



# Lou Gehrig Softball Seniors - Level Rules

Updated January 2015

## General

1. Games are seven innings with a SIX-run limit in innings 1-6. No run limit in inning 7 **ONLY**.
2. Pitching distance is 43 feet.
3. When warming up between innings, a pitcher is encouraged to wear a batting helmet or fielding mask.
4. Pitchers are encouraged to wear a fielding mask

## Hitting / Running

5. Teams will use a continuous batting order – everyone bats.
6. Bunting **is** allowed at this level.
7. Stealing **is** allowed at this level. Base runners can leave the bag (to steal or lead-off) when the ball is released from the pitchers hand. If a runner leaves the base before the pitcher releases the ball, the runner will be called out.
8. Runners may steal home.
9. Call-ups must bat last in the line-up.

## Defense

10. Defense will play ten players.
11. Infield fly rule is in effect.
12. Every player must play at least four defensive innings, including playoffs. This rule also applies to call-ups in the regular season and playoffs. A call-up **can** pitch.
13. Pitchers may pitch a maximum of **THREE** innings per game in the regular season and playoffs. If a girl pitches one pitch in an inning, this is considered a full inning pitched.
14. Dropped Third Strike Rule is in effect. (See NSA rulebook for details)