the player/pitcher. If the batter gets a third strike, she is out. Third strike foul is not an out, the batter will remain at bat as long as she continues to foul off pitches. If the batter does not hit the ball within the three coach-pitches, she is out. No walks. The batter may bunt a pitch by the coach. No stealing while the coach is pitching and the dropped third strike rule is not in effect while the coach is pitching.

(11) A legal pitch shall conform to the following:

A. Prior to the pitch, the pitcher shall have both feet in contact with the pitcher's plate. The hands must be apart.

B. Preliminary to pitching, the pitcher must take a position with the shoulders in line with first and third base with the ball in the glove or pitching hand, with the hands separated.

- C. While in this position, the pitcher shall take (or simulate taking) a signal from the catcher.
- D. After completing "C" above, the pitcher shall bring the hands together in front of the body for not more than 10 seconds before releasing the ball.

Note: Before the pitch starts, the pitcher may remove herself from the pitching position by stepping back from the pitcher's plate with both feet, or by requesting time.

E. The Pitch:

1. The pitch begins, and cannot be discontinued, when one hand is taken off the ball or the pitcher makes any motion that is part of the windup after the hands have been brought together.
2. During the delivery, the pitcher shall take exactly one forward step toward home plate and land within or partially within the 24-inch length of the pitcher's plate. No step backward is allowed.
3. The pivot foot may remain in contact with, or may push off and drag away from the pitching plate prior to the front foot touching the ground, as long as the pivot foot remains in contact with the ground.

NOTE 1: It is not a step if the pitcher slides her foot in any direction on the pitcher's plate, provided contact is maintained.

NOTE 2: Techniques such as the "crow hop" and "the leap" are illegal.

This is a brief overview of the USSSA rules for pitching. All USSSA pitching rules will be followed.

(12) **Six Run Rule:** If either team scores six runs in any one inning, the umpire will signal that there has been six runs scored and the team that scored the six runs will automatically take the field.

(13) Baserunners may leave the base as soon as the pitcher releases the ball. A runner who leaves the base before the pitcher releases the ball will be declared "out". Stealing is allowed with the limitation one base per batter, even in the event of an overthrow in live ball territory. If they advance more than one, they are liable to be put out. At end of play if the runner is safe and has advanced more than one base, the umpire will return the runner to the correct base. There is no stealing home.

(14) **Dropped 3rd Strike:** When a 3rd Strike is called (whether the batter was attempting to hit the ball or not) and the catcher does not catch the ball, the runner may attempt to run to 1st base only if 1st base is unoccupied. If there are two (2) outs in the inning, the batter may attempt to run to 1st base on a dropped 3rd strike even if 1st is occupied.

(15) To promote good sportsmanship, any verbal harassment directed towards an opposing team by players, coaches, or fans is prohibited. Cheer as loud as you want for your team, but do not direct negative comments toward the other team.