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## **Age Specific Rules**

### **T-ball Leagues**

#### **4 & 5 year olds**

1. All players bat once every inning. No outs are recorded.
2. On Field Instruction – two coaches from the defensive team may be on the field for the purpose of instructing and assisting their players with field positioning only.
3. Each player will get 5 swings to hit the ball off the tee. If a player does not hit the ball after 5 swings, the player will automatically advance to 1<sup>st</sup> base.
4. All players must play at least one defensive inning in the infield. No player shall play one position twice in any game. Players should rotate through all the positions on the field.
5. Players will only be allowed to advance one base at a time for any hit unless the ball is hit into the outfield. Each player will be allowed a maximum of a double – only on a hit ball, not a fielding error. Infield Hit = Single, Outfield Hit = Double. Once a fielder has control of the ball all play will stop.
6. No plays will be made at home plate. No sliding will be allowed at home plate. The last batter will be allowed to run all bases to home plate where the final play of the ½ inning will be made.

#### **6 year olds – Modified Coach Pitch**

1. All players bat once every inning.
2. On Field Instruction – two coaches from the defensive team may be on the field for the purpose of instructing and assisting their players with field positioning only.
3. All games will be a modified structure where coaches will pitch a maximum of 5 pitches to the batter. The pitching distance will be no less than 15 feet from home plate. The pitching distance can be increased at the discretion of the pitching parent. After 5 pitches, if the ball is not hit and put into play, the batting tee shall be positioned and the batter will hit off the tee. The batter has 3 swings to put the ball in fair play. The ball hit off the tee must travel at least 10 feet. A pitched ball can travel less than 10 feet. There shall be no strikeouts. Pitching will be in an overhand or underhand motion.
4. The number of outs is not recorded. If a player is put out, that player must return to the bench. The base coaches are responsible for making the calls as to a player being safe or out.
5. Players will only be allowed to advance one base at a time for any hit unless the ball is hit into the outfield. Each player will be allowed a maximum of a double – only on a hit ball, not a fielding error. Infield Hit = Single, Outfield Hit = Double. Once a fielder has control of the ball all play will stop.

# T-BALL GAME MATRIX – 2025

Rule	4/5	6 Modified T-Coach Pitch
Base Distance	50'	50'
Pitching Distance	None	15' or more
Type of ball used	Safety 9"	Safety 9"
Type of Pitcher	Batting Tee	Coach/Tee
Innings per game if time doesn't expire first	3	4
No new inning will start after (both teams will bat if an inning starts)	1 hour	1 hour
# of defensive players	10+	10+
# of feet all outfielders must play behind baseline	n/a	n/a
Ball in control rule	No	No
Leadoffs	No	No
Stealing	No	No
Dropped third strike	No	No
Intentional Walks	No	No
In-field fly	No	No
Bunting	No	No
8 run rule in effect until the last inning	No	No
Umpires	None	None

# Baseball Leagues

## **Baseball – Coach Pitch – 7 year olds**

1. An adult will be used to pitch to his/her own team. Pitching will be in an overhand motion.
2. On Field Instruction – two coaches from the defensive team may be on the field for the purpose of instructing their players. Coaches on the field must position themselves in the outfield and may only talk to their own players, may not discuss umpires calls, and must stop talking or giving instruction when the batter for the team on offense gets into the set position and is ready to receive a delivered pitch. Coaches not following the above guidelines will be dismissed to the sidelines.
3. A defensive player will be used to field the pitcher's position when the coach is pitching. Player pitcher must be at or behind the pitching rubber and within 5 feet (on either side) of the coach pitcher at the time of each pitch.
4. One parent from each team will call the game. One parent will count pitches and call (swinging) strikes from behind home plate and the other parent will call the bases, no walks will be awarded.
5. A maximum of seven (7) pitches will be thrown to the batter. The following applies:
  - (a) **Batter will be allowed a maximum of seven pitches to get a hit, regardless of balls and strikes.**
  - (b) A hit batter is not awarded 1<sup>st</sup> base
  - (c) On the seventh pitch, batter is out if there is no swing or if there is a swing and a miss.
  - (d) On the seventh pitch, batter is out if the 7<sup>th</sup> pitch is a foul ball and is caught.
  - (e) On the seventh pitch, batter is not out if the 7<sup>th</sup> pitch is a foul ball and is not caught, in which case the 7<sup>th</sup> pitch is repeated until the batter is either out as stated above or reaches first base by legally hitting the ball.  
**(Maximum of (3) foul balls after the 7<sup>th</sup> pitch, i.e. 10 total pitches)**
  - (f) No walks will be awarded.
6. 3 outs per inning.
7. No advance on an overthrow
8. When the ball is hit into the outfield, runners can advance on the base paths until the ball is thrown back towards the infield by an outfielder. If the runner(s) is half way or more to the next base they will be awarded that base; if not they must go back to previous base.
9. No player may play the same position for more than two innings, and each player eligible to participate in the game shall play an infield position for at least one inning by the end of the 4<sup>th</sup> inning.

## **Baseball – Coach Pitch – 8 year olds**

1. An adult will be used to pitch to his/her own team. Pitching will be in an overhand motion.
2. On Field Instruction – one coach from the defensive team may be on the field for the purpose of instructing their players. Coaches on the field must position themselves in the outfield and may only talk to their own players, may not discuss umpires calls, and must stop talking or giving instruction when the batter for the team on offense gets into the set position and is ready to receive a delivered pitch. Coaches not following the above guidelines will be dismissed to the sidelines.
3. A defensive player will be used to field the pitcher's position when the coach is pitching. Player/pitcher must play at or behind the pitching rubber and within 5 feet (on either side) of the pitching coach at the time of each pitch.
4. One parent from each team will call the game. One parent will count pitches and call (swinging) strikes from behind home plate and the other parent will call the bases, no walks will be awarded.
5. A maximum of seven (7) pitches will be thrown to the batter. The following applies:
  - a) **Batter will be allowed a maximum of seven pitches or three swinging strikes.**
  - b) A hit batter is not awarded 1<sup>st</sup> base
  - c) A foul ball on the 3<sup>rd</sup> strike before the 7<sup>th</sup> pitch is not an out unless caught.
  - d) On the seventh pitch, batter is out if there is no swing or if there is a swing and a miss.
  - e) On the seventh pitch, batter is out if the 7<sup>th</sup> pitch is a foul ball and is caught.
  - f) On the seventh pitch, batter is not out if the 7<sup>th</sup> pitch is a foul ball and is not caught, in which case the 7<sup>th</sup> pitch is repeated until the batter is either out as stated above or reaches first base by legally hitting the ball.  
**(Maximum of (3) foul balls after the 7<sup>th</sup> pitch, i.e. 10 total pitches)**
  - g) No walks will be awarded.
6. 3 outs per inning.
7. No advance on an overthrow
8. When the ball is hit into the outfield, runners can advance on the base paths until the ball is thrown back towards the infield by an outfielder. If the runner(s) is half way or more to the next base they will be awarded that base; if not they must go back to previous base.

9. No player may play the same position for more than two innings, and each player eligible to participate in the game shall play an infield position for at least one inning by the end of the 4<sup>th</sup> inning.

### **Baseball – Modified Kid Pitch – 9 year olds**

1. A pitcher can throw a maximum of 75 pitches per day. Pitching limitations are as follows:
  - a) 1-20 pitches requires no days of rest.
  - b) 21-35 pitches requires 1 day of rest.
  - c) 36-50 pitches requires 2 days of rest.
  - d) 51-65 pitches requires 3 days of rest.
  - e) 66-75 pitches requires 4 days of rest.
2. This league will be Modified Kid Pitch with coach/parent assistance.
  - a) Balls and strikes will be called but no walks will be recorded.
  - b) If the pitcher reaches 4 balls on a batter, the coach of the batting team will come in and pitch up to 3 pitches to the batter. The batter will keep the same strike count and can strike out. If the third pitch by the coach is fouled off, the batter will get another pitch which will be treated as the third pitch. If the batter doesn't swing at the third pitch the batter is automatically out.
  - c) The coach must pitch overhand and be in contact with the pitching rubber. A coach may pitch from one knee as long as he/she remains in contact with the pitching rubber.
  - d) The player/pitcher must play within 5 feet of the pitching coach.
  - e) The umpire will call balls and strikes based on the existing count when the coach comes into pitch. (Coach may strike out a batter but cannot walk a batter).
3. A batter hit by a kid pitcher will be awarded 1<sup>st</sup> base. A batter hit by a coach pitcher will not be awarded 1<sup>st</sup> base.
4. After 3 hit batters, the pitcher will be replaced with another pitcher for the rest of the game. That player can however go play another position in the field.
5. Ball in Control Rule: If the ball is hit into the outfield, the ball in control rule will be utilized once the ball is controlled by a player on the dirt. If the runners are halfway to the next base they will occupy that base, if they are not halfway to the next base they shall return to the base they previously occupied. This is a judgment call by the umpire and cannot be argued. This same rule is applied on overthrows.
6. 3 outs per inning.

### **Baseball – 10 year olds**

1. A pitcher can throw a maximum of 75 pitches per day. Pitching limitations are as follows:
  - a) 1-20 pitches requires no rest.
  - b) 21-35 pitches requires 1 day of rest.
  - c) 36-50 pitches requires 2 days of rest.
  - d) 51-65 pitches requires 3 days of rest.
  - e) 66-75 pitches requires 4 days of rest.
2. After 3 hit batters in any inning, the pitcher will be replaced with another pitcher for the rest of the game. That player can however go play another position in the field.

### **Baseball – 11 year olds**

1. A pitcher can throw a maximum of 85 pitches per day. Pitching limitations are as follows:
  - a) 1-20 pitches requires no rest.
  - b) 21-35 pitches requires 1 day of rest.
  - c) 36-50 pitches requires 2 days of rest.
  - d) 51-65 pitches requires 3 days of rest.
  - e) 66-85 pitches requires 4 days of rest.
2. After 3 hit batters in any inning, the pitcher will be replaced with another pitcher for the rest of the game. That player can however go play another position in the field.

### Baseball – 12 year olds

1. A pitcher can throw a maximum of 85 pitches per day. Pitching limitations are as follows:
  - a) 1-20 pitches requires no rest.
  - b) 21-35 pitches requires 1 day of rest.
  - c) 36-50 pitches requires 2 days of rest.
  - d) 51-65 pitches requires 3 days of rest.
  - e) 66-85 pitches requires 4 days of rest.
2. After 3 hit batters in any inning, the pitcher will be replaced with another pitcher for the rest of the game. That player can however go play another position in the field.

### Baseball – 13/14 year olds

1. A pitcher can throw a maximum of 95 pitches per day. Pitching limitations are as follows:
  - a) 1-20 pitches requires no rest.
  - b) 21-35 pitches requires 1 day of rest.
  - c) 36-50 pitches requires 2 days of rest.
  - d) 51-65 pitches requires 3 days of rest.
  - e) 66-95 pitches requires 4 days of rest.
2. After 3 hit batters in any inning, the pitcher will be replaced with another pitcher for the rest of the game. That player can however go play another position in the field.

<b>AGE</b>	<b>Daily Max Pitches</b>	<b>0 DAYS Rest</b>	<b>1 DAY Rest</b>	<b>2 DAYS Rest</b>	<b>3 DAYS Rest</b>	<b>4 DAYS Rest</b>
9 and 10	75	1 to 20	21 to 35	36 to 50	51 to 65	66 to 75
11 and 12	85	1 to 20	21 to 35	36 to 50	51 to 65	66 to 85
13 and 14	95	1 to 20	21 to 35	36 to 50	51 to 65	66 to 95

\*\*\*Rest days start to be counted the day after the game. For example: if a 9-year-old threw 75 pitches on a Saturday, his 4 rest days would be Sunday, Monday, Tuesday and Wednesday. He could pitch again on Thursday.

**See the Baseball Game Matrix for complete game details**



## BASEBALL GAME MATRIX – 2025

Rule	7	8	9 Mod Kid Pitch	10	11	12	13/14
Base Distance	55'	60'	65'	65'	70'	70'	80'
Pitching Distance	40'	40'	46'	46'	50'	50'	54'
Type of ball used	Safety 9"	9"	9"	9"	9"	9"	9"
Type of Pitcher	Coach	Coach	Modified Kid Pitch	Kid	Kid	Kid	Kid
Innings per game if time doesn't expire first	6	6	6	6	7	7	7
No new inning will start after (the home team will get their last at bats if they are not ahead)	1 hr. 10 min	1 hr. 10 min	1 hr. 20 min	1 hr. 20 min	1 hr. 35 min	1 hr. 35 min	1 hr. 35 min
Maximum # of runs allowed per inning	8	8	8	8	8 (unlimited after 3 innings)	8 (unlimited after 3 innings)	8 (unlimited after 3 innings)
<b>Mercy Run Rule in Effect</b>	No new inning will begin if there is a 20-run lead after 3 innings (The home team will get their last at bats if they are not ahead) No new inning will begin if there is 10 run lead after 4 ½ or 5 innings (The home team will get their last at bats if they are not ahead)						
<b>Complete Game (weather)</b> If after the designated "complete game" time has been reached and the game has been canceled due to weather, the score will revert back to the last complete inning of play. If the game is still tied at the end of regulation time, it will end in a tie.	50 min	50 min	1 hour	1 hour	1 hour 10 min	1 hour 10 min	1 hour 10 min
# of defensive players	10	9	9	9	9	9	9
# of feet all outfielders must play behind baseline	15	15	30	NA	NA	NA	NA
<b>Ball in control/overthrow rule</b>	No advance on an overthrow		See below	NA	NA	NA	NA
<b>Leadoffs</b>	No	No	No	No	No	Yes w/balk	Yes w/balk
<b>Stealing</b>	No	No	No	Yes*!	Yes*!	Yes**!	Yes***!
<b>Advance on a Passed Ball/Wild Pitch</b>	No	No	No	Yes	Yes	Yes	Yes
<b>Stealing home</b>	No	No	No	Yes	Yes	Yes	Yes
<b>Intentional Walks</b>	No	No	No	No	No	Yes	Yes
<b>Dropped third strike</b>	No	No	No	No	Yes	Yes	Yes
<b>In-field fly (within dirt infield)</b>	No	No	No	Yes	Yes	Yes	Yes
<b>Bunting</b>	No	No	Yes	Yes	Yes	Yes	Yes
<b>Umpires</b>	Parents/Coaches	Parents/Coaches	Yes	Yes	Yes	Yes	Yes
<b># scheduled of umpires</b>	2 (Parents/Coaches)	2 (Parents/Coaches)	1	1/2	1/2	1/2	1/2
<b>League Standings &amp; Score will be kept</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes

\*Steal when the ball crosses the plate.

\*\*Steal when the ball leaves the pitcher's hand.

\*\*\*Steal on first movement.

! – For stealing early violations, there will be one warning given per game. If a second violation occurs, an out will be called.

**Age 9 ball in control rule** - If the ball is hit into the outfield, the ball in control rule will be utilized once the ball is controlled by a player on the dirt.

If runners are halfway to the next base they will occupy that base, if they are not halfway to the next base they shall return to the base they previously occupied.

This is a judgment call by the umpire and cannot be argued. Same rule applies on overthrows.

# Girls Softball Leagues

## Girls Softball – 7 & 8 year olds

1. An adult will be used to pitch to his/her own team. Pitching will be in an underhand motion.
2. On Field Instruction – Two coaches from the defensive team may be on the field for the purpose of instructing their players. Coaches on the field must position themselves in the outfield and may only talk to their own players, may not discuss umpires calls, and must stop talking or giving instruction when the batter for the team on offense gets into the set position and ready to receive a delivered pitch. Coaches not following the above guidelines will be dismissed to the sidelines.
3. A defensive player will be used to field the pitcher's position when the coach is pitching.
4. One parent from each team will call the game. One parent will count pitches and call strikes from behind home plate and the other parent will call the bases, no walks will be awarded.
5. A maximum of seven (7) pitches will be thrown to the batter. The following applies:
  - a) **Batter will be allowed seven pitches to get a hit, regardless of strikes or balls.**
  - b) On the seventh pitch, batter is out if there is no swing or if there is a swing and a miss.
  - c) On the seventh pitch, batter is out if the 7<sup>th</sup> pitch is a foul ball and is caught.
  - d) On the seventh pitch, batter is not out if the 7<sup>th</sup> pitch is a foul ball and is not caught, in which case the 7<sup>th</sup> pitch is repeated until the batter is either out as stated above or reaches first base by legally hitting the ball. **(Maximum of (3) foul balls after the 7<sup>th</sup> pitch, i.e. 10 total pitches)**
  - e) No walks will be awarded.
  - f) 3 outs per inning.
6. No advance on an overthrow
7. When the ball is hit into the outfield, runners can advance on the base paths until the ball is thrown back towards the infield by an outfielder. If the runner(s) is half way or more to the next base they will be awarded that base; if not they must go back to previous base.
8. No player may play the same position for more than two innings, and each player eligible to participate in the game shall play an infield position for at least one inning by the end of the 4<sup>th</sup> inning.

## Girls Softball – 9 & 10 year olds

1. A pitcher can be used a maximum of 4 innings per game. Pitching limitations are as follows:
  - a) A maximum of (6) innings per week.
  - b) A maximum of (4) innings per game.
  - c) Three (3) innings in any game will require one (1) calendar day's rest.
2. This league will be Modified Kid Pitch with coach/parent assistance.
  - a) Balls and strikes will be called but no walks will be recorded.
  - b) If the (kid) pitcher reaches 4 balls on a batter, the coach of the batting team will come in and pitch up to 3 pitches to the batter. The batter will keep the same strike count and can strike out. If the third pitch by the coach is fouled off, the batter will get another pitch which will be treated as the third pitch. If the batter doesn't swing at the third pitch the batter is automatically out.
  - c) The coach must pitch underhand and be in contact with the pitching rubber. A coach may pitch from one knee as long as he/she remains in contact with the pitching rubber.
  - d) The player/pitcher must play within 5 feet of the pitching coach.
  - e) The umpire will call balls and strikes based on the existing count when the coach comes into pitch. (Coach may strike out a batter but cannot walk a batter).
3. A batter hit by a kid pitcher will be awarded 1<sup>st</sup> base. A batter hit by a coach pitcher will not be awarded 1<sup>st</sup> base.
4. After 3 hit batters, the pitcher will be replaced with another pitcher for the rest of the game. That player can however go play another position in the field.
5. Ball in Control Rule: If the ball is hit into the outfield, the ball in control rule will be utilized once the ball is controlled by a player on the dirt. If the runners are halfway to the next base they will occupy that base, if they are not halfway to the next base they shall return to the base they previously occupied. This is a judgment call by the umpire and cannot be argued.
6. 3 outs per inning.

## **Girls Softball – 11, 12 & 13/14 year olds**

1. A pitcher can be used a maximum of 6 innings per game. Pitching limitations are as follows:
  - a) A maximum of (8) innings per week.
  - b) A maximum of (6) innings per game.
  - c) Four (4) or more innings in any game will require one-calendar day's rest.
  - d) One pitch constitutes an inning.
2. After 3 hit batters, the pitcher will be replaced with another pitcher for the rest of the game. That player can however go play another position in the field.

**See the Softball Game Matrix for complete game details**

### ***PITCHING RULES***

The pitcher may use a windmill or slingshot motion.

HRMD will allow for the pitcher to either take a backwards step, or have her stride foot behind the pitching rubber when she starts...it does not have to be touching the rubber.

Prior to the pitch, the pitcher shall take a position with: (1) the pivot foot on or partially on the surface of the pitcher's plate; (2) the non pivot foot in contact with, or behind the pitcher's plate. Both feet must be on the ground within or partially within the 24 – inch length of the pitcher's plate.

For more information on specific pitching rules, please click or go to the National Federation of State High School Association's link below.

<http://www.nfhs.org>

## SOFTBALL GAME MATRIX - 2025

Rule	7/8	9/10	11/12	13/14
<b>Base Distance</b>	50'	55'	60'	60'
<b>Pitching Distance</b>	35'	35'	40'	40'
<b>Type of ball used</b>	Safety 11"	11"	12"	12"
<b>Type of Pitcher</b>	Coach Pitch	Modified Kid Pitch	Kid	Kid
<b>Innings per game if time doesn't expire first</b>	6	6	7	7
<b>No new inning will start after (the home team will get their last at bats if they are not ahead)</b>	1 hr. 10 min.	1 hr. 20 min.	1 hr. 35 min.	1 hr. 35 min.
<b>Maximum # of runs allowed per inning</b>	8	8	8 (unlimited after 3 innings)	8 (unlimited after 3 innings)
<b>Mercy Run Rule in Effect</b>	No new inning will begin if there is a 20-run lead after 3 innings (The home team will get their last at bats if they are not ahead) No new inning will begin if there is 10 run lead after 4 ½ or 5 innings (The home team will get their last at bats if they are not ahead)			
<b>Complete Game (weather)</b> If after the designated "complete game" time has been reached and the game has been canceled due to weather, the score will revert back to the last complete inning of play. If the game is still tied at the end of regulation time, it will end in a tie.	50 min	1 hour	1 hr. 10 min.	1 hour 10 min.
<b># of defensive players</b>	10	9	9	9
<b># of feet all outfielders must play behind baseline</b>	15	15	NA	NA
<b>Ball in control/overthrow rule</b>	No advance on an overthrow	See Rule Below	NA	NA
<b>Leadoffs</b>	No	No	When ball leaves pitcher's hand	When ball leaves pitcher's hand
<b>Stealing</b>	No	No	Yes* 2 <sup>nd</sup> base only**	Yes*
<b>Advance on a Passed Ball/Wild Pitch</b>	No	No	Yes 2 <sup>nd</sup> base only**	Yes
<b>Stealing home</b>	No	No	No	Yes
<b>Intentional Walks</b>	No	No	Yes	Yes
<b>Dropped third strike</b>	No	No	No	Yes
<b>In-field fly</b>	No	No	Yes	Yes
<b>Bunting</b>	No	Yes	Yes	Yes
<b>Umpires</b>	Parents/Coaches	Yes	Yes	Yes
<b># of scheduled umpires</b>	2 (Parents/Coaches)	1	1/2	1/2
<b>League Standings &amp; Score will be kept</b>	Yes	Yes	Yes	Yes

\* For stealing early violations, there will be one warning given per game. If a second violation occurs, an out will be called.

\*\*Runners cannot advance to 3<sup>rd</sup> base on errant throw from catcher to 2<sup>nd</sup> base. 2<sup>nd</sup> base is furthest a runner can advance without the ball being batted.

**Age 9 and 10 Ball in Control Rule** - If the ball is hit into the outfield, the ball in control rule will be utilized once the ball is controlled by a player on the dirt. If runners are halfway to the next base they will occupy that base, if they are not halfway to the next base they shall return to the base they previously occupied. This is a judgment call by the umpire and cannot be argued. Same rule applies on overthrows.