

**MITE GIRLS
SOFTBALL**
(revised May 2024)

1. Bases - 45 feet.
2. Pitching - 30 feet -
3. Ball size - 11 inches.
4. Time Limit - 1 1/2 hours or 7 innings. Last inning to be called after 1 hour of play.
5. Unlimited substitution.
6. 10 players on field - 10th player must be in outfield.
7. All players must play in the order of lineup
8. 3 runs or 3 outs - equal 1 inning. Last inning is **NOT** unlimited runs.
9. Each pitcher can pitch a maximum of 3 innings.
10. Pitching Machine used for first three innings : SEE PITCHING MACHINE RULES BELOW

LIVE Pitching Rules (used for remainder of game) – Pitcher must start with both feet on the rubber. Pitcher will step forward with the lead foot and drag the pivot foot behind them. One foot must be in contact with the ground or the pitching rubber at all times. The pitcher may take their pitching arm back past the hip before starting their windmill motion and still make two passes of the hip in their windmill motion. No hopping

11. No running on last strike, regardless if ball is caught or not.
12. No lead-offs, stealing or sliding. **No advancing on overthrows.**
13. No infield fly rule
14. On a ball hit to the outfield, the runners may advance until the ball is thrown back into the infield. **When the infielder has ball in hand, the runners must make it safely to the base they are approaching** to get to or go back to the base they left if unoccupied.
15. Home team supplies umpires.
16. With any play at 1st, 2nd, or 3rd base, and there is an overthrow, players are not allowed to advance
17. Umpires - VBBA encourages level 1 umpire behind the plate and level 1 in the field.
18. A minimum of 8 players are required to make game official.
19. Forfeit rule - If a game is cancelled and the home team offers up 3 possible dates to reschedule the game, the visiting team will need to decide on one of these games or face forfeiting the missed game.

The league encourages that all scheduled games to be played. A point system will be in place. A team will be awarded 1 point for a loss, 2 points for a tie, and 3 points for a win. Total points will determine your ranking in the tournament. Coaches are responsible to notify the opposing team for a game cancellation within a reasonable

MITE PITCHING MACHINE RULES

- First 3 innings of pitching will be with the UMP 45 pitching machine
- Each coach will use the machine to pitch to their **own** team
- · 5ft diameter safety circle to be around machine
- Players shall NEVER enter circle
- Players must be within 1ft to either side or behind machine before machine is loaded
- The player must act as a pitcher **NOT** rover
- If the ball hits the machine or coach it is considered foul and dead
- Players cannot move to the front of the machine until the ball crosses home plate
- Both teams must use the same ball (11" red dot softball)
- The Home team coach is responsible for having the machine set up and consistent 10 minutes before game time.

Please note: The implementation of the use of the Blue Flame pitching machine was intended for all players to be able to hit the ball. If the machine is set up properly, this should be the case. There is a "called ball" limit per at bat. There will not be any walks allowed during the use of the Pitching Machine. On the 5th "called ball" by the umpire, the batter will be called out.

Remaining innings will be live player pitching

Settings to be set as follows:

Distance: 30ft

(A) Micro adjustment block: 3

(B) Release arm block: 3

(C) Power spring: 2

Micro adjustment: This should be the only thing you have to adjust!!!

- Counterclockwise will raise the pitch significantly
- Clockwise will lower the pitch significantly

**New machine will produce a level pitch at 25 mph using these settings (average mite pitcher)

- Anything slower will produce too high of an arch to hit properly

VBBA Recommends:

- making a “U” bracket to hold the back of the machine in place to ensure straight pitches
- Put the seams in the machine in same position each time. Condition of ball and seam placement will affect the flight of the ball.
- Having a designated machine for games only to reduce wear.

Tournament:

- Tournament will follow exact same rules as regular season

SEAM PLACEMENT



MICRO ADJUSTMENT SCREW: Screw clockwise to lower pitch, Screw counterclockwise to raise pitch. (This should be the only adjustment needed each game)



(A) MICRO ADJUST BLOCK SETTING: Set at position #3



(B) RELEASE ARM BLOCK: Set at #3 position



(C) POWER PEDAL: Set at position #2



SPEED SETTINGS

SPEED SETTINGS

BASEBALL

Blue Flame

SPEED MPH	A	B	C	DISTANCE FEET
44	3	4	11	40-54
42	3	4	10	40-50
40	3	4	9	40-50
38	3	4	8	40-50
36	3	4	7	35-40
34	3	4	6	35-40
32	3	4	5	30-40
30	3	4	4	30-40
28	3	3	4	30-35
26	3	3	3	30-35
24	4	3	2	25-30
22	4	3	1	20-30
20	5	2	1	20-25
18	5	1	1	20-25

SOFTBALL

SPEED MPH	A	B	C	DISTANCE FEET
44	1	4	11	40-50
42	1	4	10	40-50
40	1	4	9	40-50
38	1	4	8	40-50
36	1	4	7	35-40
34	1	4	6	35-40
32	1	4	5	30-40
30	1	4	4	30-40
28	1	3	4	30-35
26	1	3	3	30-35
24	2	3	2	25-30
22	2	3	1	20-30
20	3	2	1	20-25
18	3	1	1	20-25

