



YMCA Spirit Softball Rules 7th/8th/9th Grades

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. Nine 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 43'. Base paths will be 60'. Ball: 12" yellow hard softball.
4. **Seven Run Rule:** A team can only score seven runs per inning or have 3 outs per inning. (If team has bases loaded and 6 runs in, play will continue but only 7 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 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 for use. Players are allowed to wear their own batting helmet.
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.) Ball is live on throw back from catcher to pitcher after pitch (unless foul ball or hit batter occurred).
11. Base runner is allowed to lead-off or steal any base once ball is released from pitcher's hand. Early lead-offs will result in base runner being called "Out", (dead-ball, pitch does not count).
12. Can run on a dropped third strike. (note: if 1st base is occupied with less than two outs, the batter is out.)
13. No look-backs allowed on walks (cannot advance to 2nd base on walk).
14. No intentional walks allowed. Everybody must have the opportunity to hit.
15. Fielding mask for 3rd base position required. Fielding mask for pitcher is optional.
17. All 3 outfielders plus 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.