

NATIONAL FEDERATION OF STATE HIGH SCHOOL (NFHS) ASSOCIATIONS AND LITTLE LEAGUE SOFTBALL® RULES AND REGULATIONS COMPARISON



	Little League®	NFHS
GENERAL CHARACTERISTICS		
Scope of Play	Worldwide	United States
Membership	Community based leagues w/boundaries	Public & Private Schools or equivalent
Sports Scope	Softball (fast pitch) and Baseball	Softball (FP & SP), baseball and a large number of other school sponsored sports and activities
Players	Female & Male Ages 4-16	Female & Male Grades 7-12 with eligibility
Divisions of Play	Tee Ball (4-7), Minor (5-12), Majors (9-12) Junior (12-14), Senior (12-16)	Middle School/JR High (grades 7-9) JR Varsity (grades 9-12), Varsity (grades 9-12)
Player Eligibility	Age, Residence, and School Location	Age, Residence
Playing Seasons	Spring, Summer, Autumn of calendar year	Spring and/or Autumn of school year
Restrictions	Limits to roster size (Differ by division) Pitching limits on innings per day (Minor/Major) Pitching rest required based on innings pitched Minimum regular season games: 12 (No min. for Senior) Re-entry restrictions (mandatory play and sub rule)	Roster size determined by school No limits No rest required Schedule set by schools and/or league guidelines No wait period for re-entry

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PLAYING FIELD		
Base Lines	60 Feet; Majors/Junior/Senior: 12" ball	60 feet; FP & SP w/12" ball; 65 feet: SP with 11" ball
Field Distance	180-225 Feet; Recommend: 200 Feet	185-235 Feet for fast pitch
Pitching Distance	Majors: 40 Feet Junior/Senior: 43 Feet	43 Feet all levels
On-Deck Position	Majors: Not Permitted Junior/Senior: Permitted	Permitted
Catcher's Box	Majors: Foul lines extended 9 ft through point of home plate Junior/Senior: 10 ft long x 8.5 ft wide	10 ft long x 8.5 ft wide for all divisions of play
Double First Base	Permitted - optional Treated as 2 bags on initial play Only white bag can be used thereafter	Same Same Both bags can be used thereafter
Other Bases	Must disengage from anchor on impact	Disengagable bases not mandatory
Bench / Dugout	Must be provided and must be protected with 8 ft min high wire fence	Recommended for contestants Bench/dugout area fence protection not mandated

EQUIPMENT	Little League®	NFHS
Metal Cleats	Majors: Not Permitted Junior/Senior: Permitted	Permitted: All Levels
Ball Specifications	Majors/Junior/Senior: 12" (11 ⁷ / ₈ -12 ¹ / ₈) Weight: 6 ¹ / ₄ - 7 ounces	12" dia, .47 max COR; 375 lbs max compression 6 ¹ / ₄ -7 oz. Must be optic yellow w/NFHS authenticating mark
Bat Certification	1.20 BPF certification marking	ASA Certification and not on the Non-Approved list
Bat Length	Majors and below: 33" Max Junior/Senior: 34" Max	34" max for all divisions
Bat Composition	Wood, alloy, aluminum, composite	Same
Catcher's Mask	Must have dangling throat protector no matter what style helmet/mask	Must have throat protector (extended wire frame or dangling throat protector)
Catcher's Glove	Can be any type (mitt or glove) Optic markings permitted	Same Optic markings not permitted
Pitcher's Glove	Must be glove; no ball color on the glove	Glove or mitt; no solid optic or optic markings
Batting Helmets	NOCSAE approved double ear flap Face Guards: Optional Chin Straps: Optional	Same Face Guards: Mandatory Chin Straps: Same
Defensive Masks	Permitted	Permitted

THE GAME	Little League®	NFHS
Length	Majors: 6 innings; Regulation - 4 (3 ¹ / ₂) JR/SR: 7 innings; Regulation - 5 (4 ¹ / ₂)	JH/JV/VAR: 7 innings; Regulation 5 (4 ¹ / ₂) JH/JV: Doubleheaders 5 innings each by state adoption
Run Rule	Majors: 15 after 3; 10 after 4 innings (3 ¹ / ₂) JR/SR: 15 after 4; 10 after 5 innings (4 ¹ / ₂)	JH/JV/VAR: 15 after 3 (2 ¹ / ₂) and 10 after 5 (4 ¹ / ₂)
Time Limit	None; may be imposed by the local league during the regular season	None; unless playing in public park and one is imposed
Tie Breaker	International tie breaker during Tournament	By state association adoption
Player Required	Must have 8 to start and finish Penalty: None. Game is rescheduled.	Must have 9 to start; may finish with 8 (short-handed rule) Penalty: Forfeiture (short-handed rule)
Batting Order	Majors: Straight 9 or continuous batting order Junior: Straight 9 or continuous batting order Senior: Straight 9 or 10 with DH	Straight 9 or 10 using DP/Flex option (short- handed rule)
Mandatory Play	Regular Season: 6 def. outs; 1 at bat Major/Junior Tournament: Continuous batting order requirement that includes all players on team affidavit present at start of the game Senior Tournament: No mandatory play	No mandatory play rule in regular or post season games.
Substitutions	Major/JR Regular Season and Tournament: A player may be entered and/or re-entered defensively in the game at any time. Pitchers, see Rulebook. SR Tournament: Starter only can re-enter 1 time	Starters and substitutes each have one re-entry
Appeals	Live ball appeal only	Live or dead ball appeal allowed
Protests	Allowed for misapplied rules, ineligible players, and ineligible pitchers	NFHS state associations can adopt

PITCHING**Little League®****NFHS**

Eligibility	Major: Max of 12 innings/day; 7 inn. or more; 1 day rest required Junior/Senior: No restrictions Max of 5 pitchers per game	No restrictions
Regulations	Same as NFHS	NFHS written rules
Delivery	Same as NFHS	NFHS written rules
Infractions	Same as NFHS	NFHS written rules
Penalty for Pitching violations	Illegal Pitch or No Pitch	Same Penalty
IP Penalty	Same as NFHS	Ball on batter
IP Penalty Option	Same as NFHS	Manager of offense has choice of penalty or play, unless BR and all other runners advance one base safely. In that case, IP is nullified.
Conferences	2 per game, per pitcher; 3rd removes 1 per inning, per pitcher; 2nd removes	3 per game total
Intentional Walk	Same as NFHS	May request intentional walk during AB
Warm Up Pitches	8 or 1 minute	5 or 1 minute
Replace, remain in game, and return	Once per inning; no warm up pitches	Once per inning; umpire det. warm up
Removed for Sub	Majors/Juniors: Courtesy runner for pitcher and/or catcher when 2 outs Senior: Can re-enter; can return to pitch	Can re-enter; can return to pitch

BATTING**Little League®****NFHS**

Bunt	Allowed	Allowed
Bunt Attempt	Holding bat in the strike zone; Must be pulled back for a ball	Same
Extra Positions	Senior: DP/Flex	DP/Flex (optional) for all levels
Drop 3rd Strike	Majors/Junior/Senior: Permitted	JH/JV/VAR: Same
Hit by Pitch	Must attempt to avoid ball hitting them	If in box, batter does not have to move. If ball outside batter's box, batter must attempt to avoid
Illegal Bat Penalty	Batter out; Bat removed; one adult base coach eliminated for remainder of game. Outs on play stand; runners return. 2nd violation has manager ejected in tournament play; Batter is ejected Option of play or penalty before next batter steps in to batters box.	Batter out; Bat removed; Batter and head coach ejected. Runners return to base or remain out
Batter Interference	Batter is out; runners safely advancing are returned. Batter not out if runner is out With 2 outs, batter is always out.	Immediate dead ball. Batter is out Runners return to base occupied at time of interference.

Batting out of Turn Properly appealed	Proper batter out; improper batter's action nullified; runners advancing return, outs stand on runners put out as a result of batted ball by improper batter.	Same
Retired Batter Interference	Runner being played on is out	Same

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BASE RUNNING		
Sliding	Majors: No head first sliding while advancing Penalty: Runner is out Junior/Senior: Head first slide is permitted	Permitted
Stealing	Majors/JR/SR: May leave on release of pitch	Same
Leave Base Early Penalty	Immediate dead ball; runner called out	Same
Off base too long after pitch or play; Ball in Circle	Circle Rule Violation Immediate dead ball, violator out, other runners return to last base touched.	Look Back Rule Violation Same penalty
Interference	Immediate dead ball; runner violating is out. Batter Runner awarded 1st base if not the violator. All other runners return to last base touched at time of interference. Runs can never score.	Same
Retired Runner Interference	Immediate dead ball; runner being played on is out; other runners return. If interference is judged to be to prevent a double play, then runner closest to home is other runner declared out.	Same
Obstruction	Type A Immediate Dead Ball Runner or Batter Runner directly being played on. Award one base beyond last base touched Other runners advance if forced	Delayed dead ball for all obstructions
Obstruction	Type B Delayed Dead Ball Runner or Batter Runner not directly being played on. At end of play, time is called and bases, if any, are awarded as to where the umpire judges the runner or batter would have made had there been no obstruction.	Delayed dead ball for all obstructions Base awards are umpire judgment as to where the runner could have advanced had there been no obstruction. Other runners advance only if forced.
Obstruction	Runner can not be called out between the bases where the obstruction occurs.	Runner can not be called out between the bases where the obstruction occurs.
Obstruction	If runner goes beyond protected base, she does so with the risk of being put out.	If runner goes beyond protected base, she does so with the risk of being put out.
Obstruction	Interference by an obstructed runner takes precedence over the obstruction.	Interference by an obstructed runner takes precedence over the obstruction.
Obstruction	Following runner is out if she passes an obstructed runner.	Following runner IS NOT OUT for passing an obstructed runner.
Bench Runners	Courtesy Runner - can only run for the pitcher and/or catcher of record with two outs. One CR cannot run for both the pitcher and catcher. Special Pinch Runner (SPR), Rule 7.14 May use twice per game; once per inning. Runner must not currently be in batting order. BUT is allowed to have already played in the game. Runner may run for multiple players. SPR not confined to just pitcher and catcher. Player can only be run for 1 time in the game. Can be run for at any base.	Courtesy Runner - Rule 8.9 Can only run for the pitcher and catcher of record during the game. CR must not have been in the game yet. One CR cannot run for both the pitcher and catcher. Once CR runs for either the pitcher or catcher, that CR can only run for that position. CR can enter the game as a sub, but not in the half inning in which she ran. CR can enter to run anytime after pitcher and catcher reach base. CR can not run for DP if DP is batting for the pitcher or the catcher.