

The logo for Baseball Softball UK is displayed in white text on a green grass background. The word "Baseball" is on the top line, followed by a small dot and a stylized graphic of a baseball bat and ball. The word "Softball" is on the bottom line, with "UK" in a larger, bold font. In the foreground, a yellow softball with red stitching sits on the grass.

**Baseball • **  
**Softball UK**

**School Softball 2022**

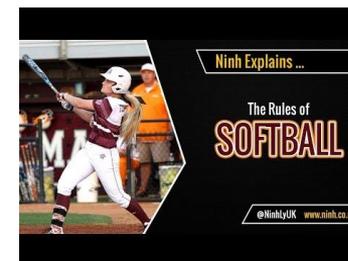
**GIRLS FASTPITCH  
SOFTBALL CUP**

**COACHING  
RESOURCES**

# MODIFIED RULES FOR THE GIRLS FASTPITCH SOFTBALL CUP

The aim of the *Girls Fastpitch Softball Cup* is to introduce girls to the sport in an accessible and welcoming manner. As such, the modified rules aim to provide opportunities for success and improvement, and reduce the fear that can typically be held around a sport you can “get out” in.

Below are some helpful videos\* that show the “flow” of a Fastpitch Softball game and introduce some of the traditional rules, however please see the **modified rules** we will play by on the following pages.



\* These videos are not property of BSUK but are shared for reference & learning. BSUK takes no responsibility for their content.

# Modified Rules - Pitching & Hitting

## Pitching Action

The pitcher's plate (from which the pitcher starts) is 33ft or 10m from the batter (closer than in traditional youth games).

Pitchers can pitch from either:

- Step and underarm throw
- K Shape, with back foot starting on the plate
- Full Windmill, with both feet starting on the plate

## Strike Zone

Hittable & wild pitch instead of traditional balls & strikes

We want to encourage players to have a go at hitting, so the larger “strike zone” will instead include:

**Hittable Pitch:** Any ball within hitting range.

- *3 swing-and-misses → batter can use the tee to hit off of for one more chance.*

**Wild Pitches:** A pitch deemed not reasonably hittable - e.g. on the ground, wider than reaching distance, above head

- *4 Wild Pitches → batter gets to automatically go to 1st Base, plus any other baserunners on the immediately following bases, 1 base (which can include Home if the runner is on 3rd Base).*

## Hit Batter

If a batter is hit by the pitch, they can choose to either:

- Stay in and try again → Classed as 1 Wild Pitch
- Go to first base → All runners also advance one base as with 4 Wild Pitches.

# Modified Rules - Scoring Runs

## Getting Out

To encourage maximal opportunity, some traditional means of getting out have been removed. The only ways to get out in this modified format are:

As a batter:

- **Caught off a hit ball** - caught by a fielder before the ball touches the ground
- After **3 swing & misses at the tee**

As a baserunner:

- **Forced out** - if a fielder catches the ball & touches the base before the baserunner gets there
- **Off base path** - running >1m off line between bases

## Running bases as a batter

Batters & baserunners can advance maximum 2 bases per play. For a batter, this means a big hit to the outfield can result in reaching second base (“a double”), but no further.

## Running bases as a baserunner

Baserunners can advance maximum 2 bases per play

A runner is only ‘forced’ to run to the next base if there is another runner on the base immediately behind them. No runners can overtake each other.

‘Tagging up’ applies - i.e. a baserunner must stay on or return to the base they were on at the time of a hit, if the ball is hit in the air, until it is caught. Once it is caught, they can leave again if it is safe to do so. If they left the base ‘early’ and the ball beats them back to the base, the **forced out** rule applies. If the ball is dropped, the **forced out** rule does not apply.

# Modified Rules - Fielding Positions, Time & Innings

## Catcher

To focus on the more common positions, and reduce the need for specialist equipment and skill, there will be **no catcher** in the modified rules. Instead, the “catcher” will stand behind the backstop, and will return the ball to the pitcher on any missed pitches. They will also be responsible for setting up the tee after *4 Wild Pitches*.

## Alternating Fielding Positions

Every innings, the fielding team must change every position on the field, with the exception of the pitcher. *We strongly encourage your pitcher to change as well, however we recognise this skill can be intimidating and therefore there may be fewer players willing to try the role.*

## Fielding Team Time Penalty

A fielding penalty allows the batting side to place one runner on base (the batter 6th from the current batter). A fielding penalty is given in any of the following:

- Fielding team taking longer than 2 mins to be ready throw the first pitch (including all fielders in position)
- Taking longer than 1 min to be ready to pitch between plays (e.g. after a player is out, or safely on a base)

## Batting Team Time Penalty

A batting penalty gives the fielding team one ‘out’. A batting penalty is given in any of the following:

- First/next batter taking longer than 2 mins to be ready to face the first pitch of each inning
- Next batter taking longer than 1 min to be ready to face the next pitch

## End of Innings

3 out or one full rotation through the batting order\*, whichever is sooner.

*\* Once the last batter has their turn to bat, the innings ends here, so any runners left on base do not count as runs.*

## Games end

3 complete innings or 50 minutes, whichever is sooner.