

7th & 8th Grade CACHE VALLEY FASTPITCH SOFTBALL LEAGUE 2026 BYLAWS

Current Year NFHS (Highschool Softball Rules) will be followed with the following exceptions:

1. **No sunflower seeds allowed on the fields or dugouts at any time.**
2. **PLAYER REQUIREMENTS:**
 - a. The age for all divisions is based on the player's grade for the **25-26 School Year and must not exceed 8th grade.**
 - b. At least 7 players are needed to have a legal game.
 - c. Eligible players must be registered in the league and on the team roster..
 - d. Individual players may only play for one team in a division.
 - e. Players may not play on a second team. When necessary, replacement players can come from the 12U league. Only registered players from the same city on a 12U league team may be used.
 - f. If there are fewer than 7 players on a team, this counts as a forfeit for that team. The game will still be played by divvying up players from both teams evenly.
 - g. No penalty for missing players.
 - h. Every player must play the field for at least 3 outs or 1 inning.
 - i. ALL PLAYERS MUST BAT and must bat in order.
 - i. Dropped third strike guidelines are in force. The batter may attempt to advance to 1st base if the 3rd strike is dropped by the catcher and 1st base is unoccupied or there are 2 outs.
 - j. A registered player must play a minimum of 4 of the 8 season games to be an eligible player in the tournament (not including a play up player when needed).**
 - k. If any ineligible player plays in a game that game will be forfeited (including tournament games).**
3. NO new inning after 75 minutes of game time. Once an inning starts (before the 75 minutes) finish the inning. There are no *tiebreakers until the end of season tournament. Game time starts as soon as the coaches conference is over. Forfeit time is 10 minutes from when the game was scheduled to begin.
4. Sides will be retired after 3 outs or 5 scored runs.No exceptions.
5. Any 10 players can take the field. The 10th player must start on the grass, allowing 4 players in the outfield. These outfielders may progress forward when the pitcher releases the ball.
6. Free substitutions on defense.
7. Every team must provide 1 game ball for each game in new or close to new condition.
8. SOFTBALL SIZING: 12" Optic Yellow Softballs
9. No metal cleats allowed.
10. PITCHING:
 - a. All pitches must be pitched from the distance of **43 feet** and pitcher must be in contact with pitching rubber.
 - b. Pitchers can only pitch **2 innings per game.** Any pitch thrown in an inning constitutes an inning. In the case of a double header the 2 innings resets at the beginning of the second game.
11. STEALING/OVERTHROW RULES:
 - a. **STEALING IS ALLOWED.** Basic high school stealing guidelines apply (Baserunner can leave the base when the pitcher releases the ball). Any number of bases (including home) may be stolen, as long as ball is not out of play (dead ball). There is no overthrow limit.
12. A player must avoid flagrant or intentional contact and runner should slide when there is a play at home plate. Intentional or flagrant contact of the runner or catcher will result in an ejection from the game for the responsible player. **Coaches, please explain this to**

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your players.

13. **INFIELD FLY RULE** is in effect when there are runners on either 1st and 2nd base, OR 1st, 2nd, and 3rd base, with less than 2 outs.
 - a. Rule defined as the occasion when an umpire may call the batter out if a fair fly ball (not a line drive or bunt) that, in the judgement of the umpire, can be caught by an infielder, pitcher, or catcher with ordinary effort.
14. **LOOK BACK RULE:**
 - a. When the pitcher has control of the ball inside the pitcher's circle and does not attempt to make a play on any runner, all runners who are on base must then remain on the base.
 - b. Any runner off the base must either go back to the previous base or advance to the next base without any hesitation. This means that if the runner off base, while on her way to any base either stops or changes direction, then she will be called out. If the pitcher attempts to make a play on the runner, the runner can stop or change directions.
15. **SPORTSMANSHIP:** All coaches and spectators are expected to behave with good sportsmanship and positive support for the **players and umpires**. Failure to do so **will result in game forfeiture and suspension from the league. Arguing balls and strikes (or other calls) is not allowed.** Coaches are responsible for spectator's actions and behavior. Umpires or league coordinators **will** eject coaches, spectators, or players from the game for poor sportsmanship **as a last resort (determined by the Umpire and/or League Coordinator. If a city's league coordinator is a coach, the decision will default to the umpire.** Any person ejected from a game **must** miss the next game. Coaches (especially base coaches) can not impede a play but may give a high 5 to encourage players.
16. **LIGHTNING:** In the event that lightning is seen and/or thunder heard, the Umpire and Coaches will stop the game and clock to check the (FREE) **Weather Bug Phone App** to determine the proximity of lightning. If lightning is detected within 6 miles, players and spectators will be asked to take cover in vehicles. The Umpire will confirm that the scorebooks are up to date and match, the game will resume after 20 min if there is no lightning within 6 miles of the ballpark.
17. ***Tiebreakers:** The offensive team will start with a runner on second base for each half of the first extra inning. The runner placed at second base will be the person in the batting order directly before the lead-off batter of the current inning (Ex. If the number five batter in the batting order is the first batter of the inning, the number four batter will be placed on second base). If the game remains tied at the end of 1 extra inning, all subsequent innings will begin with the offensive team having 1 out and placing runners on second and third base (people in batting order directly before lead-off batter). until there is a winner. For TOURNAMENT PLAY ONLY.
18. **WIN/LOSS/TIE REPORTING:** Winning coaches shall report a win immediately following the game. Text the date and name of winning team to the league representative:

Contact: **North Logan Rec** Phone number: **435-999-4856**

If no score is reported within 48 hours, both teams will receive a loss for that game.