

# Ames Girls Softball Association (AGSA) General Rules – All Leagues 2010

## I. OVERVIEW

- A. The Under 10, Under 12, and 13-15 leagues will follow ASA fast pitch softball rules.
- B. These rules have been approved by the Board of Directors of the AGSA and shall not be changed without the majority of the Board's approval.
- C. See the rules of each league for specific rules and modifications.
- D. Any situation not covered by AGSA Rules (General and Specific) is covered by the ASA Official Softball Rules. AGSA rules serve as modifications of the official rulebook and shall take precedence over the rulebook in cases of conflict between the two.
- E. All umpires and coaches should read the ASA and AGSA rules.

## II. SPORTSMANSHIP

All participants, including players, coaches, umpires and fans must show sportsmanship at all times. Specifically:

- A. Coaches and players may not yell "swing batter" or "easy out" or make other comments degrading to the opposing team.
- B. Coaches and players are the only persons allowed on a team's bench. They must remain behind the imaginary line extending from the backstop and are not allowed immediately behind the backstop while the game is in progress.
- C. Coaches and umpires are asked not to smoke, chew tobacco, or drink alcoholic beverages in the presence of players during games or practice.
- D. Coaches should keep the purpose of the game in perspective and not degrade players, abuse them for poor performance or act in other ways that may impair a player's confidence, such as having players batting last or low in the order from game to game or playing girls only in certain outfield positions and for a minimum time.

## III. EQUIPMENT

- A. All softball equipment provided by the AGSA is to be used for practice and games only and shall be used only by program participants. All AGSA equipment will bear an AGSA identification.
- B. The Under 8 league will use a rubber-covered 11-inch ball. The Under 10 league will use a rubber-covered 11-inch ball. The Under 12 league will use a 12-inch leather ball. The 13-15 leagues will use a 12-inch leather ball.
- C. Privately owned bats can be used at practices and games only under the following conditions: 1. Private bats must meet all ASA standards. 2. The coach of the team entering the private bat(s) into the game must exhibit the bat(s) to the head umpire for inspection. 3. The head umpire will exhibit any approved private bat(s) to the opposing coach.
- D. Privately owned helmets may be used but must have a face guard and chin strap. The league provides helmets meeting these requirements.
- E. Uniforms with no blatant distractions are required for all players. Players shall wear the numbered team shirts provided by AGSA. If players arrive not wearing their team shirts, the opposing coach and scorekeeper should be informed.
- F. Players are not allowed to wear metal spikes.
- G. Batters, players in the on deck circle, base runners and players coaching at first or third must wear protective helmets. If a player in any of these positions intentionally removes her helmet while the ball is alive, the umpire will first warn the team of the infractions by calling it to the player's and coach's attention. For any subsequent team infraction, the umpire will call an out. Interpretations of this rule are as follow: 1. If a batter commits the infractions, she is out; the ball is dead; and no runners may advance. 2. If a base runner commits the infraction, she is out; the ball is dead; and no other base runner may advance. 3. If a player in the on deck circle commits the infraction, an out is assessed to the team. The player committing the infraction is not allowed her turn at bat. The batter and all base runners remain in their positions; the ball is dead; and no runner may advance. 4. If a player in a coaching box commits the infraction, an out is assessed to the team; the batter and all base runners remain in their positions; the ball is dead; and no runner may advance.
- H. Players may not wear watches, rings, earring, jewelry, or other metallic items during a game. Because they will be wearing helmets, players may not have such things as hairpins, barrettes or other types of metal or plastic clasps in their hair.

- I. Batters may not throw their bats. If a player throws her bat, the umpire will first warn the team of the infraction by calling it to the player's and coach's attention. For any subsequent team infraction, the umpire will call the batter out; in such a case, the ball is dead and no base runner may advance.

#### IV. FIELD DIMENSIONS

- A. Base paths are 60 feet.
- B. See the rules for the specific leagues for the distance from the pitcher's rubber to home plate.

#### V. UMPIRES

To paraphrase the ASA Official Softball Rules, the umpires serve as the representatives of the AGSA and as such are authorized to enforce its rules. Umpires have the power to order players or coaches to do or to omit to do any act that in the umpire's judgment is necessary to give force and effect to any AGSA rule.

- A. The home plate umpire in the Under 10, Under 12 and 13-15 league games will be provided by the umpire-in-chief. The home team is responsible for providing only a field umpire.
- B. Umpires behind home plate must wear a protective facemask and are strongly urged to wear others forms of protective equipment such as a chest protector and shin guards.
- C. If necessary, umpires may be changed during a game.
- D. An umpire's decisions are final. Any questioning of an umpire's call must be done by showing the umpire a rule involving the call in question. No discussion shall last more than one minute. Any further delay may result in the umpire ejecting the coach(es) from the park. "Judgment" calls by umpires are not to be questioned by coaches at any time. To minimize questions regarding rules and umpire's calls, coaches must be familiar with the AGSA's general and specific rules, as well as the current ASA Rule Book. Umpires, coaches, scorekeepers, parents and players may call the AGSA umpire-in-chief for rules clarification.

#### VI. COACHES

- A. There is no limit to the number of coaches per team.
- B. Each team is allowed to use a first and third base coach. Even though adult coaches may coach the bases, team coaches are encouraged to allow girls who are interested to coach at least one of the bases.
- C. Base coaches must remain in an imaginary box at least 8 feet from first and third bases when a game is in progress. Coaches can go no further than 15 feet from their respective base toward home plate while a game is in progress.
- D. Base coaches are not allowed to physically grab runners while the ball is in play.
- E. Coaches are not required to wear uniforms.
- F. Coaches are not allowed to cross the base paths onto the playing field once the game has started except to converse with the pitcher or attend to an injured player.

#### VII. SCHEDULING, CANCELLATIONS, RESCHEDULING, FORFEITS, PROTESTS

- A. Games are scheduled by the league commissioners at the beginning of the season.
- B. Starting times and length of games for Under 10, Under 12 and 13-15. All evening games start officially at 5:10 and 6:45 p.m. No inning may start after 6:25 p.m. The first game officially ends at 6:50 p.m. For the 6:45 p.m. games, no inning may start after an hour and 15 minutes from the official starting time. The second game officially ends one hour and 40 minutes after its start. There are no exceptions to this rule. 2. The umpire must consult coaches prior to the game to discuss the time limit rule and prior to the last inning to inform coaches of the situation. The umpire must declare that an upcoming inning is the last inning. 3. If the score is tied after the last inning, the game is a regulation tie game. **During tournaments**, the last inning will be unlimited runs, with each team having a maximum of 15 minutes to bat, or 3 outs. After 15 minutes, the ½ inning is over regardless of the situation on the field. If the score is still tied at the conclusion of the game, the international tie-breaking rule will be used.
- C. Cancellations are permissible under the following conditions: 1. When a coach notifies the league commissioner at least 48 hours before a scheduled game that he/she will be unable to field a team of at least 7 players due to unforeseen school or community events. The commissioner, in conjunction with the umpire-in-chief and field coordinator, will attempt to reschedule the game. 2. When sub par playing conditions (due to inclement weather, darkness or poor field conditions) exist before a game as judged by the designated AGSA representative, the league will reschedule the game. 3. When sub par playing conditions prevent a game in progress from being completed as judged by the umpires, the commissioner will reschedule the game if the game has not become an official game. An official game is one in which 3

innings have been completed. A game that is not official will be suspended and continued from that point at a later date. 4. If lightning is visible or threatening conditions exist, the umpire will call the game immediately

- D. Forfeits are to be avoided as much as possible because they take away the opportunity for players to play. In certain circumstances, however, forfeits may be inevitable. Rather than defining specific circumstances or actions that warrant forfeiting a game, the board of directors will deliberate on requests for forfeits on an individual basis. Make requests for discussion about forfeits to your league commissioner.
- E. Protesting a game is not allowed.

### VIII. PLAYING RULES

- A. **Under 10, Under 12 and 13-15:** At least 7 players are required per team for a game to begin. If a player arrives after a game has begun, she shall be inserted into the batting lineup where she was listed on the AGSA Defense/Offense Line Up form or at the end of the batting order. A team may borrow a player from a team in the same league or younger to avoid a forfeit. Borrowing of players will be allowed only during normal league play. All teams must have at least 7 players during tournament play.
- B. The team designated as the visiting team bats first and sits on the third base bench.
- C. All players bat whether or not they are playing defense.
- D. All players must be allowed to play defense by the third inning.
- E. Defensive players may be entered or withdrawn an unlimited number of times per game; such substitutions shall have no effect on the batting order. This rule also applies to the pitcher, but in her case, re-entry must take place in a different inning.
- F. No player may play infield or outfield exclusively within a game of three or more innings. All girls should learn to play outfield. Catching innings may be counted as an infield or an outfield inning. The appearance of a pitcher in any inning counts as one full inning pitched.
- G. If an offensive player is injured while running the bases a substitute base runner may be granted, but the substitute will be the last official batter of the last inning. (Otherwise no substitute of base runners is allowed.)
- H. No player may play more than three innings at a single position except as allowed by specific league rules.
- I. Coaches are required to equalize playing time for everyone over the season.
- J. During the course of the season, coaches shall equalize the number of times that a girl bats in the top half of the batting order to the number times that she bats in the bottom half of the batting order by rotating the batting order one position each game, i.e., the girl who bats first the first game will bat last the second game, then next to last, etc.
- K. Failure of a team to abide by any player substitution rules shall result in a forfeiture of the game.
- L. A five-run per inning rule is in effect for the Under 10, Under 12 and 13-15 leagues. This means that when a team scores its run limit in its half of an inning, that half of the inning is over. If the score is tied after the last inning, the game is a regulation tie game. **During tournaments**, the last inning will be unlimited runs, with each team having a maximum of 15 minutes to bat, or 3 outs. After 15 minutes, the ½ inning is over regardless of the situation on the field. If the score is still tied at the conclusion of the game, the international tie-breaking rule will be used.
- M. There is a margin of run rule in effect in all but the Under 10 league. If the home team is ahead by 15 runs after any inning or the visiting team is ahead by 15 runs after any complete inning, the game is over.
- N. Illegal turn at bat rules and subsequent penalties are in effect.
- O. The infield fly rule is not in effect in the Under 10 league.
- P. Games that end tied due to a time limit are regulation games and will not be continued. Also, any official game called due to weather conditions or darkness that is tied is a regulation tied game and will not be continued.
- Q. Teams will not be allowed to take infield prior to any game.
- R. Pitchers will be limited to five warm-up pitches prior to each inning. This means five to a coach or five to a catcher or five to a combination of a coach and a catcher. Penalties for violation of this rule follow ASA guidelines (See Rule 6, sections 6(SP) or 8(FP).)
- S. All base runners must touch any awarded bases in proper order even after the “fifth run” scores in a run per inning rule inning.

## **PHILOSOPHY**

The philosophy of the AGSA is that all players should have the opportunity to develop their skills by playing several positions; this is especially critical in the leagues for younger girls (Under 10 and Under 12). In line with this philosophy, coaches of the Under 10, Under 12 and 13-15 leagues are required to rotate players through several of the positions during the season and should avoid playing set lineups that limit a player's participation to one or two positions. To further enhance the opportunity to develop these skills, AGSA has retained the services of "Academy coaches". Practices with the Academy coaches will be scheduled one time per week for each age group and teams and coaches will attend their assigned time slots. Additional team practices will be scheduled as deemed appropriated by the team coaches.

## **Specific Rules – Under 8 League – Pre-K and K/1**

### **1. DEFENSIVE PLAYER**

- a. Teams may start and play with any number of players on their roster. All players attending the game will play defense. Only five defensive players may be within the base paths. No catcher will be used.
- b. Outfielders must stay on the grass until the ball is hit into play.

### **2. OFFENSIVE PLAY**

- c. All players at the game are placed in batting order.
- d. A batter gets an unlimited number of swings to hit the ball off the tee. If the batter hits a foul ball or if the batter swings and the ball falls off the tee untouched and rolls into fair territory, a dead ball is declared and the batter is given another swing.
- e. Coaches are encouraged to help the batter position herself properly to the ball on the tee and remind the batter of good technique.
- f. All batters in the batting order bat each inning. The last batter in the batting order should be announced to the defensive team each inning.
- g. The batting order should be rotated one position each inning. (I.e., the girl that bats first in inning one bats last in inning two. The girl that bats second in inning 1 bats first in inning 2, etc.). Coaches should use the same lineup each inning of every game and continue the rotation through the season so that each girl has an opportunity to bat first.

### **3. BUNTING**

Bunting is not allowed.

### **4. BASE RUNNING**

A runner may not advance unless a fair ball has been hit off the tee by the batter.

### **5. STEALING**

Stealing (advancing on a pitch) is not allowed.

### **6. RUNNERS ADVANCING ON AN OVERTHROW**

To encourage throwing to the proper base and not just back to the pitcher, the following overthrow rules have been implemented.

Once the defensive player has thrown the ball towards any base, the pitcher or just into the infield, a runner who has not reached third at the time of the throw may not advance beyond third regardless of any overthrow that ends up on or off the playing field. For example: 1) if a throw is made from the outfield or infield to third base in an attempt to get a runner going from second to third and the throw goes out of play or is just missed by the defensive player and stays in play, the runner must stay at third base, 2) if a runner has stopped at third and a play is made on a runner going from first to second, the runner must stay on third, or 3) if bases are empty, a batter/runner may continue advancing to third after a throw is made.

### **7. GAME LENGTH**

A game will be three innings long with all batters hitting in each half inning.

### **8. COACHING**

Coaches should stand in the infield behind the base paths with one coach standing between first and second base and another coach standing between second and third base so that they may provide assistance to their fielders. Reminders to players on proper technique, "watch the batter," and where to throw the ball are useful.

## **9. SAFETY**

Please be sure all players except the on deck batter remain in the dugout when the team is at bat. The on deck batter should be on the field side of the dugout with a helmet on ready to bat.

## **10. PLAYER POSITIONS**

Please rotate players to different positions each inning. Be sure players at first and pitching positions can defend themselves against a hard hit or throw. Teach players to point the fingers of their gloves upward when catching balls above their waists.

## **11. UMPIRING**

Defensive coaches should do their own umpiring. The coach on the first base side should make the calls at first and second base with the coach on the third base side making those calls at third base and home plate. An obvious out is an "out," but any play that is close is "safe."

## **12. PITCHING MACHINE- K/1 ONLY**

- a. The pitching machine will be placed at a distance of 40 feet from home plate. The pitching machine will be set between 45 and 50 using the gauge on the machine. The plate umpire will set the pitching machine at the start of the game and it will remain at that setting for the entire game. An adult will feed balls into the pitching machine. Five pitches from the pitching machine will be given. If the ball is not put into play, the tee will be used to put the ball into play.
- b. A box that encloses the pitching machine shall be provided by AGSA and used during all AGSA functions when the pitching machine is used.
- c. Any batted ball that hits the box will be declared dead and a new pitch will be awarded.
- d. Any thrown ball that hits the box will be declared dead and base runners will be awarded the base to which they were running at the time of the throw.

### **Specific Rules – Under 10 League- 2/3**

#### **1. DEFENSIVE PLAYERS**

- a. A maximum of 9 players may play at any one time. Only five defensive players may be within the base paths.
- b. Outfielders must stay on the grass until the ball is hit into play.

#### **2. PITCHING**

- a. The pitching distance shall be 35 feet for league player.
- b. No league player may pitch more than two innings per game.
- c. If the batter reaches ball 4, then the player's coach will inherit the current count and pitch up to 3 pitches from the pitching plate. If the girl is unable to put the ball in play or reaches strike 3 in the count, she is out.
- d. During all live pitching the strike zone to be enforced is from below the chin to mid-shin near the plate. A ball that is deemed hittable should be called a strike.
- e. A pitcher who has not thrown a strike to three consecutive batters must be removed.
- f. The pitching regulations appear in Rule 6 of the ASA Official Softball Rules. Coaches should be sure that they and their umpires understand the rules related to pitching. If any coach or umpire observes an illegal motion, it can only be brought to the attention of the pitcher's coach, never directly to the pitcher. The coach can then provide the proper guidance between innings to correct the problem. If the illegal motion seriously impedes the offensive play of the opposing team, the umpire will instruct the coach to change pitchers.
- g. Pitchers must start with both feet in contact with the pitching plate.
- h. A five-run per inning rule will be in effect for all innings.
- i. A coach may be on the field as a back up catcher if they so desire. It is up to the discretion of the coach to be on the field or not.

#### **3. BUNTING**

Bunting is allowed during live pitching.

#### **4. THIRD STRIKES**

On a third strike, the batter is out regardless of whether the catcher catches the pitched ball.

#### **5. BASE RUNNING**

A runner may not advance if the pitcher misses the ball when the catcher is returning the ball after a pitch.

## **6. STEALING**

A runner may leave her base when the pitcher releases the ball, but not before. If a runner leaves the base before the pitcher releases the ball, the umpire will first warn the player and the team of the infraction and then will call a runner out for any subsequent infractions that the team commits. If a runner is called out for leaving her base too soon, the ball is dead, the pitch does not count and no runner may advance.

## **7. RUNNERS ADVANCING ON AN OVERTHROW**

To encourage throwing to the proper base and not just back to the pitcher, the following overthrow rules have been implemented.

Once the defensive player has thrown the ball towards any base, the pitcher or just into the infield, a runner who has not reached third at the time of the throw may not advance beyond third regardless of any overthrow that ends up on or off the playing field. For example: 1) if a throw is made from the outfield or infield to third base in an attempt to get a runner going from second to third and the throw goes out of play or is just missed by the defensive player and stays in play, the runner must stay at third base, 2) if a runner has stopped at third and a play is made on a runner going from first to second, the runner must stay on third, or 3) if bases are empty, a batter/runner may continue advancing to third after a throw is made.

## **8. INTERFERENCE**

- a. Interference is the act of an offensive player or team member that impedes or confuses a defensive player attempting to execute a play. After one warning to the team by an umpire, the ASA penalties are in effect.
- b. If the base runner unintentionally interferes with an outfielder attempting to field an infielder's ball, no interference call will be made. Play will continue as if nothing happened.

## **9. OBSTRUCTION**

Obstruction is:

- a. The act of a defensive player or team member that hinders or prevents a batter from striking or hitting a pitched ball.
- b. The act of a fielder while (1) not in the possession of the ball, (2) not in the act of fielding a batted ball or (3) not about to receive a thrown ball, impedes the progress of a base runner or batter-runner who is legally running bases. After one warning to the team by an umpire, the ASA penalties are in effect.

### **Specific Rules – Under 12 League 4/5**

#### **1. DEFENSIVE PLAYERS**

A maximum of nine players may play at one time.

#### **2. PITCHING**

- a. The pitching distance is 40 feet for the Under 12 league. This distance is measured from the back corner of home plate to the front edge of the pitching rubber.
- b. A pitcher is limited to pitching no more than two innings in any one game. The appearance of a pitcher in any inning counts as one full inning pitched.
- c. A player can be the catcher no more than two innings.
- d. No player may play more than four combined innings in the battery.
- e. The pitching regulations appear in Rule 6 of the ASA Official Softball Rules. Coaches should be sure that they and their field umpires understand the rules related to pitching. If any coach or umpire observes an illegal motion, it can only be brought to the attention of the pitcher's coach, never directly to the pitcher. The coach can then provide the proper guidance between innings to correct the problem. If the illegal motion seriously impedes the offensive play of the opposing team, the umpire can instruct the coach to change pitchers.
- f. Pitchers must start with both feet in contact with the pitching plate.
- g. If a pitcher walks four consecutive batters, they will be removed with no reentry as pitcher for that game.

#### **3. STEALING**

A runner may leave her base when the pitcher releases the ball, but not before. If a runner leaves the base before the pitcher releases the ball, the umpire will first warn the player and the team of the infraction and then will call a runner out for any subsequent infractions that the team commits. If a runner is called out for leaving her base too soon, the ball is dead, the pitch does not count and no runner may advance.

#### **4. THIRD STRIKES**

On a third strike, the batter is out regardless of whether the catcher catches the pitched ball.

#### **5. INTERFERENCE**

- a. Interference is the act of an offensive player or team member that impedes or confuses a defensive player attempting to execute a play. After one warning to the team by an umpire, the ASA penalties are in effect.
- b. Batter interference: The batter shall not hinder the catcher from fielding or throwing the ball by standing within the batters box. The players must be instructed by coaches to vacate the batters box as a runner from third base is approaching. After one warning by an umpire, the ASA penalties (ball is dead, batter is out, all base runner return) will be in effect.
- c. Interference at home plate: In order to prevent injury and to protect the catcher attempting to make a play on a runner, the runner must be called out if she does not slide or avoid a collision with the catcher. A play is made on a runner if the catcher is in position of the ball or if the ball is being thrown toward the catcher. The penalty will take effect at the first occurrence of such an incident. Coaches must instruct their players on proper sliding techniques and how to avoid colliding with the catcher.

#### **6. OBSTRUCTION**

Obstruction is:

- a. The act of a defensive player or team member that hinders or prevents a batter from striking or hitting a pitched ball.
- b. The act of a fielder while (1) not in the possession of the ball, (2) not in the act of fielding a batted ball or (3) not about to receive a thrown ball, impedes the progress of a base runner or batter-runner who is legally running bases. After one warning to the team by an umpire, the ASA penalties are in effect.

\*\*\* Please be aware of ASA Rule – Section 8 and 9:

A runner who has legally started to advance cannot be stopped by the pitcher receiving the ball while on the pitching plate or within the pitching circle.

Look-Back Rule: The base runner is OUT when she fails to keep contact with the base to which she is entitled until a legally pitched ball has been released. When a base runner is legitimately off her base after a pitch or as a result of a batter completing her turn at bat, she must immediately attempt to advance to the next base or immediately return to the base left while the pitcher has the ball within the pitching circle. The responsibility is completely on the runner. There is no obligation on the pitcher to LOOK, FAKE, or THROW.

#### **Specific Rules – 13-15 League 6/9**

##### **1. DEFENSIVE PLAYERS**

A maximum of nine players may play at one time.

##### **2. PITCHING**

- a. The pitching distance is 40 feet for the 13-15 league. This distance is measure from the back corner of home plate to the front edge of the pitching rubber.
- b. A pitcher is limited to pitching no more than two innings in any one game. The appearance of a pitcher in any inning counts as one full inning pitched.
- c. A player can be the catcher no more than two innings.
- d. The pitching regulations appear in Rule 6 of the ASA Official Softball Rules. Coaches should be sure that they and their field umpires understand the rules related to pitching. If any coach or umpire observes an illegal motion, it can only be brought to the attention of the pitcher's coach, never directly to the pitcher. The coach can then provide the proper guidance between innings to correct the problem. If the illegal motion seriously impedes the offensive play of the opposing team, the umpire can instruct the coach to change pitchers.
- e. Pitchers must start with both feet in contact with the pitching plate.
- f. If a pitcher walks four consecutive batters, they will be removed with no reentry as pitcher for that game.

##### **3. STEALING**

A runner may leave her base when the pitcher releases the ball, but not before. If a runner leaves the base before the pitcher releases the ball, the umpire will first warn the player and the team of the infraction and then will call a runner out for any subsequent infractions that the team commits. If a runner is called out for leaving her base too soon, the ball is dead, the pitch does not count and no runner may advance.

#### 4. INTERFERENCE

- a. Interference is the act of an offensive player or team member that impedes or confuses a defensive player attempting to execute a play. After one warning to the team by an umpire, the ASA penalties are in effect.
- b. Batter interference: The batter shall not hinder the catcher from fielding or throwing the ball by standing within the batters box. The players must be instructed by coaches to vacate the batters box as a runner from third base is approaching. After one warning by an umpire, the ASA penalties (ball is dead, batter is out, all base runner return) will be in effect.
- c. Interference at home plate: In order to prevent injury and to protect the catcher attempting to make a play on a runner, the runner must be called out if she does not slide or avoid a collision with the catcher. A play is made on a runner if the catcher is in possession of the ball or if the ball is being thrown toward the catcher. The penalty will take effect at the first occurrence of such an incident. Coaches must instruct their players on proper sliding techniques and how to avoid colliding with the catcher. Specific Rules – 13-15 League

#### 5. OBSTRUCTION

Obstruction is:

- a. The act of a defensive player or team member that hinders or prevents a batter from striking or hitting a pitched ball.
- b. The act of a fielder while (1) not in the possession of the ball, (2) not in the act of fielding a batted ball or (3) not about to receive a thrown ball, impedes the progress of a base runner or batter-runner who is legally running bases. After one warning to the team by an umpire, the ASA penalties are in effect.

\*\*\* Please be aware of ASA Rule – Section 8 and 9:

A runner who has legally started to advance cannot be stopped by the pitcher receiving the ball while on the pitching plate or within the pitching circle.

**Look-Back Rule:** The base runner is OUT when she fails to keep contact with the base to which she is entitled until a legally pitched ball has been released. When a base runner is legitimately off her base after a pitch or as a result of a batter completing her turn at bat, she must immediately attempt to advance to the next base or immediately return to the base left while the pitcher has the ball within the pitching circle. The responsibility is completely on the runner. There is no obligation on the pitcher to LOOK, FAKE, or THROW.