



2022 Girls Recreational Fast Pitch Softball Rules & Regulations

REGISTRATION

1. All fees must be paid, and all required forms must be completed in full before registration will be accepted.
2. All registered players must be at least 7 and no older than 18 years old on June 6, 2022.
3. All attempts to accommodate requests will be made. However, requests are not guaranteed.

TEAMS

1. The Recreation Division reserves the right to modify the divisions if not enough girls register for any division to form enough teams to make a league.
2. Returning participants asking for their former team/coach will have priority. Returning players asking for a different coach, and new players with team preference, will have second priority. The remaining players will be equally assigned to teams to create even numbered rosters in each division.
3. All players must be on an official roster and registered through the Cheyenne Recreation Division to be eligible to participate in the league. No players may be added to the rosters without the approval of the League Director or game forfeiture(s) will result, and immediate suspension of the offending coach.

UNIFORMS

1. Players in all divisions must wear the team shirt provided by the Recreation Division. Players not in conformity with the league uniform rule may be prohibited from play. Players in all divisions will be allowed to wear shorts or pants to accommodate for the weather.
2. "Loaner shirts" will not be available at the fields. If a player loses her jersey, please contact the Recreation Division immediately to order a replacement (at players' cost).
3. Teams that have private sponsors will be allowed to have their own uniforms if they are approved by the League Director, prior to purchase.
4. For safety purposes, we ask that players refrain from wearing metal spike cleats.

COACHES

1. Each team shall have one (1) head coach. The head coach may have assistant coaches. The head coach may have his/her daughter or daughters, and the daughter or daughters of the assistant coach on his/her team.
2. EVERY coach MUST fill out a Coaches Application and go through a background screening.
3. Both head and assistant coaches MUST be cleared by the background screening and the Recreation Division prior to coaching in any capacity.
4. An assistant coach may replace the head coach in his/her absence.

5. It is the responsibility of the coaches to instruct all their players and parents of all softball rules and regulations, and to enforce these rules with the team. All rules will be posted at www.cheyennerec.org
6. Coaches are encouraged to communicate with the League Director on any areas of concern.
7. Parents that have questions or concerns regarding coaches are urged to talk with the coach involved. If the question or concern cannot be resolved between the parent and coach involved, parents are urged to contact the League Director.
8. Coaches are responsible for the equipment checked out to their team and shall be responsible for returning the equipment at the end of the softball season. Equipment shall be turned in to the Youth Activity and Community Center immediately after the last game of the season unless special arrangements have been made with the League Director.
 - a) Coaches are responsible for seeing that equipment is not thrown, kicked, or abused during practices and games.
 - b) Equipment check out will occur during the mandatory coaches meeting in May, 2022.
8. Coaches must stay within the chalked areas along the 1st and 3rd baselines while their team is at bat. After one warning, failure to follow the rule will result in an automatic out for the batter and/or ejection for the coach.
9. Coaches may not make physical contact with on-base players or runners until time has been called by an umpire.
10. Coaches must remain in the dugout area when their team is not at bat.
 - a) **EXCEPTION:** For the 8U age division, two coaches will be allowed on the field while their team is fielding, for instructional purposes only. Coaches must not interfere with play at any time by touching the ball while it is in play.
11. Coaches are responsible for keeping the players' bench and dugout clear of any spectators, parents, or players of other teams.
12. Teams may not have more than one (1) bat attendant. Coaches shall make sure that the bat attendant is old enough to appreciate the dangers of the game and knows not to interfere with the play on the field, especially at home plate. A bat attendant must wear a batting helmet.

UMPIRES

1. Umpires will notify the official scorekeeper and coaches as to the starting time of the game. If a coach has not been notified as to the official start time, it is the head coach's responsibility to ask the umpire for the official game time. The game clock will begin at the conclusion of the pregame meeting.
2. Umpires may not officiate in any game in which an immediate family member (daughter, granddaughter, sister, or niece) is participating.
3. Umpires do not have to be registered with USA Softball.
4. Home plate umpires, in all divisions, must wear a facemask as protective gear. The Recreation Division strongly urges umpires in all divisions to wear shin guards and proper chest protection.
5. The Recreation Division will make every effort to ensure that two umpires are scheduled to officiate all games, for age's 10U–18U (8U games will have only one umpire). However, circumstances may arise which may limit the number of umpires available for each scheduled game. If a shortage of umpires exists, and there are no umpires for a scheduled game, the Recreation Division may:
 - a) Use an umpire from another field.

- b) Contact the Head Umpire and delay the start of the game up to fifteen (15) minutes; or reschedule the game.
6. Team coaches must present any criticisms of an umpire in writing, on an official Umpire Evaluation Form, to the Recreation Division. **No verbal criticism of umpires will be accepted!** Evaluation forms are available at the field office and should be given to the field supervisor. Each written complaint will be considered by the League Director and, if warranted, appropriate action will be taken.

GAMES

1. Any person with a concern/complaint may contact the League Director. All grievances must be submitted in writing or email, within 24 hours of the game that was being played. **Please remember that this is a NON-PROTEST league, and the outcome of the said game will NOT be changed.**
2. Games will be played under USA fast pitch softball rules, and code, as amended by the Recreation Division bylaws/rules & regulations. Any question as to policies, rules or regulations may be referred to the Recreation Division or the field supervisor.
3. Coaches must pick up lineup cards from the field office and give the completed card to the umpire at the home plate meeting prior to the game. Lineup cards should also be given to the official scorekeeper ten (10) minutes prior to the game. A lineup card must contain the full name, shirt number and starting position, if applicable, for all players eligible to play.
 - a) **NOTE:** If a team has not turned their lineup card into the official scorekeeper five (5) minutes prior to the actual start time of the game, the team may be assessed one (1) out for its first scheduled turn at bat.
4. Teams may take the field of play immediately following the prior game. Any remaining time before the scheduled game may be used for warm-ups. However, teams may not enter their dugouts until the previous teams have left. Time must be divided equally between the teams to allow for infield and outfield practice for both teams. Warm-ups will also be allowed prior to the start of each inning; however, it is up to the home plate umpire how many pitches will be allowed. Umpires will call "balls in" when they are ready to start the inning.
5. Balls hit foul, or over the fences, are to be returned to the umpires or the official score keeper, not to a team's dugout.
6. One (1) charged conference with each pitcher in an inning is allowed. A second charged conference shall result in the removal of the pitcher from the pitching position for the remainder of the game.
7. Coaches may call "time" as often as they wish, except for while the ball is live and in play. The umpire can refuse to grant any, or all, of these calls. A coach must receive permission from the umpire to go onto the playing field.
8. The **HOME team will occupy the third base dugout** and the **AWAY team will occupy the first base dugout**. In case of a double header, teams have the option to stay in the dugout, regardless of home/visitor status.
9. No player, in any division, may sit on the bench more than one (1) consecutive inning. Failure to comply with this rule will result in a forfeit. The only exception to this rule is if said player does not attend any practice during the week prior to the game.
10. The designated Home Team will bat second. The designated Away Team will bat first.

SCORE KEEPING

1. The final score listed on the umpire's scorecard, that has been turned in, will be considered final. Coaches are allowed double check to ensure no mistakes have been made.
2. Head coaches and home plate umpires are required to sign the official scorecard at the end of each game to ensure accuracy.
3. The Home team shall provide the official scorekeeper and the Away team shall provide the scoreboard operator.
4. The official scorekeeper shall record all runs, outs, innings pitched by each pitcher, the scheduled starting time of each game, and the actual start time of the game. If the game is delayed, they should record the reason for the delay.
5. The official scorekeeper and the scoreboard operator will sit in the designated scorekeeper's box behind home plate.

LENGTH OF GAMES

1. A regulation game shall be as follows, except for those instances specified below:
 - 8U: five (5) innings
 - All other divisions: seven (7) innings.
2. The time limit for a regulation game will be one (1) hour. The game will be considered complete at the conclusion of the inning in which time expires, even if the game would end in a tie. The umpire will notify both teams at the expiration of the time limit, and that the current inning will complete the ballgame.
3. If darkness or inclement weather occurs after two (2) or more innings have been played (1-½ if the home team is leading), but before the time limit expires, the game will be considered complete and the team ahead will be declared the winner. If two (2) innings have not been completed, the entire game will be replayed.
 - a) If a game is called due to these conditions, the outcome will be determined by reverting to the last completed inning.
4. Any team having a fifteen (15) run or more lead at the end of the third (3rd) inning (2-1/2 innings for the home team) shall be declared the winner.
 - a) In the 8U age group, after a fifteen (15) run lead at the end of the third (3rd) inning, the scoreboard will be turned off. The game may continue for practice purposes only, if such is desired by both coaches, until the one (1) hour time limit has expired. Umpires will continue to officiate the game.

GAME CANCELATIONS/MAKE-UP GAMES

1. Teams must not play on fields in the event of inclement weather.
2. In case of wet ground or inclement weather, prior to 5:30pm, the Recreation Division will make the final decision if the fields are playable. Coaches will be e-mailed about any cancellations. Coaches can also monitor our Facebook page (CheyenneRec) and www.cheyennerec.org to confirm if games are still scheduled or have been postponed. If inclement weather arrives after 5:30pm, or after a game has been started, umpires will make the final decision on whether to postpone the game.
 - a) **NOTE:** A fine of \$50.00 will be assessed by the Recreation Division to the head coach of any team playing on the fields after games have officially been postponed. Fines must be paid by the coach before the next scheduled game, or a forfeit will result.
3. If one (1) game is officially postponed, all subsequent games scheduled on that field, on that day, will be postponed.

4. Make-up games will be scheduled as soon as possible after a postponement or cancellation. After the make-up schedule has been announced, no changes will be made.
5. Dates and times for make-up games will be e-mailed to the coaches. It is the coach's responsibility to check for the posted make-up schedule and contact his/her players. You can also find the schedule posted on www.cheyennerec.org and in the Converse Softball Complex bulletin board.

FORFEITS AND DISQUALIFICATION

1. Umpires will not be required to officiate any forfeited game. Teams may agree to scrimmage with the understanding that the game will be called thirty (30) minutes prior to the next scheduled game time. The League Director, field supervisor, or the Head Umpire has the authority to terminate any scrimmage game at their discretion.
2. Any team discovered playing or having played with an ineligible player shall forfeit any game in which the ineligible player has participated, and the head coach of the offending team will be immediately suspended.
3. In case of disputes, only coaches may discuss the situation with the umpires. Anyone violating this rule may be ejected at the discretion of the umpire. Prolonged arguments will not be allowed, and forfeitures may result.
4. If a player's age is questioned by an opposing team's coach, that player may be asked to provide proof of age via a photocopy of a state issued birth certificate, and/or any other certifiable verification of birth. If verification cannot be provided on site, an investigation will take place that may lead to suspensions.

CODE OF CONDUCT FOR PLAYERS, COACHES, AND SPECTATORS

1. The following are violations and will not be allowed by any player, coach, or spectator at any ball complex, at any time, and will result in prompt removal of the offender from the game or field. Depending on the severity of the conduct, further sanctions are possible:
 - a) Fighting or "horseplay."
 - b) Using foul language or obscene gestures.
 - c) Making insulting remarks to, or about, opposing players, officials, or spectators and/or calling them by name for the purposes of antagonizing the same.
 - d) Smoking at the softball complex.
 - e) Any acts that could be considered unsportsmanlike conduct.
 - f) Intoxication or possession of any form of alcoholic beverages or drugs.
 - g) Violation of field rules/bylaws.
2. ***NO ALCOHOLIC BEVERAGES WILL BE ALLOWED AT GAMES OR PRACTICES.*** Players, coaches, and spectators are required to refrain from drinking alcohol prior to, during, and after games or practices, or when representing the Recreation Division. Any person with open alcoholic beverages on City of Cheyenne property are subject to a fine of up to \$750.00 or six (6) months in jail, or both, pursuant to city ordinances.
 - a) **NOTE: Anyone convicted of violating the City's open container ordinance during a Girls' Softball Game or Practice will be suspended for at least the remainder of the current season.**
3. Any verbal abuse or threat by a coach, manager, or player towards umpires, other team members, coaches, or spectators before, during or after league games, may at the discretion of the Recreation Division, result in at least a three (3) game suspension or possible ejection from the league. Before said offender can resume his/her duties they must appear in front of the Recreation Division. Failure to comply will result in immediate dismissal from all activity.
4. Any team member, coach, or spectator ordered out of the game by an umpire, or field supervisor, for any reason, shall leave the softball complex immediately. Failure to comply will result in police involvement.

Coaches will be responsible for ensuring that anyone ejected leaves the complex within three (3) minutes or that team will forfeit the game.

- a) Coaches are responsible for controlling their spectators. Spectators becoming unruly will be asked to leave the complex either by the Field Supervisor, Umpire, or the League Director. If more than one (1) warning is given to the coaches, the game will be forfeited.
5. Two (2) ejections from one (1) game, from the same team, including players, coaches, and spectators, will result in the game being forfeited by that team. If this rule is violated a second time, the entire team may be suspended from the league for a minimum of three (3) games, resulting in the forfeiture of those games, or possible ejection from the league.
 - a) The Recreation Division reserves the right to permanently suspend the offender or extend any suspension into the next season.
 6. There is no justification for unsportsmanlike conduct by players, coaches, or spectators, regardless of the situation. Coaches, players, or entire teams may be suspended by the Recreation Division from further play for the balance of the season, and upcoming seasons, due to unsportsmanlike acts.
 7. Intentional physical contact by a coach or player with an umpire, field supervisor, any opposing players or coaches, or a Recreation Division employee will result, at a minimum, in an automatic ejection from the league.
 - a) If there is retaliation, the person retaliating shall immediately be suspended for a minimum two (2) games, possibly indefinitely.

GENERAL PLAYING RULES

NOTE: USA Softball rules apply in all cases unless otherwise specified herein.

1. Teams may play up to ten (10) defensive players in the field during league play. The tenth (10th) player is considered the rover, or fourth (4th) outfielder. All outfielders must take their defensive position on the outfield grass.
2. Teams must have at least eight (8) players to start a game. Teams may continue to play with eight (8) players throughout the game, provided the ninth (9th) and tenth (10th) players are put into the batting order in the ninth (9th) and tenth (10th) position upon arrival. Failure to have a player in the ninth (9th) position will result in an automatic out in that batting position. No automatic out will result in the failure to have a player in the tenth (10th) position of the batting order.
3. Teams that do not have the minimum of eight (8) players will forfeit their game. If neither team has the required eight (8) players to start the game, it will be considered a double forfeit.
 - a) **Borrowing Players:** a team that has a minimum of six (6) original players may borrow up to two (2) players to make a total of eight (8). The borrowed players **MUST** be from the same division. If a team has seven (7) original players, they may borrow one (1) to make a total of eight (8). Teams that have eight (8) original players may **NOT** borrow players to make nine (9).
 - b) All borrowed players must play in the outfield and bat last in the lineup.
4. Although eight (8) players are required to begin a game, teams may continue to play with seven (7) players due to an injury to a starting player (not ejection). However, teams may not continue to play with less than seven (7) original players. An automatic out will result in the vacant batting position of the injured player. Failure to have seven (7) original players will result in a forfeit of that game.
5. An injury or sickness occurring to any player will result in all play being stopped to administer first aid. If the player cannot continue, substitutions may be made, and play continued as soon as possible. With the continuous batting order, the batting position of the injured player will be skipped without penalty of an out, unless doing so drops the number of batters to less than nine (9).

6. A head protector, with faceguard and safety strap, must be worn while at bat and while running the bases during all practices and games. Players not wearing a head protector and safety strap will be declared out.
7. A catcher's mask, chest protector and shin guards shall be worn by catchers during all practices and games, when there is a batter in the batter's box. Any player warming up a pitcher shall wear, at a minimum, a catcher's mask, including coaches. **COACHES MUST ENFORCE THIS RULE FOR SAFETY AND INSURANCE PURPOSES!**
8. All players shall remain in their respective dugouts except with permission of their coaches to go to the restroom and/or water fountain.
9. After the game, both teams are required to clean their dugout of trash, gear, team equipment, etc.
10. When the catcher is on base, a "courtesy" runner may be substituted for the catcher to expedite the preparation of the catcher for the next inning. The courtesy runner will be the player who was last put out.
11. Each eligible player must bat through each game in a continuous batting order, which cannot be changed. The Recreation Division's interpretation of "eligible" player is a player who has properly registered, has appeared to play in the game, and who is not being disciplined for cause (i.e., missing practice).
12. The re-entry rule does not apply.

PLAYERS

1. Players attending practices are eligible, and entitled, to play in league and tournament games. Each player shall play at least two (2) innings in the field, unless the game is called before the end of three (3) innings because of time limits, weather conditions, darkness, or other unforeseen occurrences. A player who does not play the requisite two (2) innings because of the above-mentioned circumstances, shall start the next game, and play two (2) or more full innings in the field. Players in the 8U and 10U age groups must play at least one (1) inning in the infield if the player plays two (2) or more innings in the outfield.
 - a) **NOTE:** A coach may withhold a player from a game because of the player's failure to participate in practice, provided the coach notifies the opposing coach, umpire, and official scorekeeper prior to the start of the game.
2. All eligible players shall be listed on the official lineup card and shall bat in the order shown on that line-up card, regardless of whether the player played in the field prior to her turn at bat.

LEAGUE RULES

Bunting & Infield Fly Rule

1. Bunting is not allowed in the 8U & 10U age groups but is allowed in the 12U age group and higher.
2. The infield fly rule shall not apply for the 8U & 10U age groups but shall apply for the 12U age group and higher.

Stealing

1. Stealing bases is not allowed in the 8U & 10U age groups. Any base runner that has been held at base cannot advance to the next base or home plate unless the ball is hit, or the batter has been hit by the pitch.
2. Stealing is allowed in the 12U age group and higher. **Base runners in all divisions must be in contact with the base until the ball leaves the pitcher's hand.** This is a judgment call by the umpire and may not be protested.

Overthrows

1. In the event of an overthrow in the 8U & 10U age groups (overthrow is defined as a poorly thrown ball that the umpire deems uncatchable), runners may advance one (1) base from the runner's position at the time of the pitch. The ball will then be ruled "dead" and play shall stop.
 - a) **ONLY ONE OVERTHROW IS ALLOWED PER PLAY.**
 - b) **Addendum:** Runners may advance additional bases from the runner's position at the time of the overthrow, with the liability of being put out.
 - c) This does not apply for the 12U age group and higher.

Dropped Third Strike Rule

1. The third strike rule shall not apply in the 8U and 10U age groups but shall apply in the 12U age group and higher.
 - a) **NOTE:** Pursuant to USA Softball rules and code, if there are less than two (2) outs and first base is unoccupied **OR** there are at least two (2) outs and the catcher fails to catch the ball on the third (3rd) strike, the batter may attempt to reach first base unless thrown out at the base or tagged out.

Six Run Rule

1. The six (6) run rule shall be observed in regular league play, in all divisions. When six (6) runs have been scored by either team in a single offensive half inning, that offensive half inning shall be considered complete.
2. If a game cannot be tied or won because of this rule, play will be terminated immediately (8U games may continue without the scoreboard for practice purposes).

BASE AND PITCHING DISTANCES

1. For the 8U AND 10U age groups, the pitching distance shall be thirty-five (35) feet.
2. For the 12U age group, the pitching distance shall be forty (40) feet.
3. For the 14U, 16U, and 18U age groups, the pitching distance shall be forty-three (43) feet.
4. For all age groups, the base distances shall be sixty (60) feet.

PITCHING REGULATIONS

1. For the 8U age group, the league will provide a pitching machine. The umpire will call any pitch delivered to a batter a strike if, in the umpire's judgment, the pitch can be hit. This rule is adopted to encourage "hitting" and to speed up play. If the batter fails to hit the ball, her coach will toss one (1) soft toss to her.
 - a) If the pitching machine is unavailable, or out of commission, a coach will pitch to their player.
 - b) **NOTE:** Pitching machine speed and height may be adjusted by the coach at the beginning of each half inning at bat.
2. For the 10U age group, pitchers may pitch only two (2) innings per game. Pitchers in the 12U age groups may only pitch three (3) innings per game. 14U-18U pitchers may pitch an unlimited number of innings per game.
3. If a team has three games in a single week, a pitcher may pitch up to two (2) times during that week. If a team has either one or two games in a single week, a pitcher may only pitch once per week. This applies for

all age divisions. In all cases, the coach should use good judgment, keeping the pitcher's welfare in mind. Coaches should be teaching multiple players how to pitch.

4. In 10U, after the fourth (4th) ball, the coach will do a soft toss to the batter. A soft toss must be tossed to the player from outside the field of play, including the batter's box. A player is given only one (1) soft toss, regardless of the quality of pitch. If the player hits the ball it is a live play. If the player swings and misses they are out (a foul ball is considered a strike).
5. The 8U and 10U age groups are "no walk" divisions.

PRACTICES ON CITY FIELDS

1. Each team will get a set number of practices during the three weeks prior to the regular season games. Practice locations during this time may vary based on field availability. Coaches will select practice's times/dates/locations during the coaches meeting in May, 2022.
2. Additional practices are allowed (although not required), on fields when available:
 - 1) To check availability on website:
 - i. Go to <https://cheyennerec.org>
 - ii. Click on Facility Rentals (right side of page)
 - iii. Scroll down to Athletic Facilities
 - iv. Click on each facility to see information. There will be a link to a calendar, which shows rental availability for that field. If there is not a calendar link, it means there are no rentals on that field yet
 - 2) Contact the Programs & Facilities Division (637-6423) to rent a field. If you are going to pay to rent a field, you will need to fill out an Athletic Facility Rental Form, which is also located on cheyennerec.org. Practice times on the weekdays are 4pm, 5:30pm, and 7pm. Weekend practices may start at 9am.
 - a) Practices are not allowed when work has been or is being performed on any field.
 - b) Please respect the City's Maintenance staff and vacate immediately when asked.
3. Hitting balls against and climbing on chain link fences is prohibited.