

2026 FRGRSL – 10U Rules

Recreation Game Rules

- A. If time is available before game, it will be split evenly between teams for infield practice.
- B. Each game consists of 7 innings with a minimum of 5 innings. Unless the time limit expires.
- C. 1 hour and 15 minute time limit for all games will be enforced. No new inning will be started after 1:15 has elapsed. Official time will be kept by the plate umpire. The start of a new inning begins with the last out of the previous inning.
- D. If the score is tied after the 1 hour 15 minute time limit has expired or after 7 innings, at the beginning of each inning thereafter the player at bat when the last out was made will be placed on 2nd base the following inning. Only one extra inning will be played in non-bracket games.
- E. A game can be started and played with a minimum of 6 players. If a team falls below 6 players, the game will continue.
- F. There will be a maximum of 10 players on the field during normal play with 4 designated as outfielders. All outfielders must start on the grass prior to the ball being pitched.
- G. If using other players from internal team player can NOT pitch and must bat at the end of the batting order.
- H. During a game an injured player may have a courtesy runner one time. If a player can't continue due to an injury their spot in the batting lineup will be skipped and will not constitute as an out.
- I. If a girl is injured while batting and cannot complete her turn at bat, the girl that made the last out will take her place at bat and assume any count that she has.
- J. No team cheer may be directed at another player.
- K. Teams will play each inning until 3 outs are reached or a maximum of 4 runs have been scored.

Equipment

- A. Each home team (not home park) will be responsible to provide two new or like new game balls (11" core) at each game.
- B. Metal spikes are not allowed.

- C. Girls must wear a mask when warming up the pitcher.
- D. The batter and base runners must wear a helmet with a face guard.
- E. Only National federation/ASA approved bats may be used.
- F. An infield face mask must be worn when playing any position in the infield.

Pitching

- A. Pitching distance will be 35'.
- B. Tournament pitchers are not allowed to pitch in this league. One pitch in a tournament constitutes a tournament pitcher.
- C. Warm up pitches in between innings are unlimited. When the umpire is ready to start the inning, players must be ready.
- D. A player may not pitch more than 3 innings per game. If a game goes into extra innings (or after time has expired), the limit is removed. One pitch constitutes an inning.
- E. Only 1 walk allowed per inning (Hit by pitch does not count as a walk). After 1 walk, coach pitch will resume with current count. Max 4 pitches by coach unless last pitched ball is fouled off the player will continue to bat until they do not swing or strike 3 is called. The catcher must remain behind the plate during coach pitch. Coach must be in the pitcher's circle.

Batting

- A. All girls on the team roster and present at the game shall be included in the batting order.
- B. Batters must keep one foot in the box when taking signs from their coach.
- C. Bunting is allowed, however batters CANNOT show bunt, and then pull back and swing. The player will immediately be called out, and the ball becomes dead. The umpire's decision is final.
- D. On coach pitch, no bunting is allowed and batters are only allowed to advance to second base even on an overthrow. All other runners may advance at their own risk.
- E. If a ball hits the ground first and then hits the batter - this is not considered a hit by pitch and considered a ball and not a walk
- F. If a batter is hit by pitch with the bases loaded, the batter takes first and a runner scores.

Base Running

- A. Stealing is limited to 1 steal per inning and stealing of home is not allowed. No advancing an additional base on an overthrow to 2nd. If there are runners on 1st and 2nd and the batting team has not stolen in that inning, only the runner on 2nd base can steal. The runner on first must stay on first.
- B. Base runners may not leave the base until the ball crosses home plate. If she leaves early, the team will be warned. The umpire is free to call girls out for leaving early after the warning is given.
- C. A courtesy runner may be used for the pitcher and catcher of the previous defense – courtesy runner must be the last recorded out unless that player is also a pitcher or catcher, then it will be the previous out before that.
- D. Sliding is required when a runner is being played upon. If a runner fails to slide in this situation, at the umpire's discretion may be called out. The player may be ejected, if in the umpire's opinion she is trying to cause harm.
- E. When a ball enters dead ball territory due to a throw, each runner is awarded one extra base in addition to the one they were running to. Dead ball territory is in the dugouts or if a ball is thrown over the fence or rolls under the fence.
- F. Look back rule is in effect.
- G. There is no infield fly rule
- H. There is no dropped 3rd strike rule.

Run Rule

- A. 10 run rule after 5 innings or 15 after 3 will be enforced. At this point the scoreboard will be turned off and the game will resume.

All other rules not mentioned above will follow WIAA High School Softball Rules