

Competitive Softball Guidelines

Updated: 11-14-24

Middle school games will be controlled by the National Federation rules with the following exceptions:

1. **Participation:** SUSD offers Junior Varsity and Varsity teams in the sports of Volleyball, Basketball, Baseball, and Flag Football. SUSD offers Varsity in the sports of Soccer, Softball, Track, and Cross Country. 8th Graders are not permitted to play Junior Varsity and no player may participate in more than one competitive game a day.
2. Teams shall "suit up" at least 12 players for each game. All players "suited up" must be played during that game utilizing free substitutions.
3. All players must bat in rotation regardless of whether or not they are on defense at the time.
4. If a team has less than 12 players available to bat, the opposing team may bat the number equal to the size of the smaller team. For example: on game day, Team A (normal roster of 12 players) arrives at Team B's school with only 9 players because 3 of the regular players are absent that day. As a result, Team B may choose to bat only 9 players so that their batting rotations for the game are equal. Every player must have played one inning by the end of the game.
5. A pitcher may re-enter the game. The coach must provide sufficient time for the pitcher to warm up before game re-enter.
6. The free substitution rule applies with special attention to the requirements of re-entering a pitcher into the game.
7. **Courtesy runner for catchers: the player who made the last out must be used to run for the catcher.**
8. Anytime a player has to permanently or temporarily leave the game that spot in the lineup is vacated with no penalty.
9. **Athletes must wear street shoes on the bus and in all gyms.**
10. Face guards are required for all **softball players while batting**. Mouthpieces are highly recommended.
11. Softball: Teams will use the 40 foot pitching distance with 60 foot bases.
12. **Games are 6 innings and no new inning will begin after 1 ½ hours from the start of the game.** The umpire will be the judge of whether or not it is safe to continue play because of darkness or field conditions. If the umpire calls the game for darkness, the score shall revert to the last completed inning for the purpose of determining the winner or a tie.
13. **Bats will be ASA Stamped.** These are the only bats to be used in practice or games. A player using an illegal bat will be called out and runners will be returned to the bases occupied prior to the use of the illegal bat.
14. **Teams will play with a 7 run rule limit per inning.** Exception: The team that is trailing may score as many runs as needed to tie the score and then go up by 7 runs with the discretion of coaches. Can be modified.
15. **Official has the ultimate say in when a game is to be called due to lack of lights and darkness. Once the decision has been made, it can't be changed.**
16. **Home teams will provide a jug of water for each dugout for the visiting teams.**