



Lou Gehrig Softball Majors

Updated April 2026

General

1. Regular season games are 6 innings with a **four-run limit** in all innings until the last inning which will allow unlimited runs for both teams*.

Time limit on each game is **1 hour and 40 minutes** and no inning can start after this time limit.

Drop dead limit is **2 hours** from the scheduled start time of game.

- if the 2 hour limit is reached within the last inning, the game will roll back to the last completed inning.

**If a game will not reach the 6th inning due to time, both managers, along with the umpires, will need to deem the upcoming inning the 'last inning' as you approach that 1 hour 40 minute mark. Please see 'Softball General Rules' for more detail on playoff time limits and weather related interruptions.*

2. Pitching distance is 35ft.
3. When warming up between innings, a pitcher must wear a batting helmet.
4. Pitchers and infielders are required to wear a fielding mask during game play.

Hitting / Running

1. Teams will use a continuous batting order – everyone bats.
2. Bunting **is** allowed at this level.
3. Stealing of third base only is allowed. No stealing of second base or home. A runner stealing third base cannot score on an overthrow. A runner attempting to steal third base can leave second base when the pitcher releases the ball. (Note-there is no stealing after ball 4, when the batter is hitting a soft toss) (see rules amendment).

Defense

4. Defense will play ten players (four outfielders).
5. Defensive set up
 - a. Outfielders must be no closer than edge of the outfield grass and may not be used to play a base. A fielded ball by the outfielder must be thrown, not run back to the infield.
 - b. For a "skinned" field, infielders must start within 3 – 5 feet of the baseline.

NOTE: THE GIRL'S SAFETY COMES FIRST!

6. Infield fly rule is waived.
7. For both regular season and playoffs, every player must play at least four defensive innings. Players must be rotated every 2 innings to a new defensive position. They must play at **least 2 innings in the infield** and 2 innings in the outfield. Players may only play a maximum of 2 innings at a specific defensive position (with the exception of the pitching position – see rule 14). This rule also applies to call-ups.



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8. *Catcher is considered an outfield position.*
9. Play is dead when the ball is in the pitching circle.
10. Pitchers may pitch a maximum of two innings per game in the regular season. This will be reevaluated by the Softball committee prior to the playoffs and communicated via the level coordinator. If a girl throws one pitch in an inning, this is considered a full inning pitched. Innings do not have to be consecutive.
11. After a pitcher hits 2 batters in an inning, the managers should call time-out to discuss the pitcher's control and if she must be removed from pitching. If the pitcher hits 3 batters in one inning, she must be removed from this position for the rest of that inning. Please use good judgment before placing this girl at pitcher again in the same game. Remember: Safety First!



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Updated June 2022

Lou Gehrig Softball Majors Rules Amendment

In order to facilitate a smoother transition into pitching and to promote more hitting and fielding, from opening day until the conclusion of games on May 31st the following rules will be in effect:

If the level coordinator believes the pitching has advanced to a point where the rules are no longer needed prior to the end of May, the level coordinator, in conjunction with the president(s) of softball, has the right to suspend the addendum and require all teams to revert to standard, non-soft toss rules. If the pitching has not advanced, this rule amendment may be continued through playoffs.

Should a batter have four called balls on her the following will take place:

1. The batter will NOT be awarded a walk.
2. A coach or designated adult for the offensive team shall be used to “soft toss” the ball for the batter.
3. The coach or designated adult must **not** be in front of the batter in the field of play.
4. The soft toss must be “pitched” from the side, facing the batter.
5. The batter shall get as many soft tosses as strikes remaining in the count. For instance if the count is 4 balls and 1 strike, the batter would get two soft toss “pitches” to attempt to hit. If the count were 4-2, the batter would get one soft toss “pitch” to hit.
6. Any soft toss not hit is considered a strike, regardless if the soft toss was hittable or not or whether the batter swung or not.
7. There will be no “do overs” for a poorly executed soft toss “pitch.”
8. Any soft toss “pitch” hit foul shall be treated like any other foul ball. (in the 4 -1 count example, if the batter fouls off the first soft toss ”pitch” the count is then 4-2.)
9. If the batter fails to hit the soft toss “pitch” resulting in a 3rd strike the batter is called out.
10. If there is a foul ball on a third strike, the batter is awarded an additional soft toss “pitch.”
11. Bunting of soft toss “pitches” will not be allowed
12. Runners may not leave the base on a soft toss “pitch” until the ball has left the hand of the coach or designated adult performing the soft toss.
13. On a soft toss “pitch,” the pitcher on the defensive team shall be required to be within three feet in front or behind the pitching rubber when the ball is “pitched.”

The spirit of the rule is to increase the action on the field. Attempting to “game” the rules and instructing batters not to swing in hopes of having the opportunity to hit a soft toss “pitch” will not be tolerated.