

Softball and Baseball – SOUTHEAST CONFERENCE GUIDELINES

Jr. High Baseball and Softball will be two (2) 5 inning games with 75 minute time limit for each game. Finish the whole inning to complete the game. No new inning starts after the 75 minutes. Please keep the game moving to be able to play as much as possible.

Officials for JH squad games must be 18 years of age or older.

The first game is to start at 4:30 P.M. and the second game to follow immediately.

Games may be played using a 1 – 1 count if weather or time constraints are an issue. Both coaches and umpires need to be informed. Run rule per inning for both JH Baseball and JH Softball = 5 runs

When hitting, number of players batting in a lineup in each half inning is up to the individual coach. When in the field, each team is allowed 9 fielders. Substitute freely to get the kids playing.

Leading off in both softball and baseball is allowed (as per individual sport rules). In the first game (more skilled)– stealing 2B only will be allowed. Runners can move up on a passed ball or a wild pitch.

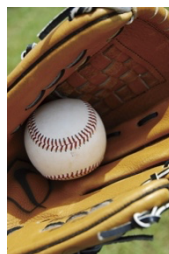
In the second game (less skilled) – NO stealing bases will be allowed but runners may advance on a passed ball or a wild pitch.

Baseball only –

JH BATS should be between -3 and -8 range. This will allow for smaller players to be able to handle the bat size appropriately.

Pitching Distance – 55 ft (whenever possible)

Distance for Bases – 75 ft (whenever possible)



Softball only –

Pitching Distance – 40 ft (whenever possible)

Distance for Bases – 60 ft (whenever possible)

