

NBASA GIRLS SOFTBALL RULES
ROOKIES (7-8 YEARS OLD)

*All cities participating in LCGSA (Lincoln County Girls Softball Association) will follow the County League Rules set forth below:

- 1) CONDUCT: Most importantly, the coach should try and remember that their job is to teach the kids softball skills, to help them enjoy the game, and to foster good sportsmanship. They should set good examples for the kids, stay under control, and provide a safe environment in which to play the game of softball. This is for the kids, not the coaches. ABSOLUTELY NO FOUL LANGUAGE, ALCOHOL, or SMOKING during games.

- 2) OFFICIAL RULE BOOK: OSAA, and therefore NFHS (National Federation of High School)
 - a) Rules will apply. Listed below are any exceptions to and/or reminders regarding these rules.

- 3) GAMES: Games shall start on time, with warm-ups to take place before this time.

- 4) HOME TEAM: The home team shall be denoted on the schedule provided at the beginning of the season. The home team shall provide the game balls, umpires, and the official scorebook.

- 5) No new innings are to start after 1 hour and 30 minutes, the time limit for a game.

- 6) 3 innings will be considered a complete game if the time limit has expired. If any team is behind by ten or more runs at the end of the 4th inning the game is over.

- 7) A half inning is complete when there are 3 outs, or at the time 5 runs are scored. No more than 5 runs can be scored per team per inning .

- 8) Games will be no more than 5 innings in length. If it is a tie game at the end of the 5th, the game will be declared a tie, and neither team will be awarded a win.

- 9) All equipment must be softball approved.
- 10) It is the coaches responsibility to within (3) minutes of the end of an inning or half inning, have defensive or offensive players in position and ready to play ball. Failure to do so can result, at the umpire's discretion, in the following consequences:
- a) Defense not ready: Batter up will be called by the umpire. After 20 seconds, and every 20 seconds thereafter, a ball will be awarded to the batter.
 - b) Offensive not ready: Batter will be called by the umpire. After 20 seconds, and every 20 seconds thereafter, a strike will be called on the batter.
- 11) HELMETS: Helmets must be equipped with proper faceguards. The faceguard must bear the NOCSAE approved designation. Helmets are to be worn by offensive players at all times inside the playing area. A team will be given one warning for failure to comply; they will incur an out for each subsequent incident. A helmet falling off is not considered as "not wearing" a helmet, and will not count. Players not batting, on deck, or in the field defensively, should be inside the dugout area for their safety.
- 12) Teams will bat their entire line up and each player must play a minimum of 1 inning in infield and outfield within the first Three innings.
- 13) For LCGSA purposes, we will play with a minimum of 8 players and a maximum of 10 players on the field for defense (possible 4 outfielders).
- 14) Coach for the hitting team will pitch to their team. Batters will receive Five hittable pitches per at bat. After Three swing attempts are made the batter is out. Foul ball on strike Three will count as a foul and the batter will receive another pitch.
- 15) Rubber cleats or tennis-type shoes must be worn. NO METAL CLEATS WILL BE ALLOWED.
- 16) Games are cancelled only for reasons beyond control or due to weather. Cancellations for non emergency reasons may be deemed a forfeit by the voting board. When it is necessary to justifiably cancel a game, it is the responsibility of the home team to notify the visiting team as soon as it is known the game needs to be re-scheduled. The NBSA Director of Softball must

also be notified. Make-ups must be initiated by the home team within two weeks. Failing to reschedule will result in forfeiture of the game by the home team.

17)The pitching rubber will be placed 25-30 feet from home plate. Bases will be 60 feet. An 11" approved softball will be used.

18)NBSA Stealing Rules:

a) No Stealing will be allowed. Base advancement is only allowed from a live batted ball or one base on an overthrow.

b) **RUNNERS ON THIRD BASE WILL ONLY BE ABLE TO ADVANCE TO HOME ON A BATTED BALL OR HIT-BY-PITCH WHICH FORCES A RUN IN (BASES LOADED SITUATION).**

20)Coach will pitch all balls underhand from a distance of 25-30 feet.

21)Either windmill or slingshot pitching styles may be used by pitchers.

22)Players in the game are prohibited from wearing jewelry such as rings, watches, earrings, bracelets, necklaces (including cloth or string types) or other hard cosmetic or decorative items. Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible. (PER NFHS RULE BOOK)

23)New rules must be approved at a regular meeting of the LCGSA.

Rules adapted 2/10/2023