



FPN Indoor Softball League Rules Updated 11/3/18

1. The Saturday Leagues play under USSSA pitching rules (2 feet on the rubber required). The High School and Middle School League plays under CT High School pitching rules (2 feet on the rubber not required). Below are additional rules that govern play at FPN.
2. Time limit - All games will have a 1:15 time limit. After 1:15 the at-bat completes and the game is over. The final score will be the score at the end of the last complete inning. If the home team is up when time expires, any runs they scored during that inning will be counted.
3. All games are seven innings when time permits.
4. All players will hit in a continuous batting order.
5. Free substitution will be allowed and courtesy runners will be allowed for the catcher and pitcher at any time by the last batter who was put out.
6. When the player who will catch in the next inning gets on base it is strongly suggested that she be substituted by the last batter who was put out. This speeds play.
7. In the first inning the pitcher is allowed 5 warm-up pitches and team infield warm-up is allowed. After the first inning, only 3 warm-up pitches and no infield warm-ups between innings are allowed.
8. The home team must provide a volunteer to run the electronic scoreboard for their game.
9. Teams enter through the outfield gate in right field exit via the outfield gate in center field. No entering or leaving behind the backstop.
10. Exit the field quickly as the team behind you needs to warm up fast.
11. All warm ups will be done on the field. There are no warm-ups in the batting cages or pitching lanes unless teams choose to rent them.
12. The home team gets the bench closest to home plate. For double headers teams can switch between games or coaches can agree not to switch.
13. Jewelry that is non-hanging or non-dangling stud type ear or nose piercings only may be worn. Players in the game are prohibited from wearing jewelry such as rings, watches, hanging or dangling earrings, bars or other piercing type jewelry whether covered with tape or not, bracelets, necklaces (including cloth and string type), or other hard decorative items. Unadorned devices with no sharp edges or points, such as bobby pins, barrettes and hair clips, no longer than 2 inches, may be worn to control a player's hair. Medical alert bracelets or necklaces are not considered jewelry. If worn they must be taped to the body, so as to remain visible. Coaches wristbands (play indicators) are legal but must be worn as designed. *Exposed jewelry, which is judged by the umpire to be dangerous, must be removed and may not be worn during the game*
14. **Special On Field Rules for Fastpitch Nation's Indoor Field.**
 - a. ***All fly balls that hit the white ceiling net are playable off the net for an out or a hit. The umpire can rule it a foul ball if in foul territory on the infield and not caught and hence a deadball.***
 - b. ***Any ball that exits the netting will be ruled a dead ball and the pitch will be re-thrown. However, a ball that exits the netting in fair territory in the outfield, in the judgment of the umpire, will be ruled a ground rule single.***
 - c. ***All fly balls that hit the outfield fences and nets are a hit and players will play them off the fences and nets and runners advance at their own risk.***
 - d. ***All fly balls that hit fences and nets on the 1st and 3rd base lines are foul balls.***
 - e. ***Regular fair/foul rules apply for any ground ball that hits the infield dirt.***
 - f. ***Any ball in the air that hits the outfield artificial grass is fair. There is no foul territory in the outfield for fly balls that hit the grass first.***
 - g. ***No batter/runner may be thrown out at first base by an outfielder or an infielder that fields the ball in the outfield.***
 - h. ***No outfielders are permitted to play on the infield until the ball is pitched.***
 - i. ***No infield fly rule will be in effect.***
 - j. ***Any ball that hits above the green on the upper deck fence but below the yellow rope in left field without hitting the roof net will be ruled a ground rule double. A ball that hits the yellow rope or above in left field without hitting the roof net is ruled a homerun.***
 - k. ***Outfielders cannot cover the bases on a steal. They can cover on a hit or other play but they cannot take the throws on the steal. They are allowed to back up the steal.***
 - l. ***Rubber cleats only are allowed. No metal cleats.***
 - m. ***FPN face guards on all batting helmets are mandatory.***
 - n. ***All catchers must wear a catcher's mask to warm up pitchers on the field, in the cages and in the bullpen. We have them to loan at the front desk.***
 - o. ***If a pitched ball gets caught under the homeplate backstop tarp, runners may advance 1 base but not to home.***
 - p. ***If a fair batted ball is hit into the ceiling net and comes down and strikes the batter/runner outside of the batter's box before the ball hits the ground it is ruled a "no pitch". However, if the ball strikes the ground first and then strikes the batter/runner out of the batter's box, the batter/runner is out.***