

Lower Swatara Township Athletic Association
2020 Softball Overview

Overview: LSTAA softball teams play in the East Shore Fast Pitch League. In addition to Lower Swatara, the teams participating in this league include Middletown, East Hanover, Londonderry, Swatara/Paxtang, Hershey, Lower Dauphin, Harrisburg and Paxtonia. So, while girls at all age levels will travel for away games, the travel distances are in proximity to Lower Swatara.

We have received many questions regarding the levels of play, rules, and structure. This document is designed to help parents and players understand how the league is structured.

The structure of the league is developmental by nature starting with the youngest age groups. The league has five different levels of play including Tee Ball, 8U, 10U, 12U, and 14U. The league has fielded teams at the 18U level when the demand has been there. This list is not all inclusive of the rules but is intended to provide a quick overview.

Tee Ball:

- Instructional in nature
- Teams are made up of girls aged 5&6 years old
- Base paths are 45' in length
- No pitching – all hitting occurs off of a tee
- Coaches may be on the field to provide instruction
- Games are limited to 1.5 hours in length

8U:

- Teams are made up of girls aged 7&8
- Base paths are increased to 60' in length
- Continuous batting order (all players present will be in the batting lineup)
- Batters are given six pitches in which she tries to hit the ball. There are no walks at this level.
- The first three pitches are delivered from a player. If a ball is not put in play, the coach delivers the remaining pitches. Additional pitches are awarded if the batter fouls off the 6th or subsequent pitches
- Pitching distance is 35'
- Pitchers may pitch up to two innings in a game
- Innings are limited to 3 runs or 3 outs, whichever occurs first

10U:

- Teams are made up of girls aged 9&10.
- Continuous batting order (all players present will be in the batting lineup)
- Pitching is a combination of player/coach pitch
- If a player walks three batters in a given inning, the coach will pitch to complete any additional batters that reach four balls in an at bat during that inning.
- Pitching distance is 35'
- Pitchers may pitch up to three innings in a game
- Limited stealing is introduced at this level
- Innings are limited to 4 runs or three outs, whichever occurs first

12U&14U:

- Pitching is player only
- Pitching distance is 40' for both age levels
- Pitchers may pitch up to four innings in a game
- Innings are limited to 5 runs or three outs, whichever occurs first
- Dropped 3rd strike is in effect at this level
- Stealing is allowed at this level including continuous stealing

Questions can be directed to LSTAA Vice President of Softball – Brendon Sparks at 717-592-9113 or vpsoftball@lstaa.org