

3rd & 4th Grade CACHE VALLEY FASTPITCH SOFTBALL LEAGUE 2026

BYLAWS

Current Year NFHS (Highschool Softball Rules) will be followed with the following exceptions:

1. **No sunflower seeds allowed on the fields or dugouts at any time.**
2. PLAYER REQUIREMENTS:
 - a. The age for all divisions is based on the player's grade for the **Year 25-26 School Year and must not exceed 4th grade.**
 - b. Regardless of the number of players per team, games will be held at the scheduled start time.
 - c. Players must be registered in the league and on the team roster to be eligible to play.
 - d. Individual players may only play for one team in a division.
 - e. Players may play up on a second team, but not down on any team. When necessary, replacement players can come from the 8U (Ponytail) league. Only registered players from the same city on an 8U (ponytail) league team may be used.
 - f. If there are fewer than 7 players on a team, the game will still be played by divvying up players from both teams evenly.
 - g. No penalty for missing players.
 - h. Every player must play the field for at least 3 outs or 1 inning.
 - i. ALL PLAYERS MUST BAT and must bat in order.
 - i. The batter is out on the 3rd strike.
3. NO new inning after 50 minutes of game time. Once an inning starts (before the 50 minutes) finish the inning. There are no tiebreakers!
4. Sides will be retired after 3 outs or 5 scored runs with no exceptions.
5. Any 10 players can take the field. The 10th player must start on the grass, allowing 4 players in the outfield. These outfielders may progress forward when the pitcher releases the ball.
6. Free substitutions on defense.
7. Every team must provide 1 game ball for each game in new or close to new condition.
8. SOFTBALL SIZING: 11" Optic Yellow Softballs
9. No metal cleats allowed.
10. PITCHING:
 - a. Pitchers may use the modified (underhand slow pitch) if they need to.
 - b. All pitches (including by the coaches) must be pitched from the distance of **35 feet**.
 - i. Coach can come in close to pitch, ½ way between the batter and the pitching rubber
 - c. On the 4th ball, the batter's coach will come out and finish the strike count. Player will either hit or be out. All pitches thrown by the batter's coach will be counted as a strike.
 - i. There are no walks **(unless batter is hit by pitcher see rule 11)**, players either hit the ball or they are out.
 - d. Pitchers can only pitch **2 innings** per game. Any pitch thrown in an inning constitutes an inning.
11. **If the batter is hit with a pitched ball from the opposing team's pitcher, the batter may choose to take first base or finish batting with the remaining pitches as indicated in rule 10-c.**
12. STEALING/OVERTHROW RULE:
 - a. Runner may steal only **one base per pitch** and NO STEALING HOME.
 - b. Only 1 advanced base to 2nd or 3rd per overthrow/pitch. Baserunners may not leave their base until the ball crosses home plate. Players MAY NOT advance to home on an overthrow or passed ball. If a player is stealing 2nd and the catcher makes a throw and the throw goes into the outfield, the runner MAY NOT advance to 3rd base. The runner received their base on the steal attempt. (1 base per pitch). The intent of this rule is that players score on a hit ball.

13. SPORTSMANSHIP: All coaches and spectators are expected to behave with good sportsmanship and positive support for the **players and umpires**. Failure to do so may result in game forfeiture and suspension from the league **(at umpire's discretion)**. **Arguing balls and strikes (or other calls) is not allowed**. Coaches are responsible for the spectator's actions and behavior. Umpires or league coordinators may eject coaches, spectators, or players from the game, **as a last resort, for poor sportsmanship (if a city's league coordinator is a coach, the decision will default to the umpire)**. Any person ejected from a game must miss the next game. Coaches (especially base coaches) can not impede a play but may give a high 5 as a way to encourage players.
14. LIGHTNING: In the event that lightning is seen and/or thunder heard, the Umpire and Coaches will stop the game and clock to check the (FREE) **Weather Bug Phone App** to determine the proximity of lightning. If lightning is detected within 6 miles, players and spectators will be asked to take cover in vehicles. The Umpire will confirm that the scorebooks are up to date and match, the game will resume after 20 min if there is no lightning within 6 miles of the ballpark.