

D League Softball Rules 2023

Equipment

1. All bases are at 60 feet apart. Safety bases will be used.
2. The catcher will wear all catchers' equipment when playing the position.
3. Batting helmets are mandatory, face guards and chin straps are **strongly** recommended.
4. No baseball bats allowed.
5. Pants or Shorts may be worn. Shirts must be tucked in.
6. 11" rag ball will be used.

Fielding

7. All coaches & assistants are allowed on the field to give instruction to the defensive players.
8. Coaches can not touch or field the ball.
9. All girls play the field every inning.
10. No more than 5 players will play the infield before the ball is hit.
11. All girls should be rotated to play all positions.
12. No player will play between home plate and the pitcher's mound before the ball is hit, each girl should play their position.
13. **A runner can only go one base at a time on an overthrow.**

Pitching

14. A coach will pitch to their own team.
15. The player playing the pitching position will stand close to the coach and will field the ball on a hit. (coach can not touch ball)

Batting

16. No walks, the batter must hit the ball. If after 5 total pitches, including foul balls the batter has not hit the ball; the batter **MUST** use a tee.
17. Runners may be allowed to take 2 bases after the ball is hit.
18. Each team will bat 3 outs or 5 runs, whichever comes first.
19. Maximum 5 runs per inning, when the team batting scores five runs, switch sides.
20. All games will be 1 hour.