

# 2022-2023 Sunday Alliance Rules and Requirements

Age requirements for each age group

- 14U (14 years old and under)  
Players must be 14 years old or younger as of January 1, 2023.
- 12U (12 years old and under)  
Players must be 12 years old or younger as of January 1, 2023.
- 10U (10 years old and under)  
Players must be 10 years old or younger as of January 1, 2023.
- 8U (8 years old and under)  
Players must be 8 years old or younger as of January 1, 2023.

## **General Rules for all Divisions:**

- **Coaches are required to carry at all times birth certificate copies as proof of age and proof of insurance.**
- Home team will be established by flip of a coin or ball roll before each game during pool play.
- All Games will have 75 minute time limit with no inning starting after 75 minute mark. Teams will be allowed to finish the inning being played if time has expired.
- Complete game will be 6 innings (or 5 ½ if the home team is leading) or time limit which ever happens first.
- Extra innings will be played using the International Tiebreaker Rule (Last batted out starts on 2nd base) until a winning outcome is reached.
- The batting order will consist of all team members.
- Free substitutions.
- On a close play at any base (umpire judgment) the runner must avoid contact.
- A team may play with only 8 players; however, they must take an out for the 9<sup>th</sup> position in the batting order.

**14U Rules:**

1. Base runners may steal or advance to any base including home plate. Base runners may not leave their base until the pitched ball leaves the pitcher's hand. A "No Pitch" will be called and the runner will be called out for leaving too soon. No warning will be given.
2. No leading off base.
3. Dropped 3<sup>rd</sup> strike in effect.
4. Look back rule IS in effect.
5. Defense will consist of 9 players. The infield will consist of 6 players with 3 players assuming defensive position on the outfield grass. Courtesy runners for pitchers and catchers will be allowed. The runner must be the girl that made the last out.
6. Teams will be allowed unlimited pitching, but only the starting pitcher will only be allowed to re-enter 1 time per game.
7. Unlimited substitutions.
8. A 15 run mercy rule after 4 innings will be in effect.
9. There will be a maximum run limit of 6 runs per inning per team. Unlimited runs will be allowed in the 6th inning
10. Pitching distance is 43 feet.
11. Certified 12" softball in all 14U games.

**12U Rules:**

1. Base runners may steal or advance to any base including home plate. Base runners may not leave their base until the pitched ball leaves the pitcher's hand. A "No Pitch" will be called and the runner will be called out for leaving too soon. No warning will be given.
2. No leading off base.
3. Dropped 3<sup>rd</sup> strike in effect.
4. Look back rule IS in effect.
5. Teams will play 10 girls in the field (4 outfielders) and bat the entire roster. Courtesy runners for pitchers and catchers will be allowed. The runner must be the girl that made the last out.
6. Teams will be allowed unlimited pitching, but only the starting pitcher will only be allowed to re-enter 1 time per game.
7. Unlimited substitutions.
8. A 15 run mercy rule after 4 innings will be in effect.
9. There will be a maximum run limit of 6 runs per inning per team. Unlimited runs will be allowed in the 6th inning
10. Pitching distance is 40 feet.
11. Certified 12" softball in all 12U games.

### **10U Rules:**

1. Base runners may steal or advance to any base including home plate. Base runners may not leave their base until the pitched ball leaves the pitcher's hand. A "No Pitch" will be called and the runner will be called out for leaving too soon. No warning will be given.
2. No dropped 3<sup>rd</sup> strike.
3. No infield fly rule.
4. No leading off base.
5. Unlimited substitutions.
6. Teams will play 10 girls in the field (4 outfielders) and bat the entire roster. Free substitution applies. Courtesy runners for pitchers and catchers will be allowed. The runner must be the girl that made the last out.
7. Teams will be allowed unlimited pitching, but only the starting pitcher will only be allowed to re-enter 1 time per game.
8. A 15 run mercy rule after 4 innings will be in effect.
9. There will be a maximum run limit of 6 runs per inning per team. Unlimited runs will be allowed in the 6th inning
10. Helmet with face mask when batting is mandatory.
11. Look back rule IS in effect.
12. Pitching distance is 35 feet.
13. Certified 11" softball in all 10U games.

### **8U Rules:**

1. 6 pitches unless the last pitch is fouled. For each last pitch that is fouled, the batter will be given an additional pitch until they make an out or put the ball in play.
2. No bunting allowed. Slap hitting is allowed. However, the batter must clearly strike at the ball to put the ball into play (umpire's judgment) Penalty for bunting: dead ball, strike on the batter. If on 6th pitch the batter is out.
3. Coach pitches from 35 feet with at least one foot on the rubber when the pitch is released.
4. The coach-pitcher cannot direct any player in any way after the pitch has been made or while the ball is in play.
5. Certified 11" softball in all 8U games.
6. Mercy rule 15 runs after 4 innings
7. If a batted ball contacts the coach-pitcher before touching a fielder, the play is dead and all runners must return to their bases. The batter remains at bat with the same pitch count she had before hitting the pitch. Intentional interference will result in dead ball and lead runner being called out.
8. Dead ball occurs when advancement of the lead runner, by any defensive player, is stopped. The defensive player should be in front of the lead runner. Dead ball also occurs when the ball is returned to and controlled by the pitchers-helper with both feet inside the Pitching Circle. If a runner(s) has not made it to the halfway mark, then the runner(s) must return to the previous base(s). (Time out or stoppage of play and placement of runners is determined by the umpire).
9. No Base Stealing
10. A runner may leave their base once the pitched ball reaches the plate
11. No drop third strike.

12. No infield fly rule.
13. Teams will play 10 girls in the field (4 outfielders) and bat the entire roster. Free substitution applies.
14. Pitchers-Helper must have both feet inside the Pitching Circle before the ball is pitched.
15. All infielders (including pitcher-helper) must be positioned no closer than the pitching rubber and may not advance forward until the ball is hit.
16. Pitcher's helper is required to wear a face guard or helmet with facemask. Pitcher's helpers are also strongly encouraged to wear heart guards.
17. Helmet with face mask when batting is mandatory.
18. There will be a maximum run limit of 6 runs per inning per team.
19. When on defense, two coaches may be positioned in the outfield behind all defensive players.
20. Courtesy runner – The pitchers-helper and/or catcher may have a courtesy runner each time they reach base. Each courtesy runner used must be the player preceding them in the batting order and not already on base. Each courtesy runner can only be used once per inning. (last out made)