Indoor Softball League 2026

ATTENTION COACHES:

Please check in at the **Front Desk prior to the start of your game** to complete and submit your **lineup card**.

Tennis shoes/Turf shoes only!

NO SUNFLOWER SEEDS, NO GUM, NO FOOD

PRE-GAME CAGE TIME

- Each team will receive **30 minutes of cage time prior to each game.** One team will have the right machine cage and the right bullpen. The opposing team will have the left machine cage and left bullpen. **This will be posted on the TV above the doors as you walk into the cages.**

Game Time: 10U: 1 hour 30 minutes

Time Limit: If the time limit expires during an inning, the game will revert to the last completed inning. **Example:** The home team leads 1–0 entering an inning. The visiting team scores two runs in the top half of the inning, but time expires before the home team bats. The final score will revert to **1–0**.

NET RULES

- The **white net is live**.
- A ball caught off the white net **before touching the ground** is an **out**.
- A ball that hits the **black net** is a **foul ball** and is not an out, even if caught.
- A ball that hits the net **above the yellow line** is a **home run.**

A chest protector is **recommended** for pitchers.

Face masks are mandatory for all infield players.

The Softball will be an 11-inch softball.

The pitching distance shall be 35’ (feet). The distance between bases shall be 60’ (feet).

A maximum of five (5) runs per inning. Continuous scoring. The five (5) run rule waived in Final inning.

a. Pitchers will be given 5 warm-up pitches to start a game and 3 pitches before all subsequent innings.

b. New pitchers entering the game will be given 5 warm-up pitches the inning they start to pitch then 3 pitches before all subsequent innings.

c. No infield or outfield warm-up ball after the first inning.

Bat the Bench.

Free substitutions are allowed throughout the Game.

Once a pitcher has thrown ball 4 to any batter in an inning, the following rules will be applied:

- A coach from the batting team will come into pitch the remainder of the at bat.
- The batter will retain the number of strikes.
- If a pitch from the coach results in a swinging 3rd strike or any other out, the at bat is over and an out recorded for the batting team, regardless of the number of pitches the coach has thrown.
- Once the batter's turn is complete, the pitcher may reenter the game for the next batter, or another pitcher may take the mound.

After two (2) hit batters in an inning, the Pitcher must be replaced. The Pitcher can return to pitch in the next inning.

The dropped third call strike rule does not apply.

Runner may leave the Base once the ball "crosses" home plate. Runner off the Base "before" it crosses the plate will be called out. Umpire has to see it.

Runner may still second and third base, but base runners may not advance on an overthrow from the catcher on a steal attempt. (Example: A runner steals second base, and the balls gets base the infield, they runner cannot then advance to third on the overthrow.) Base runners may not steal if the coach is pitching.

The stealing of Home in the 10U is not permitted; it must be earned for the runner to advance. If there is a play on a Runner at third that is not as a result of a steal attempt, then the runner may take home. (overthrow, etc.)

The infield fly rule is not in effect.

A pitcher can only pitch a total of 3 innings per game, only 2 consecutive. An inning is defined as a single pitch in that inning.