

NBASA GIRLS 10U SOFTBALL RULES

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 remember that their job is to teach the girls softball skills and promote enjoyment of the game. Coaches should be good examples of sportsmanship. A coach should have knowledge of the game of softball. They should set good examples for the players. Coaches must demonstrate respect towards players, opposing players and coaches, umpires and parents. A coach is required to provide a safe environment in which to play and practice. When in the presence of participants a coach should never use foul language or tobacco or use/be under the influence of alcohol or illegal drugs.

2) OFFICIAL RULE BOOK: NFHS (National Federation of High Schools) are in effect except as follows:

- a) GAMES: Games shall start on time according to the released schedule. Warm-ups should take place before this time.
 - i) The home team shall be denoted on the schedule provided at the beginning of the season. The home team shall provide a minimum of 2 the game balls, umpires, plus, the home team's scorebook shall be deemed the official scorebook.
 - ii) No new inning will start after 1 hour and 40 minutes.
 - iii) five innings will be considered a complete game if the time limit has not expired. iv) A half inning ends 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 .
 - v) If it is a tie game at the end of the fifth inning and the time limit has expired the game will be declared a tie. If the time limit has not expired, extra innings may be played until the time limit has been reached.
 - vi) After completion of a half inning or inning play should resume within three minutes. Pitchers are allowed five warm-up pitches as long as the three minute deadline has not been reached.
 - vii) Teams must bat their entire line up. Within the first three innings, each player must play at least one inning in the infield and one inning in the outfield.
Exception: players who have caught or pitched two innings within the first three innings of play are not required to play in the outfield, but must defensively "sit out" (not play) one inning within the first three innings played.
 - viii) A team may not "sit out" (not play) a player for 2 consecutive innings except for injury, player request, or disciplinary reason (previously discussed with player and family).
 - ix) A pitcher can pitch a maximum of three innings in a game.

- x) To start a game, a minimum of eight players are required. A team may play a maximum of ten defensive players.
- xi) No more than six players may be positioned in the infield. Outfielders must remain 10' behind the bases until the ball is hit or a play is made on a base path.
- xii) Other than the catcher no defensive player may start closer to home plate than the pitcher.
- xiii) Infield fly rule is not in effect.
- xiv) Games are canceled only for weather and reasons beyond control of a coach or team (life happens). Cancellations for non-emergency reasons may be deemed a forfeit by the NBSA Director of Softball. When it is necessary to cancel a game it is the responsibility of the home team to notify the visiting team's head coach and the Director of Softball. Make-ups must be initiated by the home team by the end of regular season play. Both teams must mutually agree on the new date and time.
- xv) Ten and under pitching distance 35 feet. Eight and under pitching distance 30 feet. (Pitching distance is measured from the point of home plate to the front of the pitching rubber.)

3) PITCHING:

- a) Player-pitching only with a distance of 35' from the apex of home plate.

4) BASE RUNNING

- a) Players may advance one base only, at their own risk with a steal or on a passed ball/wild pitch.
 - i) On an overthrow in which the ball remains in play, a runner may continue to advance to additional bases until they reach third base or the ball is in the circle.
- b) Players may not advance from third to home with a steal or on a passed ball/wild pitch.
 - i) Players may advance after pitchers release.
 - ii) During a pitch, players that leave a base before the ball leaves a pitcher's hand should be called out. (in other words players can't lead off before the pitch is thrown)
- c) Players can only advance to home as a result of a batted ball or a play made on the runner, no stealing home on a passed ball or wild pitch.
- d) A dropped third strike by the catcher will be recorded as a strikeout.

5) EQUIPMENT

- a) All games will be played with a 11" softball.
- b) Batting helmets shall include a full face mask.
 - i) NBSA Rule- Provided by the player
- c) Metal cleats are not allowed.
 - i) Players may use rubber cleats, soccer style shoes, sneakers etc.
- d) Bats must be labeled "softball" not "baseball".

Rules originally adopted January 7, 1996

Revised April 4, 2002

Revised by Gene Hogan(Newport) & Leroy Tharp(Toledo/Siletz) March, 2006.

Revised by Lance Johnson & Gene Hogan and adopted by NBSA, February 11, 2010.

Revised by Lance Johnson & Robert Smith March 2016

Revised by Wayne Spencer and Brooke Klaudt January 2023