

2024 Sunrise Side Rules & Expectations

Major Girls

GAME LENGTH

- Typically, teams practice for 15-30 minutes prior to the start of the game. Teams should try to play **SIX (6) complete innings**. However, no new inning should start after 1 hour forty five (45) minutes of play. Minimum 3 innings must be played for the game to count. A new inning starts immediately after the last out of the prior inning.

AGE & DISTANCE

- Ages 10-12
- 12 inch softball is used in this division
- Pitching mound is set at 40 feet, and the base path distance is 60 feet.

OFFENSE:

- Entire rosters will be placed in the batting order (Continuous batting lineup will be used).
- Coaches are free to rotate players in and out of positions each time they take the field.
- No player may sit more than two consecutive innings.
- No player shall sit a second time until all players have sat.
- **FIVE RUNS ALLOWED PER INNING**
- **EIGHT RUNS ALLOWED IN THE LAST INNING**

Stealing:

- There is no stealing in minor girls softball until May 20th. This gives coaches time to teach it and the players time to understand it.
- Runner cannot leave the base until the ball reaches the front of home plate.
- Beginning May 20th, runners can steal 2nd and 3rd bases and stealing home can begin after Memorial Day.

Pitching Rules:

- Ball must be delivered in an underhand motion.
- Pitchers may start with both feet on the mound and step back with non-pivot foot, or start with foot back.
- Pitchers may take one step toward a batter with a non-pivot foot. Pivot foot is on the same side as the pitching hand.
- If a pitcher walks a batter, the coach will come on and give the batter two good pitches. If hit, fielders will play it out. If not hit, it is a strikeout and counts as an out against the batting team.

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- If 10 players are used, 4 of the players must play in the outfield.

DEFENSE

- The defensive team is allowed a minimum of eight players on the field to begin the game and a maximum of nine players on the field during the game. 10 players are permitted to play defensive positions (ONLY if agreed on by both teams head coaches)
- If 10 players are used, 4 of the fielders must be outfielders positioned in fair territory.
- Catchers must wear shin guards, chest protector, and full, one-piece catcher's helmet.