



FAST PITCH SOFTBALL RULES

SUMMER 2026

I. GENERAL INFORMATION

- A. All managers/coaches, including volunteers, must attend a DPR Youth Sports training, and must complete an online concussion training. Also, all head coaches must be at least 18 years of age by the first scheduled game. Failure to comply or falsification will result in expulsion of the coach from the league, and the team to forfeit all games to the point of violation. **All volunteer coaches must complete volunteer paperwork and pass a background check.**
- B. Parents will be required to sign the Parents Code of Ethics prior to first game of the season.
- C. Team Roster/Paperwork - Paperwork will include a complete team roster, valid proof of age for each player, and coach's/player's code of ethics forms. A complete team roster printed from DPR's ActiveNet will be used as the point of reference for all games. Coaches will be responsible for providing all of the other required paperwork if requested by Youth Sports Staff within 24 hours of the request. Player additions to teams may be made up until Sunday, June 21, 2026. A PENALTY FOR FAILURE TO COMPLY WITH ABOVE OR FALSIFICATION WILL RESULT IN DISCIPLINARY ACTION TO THE COACH AND CENTER.
- D. Site Supervisor shall determine if the game is official. An official game will be 2 complete innings. The score counted will be based on the score at the end of the last completed inning.
- E. Rostered players must have participated in at least half the regular season games to be eligible to participate in the tournament.

II. SAFETY RULES

- A. Managers, coaches, players, parents, and spectators will not attempt to instruct, taunt, threaten or in any way verbally or physically abuse an Umpire/Referee/Official, Site Supervisor, Youth Sports or Rec Center Staff, opposing coach, or player before, during, or after any game. Any unsportsmanlike conduct towards the opposing team by players, coaches, and/or spectators is not allowed before, during or after any game. This includes but is not limited to chanting, hand clapping, waving, and whistling. If an umpire's/official's shortcomings are detected, these problems shall be brought to the attention of the Site Supervisor and Youth Sports or Rec Center Staff. Failure to comply with this regulation will result in immediate removal from the game, as directed by the umpire/official. Ejection from a game for any rule infraction will result in immediate removal from the facility, as directed by the Youth Sports or Rec Center Staff or umpire/official and will also result in suspension from the next scheduled game. Failure to comply with the departmental policies and Code of Ethics may result in probation/termination. If a player, manager, coach, or assistant coach is ejected from any two (2) games during the season, s/he will be terminated of employment with the Youth Sports program. If the coach is a full-time employee, they will be reported to their immediate supervisor, as well as the Directors of Recreation.
- B. After each game, each team is responsible for removing their trash (water bottles, cans, etc.) from their dugout.
- C. Alcohol, marijuana, or tobacco will not be used in or near the dugout, on or near the playing field, or anywhere in the spectator area. Vape pens and e-cigs are also prohibited from our playing sites.

- D. In the event of an injury, which requires medical assistance, call 911. The Site Supervisor, manager or coach will remain in charge of emergency treatment until proper authorities arrive. If injury dictates that injured player is not to be moved, game play will be delayed as necessary.
- E. When umpires, Site Supervisor or Youth Sports Team determine that lightning poses a threat to the players and spectators, coaches/managers will notify players and clear them from the field immediately.
- F. It will be the Youth Sports Staff responsibility to decide to make up games cancelled because of inclement weather, as well as arrange for umpires.
- G. A bleeding player must come out of the game, until it is stopped. If blood is on a game jersey, player must put on another jersey.
- H. No soft toss with softballs allowed against the fences. Only wiffle or soft training balls are allowed.
- I. All game spectators must be at least 5 feet away – sitting or standing – from the chain linked fence backstop. This includes the dugouts, along the first base fence, along the third base fence, and the fence directly behind home plate.
- J. No casts, hard or soft, allowed during league or tournament play.
- K. **Jewelry is prohibited.** This includes but not limited to watches, bracelets, necklaces, earrings, or other piercings (taping over is not allowed), and acrylic nails. Hair adornments (hair beads, hard head bands, hair bobby pins, hard hair clips) may be worn in the hair if they are secured close to the head and do not present a risk of injury to the player, teammates, or opponents (at the discretion of Site Supervisors and Officials). Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.
- L. **Uniforms.** There will be no alterations/modifications to team uniforms. All players must be wearing a current season uniform to participate.

III. PROTESTS AND FORFEITS

- A. Protests must be made prior to the next pitch or play. The umpire will instruct the official scorekeeper to log exact protest and time in the official scorebook. Umpire will sign the scorebook and notify all participants that game will be continued under protest as well as notify the Site Supervisor. Site Supervisor will inform the Youth Sports Staff. Protesting party must present protest in writing and in person to a Youth Sports Staff within 24 hours with an accurate description of the protest, clearly stating which rule has been violated.
- B. Any violation of pitching, substitution, or minimum playing time shall cause automatic forfeit.
- C. Any player not listed on the ActiveNet team roster may not play in the league. A team who allows a non-rostered player to play shall forfeit game or games in which the player participated. In addition, the coach/team manager responsible for allowing the non-rostered player to play will face disciplinary action.
- D. All forfeits will be reported to Youth Sports Staff and the Directors of Recreation.

IV. SPORT-SPECIFIC RULES

CHSAA HIGH SCHOOL RULES WILL BE ENFORCED WITH THE FOLLOWING DENVER PARKS AND RECREATION MODIFICATIONS

A. General Rules (applies to all age groups)

1. Eight-year-olds may play in the 10 & under league, but they must turn 8 by the first scheduled league game.
2. 10U age classification: any player turning 11 years of age before July 12, 2026 is ineligible.
3. 12U age classification: any player turning 13 years of age before July 12, 2026 is ineligible.

4. 14U age classification: any player turning 15 years of age before July 12, 2026 is ineligible.
5. In the case of needing to fill the number of participants on the field (9), coaches will be allowed to move **three** players up one age division if they meet all requirements and approval from the Youth Sports Team.
6. Any player moving up an age division must be only one year younger than that age group. For example, a 10-year-old may play up with the 11-12-year-old age division; a 9-year-old may not. **This rule begins with the age 7-8 and older divisions. 4-year-olds are not eligible to play 5-6 T-Ball.**
7. Roster minimum is 9 players, maximum 15 players.
8. Teams are allowed a maximum of 5 players from the same outside team.
9. Players will only be allowed to be on one roster per age group.
10. Lineup cards shall be presented to the official scorekeeper (site supervisor) 15 minutes prior to the scheduled game time.
11. All players must be attired in full (alike) current uniforms, hats, numbered jerseys, baseball pants, and socks. Rubber-soled cleats or tennis shoes are allowed. No metal cleats are allowed.
12. Home team will be determined by schedule.
13. Site Supervisor will keep score and time.
14. A 5-minute grace period will be allowed for all games, starting at scheduled game time, but the game clock will begin for Game 1 on a field.
15. Teams must have at least seven (7) players to start and finish a game; otherwise a forfeit will be called. If neither team has seven (7) players at game time, a double forfeit will be called.
16. All players bat through continuously and play at least two (2) defensive innings. Free substitution is allowed defensively, but the batting order must remain the same.
17. No players, spectators, manager or coach is permitted to stand behind the backstop during a game. Coaching must be done from the inside of the dugout or from the coaches' boxes. The team will receive one warning, and then the next violation will be an automatic out on the batter if the offensive team – if the defensive team is in violation of this rule, they will start their next at bat with one team out. All players must be in the dugout area when they are not up to bat, or on deck or if they are not playing a defensive position.
18. All catchers must wear a complete set of catcher's equipment, which includes: catcher's helmet, mask with throat guard, chest protector, and shin guards. A hard or soft cup is recommended. Players warming up a pitcher must have on at minimum a catcher's helmet and mask.
19. Batting helmets are mandatory for all batters, base runners, and player base coaches
20. Bats must have a USA or USSSA stamp for league play.
21. On a play at any base, it is the runner's obligation to avoid collision. A runner shall be called out if he/she does not legally slide or legally attempt to avoid a fielder.
Legal slides: Feet or headfirst. When doing a feet-first slide, the runner must have at least one leg/foot down. Runner can only slide (feet or headfirst) if the base is within reach. Jumping or leaping over a fielder are legal attempts to avoid the fielder, provided the fielder is lying down, otherwise it is prohibited.
Illegal slides: Jumping/diving headfirst over a fielder, runner raises leg above knee of fielder, runner goes beyond base and makes contact or alters the play of the fielder, or the runner intentionally tries to injure the fielder.
22. Maximum of 3 coaches in the dugout. Batting team 1st base and 3rd base coach allowed on field, Fielding team only head coach allowed outside of dugout.
23. Regular season games will end in a time if score tied at the inning or time limit.
24. There is no infield warm-up allowed on the field prior to the start of a game.
25. A coach may keep a player out of the game for disciplinary reasons provided site supervisor, umpire, and opposing coach are notified prior to the start of the game.
26. Pitchers are allowed to alternate their innings pitched, but cannot exceed pitching limit outlined in the table below. One (1) pitch constitutes an inning.

Rule/Age	10 & Under	12 & Under	14 & Under
<u>Game Time</u>	1 hour 20 minutes or 5 innings	1 hour 20 minutes or 5 innings	1 hour 20 minutes or 6 innings
<u>Game Clock</u>	Time begins at the scheduled start time for Game 1 on a field, and when the 1 st pitch is thrown for Game 2. The time stated at the end of the inning dictates whether a new inning begins. Once time expires, the half inning will be completed. The bottom half of the inning will only be played if the home team is losing.	Time begins at the scheduled start time for Game 1 on a field, and when the 1 st pitch is thrown for Game 2. The time stated at the end of the inning dictates whether a new inning begins. Once time expires, the half inning will be completed. The bottom half of the inning will only be played if the home team is losing.	Time begins at the scheduled start time for Game 1 on a field, and when the 1 st pitch is thrown for Game 2. The time stated at the end of the inning dictates whether a new inning begins. Once time expires, the half inning will be completed. The bottom half of the inning will only be played if the home team is losing.
<u>Game Ball</u>	11" soft core safety ball	12" leather ball	12" leather ball
<u>Pitching Distance</u>	30 ft Coach or umpire may move closer to home within circle	35 ft if playing in 12U and 14U, must pitch at 40 ft	40 ft
<u>Base Distance</u>	60 ft	60 ft	60 ft
<u>Stealing</u>	No (Players may shuffle off the base once the ball crosses home plate.)	Yes (On pitcher's release)	Yes (On pitcher's release)
<u>Balks</u>	Not enforced	1 warning per pitcher	1 warning per pitcher
<u>Infield Fly Rule</u>	Not in effect	In effect	In effect
<u>Dropped 3rd Strike</u>	Automatic out	Automatic out	Playable
<u>Pitching limit</u> (1 pitch constitutes an inning)	2 innings per game (3 inning daily limit in the case of double-headers)	3 innings (4 inning daily limit in the case of double-headers)	4 innings (5 inning daily limit in the case of double-headers)
<u>Pitching Warm-up</u>	5 warm-up pitches between innings and substitutions.	5 warm-up pitches between innings and substitutions.	5 warm-up pitches between innings and substitutions.
<u>Pitching Motion</u>	Full (360°) motion required	Full (360°) motion required	Full (360°) motion required
<u>Run Rules</u>	Limit 5 runs per inning in the 1st, 2nd & 3rd innings. Unlimited runs per inning for all other innings. 10-run rule in effect after 3 or more complete innings. Score is final at this time. Teams may continue to play capped innings (5-run max) until time expires.	Limit 5 runs per inning in the 1st, 2nd & 3rd innings. Unlimited runs per inning for all other innings. 10-run rule in effect after 3 or more complete innings. Score is final at this time. Teams may continue to play capped innings (5-run max) until time expires.	Limit 5 runs per inning in the 1st, 2nd & 3rd innings. Unlimited runs per inning for all other innings. 10-run rule in effect after 3 or more complete innings. Score is final at this time. Teams may continue to play capped innings (5-run max) until time expires.
<u>Tournament Extra Innings</u> Unlimited runs in each extra inning. Must get 3 outs.	1st extra inning: Runner starts on 2 nd base (last out in previous inning). 2nd or more extra innings: Runners start on 2 nd & 3 rd base (last 2 outs in previous inning).	1st extra inning: Runner starts on 2 nd base (last out in previous inning). 2nd or more extra innings: Runners start on 2 nd & 3 rd base (last 2 outs in previous inning).	1st extra inning: Runner starts on 2 nd base (last out in previous inning). 2nd or more extra innings: Runners start on 2 nd & 3 rd base (last 2 outs in previous inning).
<u>Walk-Up or Warm-Up Music</u>	Not permitted	Not permitted	Not permitted