St. Anthony's CYO
Seniors Co-Ed Softball Division
7th, 8th, & 9th Graders
Divisional Rules

General

- ❖ Practice for 10 minutes starting at the appointed time.
- ❖ Helmets must be worn at all times when batting and running bases. This is a zero-tolerance rule in this division. Helmets must have a face mask, even if it is the players personal helmet.
- ❖ Please line players up along the foul line at your dugout for the Pray and National Anthem. Please have the player tuck their shirts into their pants, and take their hats off.
- ❖ Players can not wear their hats backwards.
- ❖ 5-run per inning mercy rule. The mercy rule is waived in the top and bottom of the last inning.
- ❖ At the conclusion of the game, each team will line up on their respective foul line for the traditional good sportsmanship handshake at home plate.

Practices

- ❖ No practices before the opening of Spring Training.
- ❖ Practices are only at St. Anthony's Field, and never away from the CYO Complex.

Batting

- ❖ There is no on-deck circle.
- ❖ No bunting.
- ❖ Dropped third strike—batter is automatically out, cannot advance to 1st base (too many wild throws into rightfield).
- ❖ Batter is entitled to her/his batting position, then the catcher can set-up.
- ❖ Strike zone is the width of the plate, and from the knees to the armpits. The Umpire has final say of the strike zone.

Base Running

- ❖ No leading.
- ❖ No stealing.
- ❖ Bases are 70' apart.
- ❖ Infield Fly rule is in effect.

Overthrows

- ❖ Runners advance one base on an over throw past the dugout after a hit.
- ❖ Runners advance as many bases safely on an in field over throw after a hit.

Pitching

- ❖ No windmill pitching, nor a high arc. We use a moderate arc on the pitch.

- ❖ Pitchers are limited to four walks per inning. Do not remove the player from the game; rotate her/him back into the field.
- ❖ Must pitch from the rubber or behind, closer to the plate is not allowed.

Please follow the St. Anthony's CYO Philosophy rules.
Have Fun and Play Ball!
All Divisional Schedules