



2023 NJ Heat - Friendly Rules

TEAM CHECK IN

- The only Team Check-In requirement is to verify that your team insurance is in force. A copy of your insurance can be emailed to njheatfastpitch@gmail.com before 6:00 PM on the Friday before the event. If you email to us, there is no check-in required the morning of the event. If a copy is not emailed, please check your team in prior to your 1st game at the table in the common area.

USA Softball RULES APPLY

Safety Rules as required by USA Softball.

- ALL BATTING HELMETS MUST HAVE APPROVED FACEMASKS.

Courtesy Runners

- Courtesy Runner should be used at all times for Pitchers and Catchers to speed up play
 - Courtesy Runner must come from the bench (any player not in game) or last batted out (in that order).
 - Courtesy Runner(s) must be different for pitcher and catcher within the same inning.

Player Line Ups:

- Teams may choose to bat entire roster if they would like to. Normal substitution rules apply.
- DP/FLEX rule may also be used in addition to the EP above and will follow USA Softball rules regarding such.

Game Length & Time:

- Home team decided by coin flip. The team that traveled furthest distance will call.
- 6 inning games for 10U, 7 Inning games for all other divisions
- **Game times will be 1h20m – FINISH THE BATTER**
- Games can end in a tie. If time permits use International Tie Breaker.

Run Ahead:

12 runs after 3 innings; 10 runs after 4 innings; 8 runs after 5 innings

10U Division Modifications:

- Teams may bat up to their entire roster. If team bats their entire roster, they risk an out for any injured player who cannot come to bat. Must follow USA Softball substitution rules.
- No Dropped Third Strike
- No Infield Fly
- Slapping is allowed, but batters cannot square to bunt, pull-back and swing
- Runners may lead on the release of the pitch.
- Stealing of 2nd and 3rd base only will be allowed. No stealing of home is permitted. Runner stealing 3rd base **cannot** advance home on an overthrow to 3rd base.
- Five (5) runs maximum allowed per inning for innings 1, 2 and 3. Unlimited runs allowed beginning the 4th inning.