

2014 Metro League
Softball Rules
Revised: March 24, 2014

1. NAME: The name of the league shall be the Metro Baseball League which will be a combination of all or any of the following city athletic departments from; Gibsonville, Graham, and Mebane. Or any combination of the three

2. ELIGIBILITY:
 - a. Anyone who has not reached his/her birthday before August 1st of the playing year is eligible to participate.
 - b. Minimum Age: Anyone who has not reached her sixth (6th) birthday before August 1st of the playing year shall be ineligible to participate.) This will be done only through the use of birth certificates and the birth certificate file in the office of the Athletic Director's of each respective City's Department
 - c. Pee Wee (Must be 6 years old before August 1st but cannot be 9 years old before August 1st.)
 - d. Mites (Cannot be 11 years old before August 1st.)
 - e. Midgets (Cannot be 13 years old before August 1st.)
 - f. All Participants will be selected to teams based on any variation of a Draft if applicable due to the amount of children remaining from previous teams and/or the amount of each children in the age group. Teams from the previous year may not merge, unless there are not enough players to form enough teams to split them.
 - i. Coaches may not recruit players and bring in their own teams
 - g. A new player must be on the team roster and present his/her birth certificate to the City Department in which they are playing for before he/she is eligible to play in a league game. Only new players who have not participated in any league may be added to a team's roster before May 20th of the playing year with the permission each Athletic Department. These players must be added during the regular season and also participate in league play.
 - i. Any participant found to be ineligible due to clerical error on behalf of the Metro League will be ineligible to participate for the remainder of that season, unless corrective measures are implemented. Disciplinary action will NOT be taken against the team involved.
 - h. A player may play move up and play in an older league if he/she so desires, but after he/she has participated in one (1) league game, with that team, he/she must play in that age group for the remainder of the season.
 - i. A player may only be listed on one (1) Metro League official roster and play for only one (1) Metro League baseball team.

3. DISCIPLINARY ACTION: (Involving parents, spectators, coaches, and players)
 - a. Ejection from game.....Minimum 1 Game Suspension
 - b. Unsportsmanlike Conduct.....Minimum 3 Game Suspension
 - c. Profanity.....Minimum 3 Game Suspension
 - d. Threatening an Official.....Minimum Suspension for Remainder of Season
 - e. Hitting, or Bumping an Official.....Minimum 2 Year Suspension
 - f. Drinking Alcohol.....Minimum Suspended For Season
 - g. Fighting.....Minimum Suspended For Season
 - h. Any coach, parent or spectator suspended must leave the facility immediately upon ejection; however, a player may remain at the playing facility. All suspensions will be reviewed by the Recreation Staff in order to determine if further disciplinary action need be taken. All decisions concerning disciplinary actions by the Metro League are final. Individuals can be suspended after the game for unsportsmanlike conduct by a game official or recreation staff member. During the time of a suspension, those suspended will not be allowed at any Metro League practices, games or facilities during their suspension

4. DUTY OF THE COACH AND CERTIFICATION:
 - a. To make sure that their entire team has turned in birth certificates Athletic Department prior to the first game, failure to do so will result in forfeiture of games.
 - b. Rosters that are on file with the Metro League will be the official rosters. There are NO exceptions.
 - c. To see that his/her team warm-ups are a safe distance from all spectators.
 - d. To see that his/her team reports to the field for a game unless officially notified of a game cancellation, regardless of weather or other factors. Although the first game may be called off, the remaining games may be played.
 - e. The coach shall see that every boy and girl has adequate insurance or a signed release from his parents giving him/her permission to participate in the Alamance County Youth Baseball Program.
 - f. That each coach will sign the final score card following each game.
 - g. The home team will be responsible for having someone return balls to the playing field.

- h. It is the duty of both opposing coaches to get together with the plate umpire prior to every game to decide the game's starting time.
- i. The home team will be responsible for keeping the official score; however, it is the duty of the visiting team to check the score at the end of each inning to insure the score is correct. There may also be an official scorer present for some organizations, who will help with any discrepancies between the home and visiting teams scorebook
- j. The parent shall be responsible for seeing that their child is examined by his/her family doctor before he/she is allowed to play.
- k. ALL TOBACCO PRODUCTS ON THE PLAYING FIELD WILL BE PROHIBITED.
- l. The coach must have his/her team ready to play fifteen (15) minutes prior to game time.

VI. EQUIPMENT:

- A. The home team will be responsible for the condition of the playing field.
- B. The ball shall be an official 11" softball for Pee Wee and Mite Girls and official 12" softball for Midgets and Intermediates, which will be furnished by the organization hosting the game.
- C. The bat shall be an official softball bat made of wood or aluminum. (Exception: Tee Ball bats are legal for Pee Wees only).
- E. Tennis shoes or molded rubber spikes must be worn by all players. METAL SPIKES & HARD PLASTIC CLEATS ARE PROHIBITED.
- F. Each player in the field must wear a glove.
- G. A protective mask with helmet must be worn by all batters in each league
- H. A protective mask with throat protector, body protector and shin guards must be worn by catcher. Catchers must wear protective headgear and throat protector while warming up pitchers in all age groups.
 - I. Each player must wear a numbered shirt.
 - J. Helmets with ear flaps and face masks must be worn by all batters and base runners.
 - K. It is recommended that all infielders especially the Pitchers and 3rd base girl wear a D-Mask!
 - L. No battery powered noise makers or voice enhancers will be allowed at games other than the official public address system.
 - M. Jewelry may not be worn during the game.
 - N. It is recommended that all defensive players in the infield, especially pitchers in the Midget league, wear Defensive Face masks

VII. PLAYING RULES FOR BEGINNER PEE WEES, PEE WEES AND MITE GIRLS:

- A. North Carolina High School Federation Rules will be used with the following exceptions:
 - 1. The official diamond shall have 60 feet base lines and a 40 feet pitching distance.
 - i. The pitcher in all age groups must pitch from the assigned pitching rubber, one foot must be touching the rubber.
 - 2. The number of players on the team roster will be unlimited.
 - 3. All Pee Wee games shall be five (5) innings. All Mite games shall be (6) six innings in length. In the event of rain or darkness, the losing team must have been at bat three (3) complete times to constitute a complete game unless the time limit has expired. Incomplete games will be considered suspended games and will be resumed from the point they were discontinued during the regular season.
 - 4. The team at bat must provide a pitcher 16 years old or older.
 - 5. Each batter will be allowed five (5) underhanded pitches to hit the ball, if she does not hit it fair in five (5) pitches she is out. Walks and strike outs are not allowed.
 - a. If a batted ball hits the pitcher or the pitcher catches the ball, the batter is out. The pitcher shall not interfere with any hit ball or his batter is out.
 - 6. A base runner may not leave the base until the ball is hit. (leading off will not be allowed). PENALTY: Baserunner is out and the ball is dead.
 - 7. Play will be stopped at all times that a hit ball is returned to the infield, providing the player has complete control of the ball and no subsequent defensive action takes places or if the defensive player holds the ball above his head and calls time out. NOTE: The play officially stops when the umpire grants the defensive player with the ball a timeout.
 - 8. Restraining Line two (2) yards in length shall be drawn midway between each base except home plate and first base. PURPOSE: A player must have both feet beyond restraining line before time is called in order to be able to advance at his own risk to the next base.
 - 9. On all fields an arc should be drawn in a 60' radius from the pitcher's plate. This will determine where the outfield begins. The defensive player with the ball may only call timeout when both feet are inside the arc. Some fields will use the grass line between the infield and outfield.
 - 10. If a team has ten (10) or more players present at any game, they must play ten (10) players on defense. This

- includes having a catcher behind home plate. Pee wee teams will play 10 in the field, Mite and Midget play 9
11. Defensive players must play even with or behind the pitcher until the ball is hit. Defensive players may not take a position in front of the pitcher.
 12. All Pee Wee and Mite games will have a one (1) hour time limit. Any inning started must be completed unless the home team is ahead. An inning will not be started with ten (10) minutes or less remaining in the time limit. (Clarification: A new inning begins immediately following the 3rd out made by the home team.) The umpire's time will be official. Games must start at the designated time. GAME TIME WILL BE FORFEIT TIME.
 13. PARTICIPATION RULE:
 - a. Every dressed player must be listed in the batting order on the score sheet and bat continuously throughout the game.
 - b. Every dressed player must play one complete inning (3 consecutive outs) in the field.
 14. FREE SUBSTITUTION RULE:
 - a. Substitute runner for the catcher anytime she is a baserunner. (Mandatory with 2 outs)
 - b. Only one (1) offensive and one (1) defensive time out per inning will be allowed.
 - c. Courtesy runners will NOT be allowed unless a player is hurt in the game. It will be the umpire's judgment whether or not a player needs a courtesy runner.
 - d. The player who made the last out in her team's batting order may become a substitute runner for another member of her team.
 15. A baserunner may not run into a fielder who has the ball in her possession with the intent of causing injury or dislodging the ball from the fielder. PENALTY: Baserunner is declared out and may be ejected from the game at the discretion of the umpire.
 16. The infield fly rule will not be enforced.
 17. The batter will not be called out for stepping out of the batters box or stepping on home plate.
 18. A batter may strike at a pitch that bounces before it crosses home plate.
 19. Eight (8) players must be present to begin any game.
 20. Infield practice will NOT be allowed prior to the start of the game.
 - a. The batting order must remain the same throughout the game.
 - b. When no substitutes are available, the batter will not be called out for missing their turn at bat due to injury or illness. However, this rule does not apply for ejected players.
 - c. There is no limit to the number of times a player may enter the game on defense.
 21. A player who unintentionally throws her bat will be warned by the umpire. In addition a team warning will be issued and there after any player who throws her bat will be declared out. This is a dead ball situation.
 22. Intentionally rolling the ball to a base for the purpose of obtaining a put out will not be allowed.
 23. Chatter will be permitted as long as it is encouragement for your team and not directed at the opposing team.
 24. When a team establishes a 10 run lead, the team's bat will end at that point. Each inning thereafter, the team with the 10 or more run lead will only be allowed to bat six (6) batters or have 3 outs which ever comes first. If the losing team cuts the lead to less than 10 runs, the leading team will then resume normal batting until they re-establish a 10 run lead. Once the team regains the 10 run advantage, 6 more batters will be permitted to bat in that inning.
 25. All games **MUST** be played at times and locations scheduled by the Athletic Department. Games cannot be rescheduled because of field trips, Girl Scout outings, band concerts, etc.

VIII. PLAYING RULES FOR MIDGET GIRLS:

- A. North Carolina High School Federation Rules will be used with the following exception:
 1. The official diamond shall have 60 feet base lines and a 40 feet pitching distance.
 2. The number of players on the team roster will be unlimited.
 3. All Midget games shall be six (6) innings. In the event of rain or darkness, the losing team must have been at bat three (3) times to constitute a complete game unless the time limit has expired. Incomplete games will be considered suspended games and will be resumed from the point they were discontinued.
 4. Each pitcher will be allowed five (5) warm-up pitches prior to the start of each game.
 - a. At the beginning of each half inning, the pitcher has one minute to deliver no more than five warm up pitches.
 - b. No throwing the ball around the infield after each out.
 5. All Midget Girls Fast Pitch Games will have a one (1) hour and fifteen (15) minute time limit. Any inning started must be completed unless the home team is ahead. An inning will not be started with ten (10) minutes or less remaining in the time limit. (Clarification: A new inning begins immediately following the 3rd out made by the home team.) The umpire's time will be official. Games must start at the designated time. GAME TIME WILL BE FORFEIT TIME.

6. THE MODIFIED SPEED-UP RULE WILL BE IN EFFECT.
 - a. Substitute runner for the catcher/pitcher anytime she is a baserunner. (Mandatory with 2 outs)
 - b. Waive batter to first on an intentional walk.
 - c. Courtesy runners will NOT be allowed unless a player is hurt in the game. It will be the umpire's judgment whether or not a player needs a courtesy runner.
 - d. The player who made the last out in her team's batting order may become a substitute runner for another member of his team.
 - e. There will be no passing the ball around the infield after a put out; the pitcher will be allowed only five (5) warm-up pitches between innings.
 - f. A coach will not be allowed to talk to his pitcher more than one (1) time in a single inning. The second (2nd) time he goes out on the field, the PITCHER MUST BE RELIEVED FROM THE MOUND FOR THE REMAINDER OF THAT INNING. (This does not mean the pitcher has to be removed from the game.)
 - g. Substitute runner for the pitcher anytime she is a baserunner.
 - h. Only one (1) offensive time out per inning will be allowed.
7. PARTICIPATION RULE:
 - a. (Midgets and Intermediates only) Every dressed player must be listed in the batting order on the score sheet and bat continuously throughout the game.
 - b. (All age groups) Every dressed player must play one complete inning (3 consecutive outs) in the field.
8. FREE SUBSTITUTION RULE:
 - a. Illegal substitutions must be corrected when discovered. No penalty.
 - b. Due to injury when there are no legal substitutes remaining, any player may re-enter the game as a legal substitute.
 - c. When no substitutes are available, the batter will not be called out for missing their turn at bat due to injury or illness. However, this rule does not apply for ejected players.
9. A baserunner may not run into a fielder who has the ball in her possession with the intent of causing injury or dislodging the ball from the fielder. PENALTY: Baserunner is declared out and may be ejected from the game at the discretion of the umpire. Suspension for one (1) additional game does not apply. **THEY DON'T HAVE TO SLIDE**
10. Eight (8) players must be present to begin any game.
11. Infield practice will NOT be allowed prior to the start of the game.
12. A player who unintentionally throws her bat will be warned by the umpire. In addition a team warning will be issued and thereafter any player who throws her bat will be declared out. This is a dead ball situation.
13. Chatter will be permitted as long as it is encouragement for your team and not directed at the opposing team.
14. When a team establishes a 10 run lead, the team's bat will end at that point. Each inning thereafter, the team with the 10 or more run lead will only be allowed to bat six (6) batters or have 3 outs which ever comes first. If the losing team cuts the lead to less than 10 runs, the leading team will then resume normal batting until they re-establishes a 10 run lead. Once the team regains the 10 run advantage, 6 more batters will be permitted to bat in that inning.
15. All games MUST be played at times and locations scheduled by the Athletic Department. Games cannot be rescheduled because of field trips, Girl Scout outings, band concerts, etc.
16. Stealing will be permitted, but girls may not leave the base until the ball leaves the hand of the pitcher

IX. UMPIRES:

- A. All umpires will be furnished by the Baseball/Softball Booking Agent.
- B. Umpires will have complete control of all games.
- C. After the game has started, the assigned umpires will be responsible for discontinuing the game for any reason.
- D. The umpire's decision on all calls will be final.