

DRIFTLESS YOUTH SPORTS

14U GIRLS FASTPITCH SOFTBALL RULES

Updated: March 2026

Team & League Organization

1. If a community has multiple teams, they must be divided up as evenly as possible or by grade.
2. Players in the 14U age group are currently in 7th or 8th grade.
3. A scheduling day will be held prior to the season for the coaches to schedule their own games.
4. League games will be scheduled beginning in the second week of May and continue through the month of June.

Equipment & Uniforms

1. Metal cleats are allowed but need to be communicated if not allowed.
2. All players must wear matching shirts with a number on the back.
3. Pants are required.
4. Face masks MUST be worn by all players in the infield positions
5. Catchers are required to wear a mask with ear protection, helmet, chest protection, and shin guards.
6. Batters & Base runners must wear a helmet with a face shield.
7. Pitchers are allowed to wear sunglasses but must be see thru.
8. No sleeve on pitching arm unless it is of a dark color.
9. No jewelry on throwing arm.

Conduct

1. Drinking alcohol, smoking, chewing tobacco, or swearing on the field or in the dugout areas by the players or coaches is prohibited.
2. The coaches are the only people who can talk to an umpire during the game. Any parent who comes out on the field during play to argue will be ejected from the facility. Any player, coach, or fan that abuses an umpire can be banned by the league officers.
3. Cheering for your own team only. Disruptive actions or cheering against the other team is not allowed.

Umpires

1. A plate and field umpire are required.
2. The umpires are recommended to be at least 16 years old.

End of Year League Tournament

1. The End of Year League Tournament will be held at or near the end of the season.
2. Seeding for the End of Year League Tournament will be based on winning percentage in league games.
3. A minimum of 7 league games is needed to participate in the tournament.
4. Home team coaches are required to report game scores to the Driftless League.

General Game Rules

1. All play will follow WIAA rules if not otherwise stated.
2. The home team will supply at least one playable ball for each game and will use a regulation 12-inch ball.

Players

1. A team must have 7 players present to start a game or a forfeit will be awarded to the opposing team.
2. 10 girls maximum (4 outfielders) and 7 minimum on the field on defense.
3. All players present at the game must play. Coaches may bench a player for disciplinary reasons.

Batting

1. All players present at a game must bat. Players arriving late will be added to the end of the lineup. Players leaving early will be skipped over in the batting order without penalty.
2. On deck batters must warm up behind the batter.
3. Hitter must make an effort to avoid pitch to be awarded a walk on hit by pitch.
4. All players must use official softball bats bearing either a current USA Softball (ASA) certification mark or a USSSA 1.20 BPF certification thumbprint stamp. Bats may not exceed 34 inches in length and 2¼ inches in barrel diameter. There is no drop (length-to-weight ratio) restriction. Wood bats are permitted if approved under the applicable certification standard. Bats must not appear on the USA Softball or USSSA banned bat list and must be free of dents, cracks, or alterations. Baseball bats are not permitted.

Pitching

1. Pitchers will use WIAA pitching rules.
2. Pitching distance is 43 feet from the back point of home plate to the front of the pitching plate.

Base Running

1. The Runner Is Out – When a defensive player has the ball and the runner remains upright and crashes into the defensive player. EFFECT: The ball is dead. The runner is out. All runners must return to the last base touched. If the act is determined to be flagrant, the offender shall be ejected. An errant throw drawing the defense into the path of the runner is not a crash. If a base runner interferes with a fielder that is trying to make a play on a batted ball they are out.
2. If a base runner interferes with a fielder that is trying to make a play on the ball they are out.
3. If a fielder interferes with the runner and the fielder does not have the ball or is not making a play on the ball, the runner will be awarded an additional base.
4. Courtesy runners for the catcher are allowed and encouraged to avoid delays when there are two outs.
5. Base runner may leave the base when the ball leaves the pitcher's hand.
 - a. If the runner leaves early, the ball will be called dead by the umpire and the runner will be called out. Pitch is counted and ball or strike is called accordingly.

Time Length

1. All games will play 7 innings or 2 hour time limit whichever comes first. No new innings will be started after 1 ¾ hours. If field has time limit due to schedule then 1 ¾ will be time of last batter. This must be discussed by both coaches prior to a game starting.
2. If a game is suspended, it can be completed at a later date. The game will continue from the point of suspension with the same lineups. New players can be added to the bottom of the order. Players missing from the suspended game will be dropped and their position in the batting order will be skipped. Pitchers and fielders will still abide by the eligibility rules for that game. This rule does not apply to games that reach time limits. Regardless of the inning, the game is over if a time limit is reached.
 - a. Games played a minimum of 4 full innings or 3 ½ innings with the home team ahead are considered complete.

Forfeited Game

1. Forfeit games are scored 5-0.

2. When a game is cancelled due to weather, the coaches are responsible for rescheduling the game.

Additional Rules

1. Run rule is in effect. 15 run lead after 3 innings, 12 runs after 4 innings and 10 runs after 5 innings.
2. Dropped Third Strike is enforced.
3. Infield Fly rule is enforced.
4. If 14U Team A needs a player to fill a roster spot for a game due to any circumstance, they may select a player from a 12U or 14U division team. Players pulled from other team will bat at the bottom of the lineup. *discuss at board meeting - communicate to coaches to not abuse*
5. Look Back rule is enforced. Home team is responsible for chalking a pitcher's circle. If there is no pitcher's circle, the Look Back rule will not be enforced.
 - a. The look back rule requires a runner, once the pitcher has possession of the ball in the pitcher's circle, to immediately advance to the next base or return to their original base. Runners are permitted one "stop" on a base before advancing or returning, but once they have stopped, they cannot then leave that base. If the pitcher is making a play, the rule is off.
 - i. When the rule is in effect:
 1. The ball is live.
 2. The pitcher has control of the ball within the pitcher's circle.
 3. The batter-runner has touched first base, or been called out.
 4. Runners are not on base or have left a base.
 - ii. When the rule is NOT in effect:
 1. The pitcher is making a play on a runner.
 2. The pitcher drops the ball or steps out of the circle.
 3. The pitcher is releasing the ball to the batter.
 4. The pitcher is holding the ball between their legs or under their arm.
 - iii. Key points for the runner:
 1. You are allowed one stop while off base.
 2. After that stop, you must immediately advance or return to your original base.
 3. If you are on a base, you must remain there until the pitcher is no longer controlling the ball in the circle.
 - iv. Consequences of violation:
 1. If a runner fails to advance or return immediately after the pitcher has possession of the ball in the circle, they will be called out.

Rule Review

1. Rules will be reviewed on an annual basis by the Driftless Youth Sports League Committee. All recommendations for changes and/or clarification should be communicated to the Driftless Youth Sports League Committee at the end of the year.