

# 2026



## [YOUTH SOFTBALL RULES]

11-13 yr. old Player-Pitch

### **RULE 1 – The Playing Field**

Distance between bases: 60 ft

Pitching distance: 40 ft

### **RULE 2 – Equipment**

#### **THE BALL**

A 12-inch optic yellow softball will be the official ball for the 11-13 Fast Pitch Youth Softball Programs.

#### **SHOES**

Tennis shoes or plastic/rubber-molded cleats will be considered proper equipment.

Metal spikes will not be allowed in any practice or competition for safety reasons.

#### **CATCHING EQUIPMENT**

All catchers will be required to wear a helmet, mask, throat protector, chest protector, and shin guards.

#### **BATTING EQUIPMENT**

All batters and base runners will be required to wear a batting helmet. All bats must be regulation softball bats not more than 2 ¼” in diameter at it’s largest part. Stay away from titanium

### **RULE 3 – Players and Substitutes**

**Each team’s line-up will consist of 10 defensive players.**

Each player will be given the opportunity to participate in a defensive position in at least two complete innings per game.

Each team’s offensive line-up will be composed of the entire roster. Therefore, players who are not participating in a defensive position during any inning will be included at any point in the batting order.

### **RULE 4 – The Game**

#### **LAST AT BAT**

The home team is given the privilege of batting last during each inning.

#### **NUMBER OF INNINGS**

**A game will consist of up to seven innings. No new inning will begin after one hour and ten minutes. Once that time has expired, the inning in progress will be completed in its entirety, the home team will complete their at bats, and the game will be concluded.**

### **RULE 5 – Pitching Regulations**

Prior to starting the delivery (pitch), the pitcher shall take a position:

1. The pivot foot on or partially on the top surface of the pitcher's plate.
2. The non-pivot foot in contact with or behind the pitcher's plates. Both feet must be on the ground within or partially within, the 24" length of the pitcher's plate.

#### LEGAL DELIVERY:

1. The pitcher must not make any motion to pitch without immediately delivering the ball to the batter.
2. The pitcher must not use a pitching motion in which, after having the ball in both hands in the pitching position, she removes one hand from the ball, takes a backward and forward swing, and returns the ball the both hands in front of the body.
3. The pitcher must not use a windup in which there is a stop of reversal of the forward motion.
4. The pitcher must not make two revolutions of the arm on the windmill pitch. A pitcher may drop her arm to the side and to the rear before starting the windmill motion.
5. The delivery must be an underhanded motion with the hand below the hip and the wrist not farther from the body than the elbow.
6. The release of the ball and follow through of the hand and the wrist must be forward and past the straight of the body.
7. In the act of delivering the ball, the pitcher must take one step simultaneous with the release of the ball. The step must be forward and toward the batter within the 24" length of the pitcher's plate. NOTE: It is not a step if the pitcher slides her foot across the pitcher's plate, provided contact is maintained with the plate. Raising the foot off of the pitching plate and returning it to the plate creates a rocking motion and is an illegal act.
8. Pushing off with the pivot foot from a place other than the pitcher's plate is illegal.
9. The pivot foot must remain in contact with or push off and drag away from the pitching plate prior to the front foot touching the ground, as long as the pivot foot remains in contact with the ground.
10. The pitcher must not wind up after releasing the ball.
11. The pitcher shall not deliberately drop, roll or bounce the ball in order to prevent the batter from hitting it.

12. The pitcher has 20 seconds to release the next pitch after receiving the ball or after the umpire indicates, “play ball”.

13. No Intentional walks

#### IN THE EVENT OF AN ILLEGAL PITCH

1. The umpire shall give a delayed ball signal.
2. If the batter hits the ball and reaches the first base safely, and if all other runners have advanced at least one base on the batted ball, the illegal pitch is cancelled. All action of the result of the batted ball stands. No option is given.
3. Otherwise the coach has the option to take the result of the play, or the illegal pitch is enforced by awarding the ball to the batter (if ball 4, award first base) and advancing all runners one base. NOTE: If an illegal pitch hits the batter, the batter is awarded first base and all runners are awarded one base.

#### WARM-UP PITCHES

1. At the beginning of each half inning, or when a pitcher relieves another, not more than one minute may be used to deliver not more than 3 pitches. Play shall be suspended during this time.

#### **RULE 6 – Batting**

##### 4 BALL, 3 STRIKE COUNT

A batter will receive a base on balls on the fourth ball called. A batter will strike out on the third strike, called or swinging and may not advance on a dropped third strike. Any number of foul balls can occur with two strikes on the batter.

##### BUNTING

Bunting will be allowed

##### OUTS

All players will be in the lineup.

Teams will bat until either three outs or six runs, whichever comes first.

##### INFIELD FLY RULE

The rule states that if there are runners on the first and second or first, second and third with less than 2 outs, and the batter hits a fly ball on the infield, the batter is declared out-even if the ball is misplayed. The runner should react as if the ball is caught. The runner must tag up but can choose to advance with the fielder’s touch of the ball. If the fly ball rolls foul prior to first and third base and remains untouched, the infield fly rule is no longer in effect.

#### **RULE 7 – Base running**

Runners may lead off the base on the release of the ball from the pitcher.

Runners may steal all bases but home. Runners may also advance to all bases but home on wild pitches or pass balls.

Sliding is allowed.

Once the pitcher has the ball within the 16' circle, the runner is obligated to move directly toward the next base or the base last touched without any motion or recognition by the pitcher. The runner may not stand motionless, or after returning to the base, may not move off that base even though the pitcher is standing off the pitcher's plate. Failure of the runner to respond as indicated shall cause the umpire to signal the runner out.

**Lineups: For the sake of saving time have an idea of your substitution pattern prior to your game.**

**JEWELRY IS PROHIBITED.**