



# NATIONAL YOUTH SPORTS RULES SOFTBALL: 7 & 9-YEAR-OLDS

*Applies to both practices and games.*

---

## ATTIRE

1. NYS jersey or approved uniform and hat must be worn during the game. No exceptions!
2. No metal cleats, open-toed shoes, or jewelry allowed.

## FIELD

3. Bases are approximately 60 feet apart.
4. Pitchers must pitch from the pitcher mound.
5. Pitcher mound should be approximately 30 feet, depending on field size, from the home plate.
6. The 8 foot circle rule applies
7. On deck batter must stay in the on deck area.
8. All players on the batting team must stay in the dugout.
9. Adults must be the first and third base coaches.
10. All team members must be on the batting lineup.

## TEAM

11. Players must be listed on the official season roster to be eligible to play.
12. Ten players are allowed to play on defense.
13. Team may play with four outfielders.
14. The home team is listed first on the schedule and will occupy the third base dugout.
15. Courtesy runners are allowed for pitcher or catcher positions at any time, but the runner must be the player that made the last out.

## GAMEPLAY

16. Only Little League approved bats may be used.
17. 11in ball will be used.
18. Games are 1 hour and 40 minutes, or 5 innings, whichever is completed first.
19. A new inning will not be started after 1 hour and 25 minutes.
20. No team may intentionally delay the game.
21. No team may increase their lead by more than 5 runs after the first inning. **See 5-Run Rule\***
22. Balls will not be called.
23. No extra innings in case of a tie.
24. No forfeits!

## GAMEPLAY: BATTING

25. The batting lineup must be followed in continuous order throughout the game.
26. The batter may not attempt to advance to first base on a dropped third strike.
27. Teams may only bat through their line-up once per inning, except to equal the opposing teams batting line-up. **See 5-Run Rule\***  
*For example, if "Team A" has 12 players and "Team B" has 10 players, then "Team B" may bat 12 players in a row as long as they do not increase their lead by more than 5 runs or get 3 outs.*



# NATIONAL YOUTH SPORTS RULES SOFTBALL: 7 & 9-YEAR-OLDS

*Applies to both practices and games.*

---

## **GAMEPLAY: BASE RUNNING**

28. No stealing.
29. No leading off any base.
30. The base runner may not leave the base until the pitched ball crosses home plate.
31. If a player leaves early and is thrown out, she is out. If she is safe, she must return to the previous base. The second offense by the same player in the same inning will result in an automatic out.
32. If the ball is hit, the defensive team has the option of the result of the play or a dead ball and the runner returns to the base and the hitter hits again.
33. Sliding is allowed.
34. It is the base runner's responsibility to avoid contact with the fielder with the ball.
35. Slide or avoid is in effect at all times when the fielder is in possession of the ball.
36. Intentionally running into a fielder, including the catcher, who has possession of the ball will result in ejection from the game.
37. A base runner may advance one base on a wild pitch or passed ball.
38. Stealing home is not allowed. Home plate is dead.
39. The base runner may not steal home plate on any play between the pitcher and the catcher, including a passed ball or wild pitch.
40. Runner on third base must be forced home by a walk, hit by pitch, or advance on a hit ball.
41. Runners may advance only one base on an overthrow.  
*For example, the runner gets the base they are advancing to, plus they can try for the next base at their own risk.*
42. If a play is made on an advancing runner after the overthrow and another overthrow occurs, the runner may again try to advance to the next base at his own risk.
43. If a play is not made on the advancing runner after the overthrow, the runner must stop after one base.

## **GAMEPLAY: 5-RUN RULE**

**When participating in an NYS Baseball or Softball event, there are 3 ways to end an "at bat":**

44. Increase a lead by five runs. This does not apply in the first inning.
45. Bat through your entire line-up once. Remember that a team may equal the same number of batters as the opposing team.
46. Three outs.

**Whichever of the above events happens first in a given half inning concludes that half inning immediately.**