

5-7 Youth Softball Rules 2026

- Bases are 60 feet apart. Pitching rubber is 30 feet from home plate.
- Softball size is 10”
- Games will be 7 innings or a 1-hour time limit, whichever comes first. No new inning will begin with 5 minutes or less remaining in the time limit.
- If time limit is reached in the middle of an inning, the inning will be finished out.
- Each team can only score 5 runs per inning. There is no mercy rule to end the game.
- There will be only 10 players on the field. If a team has less than 8 players, they will have to forfeit the game. There will be a 5-minute grace period for late players. If a team only has 9 players, you can play the 9th player in the field and not have a catcher.
- Every player must play in the infield for at least 1 inning per game. Try your best to have them be in the right position.
- Outfielders should try and be on the grass line.
- You may not bench a player for more than 2 consecutive innings except for injury or discipline.
- It is strongly recommended that all defensive players wear face protection (not provided by park district).
- Catching equipment must be worn while catching (provided by park district)
- This is a coach pitch age division. A defender must always be in the circle next to the coach. Offensive coaches must underhand pitch.
- 3 swinging strikes or 5 total pitches constitutes a strikeout (a foul ball caught by the catcher constitutes an out). No actual “balls” will be called; hence, no walks will be called.
- There will be 3 outs played.
- If the ball passes the outfielders, the runner may advance an extra base.
- No leadoffs or stealing.
- Teams must bat every player in the batting order.
- All batters and runners must wear helmets with face masks (provided by park district).
- Batters should not throw their bats after hitting the ball, for safety reasons, let's put an end to this right away if it becomes an issue.
- All players must stay in dugout when not playing.
- No metal spikes.
- No jewelry allowed.

- All umpire rulings are final. If there is a discretion about a call, the coach and umpire can discuss at home plate.
- All rain delays/cancellations will be determined by site manager and the site.
- Head coach is responsible for the conduct of their players and parents. Please be respectful to our umpires. If there are questions, please talk to them directly or the site manager.