

# Central Nassau Athletic Association – 2015

## GIRLS SENIORS RULES

### General Rules

- 7 inning Games. 5 innings constitutes an Official Game.
- **Time Limit** – A new inning **cannot start** after **2 hours** for games on **Saturday and Sunday**. Games **Monday through Friday cannot start** a new inning after **2 hours and 10 min.** Darkness or weather is the Umpires call which overrides all time rules above.
- Innings are 3 outs and teams can score unlimited runs.
- Only Managers may approach the umpire for rule interpretation.  
**There is no questioning a judgment call by the Umpire** – this means managers, coaches, players, and spectators. Yelling or commenting on a call will not be tolerated. This can result in being asked to leave the field.
- No one is permitted behind the backstop during the game. This includes all coaches, parents and children.
- No barreling. You must slide or give yourself up on any play to a base or home plate.
- Any catcher warming up a pitcher or participating in the infield or outfield drills as a catcher must wear catcher's mask and chest protector. During the game, the catcher must wear all catching equipment and can use whatever glove she wants.
- No NEGATIVE CHANTING – respect the team you are playing against.
- You should try and rotate players in the infield and outfield.
- **To keep the game moving, players should know where they are going before your at bat is over.**
- Only 1 manager and 2 coaches are allowed in the dugout.

### Pitching

- Regulation 12" ball will be used
- Pitcher's mound will be 43" feet. Distance is from back of home plate to back of pitching rubber.
- A pitcher may pitch unlimited innings per game. One pitch thrown in an inning constitutes a full inning.
- Pitcher can use windmill or modified pitching and must pitch from the pitching rubber.
- Once Pitcher motions for pitch, all dugouts must be quiet.
- If a pitcher hits 3 batters in an inning she must come out but may go back in the next inning. If she hits a 4<sup>th</sup> she must be removed from pitching the rest of the game. If you take a pitcher out for a reason other than hitting players with a pitch, she is not allowed to re-enter as pitcher the rest of the game.
- Hit by pitch – is a judgment call by the umpire as to whether or not the girl attempted to get out of the way of the pitch.

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## Fielding

- 10 girls on the field at a time. Outfielders must play 4 across.
- A team must field at least 8 players to start a game. If you have less than 8, you can **only pull a player from another SENIOR TEAM**, to make 8, but they MUST play outfield and bat last.

## Batting

- Infield fly rule applies and will be called at the discretion of the Umpire.
- Base runners may tag up on fly ball outs and advance to the next base.
- Bunting is allowed.
- Drop third strike.
- All players must wear helmets.
- If a player leaves the game due to an injury or another commitment, the spot in the lineup is skipped and no out is incurred.
- **VERY IMPORTANT** – Only the player at bat can have a bat in their hands.
- Only approved ASA softball bats are allowed.
- There will be a UNIVERSAL BATTING order. Every player bats.

## Base Running

- Bases will be set at 60 feet.
- Unlimited stealing is allowed after the release.
- Time out when the ball is returned to the pitcher on the mound.
- A runner more than half way to the next base when time is called **and granted** will be awarded that base. A runner less than half way will return to the previous base. This is up to the Umpires discretion.
- If the opposing team's catcher is on base after two outs have been recorded, that player will be replaced with a courtesy runner. The courtesy runner will be the last batter out. The catcher will then put on her equipment and be prepared to play as soon as the third out is recorded.

## Mercy Rule

- The **13 run mercy** rule will be in effect after 5 innings, 4 ½ innings if home team is leading.
- **Home team must email the final score of the game to [joeyge@aol.com](mailto:joeyge@aol.com), [rconnolly4730@gmail.com](mailto:rconnolly4730@gmail.com) and [centralnassau@outlook.com](mailto:centralnassau@outlook.com)**

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