

MSL – FAST PITCH

Rules and Regulations

Rev. February 2024

1. The league will establish practice and game schedules.
2. Our facility is smoke free, including e-cigs. Please notify parents and enforce this rule as needed.
3. The league does not carry medial, accident or injury insurance on players; each parent is responsible for his or her child's insurance.
4. Teams will consist of a Head Coach, 2-3 Assistant Coaches and a Dugout Helper. All coaches and helpers must have completed the background screening process and received approval. Prior to each game the Head Coach must complete the game form listing which approved coaches are present for the game. Only the Head Coach, Assistant Coaches and Dugout Helper are allowed in the dugout or on the field of play. Violations of this rule will first be a warning issued to the Head Coach. A second violation will result in a 1 game suspension for the Head Coach. Any following violations are subject to ejection from the league.
5. Head Coaches are responsible for making sure all background checks and other required paperwork for their team has been submitted to the league before he/she including Assistant Coaches are allowed on the playing field. Failure will result in ejection from games until completed forms are received by the league.
6. Basic team equipment shall be provided by the league and distributed to each Head Coach who shall sign for the equipment and return it at the completion of each season. The Head Coach shall be financially responsible for any equipment not returned.
7. The league does not provide paid Scorekeepers. The team listed first on the schedule will be the home team; the visiting team will bat first. The home team will take the 3rd base dugout, operate the scoreboard and keep the official scorebook. A responsible adult should be assigned these tasks, keeping the official scorebook is mandatory, failure to maintain the scorebook is subject to forfeit. Coaches are required to exchange lineups, this can be done at the plate meeting.
8. Players are not required to tuck shirts into shorts or pants, but shorts must be visible beneath shirts. No tank tops, sleeveless shirts or midriff exposing shirts allowed during practice or games. Shorts must be fingertip length (fingertip length does not include the length of sliders). If you are going to be a ballplayer, you need to look like one.
9. No metal cleats allowed.
10. Batting helmets with faceguards are required for batters and base runners **during practice and games**. It is mandatory that all infield players wear a game face for their protection when on the field of play during practice and games. It is strongly encouraged that all outfield players also wear a game face during practice and games for their protection. Catchers of all ages must wear protective catchers gear during practice and games for their protection.
11. Coaches are required to check www.murfreesborosoftball.com on each day they are scheduled to play. Important schedule, event changes and make up dates will be listed there. Rainout info will be posted as soon as possible **after 3:00 p.m. Please do not contact the league with inquires prior to 3:00 p.m.**

12. Make up games are only rescheduled as time permits and at the discretion of the League Director.
13. If a team is going to forfeit and not show up, you must notify your Commissioner and the other Coach at least 1 day in advance.
14. Game length will be 60 minutes or 6 innings. The umpire will keep the official time clock and will announce the starting time to each team. Teams should be on the field ready to play during the umpire / coach plate meeting and 90 seconds between innings to prevent delay of the game.
15. There will be no extra innings played except during tournament play. Once the inning begins if time expires and the game can be won or tied with 8 runs the inning will finish regardless of time, if the home team is ahead at the bottom of the inning the game is over.
16. The distance between bases shall be 60 feet. Pitching distance will be 35 feet for 8U and 10U, 40 feet for 13U and 43 feet for Teen Fast.
17. All bats must include a certified stamp for example USSSA, ASA, USA. Altered bats are not allowed. The umpire has the right to inspect and dismiss any bat for safety. Game balls will be provided by the league. Regulation 11" certified balls will be used for 8U and 10U. Regulation 12" certified balls will be used for 13U & Teen.
18. A safety base for 1st base will be used.
19. Dugout gates must be closed during live play.
20. A team may start and finish a game with only 8 players without penalty. The last spot will not count as an out.
21. If 8 players are not present for a game you may go one age group below within the league to pick up a player, to qualify a minimum of 6 players from the team must be present. You can only pick up enough players to make a 10 player team (Example: 7 players arrive for the game, pickup 3 to total 10 players). Pick up players must play in the outfield and bat last in the order. The 8U Fast division may go to the Tball Division to pick up players but the player must be no younger than 5 years of age as of 1/1 of the current year. Players arriving after a game begins may only be added to the bottom of the batting lineup if their team has not already batted through the lineup. **Coaches must notify Commissioners when picking up players.**
22. If your starting pitcher or catcher is not present for a game, you may pick up a pitcher or catcher within the same age group with **approval from the Commissioner**. The starting pitcher or catcher must bat last in the order. This rule applies to 13U and Teen Fast only.
23. A maximum of 5 warm up pitches are allowed before the start of an inning, please also refer to rule 14.
24. In coach pitch divisions, coaches pitch to their own teams, distance is specified in the rule supplements for each division, coach pitches need to be flat with no arch. No intentional walks are allowed in player pitch divisions, the pitcher must attempt a normal motion pitch, no rolling or high floating pitches, no excessive inside/outside pitches. In the event of an intentional walk, as determined by the umpire, no pitch will be called by the umpire, for the 1st offense during a game the batter will be awarded 2nd base with all eligible base runners advancing 2 bases. On the 2nd offense during a game the batter will be awarded 2nd base with all eligible base runners advancing 2 bases, the pitcher will be removed as pitcher, the pitcher is eligible to play another position for the remainder of the game. Continued intentional walks may result in a pitcher being disqualified from pitching temporarily or for the

remainder of the season to be determined by the League Director. Intentionally hitting a batter will never be tolerated and subject to suspension or ejection from the league as determined by the League Director.

25. A team may play with 4 outfielders.
26. Coaches should make an effort to rotate players as much as time and innings allow. No player should sit out for 2 consecutive innings per game unless due to a special circumstance including illness or injury.
27. Complete and free substitution is allowed. A player may enter and leave the game at any time. However, the player must remain in the same place in the batting order. This includes the pitcher.
28. An injured or ill player may return to play at the discretion of the Head Umpire or Commissioner. There will be no out counted if the player is unable to bat. If a base runner has to leave the game the pinch runner will be the last batted out. If a team drops below 8 players due to injury or illness the game can continue without penalty.
29. A continuous batting order will be used. All players will bat regardless of number of players on either team. An inning will consist of 3 outs or a 5 run limit. In addition, as long as both teams have batted through their lineup the following run rule will apply: 15 runs after 3 innings, 12 runs after 4 innings and 10 runs after 5 innings.
30. If a batter bats out of order and gets on base the batter may be called out before the next pitch.
31. Slinging the bat is an automatic out after 1 warning per game, not per team.
32. Pinch runners are allowed for injured players and 13U & Teen Fast pitchers and catcher. If the pinch runner is on base at the time of her bat she will be called out at the plate.
33. Bunting is allowed in all age groups.
34. If the catcher drops a 3rd strike, a batter may run to 1st base if 1st base is unoccupied or there are 2 outs.
35. 13U and Teen Fast players may attempt to steal once the ball has left the pitchers hand. No stealing in the 8U group, see attached steal rule for the 10U group.
36. No foul language or poor conduct will be permitted and will result in automatic suspension from the game and subject to ejection. Continued use of foul language and/or poor conduct is subject to suspension from the league as determined by the League Director.
- 37. No physical or verbal confrontation among coaches, parents or players will be tolerated at any time on or off league playing facilities and is subject to suspension from the league. Only Coaches and assigned Dugout Helpers are allowed inside the dugout and on the field of play, no exceptions. Violations of this rule will result in ejection.**
38. The Umpire's decision is final. **Only a Head Coach or acting Head Coach (in the event HC is absent) shall be allowed to address the umpire.** Coaches may not argue with the Umpire's decision. Potential Rule Violations may be discussed by the Head Coach calling time out and addressing the Umpire. Umpires will give a single warning to Coaches, Parents and Players followed by an ejection from the game. Poor or argumentative conduct shall result in

a review with the Head Umpire, League Director, Division Commissioner and League Commissioner for future coaching, playing or spectating status within the league and is subject to suspension from one or more games up to permanent suspension from the league.

39. Chain of Command is as follows: Parent/Player to Head Coach – Head Coach to Division Commissioner – Division Commissioner to League Commissioner – League Commissioner to League Director – Exception: if a Parent / Player has a complaint regarding their Head Coach they may report directly to the Division Commissioner.
40. All other rules are in accordance with NFHS rules and good common sense.

8U

1. All coaches must throw a flat pitch to all batters. If an arched pitch is thrown to a batter it will be ruled a dead ball no pitch and a warning will be given to both teams. The next time an arched pitch is thrown it will be ruled a dead ball no pitch with a strike. A guideline to use for a flat pitch is the peak of the pitch can go no higher than the batters shoulders.
2. 11” softball will be used
3. Coach pitch from the thirty-five (35) ft. pitcher line. Six (6) pitches or three (3) strikes constitute an out, no walks are allowed.
4. No stealing or 3rd strike drops.
5. Bunting is allowed.
6. No overthrow rule applies.
7. Lead runner must be cutoff by defensive player before time is called.
8. No bowling type throws are allowed.
9. Two defense coaches are allowed in the grass outside of the foul lines during live play, one on the left side of the field and one on the right coaches need to make every attempt to not disrupt the game.

10U

1. 11" softball will be used
2. Player & Coach pitch from 35' pitch rubber. The coach will throw up to 2 additional pitches to the batter upon the player pitcher throwing 4 balls within the first 5 pitches of the at bat. Otherwise, the player and batter will finish the at bat. All coaches must throw a flat pitch to the batter.
3. Steals are allowed after player pitch crosses home plate, no stealing home, no stealing while coach is pitching. Once a player is on 3rd base the only way she can advance home is by a walk, a hit ball or live ball play in an attempt to throw a runner out.
4. Bunting is allowed.
5. No infield fly rule applies or 3rd strike drop.
6. Lead runner must be cutoff by defensive player before time is called.

13U

1. 12" softball will be used.
2. 12U pitch from 40' pitch rubber.
3. Infield fly rule applies
4. Bunting is allowed.
5. Stealing allowed on release of pitch.
6. 3rd strike drop rule applies.
7. Lead runner must be cut off by defensive player before time is called.
8. Pinch runners are allowed for injured players and pitchers and catcher. If the pinch runner is on base at the time of her bat she will be called out at the plate.

Teen Fast

1. 12" softball will be used.
2. Teen Fast pitch from 43' pitch rubber.
3. Infield fly rule applies
4. Bunting is allowed.
5. Stealing allowed on release of pitch.
6. 3rd strike drop rule applies.
7. Lead runner must be cut off by defensive player before time is called.
8. Pinch runners are allowed for injured players and pitchers and catcher. If the pinch runner is on base at the time of her bat she will be called out at the plate.