

# Prestonwood Sports Organization

## 2026 Girls Softball Rules



**MORE THAN A GAME**

# 5/6 Tee Ball/Modified Coach Pitch Rules

## 1. **FIELD DIMENSIONS**

Bases – 55 feet

Pitching plate – 30 feet

2. **GAME LENGTH** – 50 minutes or 6 innings. If the game reaches a point where the losing team is mathematically out of reach of tying the game, then the game will be called at that time

3. **BALL SIZE** – 10-inch Safety ball

4. **RUN RULE** – The Batter gets 6 swings to put the ball in play. When 3 outs or 5 runs are scored the half inning will be over.

5. **BUNTING** – not allowed. The ball must cross the arc which is the radius of the home plate area. If it is not clearly designated, an arc will be painted.

6. **STEALING** – not allowed

7. **DROPPED 3<sup>rd</sup> STRIKE** – none

8. **INFIELD FLY RULE** – not in effect

9. **ON FIELD COACHING** – One coach is allowed on the field when the team is on defense but must remain behind the defenders on the infield.

10. **BATTING** – In the 5/6 division only, the first half of the season will be straight tee ball. Each girl will get 6 swings to put the ball in play. If after 6 swings the ball isn't put in play, then the batter will be called out. The second half of the season the coach will throw 4 pitches underhand to each batter. If the batter doesn't put any of the coach pitches in play, she will be given two swings off the tee. If the ball isn't put in play off the tee, then the batter will be called out. All batted balls must go 10 feet in front of home plate for the ball to be in play – Umpires discretion

11. **BATTING HELMET FACE SHIELDS** – Optional

12. **CATCHER'S** - Defensive coach will help catcher retrieve ball. Catcher must wear helmet with face mask – a batting helmet with a face shield is acceptable

## 13. **ADVANCING ON OVERTHROWS**

To reinforce the fundamentals of softball and encouraging the defensive team to make the correct softball play, the following rules will be enforced concerning overthrows.

5/6 League – on balls hit in the infield, the runner, at his own risk may advance one additional base beyond the originally intended base. An overthrow is defined as a ball stopping at least 5

feet behind the intended fielder regardless of if the ball is in fair territory or foul. A runner(s) may only advance one base on an overthrow per play. This prevents the situation of multiple overthrows on a single play. Since the runner is advancing at their risk on overthrows, if the runner is tagged or forced out because of the overthrow, the runner is considered out. For example, if there is an overthrow at 1<sup>st</sup> base the runner may advance to 2<sup>nd</sup> base. That is as far as the runner may advance.

**14. PITCHER POSITION**

- a. The defensive team will have the pitcher positioned three (3) feet to the right or left of the pitcher's plate.
- b. The defensive pitcher will not be in front of the pitcher's plate.
- c. Interference committed by the adult representative, such as touching the batted ball or failure to position herself/himself so that the pitcher can play to ball, will result in the batted ball being declared a "NO PITCH".
- d. The batter will then resume the batter's role with the same count as before the original pitch

**15. DEFENSIVE POSITIONS**

- a. Infielders will be no closer than 10 feet in front of the baselines (imaginary lines which connect the bases) and outfielders shall be no closer than 20 feet behind the baselines until the ball is hit. 4 outfielders allowed in the outfield
- b. A coach from the defensive team can act as a backup catcher to speed up the game. The adult backup catcher may not coach or instruct any player for any reason. The adult backup catcher is prohibited from discussing plays or calls with the umpires. The umpire has the discretion to send the parent to the bleachers at any time.

# 7/8 Coach Pitch Rules

## 1. FIELD DIMENSIONS

Bases – 60 feet

Pitching plate – 30 feet

## 2. GAME LENGTH – 75 minutes or 6 innings (whichever comes first)

## 3. BALL SIZE – 11-inch ball

## 4. EXTRA INNINGS – in post season tournaments only

## 5. RUN RULE - Each team is allowed to score a maximum of 5 runs per inning. If the game reaches a point where the losing team is mathematically out of reach of tying the game then the game will be called at that time

## 6. BUNTING – not allowed. Slapping (swinging bunt) is allowed. On a slap, the ball must cross the arc which is the radius of the home plate area or 9 feet – Umpires discretion.

## 7. STEALING – not allowed

## 8. DROPPED 3<sup>rd</sup> STRIKE – none

## 9. INFIELD FLY RULE – not in effect

## 10. PITCHING

a. The batting team's Coach Pitcher will do the pitching. When the Coach Pitcher pitches, there are no walks.

b. The Coach Pitcher must start with at least one foot on the pitching rubber.

c. If at the umpire's discretion, the adult designated pitcher is actively coaching on the field, then the batter will be declared out, and all advancing runners will be returned to their point of origin.

d. There are no called strikes if the batter does not swing.

e. A maximum of 6 pitches will be allowed for each batter. If on the 6<sup>th</sup> pitch and any subsequent pitch, the Batter hits the pitched ball into foul territory, the batter may continue to bat until the ball is either hit into play or the batter swings and misses (strike). The batter has no limit on the number of foul balls. If the batter swings and misses on the 6th or subsequent pitch, the batter is called out regardless of how many strikes have been recorded. If the batter does not swing on the 6th or subsequent pitch, the batter is out.

f. The batter is not out if she swings at and misses 3 pitches, if it is before the 6th pitch

g. If the ball is hit during Coach Pitching, the coach-pitcher must make his/her way off the field as quickly as possible and/or in a direction that will not affect the play. If the coach obstructs the play of the defense or in any way interferes with the defensive play, the batted ball will be declared a "NO PITCH".

- h. The batter will then resume with the same count as before the original pitch and all base runners will return to their point of origin.
- i. There will be no advance on a passed ball or if an overthrow occurs when the catcher is returning the ball to the pitcher after a pitch. This is a dead ball situation. NOTE: The adult pitcher is to help field the returned pitch.
- j. The coach-pitcher may not direct or instruct any opposing players in any way while on the playing field. An offending coach pitcher will be given one warning, then removed after repeated infractions.

## **11. STOPPING OF PLAY**

For balls hit to the outfield (or behind the infielders): When the ball is returned from the outfield, and is in control by an infielder, all runners may advance, at risk, 1 base beyond the last legally touched base at the time the ball was in control by the infielder. No overthrow advancement will be allowed, regardless of the infielder's actions. At such time the umpire will call "Time" and stop play. When the ball is returned from the outfield and, if all runners have stopped advancing, the umpire will call "Time" and stop play. For example... If the ball is returned from the outfield and is in control by an infielder, the umpire will look to see where the runners are. If a runner is 10 ft. from 3rd, she must stop at third (one base beyond last legally touched). If she's rounded 3rd, she may advance home at risk. After that, play stops. If runners stop or hesitate, the umpire will kill the play.

## **12. ADVANCING ON OVERTHROWS**

To reinforce the fundamentals of softball and encouraging the defensive team to make the correct softball play, the following rules will be enforced concerning overthrows.

7/8 League – on balls hit in the infield, the runner, at his own risk may advance one additional base beyond the originally intended base. An overthrow is defined as a ball stopping at least 5 feet behind the intended fielder regardless of if the ball is in fair territory or foul. A runner(s) may only advance one base on an overthrow per play. This prevents the situation of multiple overthrows on a single play. Since the runner is advancing at their risk on overthrows, if the runner is tagged or forced out because of the overthrow, the runner is considered out. For example, if there is an overthrow at 1<sup>st</sup> base the runner may advance to 2<sup>nd</sup> base. That is as far as the runner may advance.

## **13. PITCHER POSITION**

- a. The defensive team will have the pitcher positioned three (3) feet to the right or left of the pitcher's plate.
- b. The defensive pitcher will not be in front of the pitcher's plate.
- c. Interference committed by the adult representative, such as touching the batted ball or failure to position herself/himself so that the pitcher can play to ball, will result in the batted ball being declared a "NO PITCH".
- d. The batter will then resume the batter's role with the same count as before the original pitch

**14. DEFENSIVE POSITIONS**

a. Infielders will be no closer than 10 feet in front of the baselines (imaginary lines which connect the bases) and outfielders shall be no closer than 20 feet behind the baselines until the ball is hit. 4 outfielders allowed in the outfield

b. A coach from the defensive team can act as a backup catcher to speed up the game. The adult backup catcher may not coach or instruct any player for any reason. The adult backup catcher is prohibited from discussing plays or calls with the umpires. The umpire has the discretion to send the parent to the bleachers at any time.

**15. PINCH RUNNERS** - Not allowed except for injury.

**16. BATTING** - In the 7/8 division only, the coach will throw 6 pitches underhand to each batter. If the batter doesn't put any of the 6 pitches in play, she will be called out. All batted balls must go beyond the arc in front of home plate for the ball to be in play.

**17. BATTING HELMET FACE SHIELDS - MANDATORY**

**18. FIELDING FACE MASK** - Optional, but recommended if added facial protection is wanted

**19. OFFICIAL GAME** - Each team must field a minimum of 7 players on the field to make it an official game. Anything less than 7 players will result in a forfeit with the winning team recording a 6-0 official score. In the event only 7 players are available, the team will take an automatic out when the 8<sup>th</sup> players spot comes up in the batting order.

**20. GAME BALLS** - One dozen game balls will be supplied to each team for the season. Each team will provide one game ball to the umpire prior to the game at the home plate meeting. The Home team is responsible for providing 2 game balls and the Visitors provide 1 game ball.

**21. HOME/VISITOR DUGOUT** - The Home team will occupy the 1<sup>st</sup> base dugout and the visitors will occupy the 3<sup>rd</sup> base dugout

**22. CATCHERS EQUIPMENT** - Catchers must be in full gear to catch pitchers during the game. Full gear consists of the following:

- Hockey Style catchers' helmet with mask
- Chest Protector
- Shin guards

# 9/10 SB Modified Kid Pitch Rules

## 1. FIELD DIMENSIONS

Bases – 60 feet

Pitching plate – 35 feet

## 2. GAME LENGTH – 75 minutes OR 6 innings (whichever comes first)

## 3. BALL SIZE – 11-inch ball

## 4. EXTRA INNINGS – in post season tournaments only

## 5. RUN RULE - Each team is allowed to score a maximum of 5 runs per inning. If the game reaches a point where the losing team is mathematically out of reach of tying the game then the game will be called at that time

## 6. STEALING – not allowed

## 7. DROPPED 3<sup>rd</sup> strike – batter is out

## 8. INFIELD FLY RULE – not in effect

## 9. PITCHING

The kid-pitcher will pitch to the batter until 4 balls (or 3 strikes) are called by the umpire. If the batter receives a count of 4 balls, an offensive coach will pitch the remaining pitch count to that batter.

1. If the pitch count is 4-0, the coach will pitch up to three (3) pitches.
2. If the pitch count is 4-1, the coach will pitch up to two (2) pitches.
3. If the pitch count is 4-2, the coach will pitch only one (1) pitch.
4. If the last pitch results in a foul ball, the batter will continue to bat (there is no limit on the number of foul balls).
5. The kid-pitcher can start with one or both feet on the rubber.
6. The Coach Pitcher must start with at least one foot on the pitching rubber.
7. If the ball is hit during Coach Pitching, the coach-pitcher must make his/her way off the field as quickly as possible and/or in a direction that will not affect the play. If the coach obstructs the play of the defense or in any way interferes with the defensive play, the batted ball will be declared a “NO PITCH”. The batter will then resume with the same count as before the original pitch and all base runners will return to their point of origin.
8. The coach-pitcher may not direct or instruct any opposing players in any way while on the playing field. An offending coach-pitcher will be given one warning and then removed after repeated infractions.

**A. Pitching Limits** - No player shall pitch more than 3 innings per game. A pitcher may not pitch more than two innings out of the first four innings of the game and cannot pitch 3 consecutive innings. Delivery of one legal pitch shall constitute having pitched one full inning.

**B. Pitcher Warmups** - Pitchers are allowed one minute or a maximum of 3 warm up pitches. This includes pitching changes in the middle of an inning.

**C. Max number of batters hit** by pitch before pitcher must be removed is 3

## 10. STOPPING OF PLAY

The following two (2) scenarios STOP the play by the defense:

1. The pitcher has control of the ball with both feet inside the pitching circle.
2. Ball is controlled by an Infield defensive player in front of the lead base runner. Lead runner must be stopped to have time called.

\*A runner in motion when the play is stopped can continue to the next base at her own risk, meaning the Pitcher can still attempt a defensive play if the runner is in motion. If no attempt is made to get her out, she cannot advance past the next base. If an attempt is made to get the advancing runner, the play is live again and the stoppage of play rule resets.

## 11. ADVANCING ON OVERTHROWS

On an overthrow to a base, a runner may attempt to advance to the next base at her own risk. If the defensive team attempts to throw out the runner advancing to the next base after an overthrow occurs and another overthrow occurs, the runner may attempt to advance to the subsequent base at her own risk. **Under no circumstances can a runner advance more than one base on one overthrow.** If the defense does not attempt to throw out the runner advancing on an overthrow, the play is stopped. An overthrow to the pitcher attempting to make a defensive play is treated the same as an overthrow to a base if it is the first overthrow on a given play. Otherwise, an overthrow to the pitcher simply to get the ball back to the pitcher is a dead ball, not an attempt on the play.

**12. PINCH RUNNERS** – For Catchers only OR for an injured player

**13. BUNTING** - Bunting and Fake Bunting is not allowed. Slapping (swinging bunt) is allowed. On a slap, the ball must cross the arc which is the radius of the home plate area. If it is not clearly designated, and arc will be painted.

**14. FIELDING FACE MASK** - All position players in the infield MUST wear facial protection (Pitcher all 4 infielders) – Facial protection is optional for outfielders

**15. BATTING HELMET FACE SHIELDS - MANDATORY**

- 16. CATCHERS** - Catchers must be in full gear to catch pitchers during the game. Full gear consists of the following:
- Hockey Style catchers' helmet with mask
  - Chest Protector
  - Shin guards
- 17. OFFICIAL GAME** – Each team must field a minimum of 7 players on the field to make it an official game. Anything less than 7 players will result in a forfeit with the winning team recording a 6-0 official score. In the event only 7 players are available, the team will take an automatic out when the 8<sup>th</sup> players spot comes up in the batting order.
- 18. HOME/VISITOR DUGOUT** - The Home team will occupy the 1<sup>st</sup> base dugout, and the visitors will occupy the 3<sup>rd</sup> base dugout
- 19. DEFENSIVE POSITIONS**
- a. Infielders will be no closer than 10 feet in front of the baselines (imaginary lines which connect the bases) and outfielders shall be no closer than 20 feet behind the baselines until the ball is hit. 4 outfielders allowed in the outfield
  - b. A coach from the defensive team can act as a backup catcher to speed up the game. The adult backup catcher may not coach or instruct any player for any reason. The adult backup catcher is prohibited from discussing plays or calls with the umpires. The umpire has the discretion to send the parent to the bleachers at any time.
- 20. GAME BALLS** - One dozen game balls will be supplied to each team for the season. Each team will provide one game ball to the umpire prior to the game at the home plate meeting. If a 3<sup>rd</sup> game ball is needed, the home team is responsible for providing it.

# 11/12 SB Kid Pitch Rules

## 1. FIELD DIMENSIONS

Bases – 60 feet

Pitching plate – 40 feet

## 2. GAME LENGTH – 75 minutes OR 6 innings (whichever comes first)

## 3. BALL SIZE – 12-inch ball

## 4. EXTRA INNINGS – in post season tournaments only

## 5. RUN RULE - Each team is allowed to score a maximum of 5 runs per inning. If the game reaches a point where the losing team is mathematically out of reach of tying the game, then the game will be called at that time

## 6. STEALING – allowed once the ball leaves the pitchers hand. Runners on 3<sup>rd</sup> base can score on a wild pitch, pass ball, batted ball in fair territory or tag up on a fly ball in fair or foul territory! ABSOLUTELY NO STEALING HOME

## 7. DROPPED 3<sup>rd</sup> strike – In effect, live ball

## 8. INFIELD FLY RULE – In effect

## 9. PITCHING

A. **Pitching Limits** - No limit on the number of innings a pitcher can pitch in one game. However, the pitcher cannot pitch 2 consecutive games in one day if she threw more than 3 innings in the previous game. One pitch in an inning constitutes a full inning pitched.

B. **Pitcher Warmups** - Pitchers are allowed one minute or a maximum of 5 warm up pitches. This includes pitching changes in the middle of an inning.

C. **Max number of batters hit** - Offending Pitcher must be replaced following the 3<sup>rd</sup> batter "hit by pitch" in the same inning for the remainder of the inning. Pitcher is eligible to return the next inning; there is no limit on how many times this rule can be invoked per game.

## 10. STOPPING OF PLAY - The pitcher has control of the ball with both feet inside the pitching circle.

\*A runner in motion when the play is stopped can continue to the next base at her own risk, meaning the Pitcher can still attempt a defensive play if the runner is in motion. If no attempt is made to get her out, she cannot advance past the base she is attempting to advance to. If an attempt is made to get the advancing runner, the play is live again and the stoppage of play rule resets.

**11. ADVANCING ON OVERTHROWS**

On an overthrow to a base by a defensive player, a runner may attempt to advance to the next base at her own risk. If the defensive team attempts to throw out the runner advancing to the next and another overthrow occurs, the runner may attempt to advance to the subsequent base at her own risk. If the defense does not attempt to throw out the runner advancing on an overthrow, the runner can advance at her own risk as far as she likes until the play is stopped once the pitcher has control of the ball and has both feet in the pitcher's circle.

**LOOK BACK RULE** – dictates that runners must immediately advance to or return to a base when the pitcher has possession of the ball within the pitcher's circle. Runners can stop once, but must then immediately commit to a base; failing to do so results in an out

**12. PINCH RUNNERS** – For catchers only! Not allowed for position players except for an injury.

**13. BUNTING** – Bunting and slapping (swinging bunt) are allowed. On a slap, the ball must cross the arc which is the radius of the home plate area. If it is not clearly designated, it will be at the discretion of the umpire.

**14. FIELDING FACE MASK – MANDATORY!** All position players in the infield **MUST** wear facial protection (Pitcher all 4 infielders) – Facial protection is optional for outfielders

**15. BATTING HELMET FACE SHIELDS - MANDATORY**

**16. CATCHERS** - Catchers must be in full gear to catch pitchers during the game. Full gear consists of the following:

- Hockey Style catchers' helmet with mask
- Chest Protector
- Shin guards

**17. OFFICIAL GAME** – Each team must field a minimum of 7 players on the field to make it an official game. Anything less than 7 players will result in a forfeit with the winning team recording a 7-0 official score. In the event only 7 players are available, the team will take an automatic out when the 8<sup>th</sup> player's spot comes up in the batting order.

**18. HOME/VISITOR DUGOUT** - The Home team will occupy the 1<sup>st</sup> base dugout, and the visitors will occupy the 3<sup>rd</sup> base dugout

**19. DEFENSIVE POSITIONS**

A. Infielders will be no closer than 10 feet in front of the baselines (imaginary lines which connect the bases) and outfielders shall be no closer than 20 feet behind the baselines until the ball is hit.

20. **GAME BALLS** - One dozen game balls will be supplied to each team for the season. Each team will provide one game ball to the umpire prior to the game at the home plate meeting. If a 3<sup>rd</sup> game ball is needed, the home team is responsible for providing it.