

Folsom Softball Club Local
Rules and Policies Updated
November 2025

Section 1. Rules and Regulations

All rules and regulations will be based on USA Softball and local rules, with local rules superseding USA rules.

1. All coaches must clear a background check and be league approved prior to taking part in any team event, league practice or game.
2. A female must be present at all team sanctioned functions such as games, practices, parties, team meeting, etc.

Section 2. Local Age Divisions

1. All divisions are based on USA age cutoffs (age as of August 31st) and “season” runs from September 1st– August 31st annually.
2. 6U Division will consist of girls ranging in ages of 5 and 6 (max age of 6 as of 8/31 of the current season)
3. 8U Division will consist of girls ranging in ages of 7 and 8 (max age of 8 as of 8/31 of the current season)
4. 10U Division will consist of girls ranging in ages of 9 and 10 (max age of 10 as of 8/31 of the current season)
5. 12U Division will consist of girls ranging in ages of 11 and 12 (max age of 12 as of 8/31 of the current season)
6. 14U Division will consist of girls ranging in ages of 13 to 14 (max age of 14 as of 8/31 of the current season)
7. 16U Division will consist of girls ranging in ages of 15 to 16 (max age of 16 as of 8/31 of the current season)
8. Girls may play up one division with the approval of the Board.
9. Girls may never play down a division
10. Girls exceeding current vacancies will be placed on a waiting list in the order in which they sign up. Additional players will be added from the waiting list in the order they appear on the list. The replacement will be the first girl on the waiting list who is eligible for that division. Head coaches cannot recruit for their vacancies; they must take girls from the waiting list.
11. No girl will be permitted to practice or play in the League until she is registered via Team Sideline and a medical release form is completed.
12. On field practices shall not start prior to March 1st without League approval.
13. Head coaches must contact the Division Rep within 24 hours with the name of any girl who has dropped from a team.

Section 3. Local Rules – All Divisions

1. Home team will be responsible for recording official scorebook. Each team must present the batting order with jersey numbers to the opposing team/scorekeeper 10 minutes prior to game start time. The umpire will report the score to the Umpire-in-Chief who will record the score in

Team Sideline.

2. Only the assigned Umpire, Umpire-in-Chief, or the designated Board member has the authority to cancel a game prior to game time due to field and/or weather conditions. Only games cancelled because of field and/or weather conditions shall be rescheduled, at the discretion of the rec/secretary and/or President.
3. With board approval and notification of good cause which would prohibit fielding a legal team, a coach may borrow up to 3 players or the minimum required for legal play (whichever is less). Borrowed players may not be from the opposing team, must be from the FSC rec league and within the same age division. Borrowed players may not pitch. Failure to provide sufficient notification and good cause shall result in a forfeit by the team unable to field a team. The coach must provide to age division rep the name of the absent players. Once borrowed players are secured and approved by the division rep the players identified as absent may not play in game in question.
4. The standings will be kept during the regular season to determine playoff seeds. The highest seeded team is home team throughout the tournament. There will be no standings in the 6U or 8U Divisions. Standings will be calculated automatically by TeamSideline in the following priority order:
 - A. Winning Percentage
 - B. Head-to-Head Winning Percentage
 - C. Head to Head Runs Against
 - D. Total Runs Against
 - E. Total Runs Differential
 - F. Coin Toss

The standings will be kept during the regular season to determine playoff seeds. The highest seeded team is home team entering the playoffs (for the initial game).

Regardless of team sidelines output, a coin toss will be mandatory for the final/championship game. During the coin toss the umpire or appointed board member will show both coaches their side of the coin. The coin will then be tossed. The coach whose side is facing up will get to decide if they want to be home or visitor. Dugout assignment will be determined by TeamSideline stats. In addition, the team on the 3rd base side of the field will be responsible for field prep, the team on the 1st base side of the field will be responsible for field tear down/clean up.

5. No member of any team can be placed on any other team after the teams are compiled. No placement of players will be allowed after opening day. The exception to this is by Board approval only.
6. Home team, as identified in Team Sideline, shall take the third base side of the field, and visitors will take the first base side.
7. Teams are not to use the dirt portion of the infield that is designated as fair Territory before games. For warm-ups, teams can use the dirt areas adjacent to the dugout and areas of the outfield.
8. Forfeit time is game time plus 10 minutes. The minimum number of players needed to have an official game is 8 players for the spring and 7 players for the fall leagues. A team having less than

the designated number of players needed at forfeit time must forfeit the game. If both teams have 3 less than the designated number of players needed at forfeit time, both teams forfeit the game and earn no points in their division standings.

9. All forfeits will be recorded as a score of 7-0.
10. Head Coaches and Assistant Coaches are prohibited from instructing and/or coaching the players while they are on the field or at bat from any location other than the dugout or field of play as defined by the umpire. Except when a designated base coach, coaches must remain either in the dugout or in the “designated” chalk area outside the dugout. The designated chalked area will be half the circumference of the gate. Two coaches are allowed in the chalked area. If either coach steps out of the “designated” chalked area except for when time is called, they will be given a warning. The second warning will result in the gate being shut and coaches will remain in the dugout except for designated base coaches. Home team is responsible for chalking the area.
11. Players must wear the uniform as furnished by the league, and shirts must be tucked in at all times while on the playing field. If not, the player could receive a strike if at bat and/or removed from the playing field if on defense. One warning is issued before the penalty is incurred. Upon receiving a warning, the player can correct the problem and proceed playing. Players may wear a tucked in undershirt (not yellow) and can wear a jacket while on the field. Players must remove the jacket while taking their turn at bat. “Fun” socks may be worn in lieu of league provided socks.
12. After each game or practice, each team is responsible to make sure the fields and spectator areas are clean and not littered with debris.
13. After each game or practice, the home team shall drag the infield with the rakes provided at each field, unless otherwise directed by the league/City.
14. The League will not be responsible for any personal equipment and/or items of the players, nor assume any liability for players using personal equipment. Personal equipment is required to meet the specifications and safety standards set by USA Softball. Personal equipment includes, but is not limited to, all articles of clothing (including hats and shoes/cleats), bats, gloves, balls, bases, catcher’s gear or any other item not expressly approved of by the league.
15. In case of injury, each Head Coach must always have each player’s medical release with him/her at every function, practice, and game. Prior to the start of games, a board member may check with each Head Coach to ensure possession of the releases. All injuries causing a player to quit playing for the rest of practice or game must be reported to division rep or player agent within 1 hour following the applicable practice or game. A coach’s first offense for failing to have the releases or reporting injury will result in a warning. A second offense will result in suspension of the coach.
16. At NO time is alcohol, vaping, or any form of tobacco allowed on the premises where league games, practices, or league events (with children present) are being held. Head Coaches and Assistant Coaches will be responsible for ensuring that spectators do not violate this policy. Any violations will result in suspension.
17. A player that is batting, on-deck or a base runner must wear a league approved batting helmet which includes both a chinstrap and an approved facemask. This rule is in effect for both games and practices. Chinstraps are required unless playing under NorCal rules.⁴
18. USA Softball requires that all bats used in league play must have the approved USA Softball certification stamp. Exception: 6U may use a bat stamped with “Official Softball”.

19. All Divisions shall use the double safety first base with the orange side of the base outside the foul line provided the field in use is equipped with double pegs.
20. Players are not allowed to wear jewelry of any kind during games or practices except a medical alert bracelet or necklace. Any player violating this rule will be removed from the game until she complies if a player is at bat after being warned then a strike will be called. Medical alert bracelets must be taped to the player's wrist.

Section 4. Protest – All Divisions (except 6U)

The protest of a game requires a \$25 fee at the time the protest is filed. All protests must be filed verbally to the umpire immediately after the play and prior to the next pitch or the play stands. If the protest is upheld, the fee will be returned to the payee. If not, the fee will go to the league. In addition to the verbal filing with the umpire, a written description of the specific infraction of the rule must be delivered to the Umpire-in-Chief within 48 hours of the end of the protested game. The Umpire-in-Chief in conjunction with a designated board member will review the protest and evaluate the issue. The final decision cannot be appealed or protested.

Section 5. Playing Rules – All Divisions

1. For all divisions, a player must play a minimum of 2 innings at a defensive position by the end of the 4th inning. In the 6U/8U Divisions; each girl present at the game must play a minimum of 2 innings in the field and have at least 1 turn at bat. In one of the 2 required innings in the field, the girl must play an infield position. For the 10U division, each player must play a full inning of infield by the end of the 3rd inning. A full inning constitutes three consecutive outs or 5 runs. Infield positions are 1st base, 2nd base, Short Stop, 3rd base, Pitcher and Catcher. If a player does not wish to play an infield position, a written statement must be obtained from her parent(s) and presented at the plate meeting before the game. CONSEQUENCE: If a coach is found in violation of rule Section 5.1 it will result in their team receiving a forfeit of 0-7 for that game and the Head Coach will be suspended for their next scheduled game. For the 12u division (and up), there are no infield position play requirements.

Protest Procedure for Rule Section 5.1

The contending coach must notify the umpire immediately at the appropriate end of the 3rd inning of the potential violation of Section 5.1. The game will continue to be played under protest and an investigation will take place immediately following the game.

2. All players will bat throughout the game (round robin) with field substitutions not affecting the batting order.
3. A player that is expected to arrive late but prior to the top of the 3rd inning may play at the Head Coach's discretion. (Example – The parents called and said their daughter is coming but will be late.) The player must be listed as the last batter on the line-up card. The umpire, official scorekeeper and other Head Coach are to be notified at the pre-game conference of the late arriving player. If the player is not present when they are called to bat throughout the game, an out will be recorded. Note: The Head Coach does have a last chance to remove the player's name from the line-up at her 1st turn at bat. If this option occurs the player is not eligible to play in that game. This rule only applies to the 8U,10U, 12U and Majors Divisions (14U & 16U).
4. Should a player need to leave the game for any reason other than an injury incurred during the game, an out will be recorded in each subsequent at bat for the remainder of the game. If the departure of a non-injured player leaves the team with less than 8 players (spring) or 7 players (fall); a forfeit will be imposed to the offending team. If the injury caused this circumstance the

game can continue without forfeit and will not result in an out being taken. The injured player may not re-enter the game. This rule only applies to the 8U, 10U, 12U and Majors Divisions (14U & 16U).

5. There will be free substitution in the field at any time. Pitching rules stated elsewhere still apply.
6. A player is eligible to pitch in a maximum total of 3 innings per game. One pitch to a batter constitutes 1 inning pitched.
7. No new innings will be started after 1 hour and 20 minutes of play. A new inning will start upon the final out of the previous inning. At 1 hour and 40 minutes, the games over unless a batter is at the plate and at least one pitch has been thrown to her; that batter may complete her at bat. Note - This rule does not apply during tournament (playoff) play and the final full inning shall be completed.
8. For the last inning to count each team must get their fair turn at bats. When time is called, the winner will be decided using one of the following conditions:
 - A. If the home team is ahead, the home team wins.
 - B. If the game is tied, inning counts if the home team was behind in the prior inning, otherwise the score reverts to the last completed inning.
 - C. If visitor team is ahead, score reverts to the last completed inning.

Note - This rule does not apply during tournament (playoff) play and the final full inning shall be completed.
9. If the home team is in the lead at the conclusion of the current batter or the 1 hour and 50 minute time limit, they will be rewarded the victory. If the home team is not in the lead, but has not finished the inning, the score will revert back to the end of the previous full inning. Note - This rule does not apply during tournament (playoff) play and the final full inning shall be completed.
10. For all Divisions, the 10 run “mercy” rule is in effect after the completion of 4 innings of play. This rule can only be imposed at the end of an inning in order to allow the home team their last at bat.
11. In the event of a tie at the end of time or regulation play during the post season tournament, international tiebreaker rules will be utilized for the next inning of play (i.e., each team starts the inning with the player who completed the last official at bat, as a base runner on 2nd base.) Each subsequent inning will start the same until a winner has been determined.)
12. An official game will be 3 innings. If circumstances, such as late arriving officials or field availability, delay the start of the game by 30 minutes or more, it will be played as a 2 inning official game with each girl playing at least 1 inning of defense. The umpire will note the 30 minute delayed start and inform each team that substitutions are required by the top of the 2nd inning.
13. If any game is called due to inclement weather and 2 full innings were completed, it will be considered an official game and will not be rescheduled for a later date. There will be no penalty for a player that hasn't entered on defense.⁶
14. A regulation game is a maximum of 5 innings for 6U and 8U, 6 innings for 10U and 7 innings for 12U and Majors.

15. On plays at any base except 1st base (double-base rule applies), the defensive player and the runner are each entitled to a section of the base, but must allow room for the runner to stop or tag the base. If a defensive player who does not have possession of the ball blocks either the runner's path or the runner from the base, this is considered obstruction and the runner will be awarded the base plus 1 additional base. If the additional base is occupied that runner too shall advance. Exception: If a defensive player has possession of the ball, they may temporarily obstruct the runner from the base for the purposes of applying a tag.
16. For any plays at a base it is the runner's responsibility to avoid a collision by either sliding or retreating back to the previous base. Any collision deemed intentional and not incidental by the umpire shall result in an out and that player's ejection from the game.

Section 6. Local Rules

Ball size for each division:

- 6u = 10" softball
- 8u = 10" softball
- 10u = 11" softball
- 12u = 12" softball
- Majors (14u & 16u) = 12" softball

Majors Divisions (14U & 16U)

1. When playing a team from another league NorCal rules apply.
2. There is a 5 run limit per innings
3. Pitchers can pitch a maximum of 4 innings per game.
4. There will be stealing, and a runner may advance at their own risk if any base is played upon.
5. The dropped third strike rule is in effect.
6. The infield fly rule is in effect.
7. Teams may field 9 or 8 defensive players if only 8 are available.
8. A courtesy runner is allowed for the catcher position only. If a player is hit by a pitch and is unable to continue, the player who was last out may courtesy run for the hit batter.
9. A play is over when a defensive player controls the ball inside the 16 foot pitching circle and the batter/runners have stopped their forward progress.
10. The pitching rubber shall be from a distance of 43 feet from home plate and the distance between bases shall be 60 feet.
11. Metal cleats are allowed.⁷

12U Division

1. When playing a team from another league NorCal rules apply.
2. There is a 5 run limit per inning.
3. Pitchers can pitch a maximum of 3 innings per game, but no more than 2 consecutive innings (FSC vs FSC games Only – NorCal pitching rules apply when playing a team from another league)
4. There will be stealing, and a runner may advance at their own risk if any base is played upon.

5. The dropped third strike rule is in effect.
6. The infield fly rule is in effect.
7. Teams may field 9 or 8 defensive players if only 8 are available.
8. A courtesy runner is allowed for the catcher position only. If a player is hit by a pitch and is unable to continue, the player who was last out may courtesy run for the hit batter.
9. A play is over when a defensive player controls the ball inside the 16 foot pitching circle and the batter/runners have stopped their forward progress.
10. The pitching rubber shall be from a distance of 40 feet from home plate and the distance between bases shall be 60 feet.

10U Division

1. There is a 5 run limit per inning
2. Pitchers can pitch a maximum of 3 innings per game, but no more than 2 consecutive innings.
3. There will be stealing, and a runner may advance at their own risk if any base is played upon.
4. Home base is considered open - meaning runner may advance on pass balls or plays made on other bases. All advancements will be at the players own risk.
5. There is NO dropped third strike rule. Drop third strike rule is active in 10U division but only when playing inter-league since NorCal rules apply.
6. The infield fly rule is in effect.
7. Teams may field 9 or 8 defensive players if only 8 are available.
8. A courtesy runner is allowed for the catcher position only. If a player is hit by a pitch and is unable to continue, the player who was last out may courtesy run for the hit batter.
9. A play is over when a defensive player controls the ball inside the 16 foot pitching circle and the batter/runners have stopped their forward progress.
10. The pitching rubber shall be a distance of 35 feet from home plate and the distance between bases shall be 60 feet.

8U Division

1. Each team shall field 9 or 10 defensive players (6 infield and 4 outfield) if only 9 are available.
2. There is a 5 run limit per inning.
3. Pitchers can pitch a maximum of 3 innings per game, but no more than 2 consecutive innings.
4. A batter shall not be walked. A coach/pitcher will enter the circle when 4 balls have been called by the umpire. Coach must pitch "legal" pitches from pitching rubber. The coach/pitcher will resume the player/pitcher strike count and will throw no more than three (3) pitches with the umpire calling balls/strikes. If the pitch is not put into play by the last pitch, the batter is out. Exception: If the last pitch is a foul ball, pitching continues until the ball is hit and put in play or the batter is called out. When coach comes in to pitch, the defending pitcher must stay within 2 arm lengths of the pitching rubber.
5. If a team walks a combined total of 4 times (HPS or Base on Balls) in an inning (does not need

to be consecutive), the coach shall complete the inning pitching up to three pitches to each player (foul ball exception from above applies).

6. All coaches MUST pitch from the pitching rubber. At least one foot needs to be touching the rubber. If a coach does not comply with this rule, 1 warning per game will be issued and all additional violations will result in an out being issued to the batter. If the batted ball hits the coach, it is a live ball.
7. A courtesy runner is allowed for the catcher position only. If a player is hit by a pitch and is unable to continue, the player who was last out may courtesy run for the hit batter.
8. The pitching rubber shall be a distance of 30 feet from home plate and the distance of bases shall be 60 feet.
9. There is no base stealing although a runner may be allowed to lead off once the ball has left the pitcher's hand. The coach and runner will be warned the first time the runner leaves early and called out the second time the runner leaves early.
10. Runners can only advance one base on a batted ball being fielded in the infield. Infield defined as the dirt portion of the field. Runners and batter/runner may advance extra bases while a hit ball remains in the outfield and must stop at the next base once the ball is in control in the infield. Control will be a ball caught in the glove or hand or an attempt to catch and within reach. Runners and batter/runner may be put out if they advance beyond the base they are entitled. Outfield defined as the grass portion of the field.
 - a. No extra bases on an overthrow
 - b. No stealing.
 - c. Baserunner may lead off 15 ft. maximum; allowed on the release of the pitch.
11. Rules for when a batter gets hit by a pitch.
 - a. When a player is pitching: if the ball hits the ground before it hits the batter, the pitch will be counted as a ball. Otherwise, it's a normal "dead ball" play and the batter advances to first base.
 - b. When a coach is pitching: if the batter is hit by a pitch, it counts as a coach pitch.
12. There is NO dropped third strike rule.⁹
13. There is NO infield fly rule.
14. Home base is considered closed. (No advancement on pass balls or overthrows.)
15. There will not be any use of cones on the field of play.
16. There is no automatic homerun or ground rule double. All batters/runners shall advance at their own risk upon a hit ball.
17. Bunting and slapping is allowed from a player pitched ball only (not coach pitched).

Bunting is defined as *"squaring around" and hitting the ball into fair territory.*

Slapping is defined as *a fake bunt followed by a controlled swing and resulting in the runner(s) advancing. It is when a player takes a step towards first base while the pitcher releases the ball, then makes contact with the ball using a controlled swing.*

18. Outfielders must be in the outfield. Outfield is defined as the grass portion of the field
Infield is defined as the dirt portion of the field

- a. Outfield is defined as a chalk line that is 5' beyond the natural baseline.
 - b. Outfielders may not lineup as infielders – 6 infielders – 4 outfielders for 10 player team.
 - c. The Home team is responsible for lining the field to include the 5' outfield limit line.
19. Backstop Help - Coach or Parent (parent must be background checked) of the team in the field will assist in retrieving passed balls. The Coach or Parent must be positioned to either side of home plate against the backstop. The backstop help is only there to retrieve dead balls to help speed up the game. They are not allowed to coach or speak with players, interact with the umpire, or interfere with the game in any way.

6U Division

1. Each team shall field 9 or 10 defensive players (6 infield and 4 outfield) if only 9 are available.
2. Each team shall bat ½ the team per inning (maximum 7 players).
3. A player is limited to a maximum of 2 innings playing pitcher or the 1st base position per game.
4. The pitching rubber shall be 30 feet to home plate and the distance between bases shall be 50 feet.
5. 2 defensive coaches may occupy the field and are encouraged to provide instruction without interfering with the play.
6. The coach will pitch to their own players from the pitching rubber. The batter will have 4 pitches to hit the ball into fair territory. After the 4th pitch, the batting tee will be used and the batter will be allowed 5 attempts to hit the ball into fair territory. After the fifth attempt, the batter will be called out. The batting tee must be touching home plate. Once the ball is placed on the tee, a practice swing will NOT be allowed. If it occurs it will count as 1 of the 2 allowed swings. A foul ball on the 2nd swing will result in an out.
7. Coaches may pitch from in front of the rubber (5 foot maximum allowance) for the purpose of creating a “straight-line pitch”
8. Any defensive out will count; the runner shall be removed from the base and return to the dugout.
9. Base runners shall advance one base on a hit ball. A base runner may not leave the base until the ball is hit into play.
10. No stealing is allowed.
11. There shall be no use of cones.
12. An automatic ground rule double shall be called for any ball that reaches the grass outfield once it has made contact with any part of the dirt infield even if a defensive player touches it prior to reaching the outfield grass. All other runners shall advance only 2 bases.
13. All games are under a 60 minute time limit and will be enforced upon the conclusion of a player batting if the time has expired during their at bat.
14. Scores and statistics are not kept.
15. Umpires will not be used since scores are not kept. Coaches will be responsible for following rules and keeping the flow of the game going.