



2025 GIRLS' 7th - 9th GRADES SOFTBALL LEAGUE RULES

The philosophy and intent of the Girls' Softball Program is to provide an opportunity to associate and to play the game of softball in a structured recreational nature and develop/promote girls softball. Remember to use common judgment and proper courtesies at all times.

RULES OF PLAY

- A. Players must wear the team jersey provided by the Orem Recreation Department.
- B. All players must have on proper footwear. No open-toed shoes or metal cleats will be allowed.
- C. Jewelry, which is judged by the umpire to be dangerous, must be removed and may not be worn during the game.
- D. Four balls and three strikes will be played. There are unlimited foul balls.
- E. Dropped 3rd strike rule: Batter can run if the catcher fails to catch the third strike before the ball touches the ground and there are:
 - 1. Fewer than two outs and first base is not occupied at the time of the pitch, or
 - 2. Any time there are two outs.
- F. All players present will be listed on the batting order and will bat when it is their turn. Only ten players will play the field, but all thirteen may bat. Ten players may play defense. The “extra” defensive player must play in the outfield area (only 6 infielders are allowed).
- G. Pitching distance for 7-9 grade girls is 40'. The base distance is 60'. A 12 ball is used. Any batting helmet used must have a facemask.
- H. **Anyone intentionally throwing a bat will be removed from the game.** If the umpire deems the throwing inadvertent, one warning will be given. A second occurrence will result in removal of the batter from the game
- I. Balls hitting any power lines or poles within the playing boundary are considered in play and will be acted upon as such.
- J. **No infield between innings and games.** Anything which would take time from actual play is discouraged. When possible, the catcher should put her gear on before her team takes the

field. Speed up rule: If the catcher is on base with two outs, please send in a pinch runner for her so she can put her catcher's gear on and be ready to go.

- K. Stealing bases is allowed. Runners may leave their bases when the ball is released from the pitcher's hand.
- L. Base runners must **avoid contact** with the defensive players. This is a recreation league and we are trying to teach the girls and still maintain a safe environment so please teach your base runners to **avoid contact** with the defensive player. Sliding is encouraged (but since a lot of the players do not know how to slide properly), it is not required. Also, please teach your players that when playing a base, especially home plate, the defensive player should stand at the corner or away from the runner, especially when they do not have possession of the ball. Defensive players can NOT block the plate without the ball.
- M. When the pitcher holds the ball within the pitching circle, runners must immediately return to their bases or attempt to advance. Challenging the pitcher to throw is an unnecessary delay of game and the runner will be called out (as per USA Softball look back rule).
- N. Supervisors and score keepers have the right to notify teams and umpire if batters are batting out of order.
- O. The batting team may score a maximum of six (6) runs per inning, even if the hit that produced the sixth run also produced a seventh run. In other words, if six runs score before there are three outs, the batting team takes the field and the defensive team comes to bat.

UMPIRES/SUPERVISORS

- A. The assigned umpire shall have complete jurisdiction and control of the game. It shall be the duty of the umpires to administer rules and decisions as prescribed by the official rule book and those herein.
- B. It shall be the duty of the field supervisor to make decisions concerning field conditions. The field supervisor, along with the game umpires, shall handle field disputes or emergency situations.
- C. As discussed in the Coach's Meeting on April 18th, with our staffing shortages, we are asking that IN THE CASE we do not have an umpire for your game, coaches will be asked to help officiate. An offensive coach will be the respective umpire for their offensive half inning. This coach will be the authority for their half of the inning calling balls, strikes, and outs. Please remember that pitchers are learning so we ask that you be a little more generous with your strike zones, and encourage your team to swing and hit, rather than watch pitches/ take walks.

TEAM STANDINGS

Division standings will be computed on a win-loss system. The team with the highest win-loss percentage at the end of league play will be the Division Champion. If there is a tie for a place, the tie will be broken by: (1) results of head-to-head competition, (2) run differential between the tied teams in their head-to-head competition.

GAME TIME LIMITS

- A. Forfeit time is scheduled game time.

- B. Game time limits are one hour and fifteen minutes. No new inning will be started after one hour and five minutes. Regular season games can end in a tie score. In order to get maximum innings, hustle in and out.
- C. A seven (7) run rule will be in effect when time expires. This means that if the time expires, and one team is behind by seven (7) or more runs, the game will end - even if the home team doesn't have their last bats. The one exception to this rule is if everyone hasn't had a chance to hit (refer to B above).

TEAMS

An official team is composed of 10 players. A team may play with eight (8) players with no designated outs, seven (7) players and one (1) designated out, or six (6) players and two (2) designated outs. If a team has eight (8) players at game time, they must start the game. As players arrive, they may be inserted at the bottom of the lineup.

ROSTERS

- A. No changes in rosters will be allowed. Late registration will be accepted on a space available basis at the Orem Family Fitness Center. Players will be placed on teams by the league director.
- B. A player may only play for one team in the prescribed league.
- C. Line-up cards must be turned into the scorekeeper ten (10) minutes prior to game time. If teams are not ready to play on time, the umpire may start the game clock. If one team still delays, runs may be awarded to the opposing team (one run per minute).
- D. Tournament play sponsored by the league will be considered part of the league play with no intra-league exchange of players.
- E. If a team is caught using an illegal player, they will forfeit that game and will not be eligible for any league awards.

POSTPONED GAMES AND RAIN OUTS

- A. The postponement of games will not be considered. All games must be played as scheduled except for rain outs.
- B. In case of a power failure, a sprinkler malfunction, etc., which prohibits further play, the Rain Out Rule will be in effect: If the game is in the bottom of the fourth inning and the home team is ahead, the game will end; if tied, it will be declared a regulation tie game.
- C. Rain out games will be made up as soon as possible. MANAGER, it is your responsibility to check if you are in doubt whether games will be played. Call 229-7101 **after 4:00 p.m.** to see whether scheduled games will be played. You will be notified of rescheduled games during regular season play. During post-season tournaments, managers must call 229-7455 the next day **after 9:30 a.m.** to find out new tournament schedules.

PROTESTS

- A. Due to the recreational aspects of the league, protests are discouraged and should be the exception rather than the rule.

B. Protests shall not be considered if they are based solely on a decision involving the accuracy of judgment on the part of an umpire.

C. Protests involving the misinterpretation of a playing rule; failure of an umpire to apply the correct rule on a given situation; and failure to impose the correct penalty for a given violation shall be considered. The following must be followed:

1. Notification of intent to protest must be made to the supervisor, plate umpire, scorekeeper, and opposing team captain, by the manager before the next pitch.
2. All protests not acted on by the supervisor must be in writing and in the hands of the league director within 24 hours after the game in question was played.
3. If a team wishes to protest a player not wearing a proper uniform, protest needs to be made to the supervisor before said player bats. If the player is protested, she must acquire a proper uniform or be ineligible to play. If she has batted, no protest will be accepted.
4. Protests regarding an illegal player must be reported to the supervisor in charge by the captain or manager of the protesting team before the game is completed. The supervisor will notify the opposing manager and the scorekeeper that the game is under protest. They will then check the field copy of the rosters and the protest will be handled on the field at that time.
5. If a league question arises on the field and a decision needs to be made at that time, BOTH team coaches and the field supervisor must meet and come to a decision. When the decision has been made by all three that decision will stand and not be protestable.
6. During tournament play, all protests will be decided on the field by the supervisor. All tournament game protests must be made to the supervisor, plate umpire, scorekeeper, and opposing team captain before the game officially ends. After the game has officially ended, no protest will be considered.

CODE OF CONDUCT

Officials and supervisors can make mistakes on league rules. This is why protests are considered. These incorrect decisions made do not change a rule. It is the responsibility of each manager to have knowledge of the rules and to take responsibility for his or her team's adherence to all aforementioned policies as well as the team's conduct. Each manager is also expected to know the City of Orem Recreation Department Code of Conduct.

We expect and require good sportsmanship from all coaches, players, and spectators!

City of Orem Recreation Department

CODE OF CONDUCT

The City of Orem Recreation Department has established a Code of Conduct which applies to all persons participating in any way in any Orem City Recreation Department programs or facilities. All participants, volunteers, coaches, patrons, and spectators are expected to know, promote, and adhere to the following standards of conduct.

General:

Promote and encourage good sportsmanship by demonstrating positive support for players, coaches, officials, participants, and employees.

Treat everyone with respect, regardless of race, color, age, sex, religion, national origin, disability, or skill level. Putting down or demoralizing others is not acceptable.

Adhere strictly to the rules of the game/facility (including official's or employee's decisions) and do not attempt to change or manipulate those rules in order to win or for personal benefit. No smoking, drinking, or being under the influence of alcohol or drugs will be allowed in the facilities or on playing fields.

Abuse or harassment of players, volunteers, coaches, officials, spectators, or employees in any form will not be tolerated. Bullying is a form of harassment which is also prohibited.

Foul, abusive, profane, or vulgar language is prohibited and will not be tolerated.

Fighting is prohibited. Fighting includes physical (hitting, pushing, touching, "getting in the face of") or verbal (threatening, making fun of, calling names, cursing, arguing).

Remember that youth programs are for the kids [to learn fundamentals, techniques, sportsmanship, teamwork, and have fun]; they are not for adults! Therefore, all kids deserve a right to fairness at all times.

Conduct yourself in a manner that would be an example and a role model to youth under your direction or in the vicinity.

Coaches agree to support and work with assigned team throughout the designated season, and agree to hold regular practices (at least once a week) and show up to scheduled games.

Any equipment issued does not become personal property and all equipment must be returned in good condition to the City at determined time.

Promote teamwork, physical conditioning and teaching skills appropriate to the sport. Do not teach, encourage, or allow rough or dirty tactics of play.

Anyone who does not comply with this policy, or who conducts himself or herself in any unbecoming manner, will be subject to disciplinary action including (but not limited to) verbal or written warning, being asked to vacate the premises, suspension, or expulsion from the program, class, facility, or field and associated privileges will be terminated without refund. Financial restitution may be required when appropriate. Criminal violations will be prosecuted to the fullest extent of the law.