

# SOFTBALL

## 1. NFHS RULES APPLY UNLESS NOTED BELOW

1. Game length is 6 innings. No new inning can start after 90 minutes with the exception for playoff games. There is no time limit for playoff games.
2. A team cannot score more than 5 runs in any of the first 5 innings. The last inning is unlimited scoring.
3. The umpire shall limit the starting pitcher 3-5 warm-up pitches between innings.
4. Pitching Modifications: The pitching motion is under handed toss. The pitcher shall start with one or both feet on the pitching rubber. The pitch motion allows for a  $\frac{3}{4}$  height windup and release. The ball must be released only in an under handed fashion.



5. Bases shall be 60 feet apart and pitching plate shall be 40 feet from the back point of home plate. Each field will have a legal size pitching rubber, fastened to the ground.
6. There is NO bunting, leading off or stealing. The base runner can leave contact of the base once the batter hits the ball.
7. With 2-outs, the batting team must pinch run for their catchers in order to speed up play. (This is a free substitution)
8. A team may start with 10 players in the field. The ball must be NFHS approved softball.
9. All playoff softball games must have 2 umpires.