

2025 Coach Pitch Girls Rules

Important: These rules were approved by the Board of Coaches and are mandatory. No alterations or unauthorized rules are permitted. All teams must follow these rules as written.

[Parent/Player Conduct Form](#)

1. Game Format

- Pregame: Coaches should text each other earlier in the day to confirm the game time and location. Before the game, coaches and umpires must meet to review league and field rules, inspect all team bats, and exchange lineups (including player names and numbers).
- Each game will consist of 5 innings.
- Each inning ends after 5 runs or 3 outs, whichever comes first.
- The 5th inning ONLY allows for unlimited runs.
- **Mercy Rule (5th Inning):** If a team leads by 11 or more runs after 4 innings, the 5th inning will be played with a 5-run limit per team. Alternatively, the trailing team may choose to end the game before the 5th inning begins.
- **Start Time & Cutoff:** No new inning may start after 8:00 p.m.
 - If the last inning begins by 7:50 p.m., it will have unlimited runs, and both teams will bat regardless of time.

2. Team Requirements & Fielding

- A minimum of 8 players is required to start a game; up to 10 may be used.
- Fielding positions: Only 4 infielders + 1 pitcher allowed in the infield.
- All players must be listed in the batting lineup.
- No defensive player may sit out for more than 2 consecutive innings.

3. Batting Rules (updated 6.25.25)

- Rocket Rule: Teams will bat in rotation, meaning the batting order does not change during the game. If a team has 3 outs after the 4th batter, the next inning starts with the 5th batter, and so on until every team member has batted. Then the team starts out at the top of the order again.
- Each batter gets 6 pitches per at-bat.
 - No walks allowed.
 - If no hit after 6 pitches, the batter is out—unless the 6th pitch is fouled.
 - One extra pitch is allowed after a 6th-pitch foul. A foul on the bonus pitch = out.
- Flat pitches are allowed (no arc required).
- The infield fly rule and 3rd strike foul rule do not apply.

4. Pitching (Updated during 2024 Season)

- No kid pitchers. A coach or assistant coach will pitch all 6 pitches.
- A player will stand on the pitcher's mound (in the pitcher's position) while the Coach or Assistant Coach is pitching.
- The player pitcher will be responsible for making all defensive plays.
- If a batted ball hits the pitching Coach, the ball remains live and in play.
- If the pitching Coach unintentionally catches or fields a batted ball, the play is considered dead. The batter will resume with the same count.

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- The pitching Coach must immediately move out of the way after the ball is hit to allow the player pitcher a clear opportunity to see and field the ball.

5. Base Running & Safety Rules

- No advancement on overthrows to 1st or 3rd base—runners must stay on their base.
- Runners may only advance on overthrows to center field.
- Throwing the bat is an automatic out. The play is dead, and runners return to their previous base.
- This rule must be discussed with the plate umpire before the game begins.

6. Sportsmanship & Equipment

- No foul language is allowed. Any player using inappropriate language will be removed from the game.
- Catchers must wear a full helmet, chest protector, and shin guards.
- Batter's Gear: The league does provide a limited number of batting helmets for the team. It is recommended that players purchase their own for their personal use. Face-guards are permitted, provided they were fitted to the helmet by the manufacturer and contain all of the original fasteners.
- Rubber cleats only are permitted on the field.

7. Game Setup

- The official game ball is the 11" "Softie".
- Field Dimensions:
 - Base paths: 60 feet
 - Pitcher's mound: Coach may pitch from a comfortable position. A player will stand on the pitcher's mound (in the pitcher's position)
- Home team provides:
 - One umpire
 - Game ball
- Base coaches are provided by their own team.
- Umpires should be high school students or adults.
- Standard Slow-Pitch Softball Rules apply, except where noted in the league rules.
- Post-game Player Responsibilities for Visitor and Home Team:
 - Shake hands with the opposing team.
 - Thank the umpire.
 - Pick up litter from respective dugouts and stands following each game.
 - Take care of equipment.
 - Rake the field.

8. Game Schedule

- Games will be played on Wednesday nights at 6:30 p.m.

9. Player Eligibility

- League is open to girls ages 7-10 as of May 1.

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- 6 year olds may play up but this decision is made by the coach and coordinator. Tryouts are encouraged in this situation.