

# HARRISBURG YOUTH ATHLETICS

7U GIRLS  
Kindergarten & 1<sup>st</sup> Grade

## COACH PITCH GIRLS LEAGUE RULES

7U LEAGUE takes the developing young players into the full game of softball.

### PLAYING FIELDS

- A. Distance between bases: 50 feet
- B. Pitching distance: 30 feet

### EQUIPMENT

- A. The batter, players in the on-deck batting area, and base runners are required to wear batting helmets.
- B. Catchers will not be used in this league.
- C. Each team will be issued 4 batting helmets, 1 dozen softballs, equipment bag, and a key, which opens the storage shed, lights, and restrooms.

### PLAYING RULES

- A. The official playing rules, with the exceptions and variations contained in this handout, shall be “official softball rules,” as contained in the Pony League Rule Book
- B. The batting order will consist of all the players on your team who are at the game. **EVERYONE** bats each inning-there is **NO** 3-out per inning rule. The batting order will reverse each inning. For example, the first inning will be batters 1-9. The second inning will be 9-1. This will alternate each inning.
- C. All players can be in the field defensively, but please, one player per position on the infield (only one 1<sup>st</sup> baseman, one 2<sup>nd</sup>

baseman, one 3<sup>rd</sup> baseman, one shortstop, and one pitcher, with the remainder spread throughout the outfield). No player can play the same position for more than two innings in the game. Please switch your players around from the infield and outfield.

- D. There is no infield fly rule.
- E. If there is an overthrow, each base runner may advance one base **ONLY**.
- F. Last batter that bats will hit the ball and run as she normally would in a game situation. The defense will either get the batter or a runner out or the runner reaches safely and the inning ends. No more running all the way around bases to end the inning. Inning is over.
- G. No official score will be kept.
- H. The home team shall occupy the third base dugout.

#### **PITCHING RULES**

- A. All pitching will be done by a **COACH ONLY**. Please throw ball in an under-hand motion and in a straight line with no arch.
- B. Each batter receives **FIVE (5)** hittable pitches. If they have not hit a fair ball, then the player will be allowed **THREE (3)** swings off the batting tee. **NO SOFT TOSS**.
- C. Make every effort to keep the game proceeding as quickly as possible.

#### **LENGTH OF GAMES**

- A. Regulation games shall be **FIVE (5)** innings in duration. There will be no extra inning games.

#### **SCHEDULE**

- A. A. Scheduling and rescheduling of league games shall be the responsibility of HYA.
- B. Rain date: Supervisor will do re-scheduling.

- C. Every effort should be made to **START THE GAMES ON TIME** and end them on time.
- D. Games will last one hour and fifteen minutes. No new inning will start after one hour.

### **MANAGERS AND COACHES**

- A. A. Adult coaches may be used in either or both the first and third base coaching boxes.
- B. Coaches, the time between innings is very important. Do everything you can to be organized and to speed the game up.
- C. Each coach shall have the player's medical release form on hand for all practices and games.
- D. Each team is responsible for any trash in their dugout or general area. **PICK UP TRASH** and put in barrels in your dugouts.

(March 5, 2023)