

West Metro Senior Softball
2019 NORTHWOODS DIVISION RULES

- Play 2 innings at a time.
- Play 7 innings, unless time limited; no inning starts after 65 minutes.
- Home and visiting teams will be indicated on the schedule.
- Play 12 players in the field, with a minimum of 9 players per team, opposing team provides a catcher, 3rd or 1st baseman as needed.
- Flip-flop rule applies: if the home team is behind by 1 or more runs at top of 7th, they bat in the top of the inning and can only go up by 5 runs – if they do, the home team can only tie.
- 3 balls, 2 strike count and one courtesy foul allowed.
- Pool players- lowest team in standings gets preference unless number of players per team dictates otherwise.
- If one team has more than 2 players than the other team the bigger team gives players to the smaller team to balance within one player. (Manager choice of three)
- Short fielders cannot play on same side of a mid-field line from home to second to the outfield. Shortstop and 2nd baseman play on opposite sides of 2nd base. (no overcrowding one side of the field)
- 4 outfielders must remain in outfield defensive positions, no overcrowding the infield. Outfielders must start the at bat approximately 50 feet from the infield edge or managers identify a physical object on a field such as a pole.
- If a player or players from the National Division play in Northwoods, they bat last and should play in the outfield. They should only play infield if needed by a team and the opposing manager agrees.

PINCH RUNNING

- A player can only pinch run once per inning. A pinch runner on base when it is their turn to bat can be replaced and will not be out.
- A pinch runner from home starts behind a line near the backstop, 1st pole to the catchers' right.

PITCHING

- Pitching screen required – top of the screen placed 12 feet from rubber. Must pitch from behind the screen.
- Pitcher must face the batter and hold ball 1 second before pitching. No quick pitch to catch batter when not ready, called a no pitch.
- Arch on pitch between 6 and 12 feet high.

Modifications to the above rules can be made, if both opposing managers agree. Changes should be made for specific situations, not permanently changing the above rules. For example, bases are slippery due to rain; managers may agree that runners can step near a base for safety.

Reviewed 4-2019