



Softball Basic Rules

1. The distance from the pitcher's rubber to home plate will be a distance of 40' feet. The base paths shall be 60' feet.
2. Catchers are required to wear an approved skull cap, throat protector, mask and chest protector, and shin guards.
3. All batters, base runners and student coaches will wear an approved batting helmet when on the playing field. Batters and Runners must have a protective face guard.
4. The pitcher must wear a protective facemask at all times when pitching.
5. A free substitute runner can be used for the pitcher and catcher and not count as a substitution. This is done to speed up the game.
6. NO INNING RUN RULE EXISTS. ADs/Coaches may agree to put a 7 run rule per inning (continuous -see explanation below) in place, but it **must** be discussed prior to the start of the game when there is a clear competitive imbalance
 - a. Continuous: If a team reaches the inning run limit during a play, all runs scored on that play count. For example, with a 7-run limit, if a team has 6 runs and the next batter scores 3, all 3 runs count, resulting in 9 runs for the inning.
7. Mercy Rule is only in place for playoffs: 10 runs after 3 ½ innings in playoff games only.
8. The game length is 6 innings, with 3 1/2 innings constituting a complete game due to weather, darkness or other unsafe playing conditions. Only the umpire may call the game before the six innings are complete.
9. Time Limit: 1 hour and 45 minutes. No inning may begin after 1 hour and 45 minutes, but an inning that has already been started must be completed.
10. Jewelry shall not be worn. Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.
11. No metal cleats are allowed.
12. Each home team will provide two game balls.
13. Athletic Directors may have unique circumstances due to field rental, field conditions, etc. that may require altering some of the basic rules. These changes need to be discussed and both coaches and umpires need to be notified before the first pitch. FOR EXAMPLE: ground rule double if ball rolls on basketball court, last inning at 6:15 due to field rental agreement at park or high school.
14. Extra Hitters/Flex Players are Not allowed in softball games. Only 9 batters throughout the game is permissible.
15. The home team has the right to choose their home dugout.

Bylaws of Valley Junior High Athletic Conference:

- Schools will follow the Valley Junior High Athletic Conference and the National Federation of State High School Association. Our conference does make some modifications to some of the rules.

▪You may go to www.nfhs.org



als, court diagrams and rules

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