



# 2025 NISA 6U Division Rules Summary



Northern Illinois Softball Association (NISA)

Age Division: 5–6 years old (as of 1/1/2025)



## Objective

The purpose of the 6U division is to introduce players to softball in a fun, low-pressure environment. Focus is on fundamentals—throwing, catching, fielding, and hitting—while building participation, confidence, and a love for the game.



## Players & Team Structure

- Recommended roster size: 6–8 players when possible.
- All players play in the field every inning.
- Players should rotate positions regularly to promote learning.
- Catcher position is optional; a coach may assist with retrieving balls behind the plate.
- Continuous batting order — every player bats each inning.



## Game Format

- Ball: 10” compression softball (new balls not required).
- Game Length: Approx. 1 hour or 3 innings (coaches may decide when to end).
- **Batting Options:**
  - Players may hit off a batting tee or choose coach pitch.
  - For coach pitch: up to 5 pitches; if no hit, switch to tee.
  - Players are encouraged to transition to coach pitch by season’s end.
- Bases: 60 feet apart.
- Umpires: Not required — coaches oversee and guide play.
- No outs are called; all players run the bases regardless of defensive play.



## Pitching

- Pitching distance: 30 feet from home plate.
- Coaches may move forward for hitters needing assistance.
- No walks allowed.

## Base Running

- Players advance **one base at a time** on each hit.
  - The last batter of each inning runs all the way around the bases with any runners.
  - No extra bases for overthrows or passed balls.
  - No stealing.
  - Runners may take a leadoff only after the pitch crosses the plate.
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## Equipment & Safety

- **Facemasks:** Required for all players.
- **Batting Helmets:** Must include a full face mask.
- **On-Deck Batter:** Must stand on the same side as the batter's back.
- **Uniforms:**
  - Softball pants required in games.
  - Leggings or shorts are not allowed in place of pants.
  - Pants encouraged for practice as well.
  - Shorts are not allowed in games.

