



Northwoods League Division Outdoor Rules

GAMES

- o Play 7 innings, 2 innings at a time (innings 1-6).
- o Home and visiting teams will be determined in advance as indicated on the schedule.
- o Defensive teams will have 12 players in the field. If short of players, opposing team can provide a catcher, 3rd or 1st baseman as needed.
- o Pool players: Lowest team in standings gets preference unless number of players per team dictates otherwise.
- o If one team has more than 2 players than the other team, that team gives player(s) to the other team to balance within one player. (Manager choice of three.)
- o Flip-flop rule: If the home team is behind at top of the 7th, it will bat in the top of the inning and can only go ahead by 5 runs. If that team goes up by 5 runs, the visiting team can only tie.
- o NO WALKS RULE: For those rare occasions when the wind is so strong that throwing strikes is especially difficult, the managers can agree to use the "no walks rule." In this case, the batter will remain at bat until he/she hits the ball or accrues two strikes. The usual courtesy foul is allowed.
- o Short fielders cannot play on same side of a mid-field line from home to second to the outfield. shortstop and second baseman play on opposite sides of second base.
- o 4 outfielders must remain in outfield defensive positions, two on each side of second base and not overcrowding the infield. Outfielders must start the at-bat approximately 50 feet from the infield edge or managers identify a physical object on a field such as a pole.
- o If a player or players from the National Division play in Northwoods, they bat last and should play in the outfield. They should only play infield if needed by a team, with the opposing manager's agreement.

PITCHING

- o A pitching screen is required. The top of the screen is placed 12 feet from rubber. Pitcher must pitch from behind the screen.

- o Pitch court: 3 balls, 2 strikes, one courtesy foul allowed. The first batted ball that strikes the screen is “inert”- a no pitch, play continues with same count; subsequent hit screens are strikes.
- o Pitchers must face the batter and hold the ball one second before pitching. Quick pitches are not allowed to ensure the batter is ready to hit. Otherwise, a no pitch is called.
- o Arc on pitch between 6 and 12 feet high.

PINCH RUNNING

- A player can only pinch run once per inning and not more than twice per game.
- A pinch runner on base when it is their turn to bat can be replaced with another runner and take their turn to bat.
- No batter is allowed to use a runner from home. They must reach first base before asking for a courtesy runner.
- There will be enforcement of the no-run, no-play rule. Players will not be allowed to play in the field and then not bat (other than one exception for a player who is grandfathered in because he is needed as a pitcher). If a player wants to play in the field, they will need to also bat in accordance with these rules.

INFIELD FLY

There will be no Infield Fly Rule for Summer Session 2. The Infield Fly Rule is one of the more debated, misunderstood and controversial rules. As an experiment to see the impact of not enforcing the Infield fly, it will not be used in this session. It is expected that a fielder will not deliberately drop a catchable ball to initiate a double play.

Northwoods League Division Player Expectations

The West Metro Senior Softball Association has asked players in the Northwoods League to honestly assess their own skill set by answering the following questions:

- 1) Are you able to throw a softball on target and at length as effectively as the average player in the NWL?
- 2) Are you able to easily run to first base? (All NWL batters will need to run to first base this summer season)
- 3) Are you able to hit a pitched ball hard and far enough to get a hit with any regularity?
- 4) Are you able to react to a hard-hit ball?
- 5) Are you able to react to catching a thrown ball, especially if thrown with speed and intensity?
- 6) Are you able to pursue and field a routine ground or fly ball with regularity?

Questions, contact the [West Metro Board](#).