

2026 CROW RIVER FASTPITCH RULES SPECIFIC TO AGE



High School

1. Games are 7 innings or 70 minutes (no new inning after 70 minutes). Two games each night. 6pm start.
2. Round robin batting and free substitution on defense are *optional*.

14U Class C & B

1. Games are 7 innings or 70 minutes (no new inning after 70 minutes). Two games each night. 6pm start.
2. Round robin batting and free substitution on defense is *optional*.
3. No player may sit for more than two consecutive innings unless it is due to unsporting behavior.
4. 5 run limit for all innings in 14C. No run limit for any inning in 14B.

12U

1. Games are 7 innings or 70 minutes (no new inning after 70 minutes). Two games each night. 6pm start.
2. May not wear metal spikes.
3. 5 run limit for all innings.
4. Round robin batting and free substitution on defense is *mandatory*.
5. No player may sit for more than two consecutive innings unless it is due to unsporting behavior.
6. League play: A pitcher may pitch no more than **four (4) innings** per night. Innings need not be consecutive.
One pitch constitutes an inning.
7. Defense may play four (4) outfielders. If a team elects to play with four (4) outfielders, then all four (4) must position themselves 15' behind the baseline until the pitch is contacted by the batter.

10U

1. There will be one game per night with no new inning beginning after two (2) hours.
2. 5 run limit for all innings.
3. There is no mercy rule. Games will be played by the time limit only.
4. Round robin batting and free substitution on defense is *mandatory*.
5. No player may sit for more than two consecutive innings unless it is due to unsporting behavior.
6. Defense may play four (4) outfielders. If a team elects to play with four (4) outfielders all must adhere to rule #7.
7. Outfielders must start the play standing on the grass at the edge of the infield. If the infield is cut for baseball an arc 15 feet behind the bases will be applied and the outfielders must start behind that.
8. The infield fly and dropped third strike rules will not be enforced.
9. Runners may only advance one extra base on an overthrow at 1B. **Application of the rule:** A batter/runner may only attempt to advance to 2B. A runner starting at 1B may only attempt to advance to 3B. A runner starting at 2B may attempt to score. Once the runner(s) advance to the bases mentioned they must stop their advancement.
10. A batter cannot walk; however, she can strike out.
11. League play: Pitchers may pitch no more than **four (4) innings** per night. Pitched innings need not be consecutive.
One pitch constitutes an inning.
12. A pitcher will be replaced by an offensive coach when ball four (4) has been ruled. Coach pitches are not automatically strikes. When the at bat is complete the pitcher will resume with the next batter. If the coach returns to the circle a fifth time in one half-inning, the coach will complete that half inning as the pitcher.

13. When the coach steps in to pitch the pitcher must remain within the pitching circle and the coach must pitch from the pitcher's plate.
14. Stealing: Runners may steal one base per pitch. Stealing 2B, 3B and home is permitted. If the base runner leaves her base before the pitcher releases the pitch, the ball is immediately dead, and the runner is declared out.

8U

1. One game each night. No new inning will begin after 1 hour and 50 minutes of play (8:20pm). 6pm start.
2. 5 run limit for all innings.
3. Round robin batting and free substitution on defense is *mandatory*.
4. No player may sit for more than two consecutive innings unless it is due to unsporting behavior.
5. Umpires will not be used during league play.
6. The infield fly and dropped third strike rules will not be enforced.
7. Pitching will be handled by a blue Louisville Slugger Pitching Machine and set at 30-34 mph (use your judgment). Machine will be set at 35' from the point of home plate. The coach feeding the pitching machine must keep a minimum of two (2) softballs in their possession and not laying on the ground around the machine.
8. Coach pitch is not permitted.
9. Prior to the pitch, the pitching coach must verbalize and check that the defense is in the ready position and ready for play to begin.
10. The pitcher must stay in the pitcher's circle and behind or on the side of the coach until ball contacts the bat. For clarification, draw a line at the 35' mark across entire circle and use that line for the pitcher to stand behind. Absolutely no movement can be made by the pitcher which places them in front of the pitching machine and or coach prior to pitch.
11. Defense may play four (4) outfielders.
12. Outfielders must start the play standing on the grass at the edge of the infield. If the infield is cut for baseball an arc 15 feet behind the bases will be applied and the outfielders must start behind that.
13. Each batter gets 3 swings or 5 pitches unless last pitch is a foul ball. The at bat will continue if a foul ball is hit.
14. Bunting is not allowed.
15. Runners may not leave their base until ball contact with the bat.
16. Players and runners will stop when: (a) A ball that never leaves the infield: Once a fielder has control of the ball the runners should stop at the next base. This encourages the infielder to throw the ball to the appropriate base without the fear of runners advancing to the next base because of an overthrow. (b) A ball is fielded on the dirt area, or the arc equals one (1) base per infield hit. (c) A ball hit to the outfield: If no outfielder has control of the ball the runners may continue to advance. Once the outfielder gains control of the ball and throws it toward the infield the runners will stop at the next base. Even if the ball doesn't make it to the "dirt" on the throw, the act of throwing the ball in is the attempt at making the correct play. Players must stop at the next base. Exception, the outfielder can carry the ball to the infield to make an out. The runners can keep advancing in this situation.

Coaches allowed on the field: Teams may have two (2) offensive, two (2) defensive and one (1) pitching coach feeding the pitching machine on the field to help train and teach the game. Coaches are part of the field and are in play and need to make every effort to stay out of the players' way. Coaches need to operate the game with the highest amount of integrity.