

Seacoast United Fast-pitch House Rules

- 1hr 45min time limit gameplay will end strictly when the time limit expires (no new inning after 90min, no new batter after 100min).
- Warm-up time is limited to the 15mins prior to game time.
- Coaches and Captains called 5mins prior to game time for coin flip to determine home/away.
- Pitchers get 3 warm-ups and catchers throw down.
- 3 outs or 4 runs scored will end inning.
- Free substitutions, bat entire line up.
- Additional house rules will be discussed prior to play.
- Team members are encouraged to wear helmets while on the sidelines for safety purposes.

