

# Castro Valley Girls Softball League



**2026**  
**Playing Rules**

[cvgsi.org](http://cvgsi.org)

**Some major rule differences in the five divisions of Castro Valley Girls Softball League**

	<b>6U</b>	<b>8U</b>	<b>10U</b>	<b>12/14U</b>	<b>16/18U</b>
Players on Field	All	10	9	9	9
Size of ball (inches)	10-soft	11-soft	11-hard	12-hard	12-hard
No new inning after	1:00	1:15	1:20	1:35	1:45
Drop Dead	No	1:30	No	Yes (a)	No
Complete last inning	Yes	N/A	Yes	Yes	Yes
Batting Lineup	Entire Team	Entire Team	Entire Team	Entire Team	Entire Team
Max batters in inning	roster	10	No	No	No
Players to start Game	N/A	7 (b, c)	7 (b, c)	7 (b, c)	7(b, c)
Base distance (feet)	45	60	60	60	60
Pitching distance (feet)	30	30	35	40	43
Coach-Pitch	Yes (d)	Yes (e)	No	No	No
Scores/Standings	No	No	Yes	Yes	Yes
Playoffs	No	No	Yes	Yes	Yes
Stealing	No	No (f)	Yes (g, h, i)	Yes (i)	Yes
Sliding	No	Yes (j)	Yes	Yes	Yes
Bunting	No	Yes (k)	Yes	Yes	Yes
Bases on Overthrows	None	1 base (l)	Unlimited	Unlimited	Unlimited
Umpires	Coaches	2 Youth	2 Youth	1 USA & 1 Youth	1 USA & 1 Youth
Helmets with facemask (offense)	Yes	Yes	Yes	Yes	Yes
Pitching Limits	N/A	Yes (m)	Yes (n)	Yes (n)	Yes (n)
Max Hit by Pitch	N/A	N/A	3/inning (o)	3/inning (o)	3/inning (o)
Out on dropped Strike 3	N/A	Yes	Yes	No	No
Infield Fly Rule	No	No	Yes	Yes	Yes
Courtesy Runner	No	No	Yes (p)	Yes (p)	Yes (p)
Max Runs per Inning	N/A	N/A	4 in first 4	4 in first 4	4 in first 4
Run Limit	N/A	N/A	Yes (q)	Yes (r)	No
Playing Requirements	N/A	Yes (s)	Yes (s)	Yes (s)	Yes (s)
Defensive facemask	No	Yes (t)	Yes (t)	Yes (t)	Yes (t)

- a) Drop dead after 2 hrs. Score reverts to score at last completed inning.
- b) No out taken in batting order if less than 9 batters.
- c) Need 7 players to finish the game.
- d) Coach Pitches 4 pitches to the player. If the ball is not put in play then the ball is placed on the tee for 3 swings.

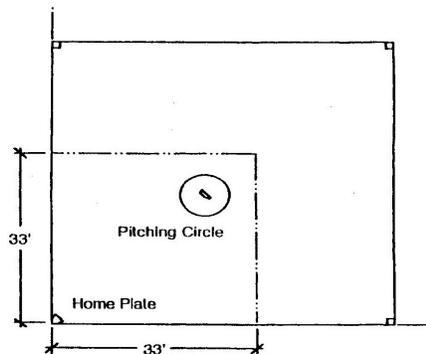
- e) After 4 balls called on a batter the coach pitches the remainder of the at bat resuming the count. All pitches are strikes except for foul balls when the batter has 2 strikes, or if the pitch hits the batter and they do not swing.
- f) No base stealing, but after the ball has crossed the plate or the batter whichever comes first, a base runner may take a lead at the risk of being put out.
- g) After the ball has crossed the plate or the batter whichever comes first, a base runner may take a lead or steal at the risk of being put out.
- h) No stealing home.
- i) No continuation on a walk (the batter-runner cannot steal second on a walk).
- j) No sliding into home plate.
- k) No bunting on coach-pitch.
- l) The batter runner cannot advance on an overthrow to first base; all other runners may advance one base with the risk of being put out.
- m) Pitchers may not pitch more than 2 of the first 4 innings with a 3 inning max limit.
- n) Pitchers may not pitch more than 2 of the first 4 innings, no max limit.
- o) If during a game a pitcher hits 3 batters in an inning with a pitched ball, said pitcher shall be removed from the pitcher position for the remainder of the inning and charged one inning pitching eligibility. She may play another fielding position.
- p) Courtesy runner for the pitcher & catcher for next inning only and injured player and will be “last batted out”. Coaches need to inform umpires if this will be happening prior to the player coming up to bat.
- q) Run Limit: 12 run lead after 4 innings, 10 run lead after 5 innings or 8 run lead after 6 innings.
- r) Run Limit: 10 run lead after 5 innings or 8 run lead after 6 innings.
- s) Players can not sit out defensively more than 1 inning in a row.
- t) The players at pitcher, first base and third base must wear a defensive facemask, all other positions facemask is optional. This rule is only enforced for CVGSL players only.

**These playing rules apply to the CVGSL Recreation teams.**

## **6U Division Playing Rules**

The following are the special playing rules for the 6U Division only. Other than the League Operating Rules, these will be the only rules that govern the 6U Division.

1. **Uniforms:** Official CVGSL uniforms consist of league-issued team jerseys. Matching socks are recommended. Sweatshirts may be worn in cold weather. Tennis shoes or rubber cleats should be worn.
2. **Equipment:** A soft 10-inch safety ball will be the official ball used in all practices and games.  
Players and “bat girls” must wear batting helmets with facemask while batting, running the bases, and in the on-deck circle. Catchers must wear head, face, throat, chest, and leg protection.
3. **Safety:** All teams must follow the CVGSL Safety Rules (League Operating Rule Section 5).
4. **Rosters:** Team rosters will have a minimum of 10 players. The 6U Division Coordinator will assign players to teams, with an emphasis by school, player ages, and equality of teams.
5. **Awards:** Player participation awards will be presented to each player at the end of the season.
6. **Field Dimensions:** Bases will be 45 feet apart and the pitching distance will be 30 feet, with an eight-foot pitching circle.
7. **Regulation Game:** A regulation game will be six innings or after 1 hour.
8. **Scoring:** There will be no official record kept of runs. There will be no standings in the 6U Division. The half inning is over when all players on the offensive team have batted once, and the ball is returned to the pitching circle. If both coaches agree the half inning can be ended after half the players have batted.
9. **Coaching:** Coaches may stand in the outfield area when their teams are in the field and can give advice and guidance, but must not interfere with play. The coach must request a timeout from the opposing coach that is pitching before attempting to demonstrate a technique or explain a play to the players during the progress of a game. Offensive coaches must coach from the coach’s boxes. The coach that is pitching cannot give verbal direction to runners while standing anywhere in fair territory.
10. **Pitching:** A rostered coach from the offensive team will pitch and will be allowed a maximum of four pitches per batter. The coach may pitch from the pitching rubber or from the bottom of the pitching circle.
11. **Umpires:** Coaches will act as umpires. Base coaches should make calls at first and third bases, and the coach that is pitching should make calls at second base and home.
12. **Outs:** Although no outs are recorded (unlimited outs) players should be encouraged to make plays for “outs” and any successful attempts should be acknowledged. Runners that are called “out” on the bases are allowed to stay on the bases. An “out” can be made by a defensive player catching a fly ball, “tagging” a base runner, making a put out assisted or unassisted, or making a force out etc..
13. **Defensive Positions:** All eligible players present at the game are permitted on the field at one time. The infield should consist of a pitcher, catcher, first, second and third baseman and shortstop. The remaining players should be positioned in the outfield. All players other than the pitcher must remain at or behind the imaginary line 33 feet on each side of home plate. The player playing the pitching position must remain in the pitching circle, and behind the pitching rubber, until the ball is hit.



14. **Batting:** All eligible players present at the game will be placed in the batting order. A five-foot arc from home plate will be drawn and a batted ball must pass this arc line or it is a foul ball. If a player has not hit the ball into fair territory after four pitches, the ball will be placed on the batting tee and the player will be allowed three swings at the tee. There will be no walks. If the ball is not put into play on the 3rd attempt, the batter is out (do not advance to first base).
15. **Base Running:** Leading off from a base is not permitted until the ball crosses home plate. Stealing and sliding are not allowed. Runners cannot advance extra bases on overthrows. Runners that are called out on the bases are allowed to stay on the bases.
16. **Dugout and Lineup Management:** Managers and coaches are strongly encouraged to have a defensive lineup plan for each game. This will allow the players to be positioned quickly and to begin an inning as soon as possible. The only girls that should be outside of the dugout for the offensive team are the batter, any base runners and the on-deck batter.

## 8U, 10U, 12/14U & 16/18U Division USA Softball Playing Rule Modifications

Please refer to the following League and USA SOFTBALL Rules for rules and modifications that are specific to the 8U and up Divisions:

### USA SOFTBALL Modifications

- USA SOFTBALL Rule 1—Definitions (Home Team, Inning, Overthrow, Stealing)
- USA SOFTBALL Rule 2, Section 1—The Playing Field
- USA SOFTBALL Rule 3, Section 3F—Official Softball
- USA SOFTBALL Rule 3, Section 6—Uniforms
- USA SOFTBALL Rule 4, Section 1A—Players (Players Required to play)
- USA SOFTBALL Rule 4, Section 1C—Players (Player Positions)
- USA SOFTBALL Rule 4, Section 1D—Players (Short Handed Rule)
- USA SOFTBALL Rule 4, Section 3—Designated Player
- USA SOFTBALL Rule 4, Section 6—Substitutes/Illegal Player

- USA SOFTBALL Rule 5, Section 3C—Regulation Game
- USA SOFTBALL Rule 5, Section 5—Scoring of Runs
- USA SOFTBALL Rule 5, Section 9—Run Ahead Rule
- USA SOFTBALL Rule 5, Section 10—Time Limit Rule
- USA SOFTBALL Rule 5, Section 11—Tie Breaker Rule
- USA SOFTBALL Rule 6A, Section 11—Illegal Pitch Penalty
- USA SOFTBALL Rule 7, Section 4—A Strike on the Batter
- USA SOFTBALL Rule 7, Section 6E—The Batter is Out (Illegal Bat)
- USA SOFTBALL Rule 7, Section 6Q—The Batter is Out (Short Handed Rule)
- USA SOFTBALL Rule 8, Section 1B—The Batter Becomes a Batter-Runner (Dropped 3rd Strike)
- USA SOFTBALL Rule 8, Section 1C—The Batter Becomes a Batter-Runner (Four Balls)
- USA SOFTBALL Rule 8, Section 1F—The Batter Becomes a Batter-Runner (Hit by Pitch)
- USA SOFTBALL Rule 8, Section 2I & J—The Batter-Runner is Out (Infield Fly)
- USA SOFTBALL Rule 8, Section 4A—Runners are Entitled to Advance With Liability to be Put Out (Stealing)
- USA SOFTBALL Rule 8, Section 4H—Runners are Entitled to Advance With Liability to be Put Out (missed bag)
- USA SOFTBALL Rule 8, Section 5C—Runners are Entitled to Advance Without Liability to be Put Out (Wild Pitch/Passed Ball becomes dead/blocked ball)
- USA SOFTBALL Rule 8, Section 7S—The Runner is Out (Leaving Bag early)
- USA SOFTBALL Rule 8, Section 10—Courtesy Runners
- USA SOFTBALL Rule 9, Section 1—Types of Protests
- USA SOFTBALL Rule 9, Section 6—Written Protests
- USA SOFTBALL Rule 10, Section 3—Umpire's Judgment
- USA SOFTBALL Rules Supplement 52—Throwing or Carrying a Bat

### **USA SOFTBALL Rule 1 The Definitions**

**Home Team:**

The home team is determined by the game schedule and denotes the team to bat last and occupy the third base dugout.

**Inning:**

**8U Division:**

The half inning is over when the team has batted 10 players.

**10U, 12/14U & 16/18U Divisions:**

1. For the first four innings, teams may score a maximum of four runs. After the fourth run is scored the half inning is over, no subsequent runs count. Meaning that if an extra-base hit were to score the 4th run, only up to and including the 4th run counts. While a player may get a HR credited, the runs do not count.
2. From the fifth inning and until the completion of the game, there is no longer a run limit, frequently called “open inning”, and 3 outs must be achieved.

**Overthrow****8U Division:**

1. An overthrow of the base is when the ball is thrown such that a fielder cannot stop the ball and it gets by her.
2. If the ball is overthrown into dead ball territory, runners will be awarded one base from the point of throw from the last base touched, at no risk to be put out.
3. If the ball is overthrown into live ball territory, runners can advance one base from point of throw from the last base touched at the risk of being put out; the batter-runner may not advance on an overthrow to first base.
4. Only one overthrow can occur during one continuous play.
5. On a ball put in play, if a player overthrows the pitcher, runners can advance one base at their own risk, provided no overthrow occurred previously on that play.
6. If the base runner advances one or more bases than she is entitled to, play will stop. The base runner will be sent back to the base she is entitled to, with no risk to be put out.
7. PARTICULAR ATTENTION SHOULD BE GIVEN TO THE POSITION OF THE RUNNER AT THE TIME THE OVERTHROW IS MADE. This pertains to the 1-plus-1 rule wherein the runner has not yet established the base.

**Stealing****8U Division:**

No stealing is allowed in the 8U Division. Leadoffs are allowed after the ball crosses the plate or the batter, whichever comes first.

**10U Division:**

1. After the ball has crossed the plate or the batter, whichever comes first, base runners may steal a base at the risk of being put out.
2. No stealing of home.

**USA SOFTBALL Rule 2, Section 1 The Playing Field****8U Divisions:**

Pitching Distance is set at 30 feet.

**USA SOFTBALL Rule 3, Section 3F Official Softball****8U Divisions:**

An 11-inch safety-training ball will be used

**USA SOFTBALL Rule 3, Section 6 Uniforms**

Girls must wear the official CVGSL uniform tops. Sweatshirts may be worn, but confirmation of jersey number may be asked for in the 10U, 12/14U and 16/18U Divisions. Matching socks are recommended. Baseball caps or non-plastic visors are optional wear in all divisions, and if worn, must be League approved. Any girl not in full uniform may not be allowed to play until she is in full uniform. This will be at the discretion of the home plate umpire and is not subject to protest.

## **USA SOFTBALL Rule 4, Section 1C Players**

### **8U Divisions:**

Up to 10 defensive players may play at a time

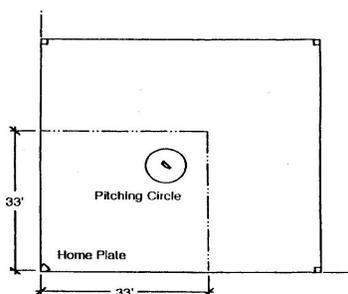
## **USA SOFTBALL Rule 4, Section 1C Player Positions**

### **8U & 10U Divisions:**

Infielders must be positioned at or behind the imaginary line 33 feet on each side of home plate and behind the pitcher's circle (see diagram below).

### **8U Divisions:**

The 10<sup>th</sup> player must be placed in an outfield position. Outfield position is the grassy area and approximately 15 feet behind the baseline.



## **USA SOFTBALL Rule 4, Section 6 Substitutes/Illegal Player**

Because all roster players bat in a game, **batting** substitutions are not needed. There are pitching limits for players playing in the pitching positions and are as follows:

### **8U Division:**

1. One player can pitch no more than three innings per game, and not more than 2 of the first 4 innings.
2. If a pitcher makes an appearance and throws a single pitch to a batter she shall be charged with an inning pitched.
3. When a coach/manager comes in to pitch, the pitcher must keep at least one foot in the eight-foot circle, at or behind the pitcher's rubber, until the pitch is released.

### **10U, 12/14U & 16/18U Divisions:**

1. One **player** can pitch no more than 2 of the first 4 innings.
2. If a pitcher makes an appearance and throws a single pitch to a batter she shall be charged an inning of pitching eligibility.
3. In the event a pitcher's eligibility is contested after an inning has started, and it is determined the pitcher is ineligible, the player shall be removed from the pitcher position for the remainder of the game. Infraction of this rule will subject the entire rostered coaching staff to appear before the League President. A suspension can be considered.
4. If a pitching change is made in the middle of an inning the new pitcher must pitch to at least one batter before they can be removed or replaced by another pitcher.

## **USA SOFTBALL Rule 4, Section 1D Short Handed Rule**

Teams may start and play with seven (10U, 12/14U & 16/18U Division). A team will be allowed to borrow players from a lower division, except to pitch, to avoid forfeiture of a game.

If a player is not available to bat when her time comes up, no out will be recorded and the batter next in line will come to the plate.

## **USA SOFTBALL Rule 4, Section 3 Designated Player**

No designated player (DP) in any division.

### **USA SOFTBALL Rule 5, Section 3C Regulation Game**

The home plate umpire will alert both teams as to the official starting time of that game when play is ready to begin. The official time is kept by the home plate umpire.

#### **Darkness Rule:**

A game stopped after 70 minutes elapsed time due to darkness will be considered a regulation game. Any game stopped for darkness will revert to the score at the end of the last completed inning.

#### **6U Division:**

A game shall be considered a regulation game after a period of 1 hour.

#### **8U Division:**

A game shall be considered a regulation game after a period of 1 hour and 15 minutes, regardless of how many innings have been played. There will be a drop-dead time of 1 hour and 30 minutes from the official starting time. The home plate umpire can end a game at any point in the case of darkness.

#### **10U Division:**

A game shall be considered a regulation game after three innings (2 1/2, if the home team is ahead) or after 1 hour and 20 minutes have elapsed. The home plate umpire can end a game at any point in the case of darkness. There will be no drop-dead time.

#### **12/14U Division:**

A game shall be considered a regulation game after three innings (2 1/2, if the home team is ahead) or after 1 hour and 35 minutes have elapsed. The home plate umpire can end a game at any point in the case of darkness. There will be no drop-dead time.

#### **16/18U Division:**

A game shall be considered a regulation game after four innings (3 1/2, if the home team is ahead) or after 1 hour and 45 minutes have elapsed. The home plate umpire can end a game at any point in the case of darkness. There will be no drop-dead time.

### **USA SOFTBALL Rule 5, Section 5 Scoring of Runs**

#### **8U Division:**

No run limits per inning. The half inning is completed when 10 batters have batted or 3 outs have been made.

#### **10U, 12/14U & 16/18U Divisions:**

For the first four innings, teams may score a maximum of four runs. After the fourth run is scored the half inning is over, no subsequent runs count.

### **USA SOFTBALL Rule 5, Section 9A.1B Run Ahead Rule**

#### **8U Divisions:**

No run ahead rule applies.

#### **10U Division:**

The game is over if the leading team is ahead by 12 runs after 4 innings, or 10 runs after 5 innings or 8 runs after 6 innings.

#### **12/14U Division:**

The game is over if the leading team is ahead by 10 runs after 5 innings or 8 runs after 6 innings.

### **USA SOFTBALL Rule 5, Section 10 A & B Time Limit Rule**

#### **8U Division:**

There will be no new innings after 1 hour and 15 minutes have elapsed from official starting time.

**10U Division:**

There will be no new innings after 1 hour and 20 minutes have elapsed from official starting time.

**12/14U Division:**

There will be no new innings after 1 hour and 35 minutes have elapsed from official starting time.

**16/18U Divisions:**

There will be no new innings after 1 hour 45 minutes have elapsed from official starting time.

**USA SOFTBALL Rule 5, Section 11 Tie Games**

A regular season game can end in a tie.

Tie-breaker Rule for TOC games: During each half of each inning used to enforce the tie-breaker rule, the offensive team shall begin its turn at bat with the player who will be last to bat in the upcoming inning being placed at second base.

**USA SOFTBALL Rule 6A, Section 11 Illegal Pitch Penalty (Fast Pitch)****8U Division:**

No “illegal” pitch penalty shall be enforced. Umpire shall declare “no pitch.”

**USA SOFTBALL Rule 7, Section 4A A Strike on the Batter****8U Division:**

All pitches by a coach are considered a strike. See USA SOFTBALL Rule 8 Section 1C Modification.

**USA SOFTBALL Rule 7, Section 6E & Q The Batter Is Out (Illegal Bat)**

A second use of an illegal bat by the same player will result in ejection from the game.

**USA SOFTBALL Rule 7, Section 6Q The Batter Is Out (Short Handed Rule)**

If a player is not available to bat when her time comes up, no out will be recorded and the batter next in line will come to the plate.

**USA SOFTBALL Rule 8, Section 1B The Batter Becomes a Batter-Runner (Dropped 3<sup>rd</sup> Strike)****8U & 10U Divisions:**

A dropped third strike will result in a strikeout.

**USA SOFTBALL Rule 8, Section 1C The Batter Becomes a Batter-Runner (Four Balls)****8U Division:**

1. There will be no base on balls.
2. When the count to the batter reaches ball four, the batter’s coach/manager must come in to continue to pitch to the batter. The coach/manager will resume the count with every pitch being a strike.
3. Foul balls will be allowed when the batter has two strikes. If the batter has two strikes and hits a foul ball, the batter will get another pitch. This will continue until the batter either puts the ball in play, or the bat does not make contact with the ball.
4. The coach/manager cannot leave the eight-foot pitching circle until the ball leaves the infield. The coach/manager needs to be in contact with the rubber while in the pitching circle.
5. The coach/manager cannot “coach” from the playing field. If the coach/manager interferes with the defense by leaving the circle early or coaches their player from the field, the player may be called out at the umpire’s discretion. If the “coach/manager pitcher” is hit by a batted ball, the ball remains live and in play.

6. Only rostered coaches or managers of each team at bat can take the mound. A designated substitute coach/manager may pitch if rostered coaches/managers are not present.
7. The coach will complete the inning on the mound after four batters have reached ball 4 in that same inning. The **player** pitcher **may** resume pitching at the start of the next inning.

**USA SOFTBALL Rule 8, Section 1C The Batter Becomes a Batter-Runner (Hit By Pitch)**

**8U Division:**

1. In the event the batter is hit with the ball by the “player” pitcher the batter will be given the option to take first base or continue batting.
2. In the event the batter is hit with the pitch by the coach pitcher, the pitch is a strike if the batter has swung otherwise it is a ball and the batter will continue batting and not be awarded first base.

**USA SOFTBALL Rule 8, Section 2I & J The Batter-Runner is Out**

**8U Division:**

Infield Fly will not be in effect.

**USA SOFTBALL Rule 8, Section 4A Runners are Entitled to Advance with Liability to Be Put Out (Stealing)**

**8U Division:**

1. Stealing is not allowed.
2. Sliding into home plate is not allowed. If they slide into home the runner is out.

**10U Division:**

1. Stealing home plate is not allowed. If the attempt is successful, return the runner to 3rd. If they are **tagged** out, the runner is out.
2. No continuation on a walk (the batter-runner cannot steal second on a walk).

**12/14U Division:**

1. No continuation on a walk (the batter-runner cannot steal second on a walk).

**USA SOFTBALL Rule 8, Section 5C Dead/Blocked Ball from a Pitched Ball (Wild Pitch or Passed Ball)**

**8U Division:**

This rule is not enforced.

**USA SOFTBALL Rule 8, Section 7S The Runner is Out**

**8U Division:**

The runner will be Out if they leave the bag before the ball crosses the plate or the batter whichever comes first. No advancement is allowed unless there is a batted ball. Teams and players will be cautioned and failure to comply will cause a player to be called out.

**10U Division:**

The runner will be Out if they leave the bag before the ball crosses the plate or the batter whichever comes first.

**USA SOFTBALL Rule 8, Section 10 Courtesy Runners**

**8U Division:**

Courtesy runners are not used in this Division.

**10U, 12/14U and 16/18U Division:**

The team at bat may use a courtesy runner for the **pitcher**, **catcher** or injured player at any time. The **pitcher and catcher** must begin the next defensive ½ inning at that position. The last batted out will be designated as the courtesy runner. Coaches should **inform the umpire prior to the player batting that they will be using the courtesy runner.** **In the case of courtesy runner for pitchers and catchers, failure for that player to take the respective position will**

result in a loss of eligibility to use courtesy runner for catchers in that game.

**USA SOFTBALL Rule 9, Section 1 Types of Protests**

Failure of a player to play the required number of defensive outs or a pitcher pitching too many innings will be considered protestable occurrences.

**USA SOFTBALL Rule 9, Section 6 Written Protests**

Protests must be officially made within 60 minutes of the end of the game in question. Protests need to be made in writing to either the League President, or the Division Coordinator. A \$25 deposit, to be returned upon a favorable decision, must accompany all protests.

**USA SOFTBALL Rule 10, Section 3 Umpire's Judgment**

In the 8U and 10U Divisions, in the event of a dispute with the umpire, only the female manager or acting female manager can initiate a discussion with the umpire. That discussion can only be initiated with the home plate umpire. Applies to CVGSL teams only, but highly encouraged for other leagues.

Note: There will be no appeal on any decision of any umpire on the grounds that they were not correct in their conclusion as to whether a batted ball was fair or foul, a runner safe or out, a pitched ball, a ball or strike, or on any play involving accuracy of judgment; and no decision rendered by any umpire will be reversed, except when they are convinced it is in violation of one of the rules.

**USA SOFTBALL Rule Supplement 52 Throwing or Carrying a Bat**

If a batter throws her bat in such a manner as to possibly cause injury to another, the umpire will issue a warning. A second thrown bat by that team will result in the player being out, with any subsequent play voided. A second thrown bat by the same player, at the umpire's discretion, can result in an ejection from the game.