



## YMCA Spirit Softball Rules 3<sup>rd</sup> & 4<sup>th</sup>

1. Game Length – 1 1/2 hr. time limit. (A new inning will not start after 1:20) First two weeks of season 1:15 time limit)  
Home team determined by coin flip.
2. Ten players on the field at a time. Everybody bats whether in the field or not.  
All players must play in the field a minimum of two innings. Free unlimited substitution.
3. Pitching distance is 33'. Base paths will be 60'. Ball: 11" yellow hard softball.
4. **Six Run Rule:** A team can only score six runs per inning or have 3 outs per inning. (If team has bases loaded and 5 runs in, play will continue but only 6 runs may be counted.)
5. A pitcher may only pitch 3 innings in a game (they do not have to be consecutive). Coaches' discretion on pitching substitution.  
  
**Pitchers MUST start with both feet on pitching rubber to begin pitching motion. Must push off pitching rubber and drag lag foot upon release. Cannot step up to or step off pitching rubber to start pitching motion. Either windmill or sling shot pitching style is acceptable.**  
  
**Time-outs or trips to the mound: If a coach crosses the foul line for the second time, the pitcher must be replaced. Limit of two trips per inning.**
6. Infield fly rule is NOT in effect.
7. Umpire will have final jurisdiction on all calls. There will be NO PROTESTS.
8. If batter throws bat, it is an automatic out. No warning will be given. It is a dead ball and no advancement of base runners.
9. Batter, on-deck batter and base runners must wear a helmet (Cap is required under helmet). Umpires will bring batters helmets with masks to field for games, it is recommended to use them for league play.
10. Overthrow Rule – base runners may advance at their own risk or until ball is controlled by infielder and umpire calls "Time." (If ball goes beyond extension of fence lines base runner will get base they are going to plus one at the time of throw.)
11. Bunting is allowed. Stealing of 2<sup>nd</sup> base is allowed. Cannot steal 3<sup>rd</sup> base or home plate. Base runner on 2<sup>nd</sup> or 3<sup>rd</sup> base may advance on either a hit, walk/hit batter if other bases occupied or if an attempted play or overthrow is made by defense. Base runners on can NOT advance on passed ball from pitcher or on throwback to the pitcher from catcher.
12. Base runner is allowed to lead-off once ball crosses plate. Early lead-offs will result in base runner being called "Out", (dead-ball, pitch does not count). Ball is dead on throw back from catcher to pitcher after pitch. No baserunner advancement allowed.
13. Batter can NOT run on a dropped third strike.
14. No look-backs allowed on walks (cannot advance to 2<sup>nd</sup> base on walk).
15. No intentional walks allowed. Everybody must have the opportunity to hit.
16. Fielding mask for 3<sup>rd</sup> base position and pitcher are required.
17. All 3 outfielders plus Rover position must begin in grass area of outfield prior to pitched ball.
18. Fielders Choice/Tag Play: Base-runner must slide if a **REALISTIC attempted tag play** is to be made at any base. No attempt to slide may result in base runner being called out.  
If there is no realistic attempt possible, the base runner may enter base standing up. Fielders cannot be in the base paths if there is not a possible play at the base.

The YMCA encourages & promotes good sportsmanship among all teams, coaches and fans