

# **5/6u Girls Softball Rules**

## **BASICS**

- The games will be based on an instructional platform, where proper batting, running, fielding, and throwing techniques will be taught and reinforced throughout the game.
- Games consist of 3-4 innings.
- Bases are 60 feet apart.
- 10-inch (hard/soft) softballs are used.
- All players must wear a facemask

## **BATTING**

- First Inning
  - 5 hits off the tee for each batter.
    - During this time defense can shift players around to try to get them all involved
  - 6th hit, ball is live and batter runs
- Second & Third Inning
  - Coach Pitch - 5 pitches per batter.
  - Any ball hit in play is live.
  - If the batter doesn't put the ball in play after 5 pitches, we go to the tee.
- Universal Batting – everyone bats. The inning is over after every player takes a turn at bat. Last batter of the inning hits a “home-run.”
- No bunting

## **PITCHING / DEFENSE**

- Coach-Pitch format
- Pitching mound is 30 feet away from the back of home plate.
  - This is something to work toward for the older girls moving up to 7/8U and for the girls' hitting capability.
- All players will play in the field with the intent to spread out the players resembling a typical defense alignment. Rotate positions each inning.

## **BASERUNNING**

- No stealing, leading, tagging up
- No infield fly rule
- No advancing on overthrows

- Base to base, regardless of where the ball gets hit
- If a defensive player makes an out, remove the runner that is out and have her join in celebrating the nice defensive play.. (everyone is still going to bat)

### **COACHES**

- The batting team coach should stand behind the pitcher to expedite pace of play.
- The defensive team's coach should stand behind the plate. This will increase the pace of play by limiting catcher movement and making throws back to the mound more efficient. Both coaches should keep an extra game ball or two handy to further expedite.
- There should be a defensive team coach on each side of the field, located in the outfield a reasonable distance away from the hitting team's base coaches.

### **EQUIPMENT NEEDED**

- Every player needs a facemask for playing in the field.
- Every helmet should have a face guard on it as well.
- Cleats