

1- this league is for high school aged girls
From grade 7-11 or ages 12-17

2- pitching

- pitchers shall use the slow pitch delivery, underhand , no windmill
- the ball must have an arc crossing the plate
- the ball has to be pitched at a moderate speed
- a pitch that has no arc or is deemed too fast by the umpire will be called a ball. However if the batter makes contact it is a live ball
- strike zone is armpits to knees
- the pitcher must start with both feet on the mound to deliver the pitch . Can not take a step backwards to start her pitch .
- the umpire can give 2 warnings to a pitcher for not delivering a slow pitch . After that the pitcher has to be replaced .

3-game set up

- bases are 60 feet, pitching mound is 35 feet from home plate.
- 7 innings, max of 5 runs per inning, except for the 6th and 7th innings that are open
- Time limit is 2 hours , no new inning will be called after 1 hour and 40 minutes
- 4 innings will be considered a completed game if the game needs to finish because of weather conditions, too dark or injury . 1/2 inning less if the home team is winning .
- at the end of the 4th inning a mercy rule can be enforced by the umpire . The winning team must be ahead by 10 points .
- each team will field 10 defensive players . One being a rover. Rover must play as 4th outfielder, at least 10 feet from base lines .
- all players Bat
- minimum amount of players to play a game is 7. Coaches can cross call from another team to field a team of 10 players

3-rules of the game

- no stealing, no leading . Players remain on the base until contact is made with the ball
- sliding and tagging are permitted
- no dropped 3rd strike
- girls can bunt , but no fake bunting is permitted
- to avoid collusion's at home plate, there will be a commitment line and a scoring line.
- 2 lines will be drawn in foul territory perpendicular to the 3rd base line. One 20 feet from home plate (commitment line) and the other at the front corner of home plate(scoring line)
- once a runner crosses the commitment line , they have to run home . If they return to 3rd base they will be called out .
- Unless they have to tag up on a fly ball
- runners are required to cross the scoring line when scoring a run and the defensive player is to use the home plate to make plays.
- if the defensive player receives the ball and touches home plate before the runner passes the scoring line , the runner will be called out .
- no defensive player is allowed to tag the runner once they cross the commitment line.
- the runner will be called out is if she touches home plate instead of crossing the scoring line
- the defensive player can not block the scoring line or try to tag at the scoring line . They need to step on home plate with possession of the ball before the runner crosses the scoring line to get the runner out .