Playing Rules

Time Limit: 1 hour 15 minutes or 6 innings, whichever comes first.

Run Rule: A 15 run rule is in effect after 3 complete innings.

A 10 run rule is in effect after 4 complete innings.

No more than 5 runs per inning per team may be scored. Any run crossing home plate after the 5th run will not be counted in innings 1-4. Once the 6th run has been scored and play has stopped, switch sides regardless of the number of outs. The 6th inning (and only the sixth inning) is unlimited runs.

Games will be played with mandatory "free substitution". All players that are present must be on batting roster at start of the game: late players will be added at the end of the line-up (all players on the team get to bat).

Defense can be played with a maximum of 9 players on the field. The minimum number of players needed to start a game is 8. Teams must take batter #9 as an out until other players show up. Coaches may agree to play with pick-up players.

The on deck batter must be behind the batter.

No lead off; stealing is allowed to all bases when players are pitching.

Runners cannot leave bases until the ball leaves the pitchers hand. If the runners leave bases early or miss a base while running, it must be appealed to the umpire by the coaches. It will be an automatic out if the umpire rules in favor of the appeal.

Players must slide feet first into bases, which are being challenged at 2nd, 3rd, and home base, players will not be called out at 1st for not sliding or sliding. Each team will be allowed 1 warning from the umpire. After that it will be an automatic out. NO STEEL CLEATS.

Base distance: 60 feet

Pitching distance is 35 feet from back of home plate to front of pitchers mound.

When the pitcher pitches the 4th ball, the offensive coach will pitch to his/her batter and assume the inherited strike count. The coach pitching must be on the pitchers mound and deliver a flat pitch, it cannot be a high slow pitch. The batter will remain at bat until she has struck out or puts the ball into play fair.

No baulk pitches will be called.