

Framingham Youth Softball Rules and Regulations

Seniors League (Grades 6-8) - 2026

Framingham Youth Softball follows the rules and regulations outlined by USA Softball. The purpose of FYS R&R are to provide emphasis and/or clarity around local rules that may slightly differ from USA Softball rules, as well as to provide a “Coaches” section that clarifies some additional league only player, team, and game flow notes of interest.

*Coaches should familiarize themselves with the USA Softball Rules & Regulations posted on the FYS and USA Softball Websites.

Seniors Rules Cheat Sheet

1. Time Limit: 2 Hour hard stop. When 1:20 (80 mins) is reached, you finish that inning and play one more unlimited inning. If both teams don't have an opportunity to complete the final inning, the score will revert back to what it was at the top of the final inning.
2. 5 Run Limit per inning, except in the final unlimited inning. No other Run Limit nor Mercy Rule is in effect.
3. U12 Pitchers can elect to pitch from 40'
4. Dropped 3rd Strike & Infield Fly rules are in effect
5. Bunting is allowed, Slashing is not. No bunting if the team is up by 10 or more runs.
6. Unlimited steals unless a team is up by 10 or more runs.
7. No pitching limits except when a team is up by 10 or more runs. If a pitcher has pitched 2 innings or more and their team is up by 10 or more runs, they cannot continue to pitch. If after being relieved, their team leads by 6 or less, they can come back in to pitch.
8. A pitcher hitting 3 batters in one inning (or 5 in the game) will be removed from pitching for the duration of the game.

Framingham Youth Softball	
SENIORS RULES AND REGULATIONS TO SUPPLEMENT USA SOFTBALL RULES:	
1	A continuous batting order (CBO) of all players shall be used. A player arriving late will be inserted at the bottom of the CBO.
2	<p>Forfeits: Our interest is in playing softball. We will do everything possible to avoid forfeits. The rules regarding forfeits:</p> <ul style="list-style-type: none"> ● There must be at least 8 players on each team throughout the game. If a team is without 8 players at any time during the game, that team shall forfeit the game. ● If coaches know they are short players, they must notify their league coordinator 24-48 hours in advance to try to organize call-ups. ● If after call-ups, a team still cannot field 8 players, and with sufficient notice (24-48 hours), the League Coordinator will make every effort to reschedule the game. If a game cannot be rescheduled, the team that originally notified the League Coordinator shall forfeit that game. ● Regarding day of game: if after a 15 minute wait, there are less than 8 players on a team, a forfeit game shall be declared. If both teams don't have enough to field 8 players, both teams are declared a loss. <p>* Weather is the only reason for postponement of a game without prior approval from the League Coordinator.</p>

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3	Each team will consist of 9 or 10 fielding players, coach's decision: 3 or 4 outfielders, 4 infielders, 1 pitcher, and 1 catcher. Short fielder is an eligible option for the outfield. The outfielders must be stationed on the outfield grass and cannot move forward to the infield until the ball is released.
4	A game will consist of 6 innings. A tie game may go into extra innings, if within the time limit. Game Play Time: Once game play reaches 1 hour and 20 minutes, the teams will finish that inning, and then play one more (final) unlimited run inning. Regular Season Games have a hard stop 2 hour time limit. If the 2 hour time limit is reached before the game is complete, the game reverts to the previously completed inning. Playoff Games are played to completion. The USA Softball tiebreaker rule shall be used in extra innings.
5	A game will be considered official if at least 3.5 (4) innings are played. The home team in the bottom of the fourth inning must have the opportunity to play out the inning if behind. If the home team is ahead, then 3.5 innings are deemed official. A game not completing 3.5 (4) innings, picks up where it left off on the scheduled completion play date. All time considerations may be waived if the game must be called off due to darkness or hazardous weather conditions, as determined by the umpire. The 3.5 (4) innings completed rule would apply unless it's a playoff game. All Playoff Games will be played to completion.
6	Each offensive inning will be 3 outs or 5 runs to cross the plate, whichever occurs first, with the exception of the last inning, which will be played out.
7	No other Run Limit nor Mercy Rule is in effect.
8	Stealing any base, including home, is permitted. Base runners may not leave the base until the ball has left the pitcher's hand. Base runners must avoid contact at all times and are instructed to slide.
9	When a team is leading by 10 or more runs, that team will no longer be allowed to steal bases. If a player steals with a lead of 10 or more runs, the ball is treated as a dead ball and the player(s) return to their previous bases.
10	Pitchers may pitch unlimited innings per game. One pitch constitutes one inning.
11	A pitcher who has pitched at least 2 innings and whose team is leading by 10 runs or more cannot continue to pitch. This pitcher may re-enter the game, but only if her team leads by 6 runs or less.
12	A pitcher hitting 3 batters in one inning, or 5 in one game, shall be removed from pitching for the duration of that game.
13	Regulation playing field: 60' base paths and 40' pitching distance for U12, 43' pitching distance for U14.
14	Only a coach or player is permitted in the coaching boxes at 1st and 3rd bases: players MUST wear a helmet when base coaching.
15	A coach may not stop the game more than 2 times per inning.
16	Coaches should expedite the game as much as possible. A courtesy runner should be substituted for the catcher, and this runner will be the player who made the last out.
17	Face Masks are required for pitchers and recommended for all other players.
18	All batters, base runners and player base coaches MUST wear protective helmets and face masks.
19	Catchers MUST wear helmets at ALL times under ALL circumstances including warming up a pitcher.
20	NO metal spikes or cleats are permitted.
21	Exposed jewelry, which is judged by the umpires as dangerous, is not permitted. It is recommended players wear NO jewelry.

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COACHES RULE SECTION	
1	The home coach will enter the score of their game into the league website: www.framinghamsoftball.org
2	The Home team will pay the \$75 umpire fee and provide 2 game balls
3	The home team is responsible for lining and grooming the field before the game, obviously the visiting team may volunteer as well. Coaches from both teams must rake the field at the conclusion of their game. Batters box, pitching circle, and base paths should have holes filled in and quickly raked in order to maintain the field.
4	The home team has first infield/outfield warmups from 25 minutes before the game begins to 15 minutes before the game begins. The visiting team has the second infield/outfield warmups from 15 minutes before the game begins to 5 minutes before the game begins. Coaches should conference with Umpires around local rules 5 minutes before the game begins.
5	NO PLAYER may sit more than 1 consecutive inning, unless injured
6	Every player should have at least 1 inning of infield play per game. Certain exceptions permitted.
7	Pitchers are to be pitching from the pitching rubber, not steps in from the pitcher's plate.
8	Any pitcher may be inserted back into the game as the pitcher, only once. Free substitution for all other players.
9	Drop 3rd Strike and Infield Fly rules are in effect.
10	Bunting is allowed, slashing is not. If a team is up by 10 or more runs, they are not allowed to bunt.