

# FSA

FAIRFIELD SPORTS  
ASSOCIATION

## 7U CUPCAKE (Coach Pitch INSTRUCTIONAL) RULES

**Commissioner's Note:** We are so excited to have you out on the field this season. As a reminder, this is a youth recreational league. The idea behind this age group and the design of this program is to positively encourage our girls to have a true enjoyment for the sport and become the best athlete they can be.

**Code of Conduct:** Fairfield Sports Association is a volunteer organization dedicated to providing a positive sports experience for the youths of our community. The goal of FSA is to promote sportsmanship, teamwork, self-confidence, and physical fitness. We believe that participation in a competitive team sports program that emphasizes positive reinforcement can play an important role in the development of our children and provide lifelong memories.

### **Coach's Code of Conduct:**

- Maintain self-control
- Set a good example to all
- Do not use profanity, offensive language, or any inappropriate action
- Use of alcoholic beverages prior to or during sporting events is prohibited
- Use of tobacco products during sporting events is prohibited
- Do not raise your voice in anger and refrain from arguments
- Do not verbally abuse officials, coaches, players or any other person in attendance
- Always remember that this is supposed to be fun for our girls
- Play hard, play fair and always respect the spirit of the game

**Eligibility:** Players in this division must have been born between Sept 1, 2011 and Aug 31, 2014 unless otherwise noted.

### **Game Limits and Durations:**

Coach pitch - 5 innings or 60 minutes. – If time becomes an issue, DO NOT start a new inning. This helps keep all games on schedule.

No new inning will start with 5 minutes or less remaining on the clock. All games will drop dead 10 minutes after the designated time limit and revert back to the last complete inning.

Rain outs - to be considered a full game, both teams have to complete 2 full innings or 35 minutes of play.

### **Game Balls:**

Both teams will supply one game ball. FSA issues an 11" hard softball.

**Umpires:** One (1) umpire positioned at home plate area for regular and tournament.

**Coaches:** The only person to speak to the umpire, this person must be deemed Head Coach in SI Play. Any violation of this will result in immediate suspension and removal from FSA property.

1. Only 3 coaches per team is allowed on the playing field at any one time during a game.
2. Offensive Base coach 1st and 3rd: Remain in the coach's area at 15' down the base line in foul territory.
3. 2 defensive coaches should be in foul territory and in the grass (behind 1st and 3rd). 1 defensive coach close to backstop to shag balls.
4. 1 time out per 1/2 inning.

**Run Limits:****5 runs per inning.**

Run Rule: The run rule is 12 runs after 3 innings, 10 runs after 4 innings, and 8 runs after 5 innings. If time has expired and either team is behind and cannot catch up or go ahead, the game shall be over immediately.

**Rules:**

USSSA rules will serve as the primary set of rules for FSA softball except as modified herein. All-Star teams will have a separate set of rules (tournament focused) to adhere to once those teams are formed and begin practicing.

All players need a batting helmet with a facemask and chinstrap. All defense players must wear fielding masks including pitcher.

No player shall sit 2 consecutive innings in a game.

**Offensive Lineup:** The batting lineup may be any number from eight (8) to all players present. **Defensive**

**Positions:** The defensive team must have a minimum of eight (8) and a maximum of ten (10) defensive players in the field, but no more than six (6), including the catcher, can be positioned inside the dirt.

**Pitching Coach:** The Pitching Coach shall be an adult at least eighteen (18) years of age. If the pitching coach is the head coach. The head coach may designate someone to communicate with umpires while he/she is pitching.

The pitching coach shall keep one foot on or straddle the pitching circle.

The pitching coach shall not verbally or physically coach while in the pitching position.

The pitching coach shall retrieve the bat after contact is made and ball is in play.

The pitching coach shall position himself as not to be an obstruction to the defensive team on any possible play once the ball has been hit.

If in the umpire's judgment, a coach interferes unintentionally with the batted ball and/or defensive play, the ball will be declared dead and the pitch replayed.

If in the umpire's judgment, a coach interferes intentionally, the lead runner is out and the play replayed.

If there are no runners, the batter is out.

The player pitcher must have at least one foot in the pitcher's circle when the batter's coach is pitching.

**Batting:** The batter will receive five pitches or three swinging strikes, whichever occurs first. Each pitch will count as one of the five even if the batter does not swing. If the fifth pitch is hit (not bunted) foul the batter will remain at bat as long as they continue to foul off pitches.

a. The batter is out on a third strike whether caught or uncaught.

b. There shall be no Base on Balls (walk) awarded.

Hitters hit by a pitch will not be awarded 1st base.

Bunting is NOT allowed.

The infield fly rule is not in effect. The ball remains "live" with all runners in jeopardy of being put out or advancing.

A runner may not leave a base until the pitch reaches home plate. PENALTY: The ball is dead, a "no pitch" is declared, and the runner is declared out.

A runner may not steal a base. At the conclusion of any play involving a NON-BATTED ball, the ball is dead, all advances shall be nullified, and the runners shall be returned to the base occupied at the time of the pitch. All outs shall stand.

Time will be called when an infield player has possession of the ball in advance of the lead runner or the lead runner has stopped.

Overthrow Rule: Only applies to first base. On a ball hit to the infield and then thrown to first base, the runner may advance no further than second base on an overthrow to first base. If the runner attempts to advance further than second base, they do so at their own peril, and if they are put out in such attempt, they will be out. If they advance at their own peril and advance, they will be placed back on second base after the play has stopped. Similarly, if a runner is at first base on a ball hit to the infield and thrown to first base, the runner on first base can advance no further than third base.

If any runners go beyond the base they are entitled to (i.e. batter/runner beyond second, runner from first beyond third) and they are tagged out, the out will stand. If they make it safe to the next base, they will be sent back to the proper base after time has been called.

Designated Player rule will not be used.