

Foothills Athletic Association 2026

10U Kid Pitch Softball Rules

1. A full game consists of 6 innings. Each game will have a 75-minute time limit. No new inning will begin with under 5 minutes on the timer.
 - 3 innings will constitute a complete game in the event of inclement weather or lightning.
 - If the game ends in a tie on a weeknight, then game will be ruled a tie. **Exception** will be made to play extra innings if the game is played on the weekend or is the only game of the night.
2. Run rules – five (5) runs per inning for the first 45 minutes. If a new inning begins with time left in the 5 runs / 45-minute period – it must be completed before going to the unlimited run innings. Once a new inning begins under the 30-minute mark then there is no limit for runs per inning.
3. A game will be called if a team is ahead by: 12 runs after 3 innings – 10 runs after 4 innings.
4. Teams must have 8 players to start a game. If a team only has 8 players, then the 9th spot in the batting order will be an out each time it comes up. The game will be a forfeit if a team has 7 or less players. If coaches agree a game may still be played but will not count, and will have a time limit of 1 hour drop-dead.
5. 10 players can play in the field (4 outfielders / 4 infielders / 1 catcher / 1 pitcher).
6. Each player is placed in the batting order and each team will bat a continuous lineup.
7. Batters are allowed to bunt, but only when a player is pitching.
8. No player can sit on the bench for two (2) consecutive innings while the team is in the field.
9. A courtesy runner for the catcher is mandatory with two (2) outs in the inning. The runner must be the player who recorded the last out.
10. Pitching Rule: No batter will be walked throughout the game. If a pitcher throws four (4) balls the coach of the team that is batting will come in and assume the strike count. He / She only has the strikes remaining as pitches to the batter. The number of pitches allowed are as follows: 0 strikes – 3 pitches / 1 strike – 2 pitches / 2 strikes – 1 pitch
11. The pitcher must pitch underhanded. The pitch can be a windmill pitch or basic underhand.

12. Base runners cannot take a lead. A runner that leaves her base before the ball reaches the plate will result in a delayed dead ball called by the umpire, with the runner being called out.
13. A base runner can steal one base per pitch and can steal home. No runners are allowed to steal after the 4th ball in the pitch count.
14. If a player is injured and cannot return to the game then they will be skipped in the batting order with no penalty. If a player must leave for any other reason, then the player will be an out the next time their spot comes up in the batting order. This penalty will only occur once.
15. A coach who is thrown out of a game will be suspended for the following game or longer if deemed necessary. If there is a second occurrence, the coach will be suspended for the season. If a coach, physically or verbally abuses and umpire or staff – they will be dismissed from their coaching duties for the remainder of the year.
16. Only head coaches may challenge a play to an umpire.
17. All other rules are governed by the Tar Heel League Rule Book and NCHSAA.
18. Facemasks are required for all infield players. If a player does not have a facemask they must play in the outfield.

Pitching Distance: 35'

Base Distance: 60'

Bat: Official Softball

Ball: 11"