



Rules U10 Interlock in the 2021 Season

1. Each Batter is to be given SEVEN pitches in total. After the Batter has had 3 called Balls pitched to her, an adult Pitcher from the batters team (coach or parent) will be given the opportunity to throw the final pitches until there have been a combined total of SEVEN pitches. If the batter is still at the plate at this time, they are to be called "Out" and sent back to their dugout. This will encourage batters to swing at pitches that are hittable, and minimize the number of long at-bats due to poor pitching.

Clarification: This rule does not apply on a foul ball. Players may receive additional pitches if they continue to foul them off.

2. We are playing with a hard ball. The home team is to provide a new or near new ball as the game ball.

(LFA Only): LFA will play with a Softie for the first three weeks.

3. Players may pitch no more than 2 innings per week. A pitched inning is as defined in the SBBC handbook. This is to encourage all players to improve their pitching skills.
4. Adult pitchers are **REQUIRED** to pitch windmill style during games and enable the batter to hit the ball. Pitching Windmill style assists the Batter in understanding their timing which is a crucial part of offensive play at bat. Adult pitchers can be coaches or parents.
5. Strike zone – increase strike zone to 19" wide (rather than the plate width of 17"). As per Softball Canada, the strike zone is defined as from the top of the sternum to the bottom of the knee cap. The strike zone for younger players is more liberal.
6. Distances – Bases 45', pitching 30', H to 2B 63'8".
7. There is NO STEALING HOME at any time including overthrows to 3rd base on a steal from 2nd to 3rd. This encourages back catchers to attempt throws to 3rd when base runners attempt to steal 3rd without the risk of the opposing team scoring a run.

Clarification: Overthrows. When a defensive throw has been made and it has been over thrown that only 1 additional base may be taken, regardless of how many subsequent overthrows are made.

8. There is NO STEALING of 2nd base at any time. Advancement to 2nd may only be made on a hit ball, OR an overthrow to 1st.
9. Base Runners may leave their base and advance ONLY when the ball has CROSSED THE PLATE. A runner may steal only 1 base from the base she is occupying at the time of the pitch. This applies regardless of how many over throws occur. WHEN THE CATCHER THROWS THE BALL TO THE PITCHER THE RUNNER CANNOT STEAL BASES, INCLUDING OVER THROWS TO THE PITCHER.

Clarification: This rule does not apply on a hit ball. All runners may advance as many bases as they wish on a hit ball until they are put out or the ball has been returned to the Pitcher in the Pitchers Circle.

Clarification: A runner may attempt to advance from 2nd base to 3rd on a wild pitch.

11. Coaches may play 10 fielders if they have the players. This keeps everyone involved.
12. Dropped 3rd strike. There is no drop third strike rule. The batter is out and the ball is dead.
13. Batting - all players bat. Unlimited substitutions and doesn't impact the batting order.
14. Fielder's masks are required for all infielders. These can be masks (i.e. Game Face) or helmets with cages. Masks or cages for outfielders are optional. Although not mandatory, Jills are highly recommended.
15. Batters hit by pitch. Call it a ball and keep playing.
16. There will be no more than four runs in any one inning. There shall be no new inning started after 75 minutes, with a drop dead time of 90 minutes. Time begins after the completion of the home plate conference.
17. In the event of a tie during Year End Championship, an open inning will ensue, with the last player to get out in the previous inning starting at 2nd Base and with 2 outs.
18. There is ZERO TOLERANCE for unruly behavior. Unruly players, coaches and fans will be asked to leave the diamond. Coaches will be looked on to assist young umpires in enforcing this rule.
19. Finish the game with a Dragon/Base race, using a ball to transfer from player to player.