

Girls Fastpitch Softball Rules 2025

Level 3-4 (Modified Kid Pitch)

These rules were adopted from MAA, AYBS and Ixonia.

Playing Rules

Playing rules will be governed by ASA fastpitch rules, except as modified by individual League modifications. Copies of League Rules should be made available to coaches and players upon request. Additional League modifications may be made during the season as needed if approved by the respective League commissioners.

Modified Rules

Definition of a “New Inning” - Immediately after the third out is made at the bottom of an inning.

Minimum to Start a Game – Eight players are needed to start a game or a forfeit will be declared. Borrowing player(s) will not constitute a forfeit during League play, and is encouraged to even out the teams, or to avoid a forfeit. Players arriving to the game late will be inserted at the bottom of the batting order.

Short-Handed Rule – A team can choose to play with eight of their own players, or make a larger team by borrowing players from another team. Borrowed players must be at the grade level of the team, and must be registered to play in the League. No more than ten players in total can be on a “borrowing” team’s roster (i.e. the borrowing team has six of their own players, they are able to borrow up to four players for a total of ten players on their roster). The goal of the rule is to avoid a forfeit so the girls can play the game.

Jewelry – Wearing of jewelry is not allowed except for medical reasons (medical bracelet or ID, etc). Soft, flexible, ponytail holders are encouraged.

Players Leaving Early- A player may leave early, and the team will not be charged with an out at the batter's spot in the line-up. A player who leaves the game cannot return unless the player originally left due to injury. Upon recovery the injured player returning to the game may return to their spot in the line-up. If the player had suffered any type of head injury the player must be cleared by medical personnel before returning to the game.

Overthrow Definition – Wild throw to the base fielder, not a dropped ball. The overthrow is an umpire judgment call and cannot be argued.

Overthrow Rule- On a ball hit into the infield, which results in an overthrow on defense to any base including home plate, the base runners may advance one base only. On a ball hit into the outfield, the runners may advance until the ball is thrown back into the infield. Once the ball crosses over the dirt into the infield, all runners may, at their own risk, attempt to advance one base beyond the base they occupy or being run toward at the time of the overthrow.

Offensive Rules

Helmets – Must have face masks, and should have chin straps.

Bats - Must be softball bats, no baseball bats.

Batting Order – Players must bat in continual order whether they play in the field or not during that inning. Borrowed players must bat in the bottom of the line up.

Sliding Rule – A base runner will be called out at home plate if she remains on her feet crossing the plate while a defensive player is holding the ball, or about to receive the ball at home play for a play at the plate (umpire discretion).

Interference – Will be called when a fielder has the ball, or is about to receive the ball (umpire discretion), and a runner interferes with the defender's ability to field the ball, effect-the play will be called dead by the umpire, and the runner will be called out. Any other runner must return to the last base occupied.

Speed-Up Rule – Catchers should be ready to go prior to the 3rd out of their team's at bat. The utilization of a pinch runner is recommended when possible.

Pinch Runner – The pinch runner will be the last player to bat that was called out in the current inning, or the player that was last out in the previous inning.

Warm-Up Pitching – Three warm-up pitches are allowed per inning.

Defensive Rules

Defensive Line-up – Ten players in total. Must include four outfielders, which must play a thirty foot (10 adult strides) distance from the infielders or from on the outfield grass.

Substitutions – Are unlimited, and a minimum of two innings must be played in the field by each player. No substitutions other than pitcher can be made once an inning begins with the exception of replacing an injured player.

Obstruction – Fielder not in possession of, or in the act of fielding the ball, who impedes the runner's advance to the next base. Effect-the play will be called dead by the umpire, and the runner's will be awarded the base.

Player Positions- Concerted effort should be made by the coaching staff to allow for each player to have had the chance to play each defensive position during the course of the season. A must for lower levels (1-2), great effort by the middle grades (3-4, 5-6), with a lesser emphasis at the higher grades (7-9). A player may not sit the bench more than one inning consecutively.

3-4 Grade Level Rule Modifications

Pitchers will attempt up to four pitches per at bat. Coach pitchers shall be a member of the offensive team's coaching staff. The coach pitcher should not be a distraction to the defensive team and must remain within the pitching circle until the play is completed. The coach pitcher will assume the strike count and have up to three pitches per at bat, with the exception of the third strike is a foul ball; the at bat cannot end with a foul ball. A coach may strike a batter out. If a batter does not swing at the third pitch (coach pitched), no matter if it is a ball or a strike, the batter will be called out.

The batter gets three swinging strikes or seven total pitches at bat, unless the batter continues to foul off pitches. Fouls will count as strikes unless the foul is the seventh pitch then the batter will continue batting until they swing and miss, put the ball in play, or continue to foul off. If a player's pitch hits a batter, and the batter makes a reasonable effort to move, the batter (with the offensive coach's discretion) may elect to take her base or continue to bat.

Pitching:

1. The pitching style is determined by each individual pitcher.
2. Contact with the pitcher's plate—the pitcher must start her wind up with at least one foot in contact with the pitching rubber. Players may start with one foot back or step back during wind up. Due to the varying levels of skill in pitching development, prior to the start of the pitch, NFHS rules allow the pitcher to choose foot placement. Prior to the start of delivery, both feet must be partially within the 24" length of the pitcher's plate.
3. The pivot foot must be in contact with the rubber during the first step. No extra step taken off the mound. The drag foot does not need to stay in contact with the ground.
4. No minimum arc required, but maximum arc of 6'.
5. Maximum of 2 innings per pitcher per game. There is no consecutive inning rule. A pitcher may reenter the game as pitcher as long as she has not exceeded the 2 inning limit. ANY pitch in an inning counts as a full inning.

- The umpire will call balls and strikes. The strike zone is from the knees to the armpits.
- The coach pitcher must pitch from the pitcher's mound.
- Runs per at-bat- Five is the most allowed, including the final at-bat.
- Dropped third strike – batter is out.
- Bunting- Not allowed.
- Leading Off - Not allowed unless the batter swings and misses.
- Stealing – Not allowed
- Infield Fly Rule – Not in effect.
- Overthrow – Runner(s) are allowed one base per overthrow. **One overthrow per play.**
- Time-out – The pitcher (or any other player) can call timeout when inside the eight foot mound circle while in possession of the ball. Runners less than halfway to the next base must return to the last base touched.
- Base Distance – 50 feet or what the field allows for
- Pitchers Mound- 35 feet
- Game Ball – Softball, Regulation, 11" diameter.
- Helmets must have a face mask, chin strap recommended.
- Coaches are allowed to coach from the outside grass on defense or from the bench/sideline, whichever they prefer. An additional defensive coach is encouraged to assist the catcher clearing the batter's box of balls which should be placed in a container to change out when needed to the pitcher.



Game Length – Seven innings with no new innings after 60 minutes.

There is a hard stop at 75 minutes. If the home team cannot complete their at bat due to the 75 minute time limit, the final score will be the last full inning's score. Tie games are completely acceptable.

The HOME team is responsible for reporting the score to ballcharts.com/LandOHills within 24 hours of the completed game.

Login: Username: LOH2025 Password: Homerun

Select: “Admin” and then “Add/Edit Games”

Choose the game to add and select “edit”

Add Runs scored for both teams and “Save Game and Exit”.

Tournament will be single elimination running the week of July 7th