



GHSO ADOPTED SLOW PITCH PLAYING RULES

1. LINEUP – Each team is allowed to have ten (10) players in their playing lineup. Teams may start the game with nine (9) players in the lineup, or may finish the game with nine (9) players in the event of an injury and having no available subs.
2. DP/FLEX/EH – Not applicable.
3. DH – May be used, but must be designated on the original lineup, but can only bat ten (10).
4. DESIGNATED RUNNER – May be used once an inning for any player, and must be designated on the original lineup. The DR may be inserted into the lineup as a sub, and the team may designate another player as the DR who has not been in the lineup.
5. BUNTING – Not allowed.
6. STEALING – Runners cannot attempt to steal.
7. EQUIPMENT
 - a. Bats – Any bat that has the 2000, 2004, or 2013 ASA certification mark in legal.
 - b. Balls – 12” with the ASA and or NFHS stamp - .47 core and 375 compression
 - c. Batting Helmets – Must have NOCSAE stamp, face guard, and chin strap.
 - d. Catcher’s Helmets – May wear an approved batting helmet or legal catcher’s mask. Shin guards and chest protector are not required to be worn by the catcher.
 - e. Headwear – Caps and visors may be worn, but must match in color on all teammates.
 - f. Cleats – Metal spikes are not allowed.
8. FIELD
 - a. Pitching Distance – 50’
 - b. Bases – 65’
 - c. Home Run Distance – 215’ – 225’ preferred, but schools with their own field shall use the existing fence distance.
9. HOME RUNS – No limit player, per inning, per game.
10. RUN RULE – 20 after three innings, 15 after four innings, 10 after five innings
11. TIE BREAKER – Not used in SP
12. PITCHING REGULATIONS –
 - a. The pitcher’s pivot foot must remain in contact with the pitching plate until the ball is released (no pushing off/jumping).
 - b. The pitched ball shall have an arc of not less than 6’ and not more than 10’.
 - c. Do not have to throw pitches for an “intentional walk”.
 - d. Warm Up Pitches – 1 minute or three (3) pitches.
 - e. All other pitching regulations are the same as FP.
13. 3rd STRIKE – No dropped 3rd strike rule in SP.
14. ALL defensive players assuming a position on the infield shall wear face guards.

NOTE: All other NFHS playing rules are to be adhered to.