



Burnt Hills–Ballston Lake (BHBL) Girls Softball

2026 Recreational League – Major Division Rules

These rules are intended to promote player safety, fair play, sportsmanship, and development. All games will be played in accordance with USA Softball (formerly ASA) rules, except where modified below.

1. Safety & Weather

1. At the first sign of visible lightning or the sound of thunder, all play must be immediately suspended for a minimum of thirty (30) minutes. There are no exceptions. The 30-minute clock resets with any additional lightning or thunder.
2. Fielding masks are strongly recommended for all defensive players.
3. Anyone under the age of 18 MUST wear a catcher's mask when warming up a catcher, whether on the field or behind the dugouts.

2. Game Rules & Regulations

4. All games will be played according to USA Softball rules, except as noted in this document.
5. There will be nine (9) fielders on defense.
6. The batting order will consist of all players present for that game. Players arriving late will be added to the bottom of the batting order.
7. All players are required to play a minimum of two (2) defensive innings per game, except due to injury or illness.
8. A 12-inch softball will be used. Pitching distance is 40 feet, and all pitchers must start from the pitcher's mound.
9. The Infield Fly Rule will NOT be enforced.
10. The dropped third strike rule is in effect regardless of outs, provided first base is unoccupied.

3. Base Running & Stealing

11. Stealing is permitted on all pitches. Base runners must remain in contact with the base until the pitcher releases the ball.
12. Look-Back Rule: When the pitcher has possession of the ball inside the circle, runners must immediately return to the last base or advance directly to the next base without stopping. Failure to do so results in an out.

4. Scoring & Time Limits

13. A four (4) run limit per inning is in effect. In the last declared inning, if a team is trailing by four (4) or more runs, that inning will be played with no run limit.

14. No new inning may start after one (1) hour and twenty (20) minutes from the scheduled start time.

5. Sportsmanship & Conduct

15. Players and coaches will line up at home plate to shake hands following the game.

16. Both teams are responsible for post-game field cleanup, including raking and leveling home plate, pitcher's mound, and base areas. All bases and field equipment must be returned to the dugout storage area and properly locked after each practice and game.

17. There will be no arguing balls/strikes, outs, or any umpire judgment calls.

18. Spectators will be removed after the first offense. Players and coaches will receive a warning for the first offense and will be ejected for any subsequent offense.

6. Final Authority

All rules are subject to interpretation and enforcement by the umpires and BHBL league officials. Player safety, sportsmanship, and development remain the league's top priorities.