

5x5x5 Softball Rules

1. Team Composition:

- Each team has **5 players** on the field at a time, which is smaller than the typical 9-player softball teams.
- Teams may have up to **15 players on the roster**, but only 5 can play defense at a time.
- Teams are often required to have at least **two female players** on the field

2. Game Format:

- **Innings:** Games usually consist of **7 innings**, but some leagues may opt for a shorter format, such as **5 innings**, especially in recreational leagues.

3. Pitching:

- Pitching distance is 50 feet (standard for many adult leagues).

4. Batting and Base Running:

- Teams bat through their entire lineup, regardless of the number of players.
- In a 5x5 setup, **batting order** can be adjusted so that everyone gets a chance to bat.
- **Base running** follows traditional softball rules: no stealing, but players may advance on overthrows.

5. Defensive Positions:

- Teams play with **5 defensive players** on the field. Positions typically include:
 - **1 pitcher** or **1 catcher**
 - **2 infielders** (usually shortstop and second base)
 - **2 outfielders** (right and left field)

6. Game Duration:

- Games may have a **time limit**, commonly around **55 minutes**, or **5 innings** or **45 outs**, whichever comes first.

- If a time limit is in place, the game will end when the time expires, regardless of whether the inning is complete, and the team with the most runs wins.

7. Substitutions:

- Substitutions can usually be made during innings
- Players may be substituted in and out freely, but only 5 players can be on the field for each team at any given time.