



SANDY SPRINGS YOUTH SPORTS
SOFTBALL - ROOKIE LEAGUE
LOCAL RULES AND REGULATIONS

Revised: March 2, 2023

The following are the basic rules needed by the coaches. These rules rely heavily on the USA Softball rules, with some modifications for recreation league play. While many USA rules are contained herein, this should not be construed as a substitute for the USA Rules, which each coach is expected to read and adhere to. The purpose of the Rookie League is to teach players proper technique for fielding, throwing, catching and hitting a softball, all while having a lot of fun. This is an instructional league, not a competitive league and no score will be kept. Coaches should feel free to interrupt the game, at the completion of a play, to instruct players.

I. GENERAL RULES

1) EQUIPMENT

- a. Rookie League will play with a cushioned 10" Optical Softball such as the "Incrediball" or the "Softie"
- b. No player will occupy the catcher's position, if during the course of the season a catcher is required, a parent from the offensive team shall field the catcher's position until the ball is put into play.
- c. The distance between bases shall be set at 50'.

2) DURATION OF GAMES

Games shall be 65 minutes in duration, or 5 innings in length, whichever shall first occur. No new inning shall be started after 50 minutes. At the end of the 65-minute mark, the game will be declared over. Upon conclusion of the game the players and coaches should shake hands, or exchange a "fist bump," and say "good game" to the opponent, and vacate the field so that the next scheduled game can begin on time.

- a. An inning will completed when all players in the line-up have batted
- b. Time Between Half-Innings: The time between the last out and the first pitch in the next half inning should not be greater than two (2) minutes.

3) DUGOUTS AND HOME TEAM RESPONSIBILITIES

- a. Dugouts

(1) Assignments: Home team will occupy the 1st base dugout.



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- (2) Cleanup: Teams must remove all equipment and trash from the dugouts immediately following the completion of games
- (3) Vacate Immediately: Dugouts are to be vacated immediately following any game where another game is scheduled on the same field. Post-game team meetings must be held elsewhere.
- (4) The Home Team is responsible for supplying two (2) like-new game balls for each game.

4) NUMBER OF PLAYERS REQUIRED

- a. If team(s) have 5 players or fewer, please divide all girls that are present into two teams and play a scrimmage.
- b. If both teams in a game know in advance that they will have 5 or fewer players, the teams can work with the scheduler to play the game on another date, if field space is available.

5) BATTING ORDER AND DEFENSIVE POSITIONS

- a. Defensive positions include five infield positions: pitcher, first base, second base, shortstop and third base. All other positions will be in the outfield.
- b. Outfielders should position themselves a minimum of fifteen (15) feet behind the base paths.
- c. Infielders should position themselves more than seven (7) feet inside the base paths. Infielders should not be positioned on the base path.
- d. Substitution: There shall be free substitution for all players throughout the game. Players shall play an equitable number of innings in the infield and outfield, and no player shall play the same position more than two (2) innings in any one game
- e. A team's lineup shall consist of all players present at the start of the game.
- f. Batting Order: Batting order may change throughout the game if you desire. Please make sure that each player bats each inning.

6) OFFENSIVE RULES

- a. Batting
 - (1) No strike outs.
 - (2) The batter gets 5 pitches. If the batter does not put the ball in play in 5 pitches, then a tee must be used for the remainder of that at-bat until the ball is put into play.
- b. Sliding: There should be no sliding in the Rookie League. Runners should run and avoid contact with defensive players.



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- c. Bunting: Batters may not bunt. The batter must swing and must hit the ball a minimum of six (6) feet in fair territory to constitute a fair ball.
- d. Base Runners
 - (1) Base Runners may not leave the base until the ball is put into play by the next batter.
 - (2) Base Runners may advance only 1 base on a ball put into play by a batter hitting a coach pitch, unless the ball leaves the infield, in which case runners can advance multiple bases until the ball is returned to the infield (Control by any player is not necessary).
 - (3) Base Runners in progress at the time the ball is returned to the infield may continue toward that next base at their own peril
 - (4) Base Runners may advance only 1 base on a ball put in play by a batter hitting off the tee, even if the ball leaves the infield.
- e. Stealing: There is no base stealing in the Rookie League.

7) DEFENSIVE RULES

- a. Pitching and Pitcher's Position
 - (1) A coach from the offensive team will pitch to his or her own batters. The coach will stand approximately 25 feet from home plate, and will toss the ball (underhand) to another coach from his or her team who will be the catcher
 - (2) If the batter fails to put the ball into play after five swings of the bat, the batter will then hit the ball off a tee placed on home plate.
 - (3) The defensive team will have a player occupying the pitcher's position. This player should not be closer than 25 feet from home plate, and when a coach is pitching should not line up in front of that coach.
 - (4) The "Coach Pitcher" cannot participate in any defensive play and must use reasonable effort to avoid interfering with defensive team play.

OVERTHROWS: To encourage players to attempt throws to first base (or other bases, where applicable), Base Runners may not advance any extra bases on an overthrow.