

Greater Lowell Area Girls Softball 14U/16U League Rules

Spring 2026

Revised 4/2026

Unless otherwise noted, the 16U League will conform to the USA Softball fast pitch rules.

Umpires:

1. Each team pays the umpire half their fee and provides 1 game ball.

General

1. Age Limit: The league will follow the USA Softball age chart.
2. Players in Grades 9-12 who pitch varsity can not pitch rec, but they can play other positions.
3. Teams will field 9 players.
4. Teams able to field 8 players will play their scheduled game. *No forfeits-Play as long as safe to do so. Teams may borrow a player from the other team. When the 9th player is scheduled to bat the team will take an out.
5. Games canceled within 48 hours of the scheduled start time due to scheduling conflicts or insufficient players will be recorded as a forfeit with a final score of 7-0.
6. Any canceled game must be rescheduled within 48 hours. Head coaches should communicate to agree on a new date.
7. **Per USA Softball Time limit 1 hour and 30 minutes. (90 min) Finish the INNING.** Games may end in a tie.

Pitching

1. Pitcher's mound will be at 43'.
2. If a pitcher hits multiple batters in an inning and player safety is a concern, she will be removed from the pitching position. The pitcher's head coach should communicate with the opposing coach to determine if removal is necessary.
3. Pitchers must wear a Fielders Face Mask.
4. Players in grades 9-12 cannot pitch in a rec game if they have pitched in a varsity game.

Offense/Baserunning

1. The maximum number of runs per inning will be 4 (drop dead at 4 runs, no continuous scoring allowed). ONLY IN THE 7th INNING will unlimited runs be allowed.
2. There is a 12 run mercy rule in effect, after a minimum of 5 innings being played.
3. Sliding is allowed. If a play is close, the runner should slide to avoid collision.
4. Continuous batting order, free defensive substitution only.
5. Coaches will inform opposing coaches of changes in the lineup during the game.
6. Bunting is allowed.

Weather

1. If bad weather is expected the day of the game, the commissioners will make a decision 2 hours prior to the game. Otherwise, the umpire makes the call at the field.

Conduct

1. Players, coaches, managers or spectators will not make disparaging or insulting remarks aimed toward an opposing player. The umpire will warn the offending team's manager once, and if it happens again during the same game, the umpire can terminate the game and the offending team will lose by forfeit.
2. No umpire will be required to subject himself to any verbal or physical abuse from a spectator, manager, coach, or player and has the authority from the Board of Directors to issue a warning to the offender. The team with which the offender is associated is responsible to make the offender cease. If violations are not stopped, the umpire has the authority to stop the game and the offending team will lose by forfeit.
3. This is a recreational league and there shall be no protests.
4. All coaches are held responsible to their board of directors for their actions.
5. Any problems, except for umpire judgment calls, will be investigated by the Board of Directors.
6. NO SMOKING within 90' of the field.