

# NORTHWESTERN Softball

## High School Indoor League Rules

- Open substitutions: No line-up cards will be used
- Teams are required to provide their own gear: Bats, helmets, gloves and catchers gear
- Uniforms:
  - o Players should wear appropriate attire for playing a softball game
  - o Games will be played in the Juffer field house on artificial turf
  - o Players can wear turf shoes, tennis shoes or plastic molded cleats
- Teams will be given 15 minutes of warm-up time before their game to throw/stretch
- Games will be 7 innings long
  - o If game is tied at the end of 7 innings one inning of international tie breaker will be played.
- Batter will be out if they hit a fly ball of the ceiling but ball is still live and runners can advance if they choose.
- Line drives above the Red in Left will be a home run, anything below is a live ball.
- Line drives above the white in Left Center is a home run, anything below is a live ball.
- Line drives above the tin in Right and Right center is a home run, anything below is a live ball.
- Overthrow at 1B and any ball past the catcher is an extra base
- Home team will be decided with a coin flip
- All regular softball rules will also apply