

# CENTRAL MAINE YOUTH SOFTBALL LEAGUE

## Rookie League

Rookie League consist of girls ages 7 and 8. The league will follow ASA softball league rules. Exceptions to the rules are as follows:

1. Games begin at 11:00 and no new inning after 2 hours.
2. Home field coach can decide to cancel because of inclement weather. Coach will reschedule game.
3. All players and coaches must leave field in thunder or lightening.
4. League will use a #10 squishy softball.
5. A maximum of 6 runs per inning will be allowed.
6. Each player present at the game must play at least 3 innings in the field and get at least one turn at bat. This rule may be waived if the game is shortened.
7. The player will pitch the first inning of the game or once through the lineup, whichever occurs first. The umpire (volunteer) will call balls and strikes. The batter will be allowed 6 balls and 3 strikes. The coach will pitch the remainder of the game, in which, batters will be allowed 7 pitches. At the end of 7 pitches, if the batter has not hit a fair ball, the batter is out. The batter will be out after 3 swinging strikes. A batter will continue to hit after 7 balls if they foul off the 7<sup>th</sup> pitch, the batter will remain at bat until she does not foul off any pitches. Pitchers will pitch from a minimum distance of 35 feet.
8. A pitchers helper will be used when the coach pitches and will be positioned no further ahead than the major league pitching rubber (40ft.).
9. there will be no stealing allowed.
10. A base runner can continue to advance throughout a play until the defense stops their forward progress. Forward progress stops when the base runner stops because a defensive player has made them stop. The runner can only advance one (1) base on an over throw.
11. Bunting is not allowed in the Rookie League.