

Rookie Rules

Effective date Jan 2025



Current USSSA rules with the following exceptions:

General

1. Eligible girls are in the Kindergarten and 1st grade. A player can play in a higher age class but cannot play in a lower age class.
2. Players cannot play on more than one NGSSA team at the same time.
3. Each girl shall play for the NGSSA team in the area in which she lives, unless approved by NGSSA Board of Directors.
4. NGSSA uses only 10" USSSA approved softball during the game.
5. The home team will be responsible for furnishing the umpire and they need to be a NGSSA TRAINED UMPIRE. If the home team has no umpire present, the visiting team may use his or her league certified umpire.
6. All regular season games will start at 6 PM unless the league schedulers have made previous arrangements. A ten minute grace period will be afforded to either team in need to get the required number of players there. The home team has a choice of dugout.
7. No new inning will begin after 1 hour and 30 minutes from the start of play. Maximum game time is 1 hour and 45 minutes or 7 complete innings. If at the end of 1 hour 45 minutes, the current inning has not been completed, the game will be halted and the score reverts back to the last completed inning. If the game ends as a tie, it will stand as a tie though the end of the season. A tie will be considered as $\frac{1}{2}$ a win when determining standings.

Rain Outs

8. RAINOUTS – each coach needs to call the appropriate rainout number, if the fields are open for play – each team will need to show up at the field each with a minimum of 8 players. The HOME TEAM UMPIRE will need to make the decision on the playability of the field. It may be raining hard at 4:00 but sunny and playable at 6:00. It is imperative that the games get played due to field scheduling, but safety is the most important thing to consider. If the game conditions permit... play the game.
9. An official game will be 4 innings or more. If after 4 (four) innings a game must be called the score will revert back to the last completed inning. UMPIRES WILL HAVE THE AUTHORITY TO CALL GAMES DUE TO DARKNESS OR WEATHER.
10. SUSPENDED GAME. A game that is stopped by the umpire because of rain, lightening or darkness that cannot be restarted within 30 minutes, and has less than 4 innings completed can be resumed at a later date. Arrangements will be made with the coaches and the league schedulers. The suspended game will revert back to the last completed inning.
11. All games need to have the reschedule initiated within 72 hours.

Substitution

12. Every team will use the unlimited substitution format. All girls will be batted in a continuous order to be set at the beginning of the game. Any player may re-enter the field as often as desired as long as their position in the batting order does not change. Every girl will be entered into the field by the 2nd (second) inning. In addition no girl can sit in back to back innings. It is not necessary to report changes made in the field to the other team. Latecomers will be added to the bottom of the batting order.
13. If a player leaves the game, that player's spot in the batting order is eliminated without penalty. The player may not re-enter the game.

Field of play and Pitching

14. Bases will be 55 (Fifty five) feet.
15. Home run field radius, 110 (one hundred ten) feet.
16. Pitching distance will be no closer than 20 feet
17. The pitched ball must be released within 5 (five) seconds from time the pitcher has the ball, and the batter has taken her position in the batter's box.
18. The batting team's adult coach, or representative, will pitch. The adult pitching coach may not coach from the pitcher's mound other than to position the batter.
19. The adult pitching coach cannot intentionally touch the ball after it is hit by the batter, unless it is in self-defense. Every effort will be made to not interfere with the field by the opposing team players, effect: batter is out.
20. The girl pitcher will be placed within 2 (two) yards of the pitching rubber. Note: 2 (two) yards = 12 (twelve) foot circle. The girl will receive the ball from the catcher after every pitch or end of play.
21. Once the pitcher begins the delivery motion, the batter cannot request time out.
22. All rookie girl pitchers must wear a face mask for protection. If the coach elects to have the rover also play in the pitchers position, she must also wear a face mask for protection. The league will supply one face mask to each team.

Batting and Base Running

23. A safety bag shall always be used when the defense is making a play at first base. The safety bag is considered the same as first base. For safety reasons a batter/runner will use the safety bag on any play involving the first baseman. The runner will use the regular base if remaining on first base after the completion of the play. THE DEFENSIVE PLAYER CANNOT USE THE SAFETY BAG WHEN MAKING A FORCE OUT. They must use the regular base.
24. All batters and base runners will wear protective helmets.
25. Base coaches may be team players and may have adult assistants. Player base coaches shall wear protective head gear.
26. Home run line will be 110 (one hundred ten) feet. The Ball must clear on the fly for a home run. 2 (two) bases for all runners if the ball rolls beyond the home run line. If the field is unmarked and the ball rolls beyond an outfielder, it will be an automatic 2 (two) bases.

27. There will be five runs max. per inning and side change, except for the 7th inning the rookies will be allowed to score 7 (seven) runs max. Home run and ground rule double continuous play rule is in effect for this inning as well.

EXCEPTION: When a ball is hit in the air over the home run line, then all runs count, or if there are runners on 2nd or 3rd and a ground rule double is hit the runners on 2nd and 3rd will both score. Example 1: 4 (four) runs are already in, bases are loaded, and a ball is hit over the home run line. – EFFECT: 8 (eight) runs will score. Example 2: 4 (four) runs are already in, bases are loaded, and a ball rolls beyond the home run line. – EFFECT: Ground rule double, 6 (six) runs will score.

28. If a ball is overthrown and rolls past the cones, while in fair territory the ball is “out of play”, and the runners advance one base from the last base they had touched at the time the ball rolled past the cones.
29. 4 (four) pitches are allowed per batter. If the batter does not get a hit after 4 (four) pitches a tee will be used and she will have one attempt to get a hit. If the batter has a foul ball on the 4th (fourth) pitch, she will receive another pitch until a strike occurs or the ball is hit fair. Unlimited foul balls on the fourth pitch, unless the foul ball is caught.
30. No walks. The batter cannot be called out on an uncaught foul ball.
31. If the batter fouls back a pitch to the catcher with less than 2 strikes, the ball must go over the batters head in order for an out to be recorded. However if the batter has 2 strikes and fouls a ball straight back into the catcher’s mitt she is out.
32. NO SLIDING! If a player slides she is out.
33. When the batter delays entering the batter’s box, after the umpire signals play ball, after 10 (ten) seconds, the umpire shall declare a dead ball and a strike will be called on the batter.
34. A play is considered complete when all forward motion of the lead runner has stopped. Throwing the ball to the pitcher does not stop play unless the umpire has called ‘TIME’. Completion of play and the decision to call ‘TIME’ is at the Umpire discretion.
35. There will be no reckless throwing of a bat.
Effect: If a bat is determined by the Umpire to have been thrown instead of dropped after a base hit then the batter shall be given a verbal warning not to throw the bat, both benches shall also be given a verbal warning not to throw the bat, and if another bat is “thrown” by a batter an out shall be called and any advances by the team at bat shall be void on that play, all base runners shall move back to their positions at the time of bat.

Uniforms and Sportsmanship

36. Uniform is to be a team jersey, with a number on the back. The optional outerwear with a number is also permitted, and must be worn at all games. Baseball cap or visor is optional.
37. The catcher will wear a mask, protective helmet, along with a chest protector.
38. Rings, dangling jewelry, watches and metal cleats must not be worn at any game or practice. This is for the safety of all the girls.
39. There will be no negative remarks said or made to opposing players by the players, coaches, parents, and or spectators. If no resolution, than the umpire shall have the authority to eject the offending coach, player, parent fan or whoever is causing the conflict or the umpire can call a forfeiture of the game.

COACHES WILL BE RESPONSIBLE TO CONTROL THEIR TEAMS AND PARENTS.

First warning, by the umpire to offending team. Second warning, results in suspension of play, until problem is resolved. If no resolution, Umpire can call forfeiture. Enforcement of this rule is the judgment of the umpire.

Code of Conduct

Please remember and inform your team and parents

All teams are responsible for cleaning up the fields after practices and games. Failing to do so may result in the loss of field.

No alcoholic beverage, smoking, sunflower seeds, or chewing tobacco are allowed on school or park grounds at games or practices.

NO dogs or pets are allowed at the field at games or practice.

It is recommended that all coaches male or female find a team Mom or dad to be present at all practices.

The girls pay to play. Let's make it fun for them! Have a great year!