

ADULT MEN'S FAST PITCH RULES

Any rules not covered or found in this section will be covered or found in the Fast Pitch Section of the current edition of the Official NSA Rulebook.

RULE 1 DEFINITIONS

SECTION 10 BATTING HELMET

A batting helmet bearing the NOCASE stamp is mandatory for each batter and baserunner. If a pitcher wears a helmet, it must have a non-glare surface. Helmets will have an extended earflap on one or both sides. If the helmet has only one flap it must cover the ear on the side facing the pitcher.

RULE 2 THE PLAYING FIELD

SECTION 2

- a) The minimum fence distance will be 225 ft
- a) The maximum fence distance will be 250 ft
- b) The base distance will be 60 ft
- c) The pitching distance will be 46 ft

RULE 3 EQUIPMENT

SECTION 7

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SECTION 8 PROTECTIVE EQUIPMENT

It is highly recommended, but not mandatory that the catcher wear an approved head protector, protective mask with a throat protector, body protector, shin guards and a protective cup. All protective equipment must conform to industry standards. All players are permitted to wear any approval protective equipment and if used, the equipment must not be detached. All catchers are REQUIRED to wear a face mask.

RULE 4 PLAYERS & SUBSTITUTIONS

SECTION 2 DESIGNATED HITTER (DH)

- a) The designated hitter (DH) may go in and play defense. Once the (DH) enters the game in a defensive position that will eliminate the role of the designated hitter (DH) for the remainder of the game.

EFFECT: *When the designated hitter (DH) enters the game on defense, the player on defense he was hitting for is removed for the remainder of the game.*

SECTION 8 DIVISIONS OF PLAY

For Players who have reached their 16th birthday to compete in adult fast pitch events.

- a) Major
- b) Class A
- c) Class B
- d) Class C

RULE 5 THE GAME

The NSA highly recommends that teams purchase team insurance for liability and medical coverage, but it is not mandatory to participate in NSA events.

SECTION 9

Teams must have registered and entered their roster online with all information correct and complete or the player(s) and/or team(s) will be considered ineligible to participate in any National Softball Association sanctioned Tournaments, including Qualifiers, NIT's or Post Season Tournaments.

- a) Teams must PRINT a copy of the Official NSA ONLINE ROSTER (complete & correct), OBTAIN SIGNATURES of participants (and Parents or guardian if Youth) to turn in at ALL NSA sanctioned tournaments prior to their scheduled start or they will not be allowed to participate.

EXCEPTION: See Youth Tryout Rosters

RULE 6 PITCHING REGULATIONS

SECTION 1

The pitcher shall take a position with both feet on the ground with at least one foot in contact with the pitching plate. The hands shall be separated with the ball being held in either the glove or pitching hand.

SECTION 4

The pivot foot initially in contact with the pitching plate and the non-pivot or free foot once lifted must not come in contact with the ground, as described in the definition of the crow hop, before the release of the ball. There is no restriction on movement or position of the feet, except that if a step is taken forward or backward, the step and feet must be within or partially within the 24 inch lane width of the pitching plate extended.