

## ECIC MODIFIED SOFTBALL SPORTS STANDARDS

### Tryouts:

- If student athlete passes Athletic Placement Process, they may try out for higher level (JV or Varsity), 3 of the first 5 days of the high school season. Any student practicing with higher level after their 3<sup>rd</sup> day MAY NOT return to the modified level.

### Player Movement:

- No player may be advanced to a higher level of competition after completion of 50% of their modified schedule.
- If a player competes against a JV or Varsity performer, he/she may not return to the modified program that season in that sport.
- A player is ineligible when his/her 16<sup>th</sup> birthday is reached though he/she may finish the season.

### Practices:

- May start per ECIC Schedule.
- No practice with JV or Varsity.
- One (1) practice per day.
- No more than 6 calendar days per week (not 7 days in a row.)
- Limited to 2 hours maximum (45 minutes minimum).

### Scrimmages/Games:

- Team and individuals must have 6 practices before first scrimmage.
- A school is limited to three (3) interschool practice sessions/scrimmages which, if conducted, may be held at any time after maximum practice requirements and previous to the last scheduled contest.

### Games:

- Team and individuals must have 6 practices before first game.
- One (1) night of rest between games.

### Game Rules:

1. USA Softball Rules, seven (7) innings. With Section/League approval, a "mercy rule" will be permitted; allowing a game to end after a team at the short end of the 15-run rule has completed their fifth at bat. (Dec. 2010)
2. Any pitcher more than four (4) innings in one game must have at least two (1) night of rest before pitching again. When removed from pitching, the contestant may play any other position.
3. Ten (10) player teams optional with section approval.
4. Doubleheaders: A team may play two (2) games in one day three times during a season, either a doubleheader against a single opponent, or two successive games against two different opponents. The following doubleheader restrictions must be followed:
  - a) The Maximum number of doubleheaders allowed is three (3).
  - b) A team may not play three (3) games in two (2) consecutive days. No more than four (4) games a week may be played.

- c) Pitching limitations remain the same.
  - d) Each game of the double header is to be six (6) innings. No team may play more than 14 innings in one day. This allows a total maximum of two (2) extra innings in the event of tie game(s).
- 5. The pitching distance is 40'.
- 6. A player may re-enter the game once.
- 7. Equipment –
  - a) Catchers shall wear the full protective equipment: 1) Helmet, 2) Mask, 3) Chest Protector, 4) Shin Guards, 5) Throat Protector.
  - b) Batters and base runners shall wear protective headgear.
  - c) Any player warming up a pitcher, on or off the field, shall wear protective equipment.
  - d) Metal cleats are not permitted.
- 8. The re-entry rule may be waived only if an injured player must be replaced and all eligible substitutions were used during the game.
- 9. With Section/League approval, when the team at bat has two (2) outs with the catcher on base, a pinch runner may be used, a player off the bench who is not currently in the lineup. This rule does not change the normal substitution rules and does not overshadow the need to get all players in the lineup; it allows for cutting time off the transition between innings.
- 10. In Modified Softball, with Section/League approval, innings 1-6 may be completed at five (5) runs or three (3) outs and the seventh inning shall be played as a normal innings, with three (3) outs and no run restrictions for that innings. (Oct 2011).

(Revised 2015, 2020, 2022)