

2026 NISA 6U Division Rules Summary

Northern Illinois Softball Association (NISA) Age Division: 5–6 years old (as of 8/1/2025)

Objective

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

Players & Team Structure

- Teams should have **6–8 players** whenever possible.
 - **All players** play in the field every inning.
 - Players should **rotate positions** regularly.
 - The **catcher position is optional**. A coach may help retrieve balls behind the plate.
 - A **continuous batting order** is used—every player bats each inning.
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Game Format

- Use a **10” compression softball**. New balls are not required.
- **Games last approximately 1 hour** or 3 innings. Coaches may decide when to end the game.
- **Batting Options:**
 - Players may hit off a **batting tee** or opt for **coach pitch**.
 - If coach pitch is used, players get **5 pitches**. If no hit occurs, switch to the tee.
 - Players are encouraged to transition to coach pitch by season’s end.
- **Bases are 60 feet apart**.
- **No umpires** are required. Coaches oversee and guide play.
- **No outs are called**; all players are allowed to run the bases.

Pitching

- Pitcher's rubber should be set at **30 feet** from home plate.
- Coaches may move forward for hitters who need help.
- **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 after the pitch crosses the plate.**

Equipment & Safety

- **Facemasks are required** for all players.
- **Batting helmets must include a full face mask.**
- **On-deck batter** must be positioned on the **same side as the batter's back.**

