

Saraland Softball Rules & Regulations



Saraland Girls Fastpitch Softball League Rules & Regulations

Effective Date: 2/1/25



THE LAND
SARALAND SPORTS & RECREATION COMPLEX

1. General Rules & Regulations

All players, coaches, and teams are required to follow the official rules and guidelines set forth by the [League Name], adhering to the USAS 2025 Softball Rulebook. For a complete overview of player eligibility, proper equipment standards, and game play, please refer to the USAS 2025 Rulebook (digital version available: [USAS-2025-Rulebook_digital67.pdf](#)).

2. Age Groups and Eligibility

Players must meet the following age group and birthdate requirements to participate in their respective divisions. Players must not exceed the maximum age as of August 31 of the current year.

- **6U Division:** Birthdates between September 2017 and August 2019
- **8U Division:** Birthdates between September 2015 and August 2017
- **10U Division:** Birthdates between September 2013 and August 2015
- **13U Division:** Birthdates between September 2010 and August 2013

3. Player Eligibility

- **Residency Requirements:** Players must meet the residency requirements as specified by the league. Any exceptions or out-of-boundary players must be approved by the League's official.
- **Registration:** Players must be properly registered and on a team roster before participating in any league activities, including practices and games.
- **Age Verification:** Proof of age may be required for all players, and teams must provide valid documentation upon request to verify age eligibility.

4. Equipment Standards

- **Bats:** All bats must meet the USAS-approved standards for fastpitch softball.
- **Helmets:** All players must wear a helmet with a face guard while batting and running the bases.
- **Gloves:** Players are required to use an appropriate glove for the division they are participating in.
- **Uniforms:** All players must wear the league-issued uniform during games, including the designated jersey, pants, and socks. A properly fitted cap must be worn during games.



5. Game Play

- Game Length: Each game will consist of 7 innings, with a maximum time limit of 1 hour 30 minutes per game. In the event of a tie after the allotted time or innings, [league rules for tie-breakers].
- Pitching Regulations: Pitching rules will adhere to those outlined in the USAS 2025 Rulebook, including pitch counts and required rest periods.
- Substitutions: Substitutions may be made at any time during the game, but the League encourages strategic player rotations to ensure all players receive equal playing time.

6. Conduct and Sportsmanship

- Coaches: Coaches are expected to demonstrate positive leadership and maintain a supportive and respectful environment for all players, officials, and parents.
- Parents & Spectators: Parents and spectators must adhere to the League's Code of Conduct. Unsportsmanlike behavior will not be tolerated, and violators may be subject to removal from the premises.
- Players: Players must show respect for their teammates, coaches, and opponents at all times. Any player engaging in unsportsmanlike behavior will be subject to disciplinary action, including potential suspension.

7. Modifications to the Rules

The League reserves the right to modify the rules at any time. Any changes will be communicated to coaches and players, and modifications will be made to ensure the safety and fair play of all participants.

8. Final Authority

The League's officials will have final authority on all rule interpretations and disputes during games and league activities.