

## CADET (10U) Rules

**9 & 10 year olds. (11 year olds if they turned 9 after January 1st of the current year)**

**\*\*Season runs from January 1 to December 31 of the current year. Players that will move to a higher division the following spring are encouraged to play up in the fall, but can be allowed to play in the same division as necessary\*\***

**\*\* USSSA rules to be followed with the exception of the rule modifications listed below.\*\***

<https://www.ussa.com/fastpitch/fastpitch-rules-legal-information><sup>[CL1]</sup>

### **FIELD SETUP (See diagram at end of rules)**

1. The bases are 60 feet apart (instead of 55')
2. The pitching distance is 35 feet and is determined from the back point of home plate to the front of the pitching plate.
3. The pitcher's circle is 16 feet in diameter.
4. The pitching machine shall be setup with the front legs on the back of the circle. The ball shall come in as flat as possible at a speed of 36 mph. - (edited 7/9/2024)
5. All fields should have a double bag at first base

### **PLAYING EQUIPMENT**

6. Cadets play with an 11" optic yellow softball with a 0.47 core and 375 lb compression
7. Bats must be stamped with USSSA certification seal but does not have to be the most current stamp.
8. All batting helmets must be equipped with a facemask.
9. Field masks are required for all fielders
10. No steel cleats

### **GENERAL GAME RULES**

11. Games are 7 innings or 90 minutes whichever comes first, but once an inning has started it must be finished.
12. An official game is three (3) innings if called for weather (which is determined at the discretion of the umpire). If the home team is ahead in the bottom of the third (3rd) inning it is official.
13. In all divisions, the offensive team shall be limited to seven (7) runs or three (3) outs per inning, whichever comes first.
14. Home team will supply 1 USSSA umpire for home plate (must be in full gear and

behind home plate at the time of the pitch) and any other person for the field if the home plate umpire wants someone on the field.

15. 1 USSSA certified umpire 18+ is required for tournaments.
16. A team roster consisting of players first name, last name, number, and official batting order shall be presented before the start of each game to the coach of the opposing team.
17. All players will be listed on the batting order and will bat in that order. Any late arrivals to the game will be added to the end of the roster (batting order). Any batter batting out of order or skipped, not due to injury during current game or becoming sick, will be counted as an out. There is free substitution on defense. Any player skipped will sit out 6 consecutive outs.
18. Teams shall field no more than 10 players for the Cadet division with no fewer than 8. As long as 8 players can be fielded, there shall be no forfeit or rescheduling of the game. Teams fielding less than 10 players will not be penalized with outs at the empty spots in the batting order. There is no max number of players that can be on a team, only a max number of fielders, and all players on the team shall be listed on the batting order.
19. Alternates Rule:
  - During Regular Season – team can use alternates to bring the team up to 10 players, and alternates have to be added to the bottom of the batting order and play in the outfield.
  - During Tournament Play – team only can use alternates if they cannot field 8 players. Alternates can only fill the roster up to 8 players, and they have to be added to the bottom of the batting order and play in the outfield.
20. All play will stop upon injury to player.
21. The go ahead rule is as follows:
  - 12 after 3
  - 10 after 4
  - 8 after 5
22. Regular season games will end in a tie if the time limit is up and the home team has batted. The tie breaker rule will only be in effect for tournament play and will be as follows: The last batter from the previous inning will go to second base and become a base runner. The next person in the line-up will bat and will continue to go through the line-up until three outs or seven runs have been scored. The opposing team will do the same until one team goes up by at least one run. You do NOT start with any outs.

## **PITCHING**

23. Pitching distance is 35 feet.
24. Pitchers in the Cadet division are limited to 3 innings. If a pitcher throws 1 pitch within an inning, they are considered to have thrown 1 full inning, unless an injury or illness occurred preventing the pitcher from finishing an inning.
25. Pitching machine takes over for live arm pitching once the count reaches 4 balls.
26. Each team will provide their own pitching machine operator.

27. Pitching machine can only be adjusted at the bottom of the inning unless coaches agree that machine needs to be adjusted sooner due to safety concerns or if there was a major hit to the pitching machine.
28. The player pitcher must have one foot within the pitcher's circle and shall be positioned such that they are behind an imaginary line extending along the front of the pitching plate toward first and third baseline until the ball has been released from the pitching machine.
29. The pitching machine operator shall not interfere with the play of the ball. Should the pitching machine operator interfere with a batted ball intentionally, the batter shall be declared out. If the pitching machine operator is hit by the ball unintentionally it is a dead ball and the batter is awarded first base, all other runners advance if they were in motion to the next base at the time that the dead ball occurred.
30. Pitching machine operator can only coach the batter until she touches first base. After that point she becomes a runner, and the operator cannot coach her any further. The pitching machine operator cannot coach any base runners on the field. In the event that the pitching machine operator is coaching a base runner, the coach will receive one warning. If they coach a base runner again, the base runner they are coaching will be called out.
31. Pitching machine operator needs to squat down after feeding the ball into the machine. If it is a live arm pitch the pitching machine operator is not allowed to be on the field.
32. A defensive player shall not give the ball to the pitching machine operator until all play is dead. (Please instruct your operators to keep their hands down so a child does not make an attempt to give it back to the operator prior to play ending.)

## **FIELDING**

33. All defensive players, with the exception of the catcher; who must be in the catcher's box, shall be positioned such that they are behind an imaginary line extending along the front of the pitching plate toward first and third baseline until the ball has been released from the pitcher or pitching machine. If a defensive player crosses the imaginary line before the ball is released from the pitcher or pitching machine, the batter will be awarded first base. If first base is occupied, runners will advance one base if forced.
34. Pitcher position must start with one (1) foot in the circle and behind the rubber until the ball is released from the pitching machine.
35. All outfield players must start with both feet in the grass and remain in the grass until the ball is put into play. If a violation occurs there will be one warning issued to each team per game. On the second offense the batter will be awarded first base.
36. Dead ball  
Umpire throws Time when ball is dead.
  - Play is dead if batted balls hit the pitching machine or pitching machine operator as long as the operator was not intentionally causing interference with the batted ball. Runner gets 1<sup>st</sup> base, and all other runners advance 1 base, if they were in motion to the next base at the time that the dead ball occurred.
  - Any ball that gets trapped under machine/within legs is a controlled dead ball. Runners advance 1 base if they were in motion to the next base at the time that the dead ball occurred.
  - Any thrown ball that hits the pitching machine is a dead ball and runners

advance one base if they were in motion to the next base at the time that the dead ball occurred.

37. Team has 2 time outs per inning to visit the mound. On the 2<sup>nd</sup> time out/visit to the mound coach has to pull the pitcher. Each team is allowed a maximum of 4 time outs a game, including pitcher changes. Time outs are not to exceed 1 minute.

38. There is no Overthrow Rule in Cadets

## **BATTING**

39. Any ball touched by the bat while the batter has a foot outside of the batter's box or touching home plate, when batter makes contact with the ball, the batter is out.

40. Bunts are when you square up, not moving, and hands are apart. Slapping is when hands are positioned together on the bat and/or the batter is moving.

- Batters may position themselves out of the back of the batters box only on a machine pitch if the pitches are coming in high.
- Bunting is allowed off of live arm pitching and machine pitching.
- Slapping is allowed with exceptions.
  - i. Only on live arm pitch.
  - ii. Only walk slapping is allowed, not fake bunt slapping
- If 3rd strike bunt goes foul the batter is out.
- Batter must pull back to avoid a strike.
- Batter cannot show a bunt then pull back and swing. if the batter shows a bunt then pulls back and swings, the batter is out.

41. If a live arm pitch hits a batter, whether the batter attempts to move out of the way or not, the batter will get a walk and advance to first base. Base runners will only advance if forced.

42. If a machine pitch hits a batter, the ball will be declared dead and no advance of the batter or base runners will be allowed.

43. A batter will receive live arm pitches until they have put the ball into play, struck out, or have received four balls. At the time they receive four balls what they do not have in strikes they will receive from the pitching machine. i.e. 4 balls 2 strikes. The girl would get 1 ball from the pitching machine. 4 balls 1 strike they would get 2 balls from machine and 4 balls 0 strikes they would get 3 balls from the pitching machine.

44. The batter can still foul off the last pitch an unlimited number of times unless it is a bunt.

45. It is at the discretion of the umpire as to whether a pitch out of the machine is hittable or not. If a girl does not swing at a ball from the machine that is above or below the strike zone the umpire can declare no pitch and the batter will receive another pitch from the machine and all base runners must return to the base they were at the time of the pitch.

46. If batter is injured during the current game she can be skipped as a batter without taking an out.

47. Drop third strike is allowed on a machine pitch only

- When an uncaught third strike occurs (on machine pitch only) in which the batter is entitled to run, it is treated the same as a batted ball.
- Anytime first base is unoccupied, or there are two outs, and the third strike is not caught (on machine pitch only) before the ball touches the ground, the

- batter-runner is entitled to advance.
- A batter runner is considered out when interfering with the catcher's attempt to field the ball after a third strike.
- A batter runner is considered out if, after a dropped third strike any fielder, while holding the ball, tags out the batter-runner before the batter-runner touches first base; or if any fielder, while holding the ball securely in a hand, touches first base or touches first base with the ball before the batter-runner touches first base.

## BASE RUNNERS

48. On live arm pitch, runners can lead off the base when the pitch crosses the plate, but they cannot steal. If the catcher tries to make a play on the runner leading off, at any base, it then makes it a live ball and runner can advance or go back to the base they were occupying on the last pitch. The runner can only advance 1 base max. If a runner is on third base and the catcher attempts a play a runner leading off the runner on third can attempt to score. Runners cannot bait the catcher into throwing the ball.
49. On pitching machine pitch, runners can steal max of 1 base per pitch once the ball crosses the plate. Runners can steal 2nd, 3rd, or home on machine pitch.
50. Pinch runners are only allowed for a girl on base upon injury during the current game play. The furthest person in the line up, or last person out can then be used.
51. Sliding is not required at any base. Runners should attempt to avoid contact where possible. Catchers and fielders cannot block the base.
52. Hesitation Rule - If the runner stops on the base and the pitcher is in the circle in control of the ball not attempting to make a play the runner cannot advance to the next base. If the runner does not stop or hesitate (umpire's discretion) she may keep advancing to the next base(s) even if the pitcher has the ball in the circle. **Runner cannot bait the pitcher into throwing. If runner stops and the pitcher is in the circle, the runner must go back unless the pitcher makes an attempt towards the runner. Or the runner will be called out.**
53. **Baseline** Any runner is out when the runner:
  - A. Runs more than three feet away from the base path to avoid being tagged, or to hinder a fielder while the runner is advancing or returning to a base.

EXCEPTION: This is not an infraction if a fielder, attempting to make an initial play on a batted ball, is in the runner's proper path and if the runner runs behind the fielder to avoid interfering. NOTE: When a play is being made on a runner or batter-runner, the runner establishes their base path as directly between the runner's position and the base toward which the runner is moving.
54. Each team shall be permitted to station two coaches on the field. Coaches must remain in foul territory and may not in any way interfere with any play or player. Coaches cannot touch a runner. If an offensive coach violates this it is an automatic out for the runner. Defensive coaches must position themselves in the outfield grass foul territory.

## **CODE OF CONDUCT**

- 55. Coaches are responsible for the conduct of themselves, other coaches, their players and the spectators.
- 56. Any coach, assistant coach, umpire or attendee that is ejected will be reported and documented to their respective boards. If you fail to appear before the Board any child you are associated with will not be allowed to play until you have appeared before the board.
- 57. The home plate umpire has the final decision on regarding all rules and plays.

