

# 2026 FRGRSL - 14U+ Rules

## Recreation Game Rules

- A. A player who has aged out of 14U is able to continue to play in 14U+ throughout high school if they are not playing on a tournament team.
- B. If time is available before game, it will be split evenly between teams for infield practice.
- C. Each game consists of 7 innings with a minimum of 5 innings. Unless the time limit expires.
- D. 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.
- E. 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 2<sup>nd</sup> base the following inning. Only one extra E. inning will be played in non-bracket games.

A game can be started and played with a minimum of 6 players. If a team falls below 6 players, the game will be continued. There will be a maximum of 9 players on the field during normal play with 3 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 they can't continue they will be removed from the batting order 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. Each inning 3 outs or max of 6 runs per inning.

## Equipment

- A. Each team will be responsible to provide 2 new or like new game ball (12" core) at each game.
- B. Metal spikes are allowed, but not required.
- 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. WIAA pitching rules will be followed.
- B. Pitching distance is 43'
- C. Warm up pitches between innings are unlimited. Players must be ready when the ump is ready to start the inning.
- D. No tournament pitchers are allowed to pitch.
- E. Tournament pitchers are any pitcher who has thrown at least one pitch in any tournament.

## Batting

- A. All girls on the team roster and present at the game shall be included in the batting order.
- B. 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
- C. 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. Dropped 3<sup>rd</sup> strike NOT in effect. Batter out.

## Base Running

- A. NO stealing home under any circumstances.
- B. Unlimited base stealing is allowed, base runners may not leave until the ball is released from the pitcher's hand. If she leaves early, her team will be issued a warning. After the warning umpire is free to call girl out.
- 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 a thrown ball that enters either dugout or goes over or under a fence.
- F. Look back rule is in effect.

## Run Rule

- A. 10 run rule after 5 innings or 15 after 3 will be enforced. The scoreboard will be turned off and play will continue.

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

