

## 2025 NISA 14U Division Rules Summary

### Northern Illinois Softball Association (NISA)

**Age Division:** 13–14 years old (as of 1/1/2025)

**Recommended for:** 8th grade and below (due to high school softball overlap)

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#### Player Eligibility & Team Composition

##### Recreational Only

- No tryouts or cuts allowed.
- Full-time travel players are not eligible.

##### Tournament/Part-Time Players (within own rec program)

- Players on tournament or part-time teams affiliated with the rec organization are eligible to play in the league.
  - These players must be evenly distributed across all teams in the division.
  - Coaches and league administrators must coordinate this distribution before team formation or draft.
  - No team should have a competitive advantage due to an uneven number of advanced players.
  - Violations may result in forfeits, player reassignment, or loss of coach eligibility.
  - The intent is to protect league integrity and ensure equal development for all players.
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#### Coaches Rules

- Maximum 3 coaches in the dugout (10U–14U).
  - If using 3 coaches: one must remain in the dugout; others may coach 1st and 3rd base.
  - When on defense, all coaches must remain in the dugout.
  - No coaching or distractions behind the backstop.
    - 1st violation = warning.
    - 2nd violation = ejection.
  - Coaches should not be smoking near the players and should ask parents to go to a designated area.
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#### Roster & Scorekeeping

- All players must be placed on a team; no cuts allowed.
  - Players may be rostered on only one team.
  - Minimum 7 players required to start a game (or forfeit).
  - Recommended roster size: maximum 13 players.
  - **GameChanger** required for all teams to track scores and rosters.
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## Game Rules

- **Length:** 7 innings or 1:45 time limit.
    - No new inning after 1:45; finish the current inning if started.
  - **Run Limits:** 6 runs per inning (unlimited in the 6th inning and beyond).
  - **Mercy Rules:**
    - 12-run lead after 4 innings (3½ if home team ahead).
    - 10-run lead after 4 innings.
    - 8-run lead after 5 innings.
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## Lineup & Participation

- **Batting:** Continuous batting order required.
  - **Defense:** All players must play at least 2 defensive innings.
  - **Courtesy runner:** Will be allowed for pitcher/Catcher. Courtesy runner will be the last batted out
  - **Lineup Adjustments:**
    - Late arrivals: added to end of batting order.
    - Injury/family emergency: skip spot, no out.
    - Injury during at-bat: counts as an out for that at-bat; skip afterward.
    - Ejection: spot becomes automatic out.
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## Pitching Rules

- **Distance:** 43 feet.
  - **Limits:** No inning caps; free substitution allowed.
    - **Will review in Spring on using pitch count limits.**
    - Coaches should use best judgments on using pitchers to much
  - **Warm-Ups:** 5 pitches before 1st inning; 3 pitches thereafter.
  - **Mound Visits:**
    - 4 visits per game = remove pitcher.
    - 2 visits in the same inning = remove pitcher for that inning.
  - **Illegal Pitch:** Counted as a ball; no runner advancement.
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## Hitting & Fielding

- Max 9 players on defense.
- **Bunting & Slap Hitting:**
  - Allowed.
  - Fake bunt followed by full swing = out.
  - Slap hit from outside the batter's box = out.
- Infield Fly Rule: **In effect.**

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## Equipment Requirements

- **Facemasks:** Required for all fielders (infield & outfield).
- **Helmets:** Must include full face mask.
- **Bats:** Must have USSSA 1.20 BPF or USA Softball stamp.
- **Cleats:** No metal cleats allowed.
- **Uniforms:**
  - Softball pants required for all games.
  - Leggings not allowed in place of pants.
  - Pants encouraged for practices.
  - Shorts are not allowed in games.

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## Base Running

- Must slide to avoid contact.
- Dropped 3rd Strike: **In effect.**
- Stealing: Allowed once the ball leaves the pitcher's hand.
- Look-Back Rule: Enforced once pitcher has control of the ball.
- Overthrows: Runners may advance up to 2 bases from the time of throw.

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## Conduct & Umpires

- **Umpires:** Patched umpires required unless both coaches agree to use unpatched.
- **Cheering:** Positive only; **no** chanting during pitcher's windup.
- **Thrown Bats:**
  - 1st offense = warning.
  - 2nd offense = ejection.

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## Substitute / Borrowed Players

- May borrow from 12U if short on players:
    - Max 4 innings pitched.
    - Must bat last.
    - In Fall: must play outfield.
  - May borrow from other 14U teams if unable to meet the 7-player minimum:
    - Cannot pitch or catch; must bat last.
  - No borrowing from under 12U for safety reasons.
  - Borrowed players must come from the same town rec program.
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## **Fall Tournament**

- Must play 6+ games to be seeded.
- **Championship Game:**
- **Game will be at 12PM played on Field 2**
  - October 18, 2025 – Indian Prairie Park, Crystal Lake.
  - 7 innings, no time limit.
  - Ties resolved by International Tie Breaker (ITB):
    - Last batted out starts on 2nd base; count starts 0–0.

