



# FPN Softball League Rules

1. Friday and Saturday Leagues play under USSSA pitching rules (2 feet on the rubber required). The High School League plays under CT High School pitching rules (2 feet on the rubber not required). Below are additional rules that govern play at FPN.
2. Time limit - All games will have a 1:15 time limit. After 1:15 the at-bat completes and the game is over. The final score will be the score at the end of the last complete inning. If the home team is up when time expires, any runs they scored during that inning will be counted.
3. All games are seven innings when time permits.
4. Face guards and chinstraps on all helmets are mandatory.
5. All players will hit in a continuous batting order.
6. Free substitution will be allowed and courtesy runners will be allowed for the catcher and pitcher at any time by the last batter who was put out.
7. When the player who will catch in the next inning gets on base it is strongly suggested that she be substituted by the last batter who was put out. This speeds play.
8. In the first inning the pitcher is allowed 5 warm-up pitches and team infield warm-up is allowed. After the first inning, only 3 warm-up pitches and no infield warm-ups between innings are allowed.
9. The home team must provide a volunteer to run the electronic scoreboard for their game.
10. Teams enter through the outfield gate in right field exit via the outfield gate in center field. No entering or leaving behind the backstop.
11. Exit the field quickly as the team behind you needs to warm up fast.
12. All warm ups will be done on the field. There are no warm-ups in the batting cages or pitching lanes unless teams choose to rent them.
13. The home team gets the bench closest to home plate. For double headers teams can switch between games or coaches can agree not to switch.
- 14. Special On Field Rules for Fastpitch Nation's Indoor Field.**
  - a. *All fly balls that hit the white ceiling net are playable off the net for an out or a hit. The umpire can rule it a foul ball if in foul territory on the infield and not caught and hence a deadball.*
  - b. *Any ball that exits the netting will be ruled a dead ball and the pitch will be re-thrown.*
  - c. *All fly balls that hit the outfield fences and nets are a hit and players will play them off the fences and nets and runners advance at their own risk.*
  - d. *All fly balls that hit fences and nets on the 1<sup>st</sup> and 3<sup>rd</sup> base lines are foul balls.*
  - e. *Regular fair/foul rules apply for any ground ball that hits the infield dirt.*
  - f. *Any ball in the air that hits the outfield artificial grass is fair. There is no foul territory in the outfield for fly balls that hit the grass first.*
  - g. *No batter/runner may be thrown out at first base by an outfielder or an infielder that fields the ball in the outfield.*
  - h. *No outfielders are permitted to play on the infield until the ball is pitched.*
  - i. *No infield fly rule will be in effect.*
  - j. *Any ball that hits above the green on the upper deck fence in left field without hitting the roof net will be ruled a ground rule double. A ball that hits the white triangle in left field without hitting the roof net is ruled a homerun.*
  - k. *The left fielder cannot cover 3<sup>rd</sup> on a steal. They can cover third on a hit or other play but they cannot take the throw at 3<sup>rd</sup> on the steal. They are allowed to back up the steal.*
  - l. *Rubber cleats only are allowed. No metal cleats.*
  - m. **No jewelry other than medical alert bracelet or necklace is allowed. Taping over ears etc. is not allowed.**
  - n. **Pay the umpire before the game begins and not afterwards. It's too easy to forget.**
  - o. *All catchers (including coaches) must wear a catcher's mask to warm up pitchers on the field, in the cages and in the bullpen. We have them to loan at the front desk.*