

FAST CLUB

RULES OF PLAY-SENIOR LEAGUE

(Revision 3/25/05)



MISSION STATEMENT

The main objective of the Senior League is to hone in on the skills of fast pitch softball and prepare the female athlete for their perspective high school programs. The objective of the coach is to fine tune the female athletes and work on the game strategies to the best of their abilities. Sportsmanship is very important, like cheering on her fellow players and showing a positive attitude towards the game. She should respect the game, the rules of the game and the umpires in charge of the game. This should also be adhered to by her parents/guardians. The most important thing is that this young lady is to have fun and to leave a positive attitude about the game of fast pitch softball.

1. Except for the following, WIAA rules will apply.

2. BASE RUNNING

- a. Runners may leave the base upon the pitcher releasing the ball.
- b. Runners can steal on a passed ball by the catcher.
- c. Players may run on dropped third strike if first base is unoccupied and/or if it would be the third out.
- d. Runners must slide on a close play at any base and home plate. If the runner does not do so, the umpire will give a “team” warning. If it should occur again, the base runner will automatically be called out. This call will be made in the determination of the umpire and will not be appealed.
- e. Unless making a defensive play, the catcher cannot interfere with the base runner.

3. BATTING ORDER

- a. Teams will bat their roster, i.e. all players will bat in the order they are listed on the line-up card. Once a line-up card is submitted, the batting order cannot be changed.
- b. Late players will be added to the bottom of the line-up card.

4. BUNTING

Bunting will be allowed.

5. PITCHING

Any pitch that is not delivered according to WIAA rules will be considered a ball. Full windmill-style pitching will be used at all times, once the pitcher is on the mound, her hands may come together in front of her body only once before the ball is released. This rule will be strictly enforced for the fairness to batters and for the pitchers safety.

6. DIAMOND DIMENSIONS

- a. Forty foot pitching distance.
- b. Baselines will be sixty feet.
- c. Home team is responsible for setting / checking bases and pitching mound distances.

7. PLAYING THE GAME

- a. While playing in the field on defense, teams may field ten players with no more than six players allowed to play in the infield.
- b. If a team does not have at least eight players and be ready to play by ten minutes past the scheduled start time of the game, that team will forfeit the game. If neither team has eight players it will be a double forfeit.
- c. Once a game has started, a team may play with play with less than nine players but not less than eight players.
- d. There will be no automatic outs for teams with less than nine players.

- e. A player will be awarded first base when she is hit by a pitch. She must attempt to avoid the pitch.
- f. Each team can score only 5 runs in an inning. In the last inning, the team that is behind can score until they are 5 runs ahead. The home team retains its right to bat last.
- g. Intentional walks will be allowed, but you must pitch to the batter.

8. ELIGIBILITY

- a. In order to play in the Fast Club Senior League you must be in 7th or 8th grade during that sign up year. Girls may be allowed to sign up before 7th grade but not after 8th grade and must be permitted by her guardian to do so.
- b. All players in Fast Club must be registered and paid before they can practice or play in any games. The insurance waiver must also be signed.

9. GROUND RULES

Ground rules will be discussed and agreed upon to prior to the start of the game.

10. INFIELD FLY

The infield fly rule will be in effect.

11. INNINGS

All games, including rain games, must go seven innings except:

- a. Time limit: For regular games no inning will start after two hours. For double header games no inning will start after one hour and fifteen minutes. For time keeping purposes, the next inning starts immediately after the third out of the previous inning.
- b. A fifteen run rule will be in effect at the end of five full innings of play.
- c. In case of a tie game, it is played out or until darkness. The home plate umpire will rule on darkness. The last full inning then prevails. The game will then end in a tie.

12. LINEUPS

At the discretion of the coach, players who regularly attend practices and games are to play a minimum of three innings of a complete seven game on defense.

13. OVERTHROWS

If the ball is in fair play (between the foul lines) the runners may advance as far as they can and may be played on at any base. If the overthrow goes out of play, the runners will advance one base. Should runners be between bases when the overthrow goes out of play, they then may advance to the next base that they are going to.

14. RAINOUTS

- a. When radio announcements are made that the Recreation Department games are canceled, the Fast Club games will be considered canceled also. If only partial diamonds throughout the city are considered, then the coaches will call on the Senior League Commissioner for a final judgment.
- b. Except for the above, coaches and umpires will confer on rainouts. If an agreement cannot be reached, the home plate umpire will make the final decision.
- c. Rain games will be rescheduled at the convenience of the coaches. If a game has 4 full innings of play then the score at the end of the fourth inning will constitute a complete game.
- d. If any lightning is seen during the time of play there will be an immediate stop in play and players, coaches, etc. should proceed to a sheltered area for everyone's safety.

15. SUBSTITUTIONS

- a. Substitutions must start no later than the 3rd inning. If it appears that the time limit for the game will be exceeded, substitutions must start prior to the 3rd inning.
- b. Reentry is allowed. Players may play any defensive position upon reentry.

16. UNIFORMS

- a. All players must wear a shirt and pants provided by Fast Club. A visor will also be provided. No shirt or pants-No play.
- b. Players must wear helmets while at bat, on deck, on base and if coaching the bases.

- c. The first offense by any player will result in a “Team” warning. The second offense by any player after that will result in that player being ejected from the game.
- d. Should a team fall below eight players because of the before stated ejection, that team will then forfeit the game.
- e. Fast Club would also like to encourage the use of mouth guards for batting and defensive purposes.

17. COURTESY RUNNER

As a speed up rule, you may substitute a runner for the catcher should she reach base. This will allow the catcher to get her equipment on. Additionally, if an injury to a runner occurs during the game, a substitute runner shall be permitted for the injured player. The injured player shall not be allowed to reenter until her next at bat or the end of the half inning. The substitute runner shall be the player making the last out preceding the injured player.

18. JEWELRY

No jewelry, with the exception of prescription glasses will be allowed. This will be strictly enforced per ASA rules.

19. INJURIES

Should a player become injured such that blood is present, that player should have the bleeding stopped, and a bandage applied before play can continue? If it is not possible to prevent the presence of blood in a reasonable amount of time (5 minutes or less) then that player will be removed from the game until the blood is no longer present. The injured player shall not be allowed to reenter until her next at bat or the end of the half inning. Any player will be allowed to substitute defensively for that injured player.

20. UNSPORTSMANLIKE CONDUCT

Coaches, players, and or fans that are guilty of unsportsmanlike conduct will be removed from the game and will be dealt with by the President of Fast Club.

21. TOBACCO RULES

There will be no tobacco products allowed by coaches and assistants at any time during games and/or practices.

22. CONCESSION OCCUPATION POLICY

The home team will be in charge of manning the concession stand during that game and will be coordinated by the head coach of the home team. If at all possible, please do not allow younger children inside the concession stand. It is also understood that the concession facilities will be thoroughly cleaned (along with the popcorn machine) and the money will be tabulated and collected by the proper designated financial representative. There will also be a financial statement on a clipboard, which will have to be filled out at the completion of the days’ softball activities.

23. FAST CLUB TOURNAMENT ROSTER RULES

It is understood that if a team is short players for a tournament game, they will be allowed to pick up a player from within the league to complete a nine player roster. The following picked up girl can only play the outfield position and must bat in the bottom of the order. If they are short their main pitcher/catcher, they will be allowed to pick up that pitcher/catcher from a junior team. This player also will be allowed to bat, but at the bottom of the order. Prior to the game the umpire and the opposing coaches will be informed of the girl and/or girls being picked up. If one of the original girls appears during the game, the girls who were picked up will then be replaced immediately.