

DOLLS Instructional Pitch League Rules
3rd Grade Girls
Revised 3.12.2009

1. Emphasis of this league is on developing basic softball skills - batting, fielding ground balls and fly balls, throwing, catching, pitching, rounding bases, sliding, and making cut-off throws.
2. ASA rules apply for this age group for all aspects of the game not addressed by the below rules.
3. All girls are required to play all defensive positions during the season. By the 5th inning of every game, all girls are required to play 1 complete inning in the infield, and 1 complete inning in the outfield. All players must rotate sitting out, no player may sit out 2 innings in a row. Every player must sit out once before any player sits out twice. Equal playing time is required for all participants.
4. Outfielders are required to play in the outfield and should be positioned in the outfield grass; they may not cover a base. Covering bases is the job of the infielders. A runner shall be declared safe if the out is the result of an outfielder covering a base.
5. A team's turn at bat concludes if:
 - they score 5 runs, or
 - the defensive team records 3 outs.
6. A game shall consist of 6 complete innings. No new inning should begin after 1 hour 45 minutes of play. Once an inning has begun, it shall be completed with no regard to a time limit.
7. No walks shall be issued. Once the batter has a 4 ball count, the coach will come to the mound and finish that at bat. The batter will continue with the current count, until she puts the ball in play or strikes out. If the pitcher has thrown a 4 ball count to 3 batters in her inning, the coach shall finish pitching that inning.
8. Notes on Coach's Pitch.
 - Coaches are encouraged to pitch from the pitching rubber. *Occasionally*, a coach may move closer to the batter if doing so will help her put a ball in play. However, if this becomes a habit it is counterproductive to the girl's development. Furthermore, if a coach does move closer, he/she must pitch from within the pitching circle.
 - Coaches should pitch level (versus rainbow) and swift. It is harder to hit pitches with arcs than flat pitches. Slow pitches encourage girls to develop poor hitting mechanics (swooping, casting, etc). All teams should ensure that they have 2-3 coaches or parents that can throw proper strikes to girls during games and practices.
 - Games are not hitting practice. Games are times for girls to perform in areas that they have developed through practice. When coaches treat games like hitting practice (e.g., pitching until the girl hits, etc) it slows the game and is counterproductive to development.

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9. Batters may continue to advance on the bases until the ball crosses the plane of the infield. Batters/runners may not advance on an overthrow at any base.
10. No score is kept at the Instructional Live Pitch Level. Each coach is responsible for tracking their own runs and batting order.
11. There is no stealing at this level, however, runners may take a lead-off after the pitcher releases the ball of three steps.
12. The pitching rubber is positioned at 33', with 55' baselines. This level uses a 10" or 11" ball. The home team is responsible for setting up the field approximately 30 minutes before game time.
13. A pitcher may pitch a maximum of 2 innings per game. One pitch will constitute an inning pitched. A pitcher must be removed from that inning if she hits 3 batters in the same inning.
15. The home team must provide at least 1 umpire at each game.
16. A continuous batting order is mandatory. If a batter or runner is injured, the player that recorded the last out will replace the injured player. If the injured player is at bat, the replacement player will assume the ball/strike count.
17. The infield fly rule does not apply at this level.
18. The dropped 3rd strike rule does not apply at this level.