

2026 TNLL Regular Season Rules Summary Cheat Sheet - Softball

Divisions	AAA	Majors	Seniors
Manager/Coach	One manager and 2 coaches permitted		
Coach warming up pitcher	Allowed - no safety gear required		
Mandatory Play	1 at bat (completed through CBO) and 6 outs in the field, no running portion		Does not apply
Pitching Distance	35 feet	40 feet	43 feet
Softball size	11"	12"	
Player arriving late	Place at the end of the line up		Manager discretion
Player injured leaves game	Skip over spot in batting order without penalty, can return but must go back to original spot; if unable to complete a plate appearance next batter resumes count; if unable to finish running bases, last player who was out takes spot on bases.		Does not apply
Batters box rule	Keep one foot in the box		
Penalty for batters box rule	After warning, dead ball, strike to batter		
On deck batter	Not allowed		Allowed
Non wood bats	Not longer than 33", has BPF 1.20 stamp, fast pitch softball bat		Same but no longer than 34"
Illegal bats	Batter enters batters box or found after at bat before next batter enters the box to use an illegal bat - dead ball, runners must return if they advanced, batter and team manager are ejected		
Pitching restrictions	Rest for 1 day if more than 7 innings pitched in a day, max 12 per day		None
Pitching multiple days	No restrictions, except rest requirements		None
Pitcher returning	May return regardless of whether she was removed to the bench or another defensive position		
Mercy rules	15@3, 10@4, and 8@5		15@4, 10@5, 8@6
5 run rule	Max of 5 runs earned each inning OR entire line up has batted	Open innings	
Ending games	No new inning after 1.5 hours	No new inning after 1.75 hours	See district rules
Ending games "early"	If 4 innings have been played and within 5 minutes of the ending games rules - umpire discretion		District rules
Player re-entry	Players may be entered/re entered defensively at any time		
Pinch runner	Not applicable when using CBO		
Courtesy Runner	For pitcher and/or catcher with two outs, sub for last out made; allowed even the first time through the batting order		
Third strike not caught	Batter out	batter may run to first if first base unoccupied and less than two outs or even if first base occupied with 2 outs	
Intentional walk	Not allowed	At anytime a team can call time out and request an unpitched intentional walk. Once per batter per game.	
Protests	Playing rule/illegal substitution - before next pitch/play. Ineligible player/pitcher/mandatory play - within 24 hours of the game		

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Visits to pitcher	on 3rd in inning must be pulled or on 4th in game	must be pulled on 2nd in inning or 3rd in game	
Jewelry	Jewelry is permitted, but umpire has discretion to declare unsafe if too large, dangling, etc. Pitcher only allowed on glove hand, not yellow, solid color		
Neoprene Sleeves	Do not need to be covered, must be solid color and not yellow		
Complete game	6 innings max		7 innings max
Stealing	When ball reaches the batter	When pitcher releases ball	
Use of coach under age of 18years old (junior coach)	Can be in the dugout when on defense, but on offense must be on a base with a certified helmet on. Counts as one of your 3 coaches allowed.		
Food, including seeds and gum in the dugout and on the field	Not allowed in the dugout or on the field at any time. They cannot be picked up except by hand - welcome to chew them if you want to pick up after your game		
Modifications to bats	Not allowed. No choke up assists, choke knobs, etc		
Infield Fly	In use - when runners on 1st and 2nd or bases are loaded and there are less than 2 outs and an "easy to catch" fly ball is hit fair on the infield the batter is automatically out (regardless of whether ball is caught) and runners may advance at their own risk. If ball caught runners must tag. If not caught no tag necessary.		
General Strike Zone	Shoulders to knees and up to 2 balls on each side	Letters to knees	High School Strike zone