



6U Rec Rules and Guidelines, Spring/Summer 2026

GENERAL

- The primary objective of the EGFA 6U Rec league is to provide girls with a fun, positive experience to generate interest in a new sport.
- An emphasis should be placed on teaching the players individual skills and the basic fundamentals of softball.
- Games are played on Thursday nights at either 5:30pm or 6:45pm at Todd Park and Cornelia School Park Field #2. Games are played to a 60-minute time limit.
- Out of fairness to both teams, games should end on a completed full inning. If the 60-minute time limit is approaching and it is not possible to start and finish another full inning, the two head coaches may elect to end the game before the time limit. If feasible, the EGFA recommends using the remaining time for infield/outfield drills or skill work.
- Game scores are not kept. Win/loss records are not maintained.

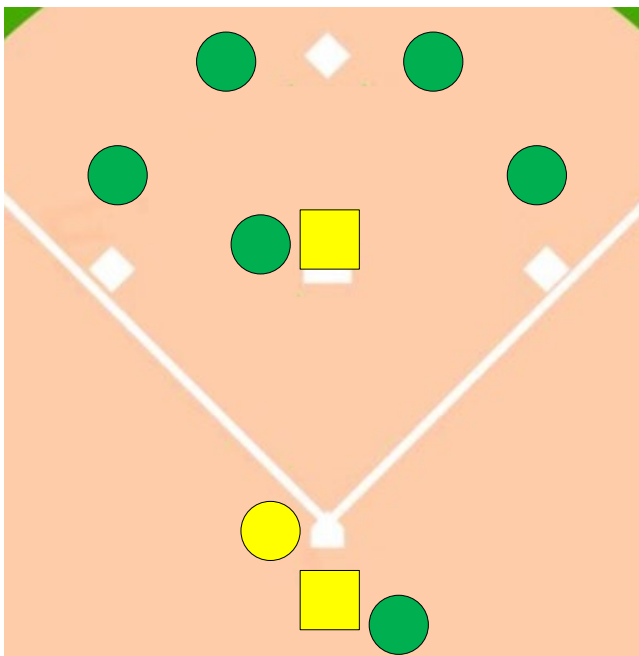
EQUIPMENT

- Hitting tees should be on-hand during games (provided by the EGFA) for any players struggling to hit live pitching.
- The 11" soft-sided Dudley ball is used in 6U.
- Each player should have their own glove, fielding mask, black softball pants, batting helmet with mask and chin strap, and tennis shoes or rubber cleats. Some batting helmets are provided by the EGFA but not enough for every player.
- Bats are provided by the EGFA in each team bag. Families may purchase their own bat if desired.
- Reversible green/white jerseys are provided by the EGFA **and returned to the head coach at the end of the season.**

GAME PLAY

- The ball is delivered via underhand coach pitch. At the beginning of the season, the pitching distance from home plate should be whatever is necessary for players to make contact with the ball and develop confidence in hitting. Teams should work on gradually increasing the pitching distance throughout the course of the season so the pitcher is near the pitching plate by the end of the season, if possible. If this is not feasible, continue pitching from a distance that provides the players maximum hitting success. Both teams do not need to agree on a pitching distance for a game.
- The EGFA encourages coaches to rotate defensive positions as often and as evenly as possible throughout the course of the season. The EGFA also recommends that the batting order be rotated as evenly as possible so all players experience leading off, hitting in the middle, and hitting in the bottom of the line up. Discretion is left up to each individual team as to how to accomplish this. Remember, **there is no winning or losing** at the 6U level, so there is no reason to "stack" stronger hitters in your lineup or place stronger fielders in certain positions on the field.
- Games are played with the standard nine fielding positions. Games should not be played with fewer than five players (the four infield positions, plus the pitcher). If a team has fewer than five players, it should borrow players from the other team so a legitimate game can be played. Games should not be cancelled due to attendance. If both teams have fewer than five players, a collaborative practice should be held with both teams in lieu of a game.

- Pitcher position: A defensive pitcher player should be lined up next to the coach (from the batting team) who is pitching. When a ball is hit, the coach pitcher should make every effort to get out of the way and allow the defensive pitcher player to field the ball.
- Catcher position: To save time and maintain efficiency in games, a coach from the batting team should assume catching duties and should throw pitched balls directly back to the coach pitcher. A defensive player catcher will only be used for very short hits in fair territory or if a play can be made at home plate. A defensive player catcher should be assigned for each inning, but should remain behind the coach catcher. The defensive player catcher should enter the field of play when there is a short hit in front of the plate, or to assist in making a play at home plate. This rule is in place because it is not feasible for players at the 6U level to get in and out of catcher's gear every inning, and to keep unprotected catchers a safe distance away from a swinging bat.
- Example infield alignment:



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- At the beginning of the season, a half inning consists of the entire lineup batting around. If an out is made, runners will stay on base so the fundamentals of baserunning can also be practiced. In the spirit of learning the rules, a nearby coach should explain to the player that she was out, but will stay on base anyway. The majority of base hits will likely be singles. However, if a batted ball reaches the outfield, all runners may continue advancing until the outfielder has gained control of the ball and made an attempt to throw the ball back into the infield. The last batter of the inning should hit a “homerun” to clear the bases.
 - Starting with Week 5, a half inning can end with three outs being made and runners returning to the bench rather than staying on base. The entire lineup would no longer bat around in this scenario. Both head coaches must agree that their teams are developmentally ready to observe this rule before the game begins. The choice to advance to this rule can be made on a week-to-week basis. In other words, a team can try it, decide they were not developmentally ready for it, and go back the following week.
- At the beginning of the season, an at-bat consists of a maximum of six pitches made by the coach pitcher, followed by unlimited attempts at hitting the ball off of a tee. The batter gets an extra pitch if she fouls off the 6th pitch and any subsequent pitches after that.
 - Starting with Week 5, an at-bat can end after the six coach pitches (constituting a strikeout), with no tee being brought out. The batter who struck out may or may not still go to first base, and the entire lineup may or may not still bat around each half inning, depending on whether or not the above rule about “real outs” is being observed. Both head coaches must agree that their teams are developmentally ready to observe this rule before the game begins. The choice to advance to this rule can be made on a week-to-week basis. In other words, a team can try it, decide they were not developmentally ready for it, and go back the following week.
- Bunting is not allowed.
- All team members of the batting team must remain behind the dugout screen or fence except the batter and the on-deck batter who must remain in the on-deck circle until it is her time to bat. (The on-deck batter will remain on the BACK SIDE of the batter at a safe distance)
- Leading off, stealing bases, and attempting to score on a passed ball or wild pitch are not allowed.

COACHES ALLOWED ON THE FIELD

- The defense can have two coaches on the field to assist with on-field instruction.
- The offense can have two base coaches, a pitcher, and a catcher returning balls back to the pitcher. If a team does not have four coaches, a parent or a coach from the defensive team can be used in the catcher position.
- Coaches on the field are in play and need to make every effort to stay out of the player’s way.
- Coaches need to operate the game with the highest amount of integrity. At all times keep the player’s best interest in mind.

WEATHER GUIDANCE

- The NOAA guide will be used for game cancellations due to heat. 95 degrees is the limit. If a city-wide or district-wide decision is made to cancel activities, communication will flow through the EGFA to head coaches. If no official decision on excessive heat is made, head coaches may still agree to cancel a game at their discretion if they believe heat conditions are excessive for their teams.
- If the city decides to close fields due to weather or poor field conditions, the decision is usually made before evening activities begin and the EGFA is usually notified in time to flow communication to teams before they depart for their game/practice.
- Rain or Lightning
 - Games must be suspended and all teams must leave the field immediately if lightning is observed. When considering resumption of an athletic activity, the teams must wait at least 30 minutes after the last flash of lightning or sound of thunder before returning to the field.
 - A game may be temporarily suspended if rain is intermittent.
 - In the case of continuous rain, a game is considered complete regardless of the number of innings played.

GAME RESCHEDULE POLICY

- If a game is cancelled due to weather or poor field conditions, the Rec Director will attempt to reschedule the game with the affected head coaches. Factors impacting game rescheduling include (1) field availability and (2) team availability. A rescheduled game may have to occur on a day other than Thursday. If no suitable reschedule date can be agreed upon by both teams, the game will not be played.