



City of Council Bluffs Fast Pitch Rule Book
Last Updated (formatting) June 2019

GIRLS FAST PITCH RULE BOOK

*****RULES OF CONDUCT – For Players, Parents, Spectators, Coaches, and Umpires:**

All participants in Parks and Recreation programs, including players, parents, spectators, coaches, and umpires, will treat each other with courtesy and respect at all times.

Unsportsmanlike behavior, including (but not limited to) vulgar language, derogatory comments, threatening words or actions, or physical violence of any kind will not be tolerated.

Disciplinary action can and will be taken, if warranted.

Supervisors have the right to eject players, parents, spectators or coaches from the game or game area. If more severe sanctions are recommended, the Parks and Recreation's policies will be followed (copies of this policy are available upon request).

GENERAL RULES: All Leagues

1. There is no stealing.
2. There is no bunting.
3. Each offensive player is out if tagged or caught out, and must return to the bench.
4. Base runners should not advance to an extra base once an infielder or pitcher has the ball in their control. On over throws base runners can advance one base only.

UNIFORMS AND SPONSORSHIPS

- Uniforms are not required but matching T-shirts and caps are recommended. Parks & Recreation t-shirts that are used for tee ball, and K-3rd flag football, basketball, and indoor soccer leagues may be purchased for your team if you so desire. They will be sold only at the Parks & Recreation office for \$5/shirt.
- Sponsorships are allowed BUT no "adult business" sponsorships (i.e. bars).

AWARDS

- All players will receive a participation award from the Parks and Recreation Department at the end of the season.

I. Mustang Division: 9 & 10 Year Old Girls

1. The emphasis will be on increasing the player's basic skills and understanding of the game, with the introduction of player pitching, limited base stealing, etc.
2. This division consist of 9 & 10 year old girls. League age is that age attained by a player on December 31st of the previous year. Team members cannot play for more then 1 (one) program at a time (i.e: if they play on a team in the *River Cities League*, then they cannot play for any other softball league / team).
3. Bases will be 50 feet apart. A double 1st base shall be used. Applicable rules, as written in Official PONY Softball Rules, shall be enforced.
4. The pitching rubber will be 35 feet from home plate. A coach has the option of moving his pitcher to a minimum of 30 feet if his pitcher is struggling to get the ball across the plate in the air. The pitcher shall have her pivot foot in contact with the pitcher's plate and her non-pivot foot on or behind the pitcher's plate. Applicable rules, as written in Official PONY Softball Rules, shall be enforced.

5. Pitchers are limited to 2 innings per game. Games will be played with an (eleven) 11-inch COR 47 ball.
6. Games will be 6 innings, with no new inning beginning after 1 1/2 hour (90 minutes).
7. Each team will field 10 defensive players. This will include four players positioned in the outfield or 3 outfielders and a short fielder (rover). "Free Substitution" on defense -including the pitcher. There will be no penalty for playing with less than 10 players (i.e. no automatic outs or forfeit because of lack of players).
8. Every player will be listed on the lineup for batting (batting order will not change). One-half inning will consist of 3 defensive outs or 5 offensive runs – whichever is achieved FIRST. If any batter has a ball count of 4, her coach will pitch to her (**the umpire will continue to call balls & strikes**). She will retain her strike count and will remain at the plate until she strikes out or she hits (**no walks**). On the 10th batter, the ball becomes dead, runners may not advance and the half-inning is over when: A) the third out is made or B) the batter strikes out or C) the pitcher receives the ball within the vicinity of the mound after a play has been made.
9. Between the half-innings, you will have 3 minutes to A) position your defensive players on the playing field and B) have the (correct) lead-off batter in the batter's box. Failure to have your team ready (to begin a new half-inning) in 3 minutes will result in the umpire calling balls & strikes (whether you are ready or not) at that 3 minute mark.
10. Base stealing is only allowed at 2nd & 3rd base. The runner shall not leave the base until the ball leaves the pitcher's hand. A runner leaving the base early shall be called out. **HOME PLATE IS CLOSED Stealing of home is not permitted.**
11. It is mandatory for batters, including on-deck batters, and base runners to wear a batting helmet with protective ear guards and chin straps.
12. Catchers must wear full protective gear. To include helmet with facemask & throat protector, shin guards and chest protector.
13. Only rubber cleats are allowed – they must be permanently attached (can not be the screw-in type).
14. The dropped-third-strike is **not** in effect (the batter is out).
15. Bunting is **not** allowed and the infield fly rule will **not** be in effect.
16. One base advance on any overthrow at any base. No ten or fifteen run rules apply.
17. Any player throwing a bat will be warned one time and will be called out if it happens again.

II. Bronco Division: 11 & 12 Year Old Girls

1. In this age group players are introduced to more of the game of softball, and have less restrictions than those placed on the younger age groups.
2. This division consist of 11 & 12 year old girls. League age is that age attained by a player on December 31st of the previous year. Team members cannot play for more then 1 (one) program at a time (i.e: if they play on a team in the *River Cities League*, then they cannot play for any other softball league / team).
3. Bases will be 60 feet apart. A double 1st base shall be used and applicable rules, as written in Official PONY Softball Rules, shall be enforced.

4. The pitching rubber will be 40 feet from home plate. A coach has the option of moving his pitcher to a minimum of 35 feet if his pitcher is struggling to get the ball across the plate in the air. The pitcher shall have her pivot foot in contact with the pitcher's plate and her non-pivot foot on or behind the pitcher's plate. Applicable rules, as written in Official PONY Softball Rules, shall be enforced. Pitchers are allowed to pitch no more than 3 innings per game. Games will be played with a (twelve) 12-inch COR 47 ball.
5. Games will be 7 innings, with no new inning beginning after 1 1/2 hour (90 minutes). League games can end in a tie.

6. Each team will use 10 defensive players. Four players will be positioned in the outfield or 3 outfielders and a short fielder (rover). "Free Substitution" on defense, including the pitcher. There will be no penalty for playing with less than 10 players (i.e. no automatic outs or forfeit because of lack of players).
7. Every player will be listed on the lineup for batting (batting order will not change). One-half inning will consist of 3 defensive outs, 5 offensive runs, or a team bats 10 batters – whichever is achieved FIRST. On the tenth batter the inning will end when the batter is put out a base or the ball reaches the infield and time out is called.
8. It is mandatory for batters, including on-deck batters, and base runners to wear a batting helmet with protective ear guards, face masks are recommended but not required.
9. Catchers must wear full protective gear. To include helmet with facemask & throat protector, shin guards and chest protector.
10. Only rubber cleats are allowed – they must be permanently attached (cannot be the screw-in type).
11. The dropped-third-strike is in effect, as written in PONY Softball rules.
12. Base stealing is only allowed at 2nd & 3rd base. The runner shall not leave the base until the ball leaves the pitcher's hand. A runner leaving the base early shall be called out. Stealing of home is not permitted. There must be a play in progress for a runner on third to try to advance home – this includes making a play on a runner stealing 2nd base. A runner may round third in an attempt to create a play. Stealing of home on passed balls is not allowed. The judgment of the umpire will determine if a play is in progress and if a runner must return to 3rd base.
13. Any player throwing a bat will be warned one time and will be called out if it should happen again.
14. Batters are allowed to bunt pitches. A bunted foul ball with 2 strikes is an out.
15. The ten-run rule will apply: if a team is winning by 10 runs or more after 5 full innings (4 ½ if the home team is ahead by 10 or more runs) the team with the lead will be declared the winner.
16. In order to prevent injuries, base runners must avoid contact if they are not sliding. They may be called out for failing to do so.
17. With the exception of the rules listed above, all other official PONY Softball Rules for Bronco Division will apply.

III. Pony Division: 13, 14 & 15 Year Old Girls

1. In this age group players are introduced to the full game of softball, without many of the restrictions placed on the younger age groups.
2. This division consist of 13, 14 & 15 year old girls. League age is that age attained by a player on December 31st of the previous year. **Fifteen year olds are not allowed to pitch in this age bracket.** –Players in this division will be allowed to play for their high school softball team and a Park & Rec team. Both coaches will do their best to ensure that games in either division take priority over practices and work to create schedules that do not overlap.
3. Bases will be 60 feet apart. A double 1st base shall be used and applicable rules, as written in Official PONY Softball Rules, shall be enforced.
4. The pitching rubber will be 40 feet from home plate. The pitcher shall have her pivot foot in contact with the pitcher’s plate and her non-pivot foot on or behind the pitcher’s plate. Applicable rules, as written in Official PONY Softball Rules, shall be enforced. Pitchers are allowed to pitch in no more than 3 innings per game. Games will be played with a (twelve) 12-inch ball.
5. Games will be 7 innings, with no new inning beginning after 1 1/2 hour (90 minutes).
6. Each team will use 9 defensive players. “Free Substitution” on defense. There will be no penalty for playing with less than 9 players (i.e. no automatic outs or forfeit for lack of players).
7. Every player will be listed on the lineup for batting (batting order will not change.
8. It is mandatory for batters, including on-deck batters, and base runners to wear a batting helmet with protective ear guards and chin straps.
9. Catchers must wear full protective gear. To include helmet with facemask & throat protector, shin guards and chest protector.
10. Only rubber cleats are allowed – they must be permanently attached (cannot be the screw-in type).
11. The dropped-third-strike is in effect, as written in PONY Softball rules.
12. Base stealing is allowed, as written in PONY Softball rules.
13. The ten-run rule will apply: if a team is winning by 10 runs or more after 5 full innings (4 ½ if the home team is ahead by 10 or more runs) the team with the lead will be declared the winner. The fifteen-run rule will apply: if a team is winning by 15 runs or more after 3 full innings (2 ½ if the home team is ahead by 15 or more runs) the team with the lead will be declared the winner.
14. In order to prevent injuries, base runners must avoid contact if they are not sliding. They may be called out for failing to do so.
15. With the exception of the rules listed above, all other official PONY Softball Rules will apply.

16. Coaches “pitch” to the batter by holding the ball in the air to show it to the batter and then placing it in the machine.
17. Coaches will umpire the games.

***Parks and Recreation Youth Sports
Roster***

League: _____ Team Name: _____

Coach: _____ Asst. Coach: _____

Address: _____ Address: _____

Home Phone: _____ Wk Ph: _____ Home Phone: _____ Wk. Ph: _____

Email: _____ Email: _____

Signature: _____ Signature: _____

<u>Player's Name</u>	<u>Address</u>	<u>Phone</u>	<u>Birth Date</u>	<u>Age</u>
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14. _____

15. _____

Council Bluffs Youth Sports

COACH'S PLEDGE

1. I will, at all times, make the physical, mental and emotional health of my players my top priority.
2. I will emphasize helping my players grow and develop as people more than winning.
3. I will recognize the individual needs and talents of each of my players.
4. I will be respectful at all times in my dealings with players, parents, spectators, and officials.
5. I will strive to make fun and learning the primary goals for my team.
6. I will abide by all safety considerations, including equipment, facilities, and weather conditions.
7. I will abstain from using profane language in front of my players.
8. I will abstain from using alcohol, tobacco products, or any kind of controlled substances around my players.
9. I will communicate all information about the team to my parents in a timely fashion, including my coaching philosophy, practice times and locations, game times and locations, rainout information, and any other relevant details.
10. I will be a positive role model for all aspects of the game.
11. I will follow all local, state, and association rules for my sport.

Team Name: _____

League: _____

SIGNATURE

DATE