

Lacey Girls Softball League

PO Box 420, Forked River, 08731

LaceyGirlsSoftball@gmail.com

Like Us on FaceBook



General Rules & Regulations ~ 2026 Season

It is the intent of the LGSL to follow the most current edition of the "Official U.S.A. Softball Rules" for the T-Ball (6u), 8u, 10u, 12u/14u divisions. The rule modifications listed within this document are the **only exceptions**.

1. Season runs: Opening Day, April 18, 2026 (No Rain Date)
Closing Day: June 13, 2026 (Rain Date: Sunday, June 14, 2026)
2. The **umpire/umpires** on the field of play are the final authority on all USA rule interpretations. Any protests to USA rule interpretation will be made to the umpire/umpires on the field of play and their decision is final. Any interpretation protests to the LGSL rules will be made first to the umpire, then in accordance with USA rules however, you may make the protest to your Board of Directors.

The umpires are the final authority on all judgment calls; their decision on the field is final and cannot be protested.

The decisions of the umpires are to be upheld by everyone at ALL times. Questioning a rule interpretation is permissible by Manager only

3. Any **litter** left on fields or dugouts is the responsibility of those teams playing on the field that day. **Please clean up!**
4. **The pitching style** for the league is fastpitch. One foot must start on the rubber, then bring both hands together. Players can deliver the pitch from that point or can separate hands and then deliver the pitch. If a pitcher cannot windmill we will accept a modified pitching style instead. Illegal pitches will not be called, but the umpire will let the player know it was illegal so they correct their mistake (teaching moment). ALL infield players MUST wear face masks on defense.
5. Inclement weather, unplayable field conditions or cancellation by the Board are the only reasons for games not being played. Once at the field, games cannot be canceled for a lack of players. If either team is unable to field enough players, said teams(s) will receive a forfeit.

6. Rescheduled games are to be assigned by the Board and played within 2 weeks from the cancellation date.
7. Any form of alcohol or smoking is prohibited on or near playing fields. Parking lots are also included in this area. This includes Manager, Coaches, Players, Scorekeepers and Umpires.
8. All coaches must go online to get a background check every year. This is confidential. The Board gets notified if you pass or did not pass. The Board does not get notified why you did or did not pass. **NO ONE IS ALLOWED ON THE FIELD DURING PRACTICES UNLESS THEY HAVE HAD A BACKGROUND CHECK.** During games, parents who have not had a background check may help out as base coaches only.
9. Wearing of batting helmets IN ALL DIVISIONS with attached face guard/mask is mandatory. Batters, base runners, on-deck batters and any player acting as coach at the first or third base line must wear helmets.
10. The umpire will eject any batter who DELIBERATELY throws a bat or any other item of equipment.

If the umpire judges a player to have subjected another player, umpire, coach, or anyone on or off the field, to the risk of injury by throwing a bat, the umpire shall issue a warning or possible ejection to the coach of the team of the offending player, which shall serve as a team warning, resulting in ejection of that player or any player on that team if the act is repeated.

11. All players must wear their Team Shirts. In all cases, players should look the same, i.e.; colors. No open toed shoes are allowed. Players/Coaches in all divisions may wear all-purpose shoes. **METAL CLEATS are NOT ALLOWED!**
12. JEWELRY IS PROHIBITED. THIS APPLIES TO ALL DIVISIONS. LGSL EXCEPTION: When a girl has newly pierced ears and cannot remove the earrings, the coach must put adhesive tape or a bandage over the child's earrings to prevent any type of injury and notify the home plate umpire and other coach of the earrings. Medical alert bracelets are allowed.
13. Players, managers, coaches and volunteers authorized by the manager are the ONLY persons who are to be on the bench. Players are to remain in the vicinity of the bench during the course of the game.
14. Any runner is out when she does not avoid contact or attempt to get around a fielder who has the ball and is waiting to make the tag or if she maliciously runs into a fielder, which

may be grounds for ejection. Sliding is an example of avoiding contact. The League rule supersedes the ASA rule.

15. Only one player at a time is allowed in the batter's on-deck circle. On-deck batters must wear their batting helmet!
16. The catcher **MUST** wear a head protector, a protective mask with throat protector (which must be commercially manufactured, properly attached and unaltered), body/chest protector, and baseball/softball protective shin guards. Any player warming up a pitcher at any location within the confines of the field shall wear a mask and throat protector. Only players, coaches or authorized volunteers will be allowed to warm up the pitchers.
17. Spectators are prohibited from behind the backstop area. The umpire shall have the power to remove spectators who do not comply with this rule after requesting to move. Possible forfeit of game if coach can't control his team or fans
18. Only USA/ASA/USSA approved bats may be used; those bats deemed illegal on the MOST CURRENT USA banned bat list are NOT ALLOWED!
19. Players, managers, coaches, umpire(s) and spectators shall NOT ridicule anyone however, they MAY use encouraging chatter.
20. No profanity, foul language or derogatory remarks will be tolerated from players, managers, coaches, umpires or spectators. Foul language and/or disparaging remarks about coaches, teammates, opponents and umpires will not be tolerated. Umpires will act according to the latest edition of the ASA Softball Rules and should be informed of any additional League rules before the game starts.

Violators will receive ONE (at the discretion of the umpire) warning from the umpire. A second violation will result in that person(s) being removed from the playing area by the umpire before play can or will be resumed. If the umpire feels it necessary, said person(s) will be asked to leave the park totally. If a League member is ejected, they will receive a minimum one game suspension. In addition, any League member provoking a fight will be suspended a minimum of two games and any league member actually fighting physical contact of any kind) will be suspended from the League for one year. Please be advised that these are minimum penalties!

Any questions regarding rules and or disputes shall be referred back to the Board of Directors.

16U Division

Number of Players	4 in the outfield, 6 on the infield. You must have 8 to start the game
Sliding	Yes (no head on)
Leading	When the ball leaves the pitcher's hand
Stealing	Unlimited stealing of any base except home.
Look Back Rule	Once the pitcher gets the ball into the circle the runner has to immediately make a choice to advance or go back to the base.
Complete game	1hr & 30 mins. No new inning can start after 1hr and 30 mins.
Infield Fly Rule	Yes
Path of Base	60' (second plug)
Path - pitching Rubber	40'
Bunting	Yes
Drop third strike	Yes (There are fewer than two outs and first base is not occupied at the time of the pitch or any time there are two outs).
Mercy Rule	5 runs per inning
Start of Game	Must start the game within 15 minutes of start time, or forfeit.
Runs Per Inning	5 Runs per inning, although in the 7th (last inning) and beyond run scoring is unlimited
Pitching	One foot must start on the rubber, then bring both hands together. Players can deliver the pitch from that point or can separate hands and then deliver the pitch. If a pitcher cannot windmill we will accept a modified pitching style instead. Illegal pitches will not be called, but umpire will let player know it was illegal so they correct their mistake (teaching moment)

*Travel pitchers are limited to a combined total of 2 innings per game when only playing against another Lacey Team.

Face Masks	All infield players must wear a face mask.
Size of Ball	12"
Benching a Player	If a player is on the bench for a defensive inning, she MUST be in the field the NEXT inning. No player shall sit out 2 consecutive defensive innings. The exceptions to this would be injury to a player or disciplinary action by the manager, coach or umpire, which may result in a player not fulfilling this League rule.
Missed batting rotation	If a girl leaves the game and misses her batting rotation, an out is assessed for each turn she misses. No out will be assessed if the player leaves for injury or illness. She will be permitted to return to the game.
When is a game official	A game is official if, after 3 1/2 innings (Home team ahead) or 4 complete innings (Visitors ahead); the game is called by the umpire for any reason, including inclement weather or darkness. If a game is called in 2 or less innings, the game starts over. If in the 3rd inning of play, the game would resume at the point of suspension. A new inning starts when the 3rd out is made in the previous inning. Any Game that is played to a full time limit (at least 1 hour 50 minutes) no matter how many innings have been completed, is considered a full and official game.
Batting order	Teams will bat their full roster. No change in the batting order can be made during any game. However, if a player arrives late she will be placed at the bottom of the batting order. The opposing coach & umpire must be notified in this case.
Outs	3
Home team	The home team supplies a new ball and sets up/breaks down the bases. The home team occupies the first base dugout.

12/14U Division

Number of Players	4 in the outfield, 6 in the infield. You must have 8 to start the game
Sliding	Yes (no head on)
Leading	When the ball leaves the pitcher's hand
Stealing	Yes (all bases)
Look back Rule	Once the pitcher gets the ball into the circle the runner has to immediately make a choice to advance or go back to the base.
Complete game	1 ½ hours. No new inning can start after an hour and a half.
Infield Fly Rule	Yes

The Infield Fly Rule in softball prevents defenders from intentionally dropping a routine pop-up to get easy force plays, calling the batter automatically out when there are runners on first and second (or bases loaded) with less than two outs, and the ball is a catchable fair fly ball (not a bunt or line drive). When called, the batter is out, but the ball remains live, and runners can advance at their own risk, as the force play is removed.

When the Rule is in Effect:

- **Less than two outs:** (0 or 1 out).
- **Runners on first and second,** or first, second, and third (bases loaded).
- **A fair fly ball:** (not a bunt or line drive).
- **An infielder (including pitcher/catcher) can catch it with ordinary effort:** (not requiring an extraordinary dive or over-the-shoulder catch).

How it Works:

- **Umpire's Call:** The umpire yells "Infield Fly, Batter's Out!".
- **Batter is Out:** The batter is automatically out, even if the ball isn't caught.
- **Ball is Live:** The ball is still in play; it's not a dead ball.
- **Runners' Options:**

- **If caught:** Runners must tag up (touch their base) before advancing, just like any fly ball.
- **If dropped:** Runners are no longer forced to advance and can run to the next base at their own risk, needing to be tagged out.

Path of Base	60' (second plug)
Path - Pitching Rubber	40'
Bunting	Yes
Drop third strike	Yes (There are fewer than two outs and first base is not occupied at the time of the pitch or any time there are two outs).
Mercy Rule	5 runs per inning
Start of Game	Must start the game within 15 minutes of start time, or forfeit.
Runs Per Inning	5 Runs per inning, although in the 7th or last inning which needs to be declared ahead of time is unlimited.
Pitching	One foot must start on start on the rubber then bringing the hands together. Players can deliver the pitch from that point or separate Hands and then deliver the pitch. If a pitcher cannot windmill we will except a modified pitching style. Illegal pitcher will not be called, but umpire will let player know it was illegal so they correct their mistake (teaching moment) <u>*Travel pitchers are limited to a combined total of 2 innings per game when only playing against another Lacey team.*</u>
Face Masks	<u>All infield players must wear face masks</u>

Size of Ball	12"
Benching a Player	If a player is on the bench for a defensive inning, she MUST be in the field the NEXT inning. No player shall sit out 2 consecutive defensive innings. The exceptions to this would be injury to a player or disciplinary action by the manager, coach or umpire, which may result in a player not fulfilling this League rule.
Missed Batting Rotation	If a girl leaves the game and misses her batting rotation, an out is assessed for each turn she misses. No out will be assessed if the player leaves for injury or illness. She will be permitted to return to the game.
When is a game official	A game is official if, after 3 1/2 innings (Home team ahead) or 4 complete innings (Visitors ahead); the game is called by the umpire for any reason, including inclement weather or darkness. If a game is called in 2 or less innings, the game starts over. If in the 3rd inning of play, the game would resume at the point of suspension. A new inning starts when the 3rd out is made in the previous inning. Any Game that is played to a full time limit (at least 1 hour 30 minutes) no matter how many innings have been completed, is considered a full and official game.
Batting order	Teams will bat their full roster. No change in the batting order can be made during any game. However, if a player arrives late she will be placed at the bottom of the batting order. The opposing coach & umpire must be notified in this case.
Outs	3
Running of the bases	Not limited
Home team	The home team supplies a new ball and sets up/breaks down the bases. The home team occupies the first base dugout.

10U Division

Number of Players	4 in the outfield, 6 on the infield. You must have 8 to start the game
Sliding	If there is a play at a base, you must slide or give yourself up for an out. (no head first)
Leading	When the ball leaves the pitcher's hand, but NO leading when a coach is pitching.
Stealing	Unlimited stealing of any base, but NO stealing home and they CANNOT steal at all if a coach is pitching.
Look Back Rule	Once the pitcher gets the ball into the circle the runner has to immediately make a choice to advance or go back to the base.
Complete game	1 ½ hours. No new inning can start after an hour and a half.
Infield Fly Rule	No
Path of Base	60' (second plug)
Path - Pitching Rubber	35'
Bunting	Yes, but no slapping
Drop third strike	No
Hit by Pitch	Player must take the base
Mercy Rule	5 runs per inning, last inning open but must declare its the last inning
Start of Game	Must start the game within 15 minutes of start time, or forfeit.
Bases on an overthrow	Yes, only 1 base.
Runs Per Inning	5 Runs per inning, although in the 7th or last inning which needs to be declared ahead of time is unlimited.
Pitch by Player	Only one foot must start on the rubber, then bring the hands together. Players can deliver the pitch from that point or separate hands and then deliver the pitch. If a pitcher cannot windmill we will accept a modified pitching style. Illegal pitches will not be called, but the umpire will let the player know it was illegal so they correct their

mistake (teaching moment). **ONLY** if a pitcher on your team throws four balls to a batter, the coach will step in to pitch instead of allowing a walk, resetting the ball count to zero while strikes remain. The umpire will continue to call strikes and balls, meaning the batter can still strike out, walk, or hit the ball during the coach's pitch. After this, the original pitcher will resume for the next batter. ***Travel pitchers are limited to a combined total of only 2 innings per game when playing against a Lacey team***.

Face Masks

All infield players must wear a face mask.

Size of Ball

11"

Benching a Player

If a player is on the bench for a defensive inning, she MUST be in the field the NEXT inning. No player shall sit out 2 consecutive defensive innings. The exceptions to this would be injury to a player or disciplinary action by the manager, coach or umpire, which may result in a player not fulfilling this League rule.

Missed Batting Rotation If a girl leaves the game and misses her batting rotation, an out is assessed for each turn she misses. No out will be assessed if the player leaves for injury or illness. She will be permitted to return to the game.

When is a game official A game is official if, after 3 1/2 innings (Home team ahead) or 4 complete innings (Visitors ahead); the game is called by the umpire for any reason, including inclement weather or darkness. If a game is called in 2 or less innings, the game starts over. If in the 3rd inning of play, the game would resume at the point of suspension. A new inning starts when the 3rd out is made in previous I. Any Game that is played to full time limit (at least 1 hour 30 minutes) no matter how many innings have been completed, is considered a full and official game.

Batting order

Teams will bat their full roster. No change in the batting order can be made during any game. However, if a player arrives late she will be placed at the bottom of the batting order. The opposing coach & umpire must be notified in this case.

Outs

3

Home team

The home team supplies a new ball and sets up/breaks down the bases.
The home team occupies the first base dugout.

8U Division

Number of Players	6 on the infield including catcher. 4 players can be in the outfield.
Sliding	No
Leading	No
Stealing	No
Complete game	1 hour & 15 mins. No new inning can start after 1 hour 15 mins.
Infield Fly Rule	No- if a player catches the ball the runners go back to the bases.
Path of Base	55' (first plug)
Path - Pitching Rubber	35'
Bunting	No
Drop third strike	No
Umpires	No
Bases on an overthrow	No
Keep Score	Yes
Runs Per Inning	3 outs end the inning or 5 runs per inning, whichever comes first.
Pitch by Player	Coach pitch 35'. The coaches are allowed to pitch to their own players or if they would like the other coach to pitch to their players they can as well. The Coach may not field a ball. The coach must get out of the way so that the players can make the play. The coach must pitch from the white line around the pitching mound.
Size of Ball	11" Incrediball
Benching a Player	If a player is on the bench for a defensive inning, she MUST be in the field the NEXT inning. No player shall sit out 2 consecutive defensive innings.
Substitution	N/A

Missed Batting Rotation N/A

When is a game official N/A

Batting order If a player arrives late she will be placed at the bottom of the batting order. The opposing coach must be notified in this case.

Outs Outs are recorded, so 3 outs end the inning or 5 runs whichever comes first.

Face Masks **All infield players must wear a face mask.**

Running of the bases Can run more than 1 base if the ball is in play, not on player error (overthrow).

Receiving a Coach's Pitch

7 pitches from the coach or 3 swinging strikes (whichever comes first)
Foul tips do not count as a third strike. The coach who is pitching is not allowed to field a played ball. He/she must get out of the way so that the players can make the play.

Equipment Any equipment used by a player must conform to ASA rules

Home team The home team supplies a new ball and sets up/breaks down the bases.
The home team occupies the first base dugout.

6U Division

Number of Players	All players are on the field. Pitcher, 1 st , 2 nd , SS, 3 rd . (Also can have a player stand in front of the second base to equal 6 in the infield) No catcher. All other players, no matter how many, are to be on the edge of the outfield grass in any location selected by the coach.
Sliding	No
Leading	No
Stealing	No
Complete game	1 hour. No new inning can start after 1 hour.
Infield Fly Rule	No
Path of Base	40' (no plug)
Path - Pitching Rubber	35'
Bunting	No
Drop third strike	No
Umpires	n/a
Bases on an overthrow	No. One base at a time for all hits.
Keep Score	No. At this level, the idea is to give the girls the fundamentals of softball. No score shall be kept. No record of outs shall be kept.
Runs Per Inning	n/a The inning is over after you bat one time around. The last batter clears the bases.
Size of Ball	11" Incrediball
Benching a Player	N/A
Substitution	N/A
Missed Batting Rotation	N/A
When is a game official	N/A

Batting order	Teams will bat their full roster. If a player arrives late she will be placed at the bottom of the batting order. The opposing coach must be notified in this case.
Outs/End of Inning	An inning is over when the offensive team bats their order once. However, if a defensive play is made, the runner is “out” although no outs are counted.
Running of the bases	One base per hit.
Hitting	<u>PreK(4)</u> players will start on the tee until determined by the coaches. <u>5 & 6 yr olds:</u> will hit off the tee or coach pitched, it is up to the discretion of the coaches and when to switch during the season. When the coach pitches, the player is given 3/4 balls, then the T will be brought out if they can not hit it.
Equipment	Any equipment used by a player must conform to ASA rules
Home team	The home team supplies a new ball and sets up/breaks down the bases. The home team occupies the first base dugout.