

Waldoboro Recreation 2007 Adult Co-Ed Softball Rules

It is the goal of the Recreation Department to maintain an atmosphere where people will play and have fun. This League is not intended to match the style of play seen in the Olympics, ASA championships or any other competitive league. Good sportsmanship is demanded at all times. Arguments, fights, rude comments, excessive dominating play or otherwise inappropriate behavior will not be tolerated and violators are subject to removal from the league.

Traditional Slow-pitch ASA Softball rules are in effect except as modified below:

A. Game

1. Teams are permitted an unlimited number of players on the roster. (However due regard should be given to the number of at bats each player will receive in a game)
2. 10 players will play the field, 3 of which must be women.
3. A team may start a game with a minimum of eight players. There must be at least 2 women. Outs will be taken in the 9 and/or 10 spot.
4. Game consists of 7 innings. There is a time limit of one hour, fifteen minutes. (Innings may be completed but not started)
5. The batting order must alternate male - female beginning at the top of the order until all female players bat.
6. All players on the lineup shall bat.
7. Average age of the lineup on game day must be at least 30. All players must be at least 18 years of age and out of High School.
8. Players can play any position in the field - free substitution.
9. If a male walks, a female that is on deck has the option to walk also.
10. Each batter starts with a 1-1 count.
11. Males are allowed (2) "over the fence" homeruns and progressive after that - Must wait for other team to hit one before hitting another. All others will be counted as an out. Female home runs and inside the park home runs do not count against limit.
12. A legal game is a game that lasts at least 5 innings (4 $\frac{1}{2}$ innings if home team is ahead).
13. A "strike" board shall be used behind the plate. Base coaches will call safe/out. On deck batter has calls at the plate. Catcher will call fair/foul. All calls shall be on the honor system. There will be no arguing of calls.
14. A ball batted foul with 2 strikes will be considered an out.
15. Male outfielders may not move closer than 150 feet to home plate when a woman is at bat. Markers will be placed in the outfield for reference.

B. Batting, Base Running, and Fielding

1. No bunting or chopping down on the ball (a full swing is necessary). This will be ruled an automatic out.
2. A batter is liable to ejection from a game and an out charged to his/her team when a bat slips from his/her hands or the bat is thrown intentionally. The ball is dead and the batter/runner may not advance.
3. No stealing or leading off. Runners may leave his/her base when a pitched ball is batted. If the ball is hit either fair or foul, and the runner leaves early, the ball will become dead, the runner will be out, and the batter will return to hit with the same count.
4. When a thrown ball goes out of the field of play, base runner shall be awarded bases as follows:
 - a. If thrown by an infielder, one base is awarded.
 - b. If thrown by an outfielder, two bases are awarded.

Out of Bounds is as follows:

Medomak Valley HS - Over any permanent fence. Past an imaginary line extending from the corner of the first base dugout parallel with the first base foul line. Through the fence opening near home plate.

Waldoboro LL - Over any permanent fence or into the dugout area.

Philbrook Field - Over any permanent fence. Past the painted white line near the crushed rock drainage ditch along the entire 1st base side.

5. If a fielder without the ball obstructs a base runner, the obstructed runner shall be awarded the base they would have reached had there been no obstruction.
6. Sliding is optional but should be used for safety.
 - a. If the play is going to be close, then sliding should occur. No player may slide into a fielder to "take them out of a play".
 - b. If choosing not to slide, then surrender the out and step away from the play.
7. Running over or taking out a defensive player will constitute an automatic out and ejection if flagrant.
8. Pinch runners may be used. Person who made the last out is the pinch runner (male for male, female for female)

Waldoboro Recreation

Adult Co-Ed Softball Rules (con't)

C. Equipment

1. Balls, wooden bats, bases, and score books will be provided for each game.
2. Men must use wooden Bats ONLY. Wooden bats must be labeled "official softball"
3. Woman may use aluminum bats.
4. All aluminum bats must be ASA approved and not appear on the "Banned bat List". Mikken Ultra's are not allowed.
5. Metal or steel cleats are prohibited.
6. Uniforms are optional and will be the responsibility of each individual team.

D. Slow Pitch Regulations

1. The pitcher may pitch anywhere from 40 to approximately 50 feet.
2. A legal delivery shall be a ball that is delivered to the batter with an underhand motion at a moderate speed, below the hip. The ball must have an arc of at least 6 feet from the ground and a maximum height of 12 feet. Pitchers shall waive off pitches on the honor system.
3. Three warm-up throws may be allowed in each inning.

E. Players and Coaches Conduct

1. Managers and players have a responsibility to uphold the code of conduct. Disruptive behavior will not be tolerated.
2. Any player ejected from a game must leave the bench area, but may sit in the stands. Any player continuing to be disruptive will be asked to leave the field.

F. Alcohol/Smoking Policy

1. Consumption of alcoholic beverages and smoking is not permitted on School, Town or Little League property. We ask your cooperation in this matter.
2. The Recreation Director has the authority to forfeit games if a violation of this rule occurs.

G. Forfeit Time

1. Teams have FIFTEEN (15) minutes to be ready to play the game following the posted game time. If at the end of (15) minutes at team does not have the required players, the game will be declared a forfeit.

H. Substitutions

- A. Players may be rotated in/out to any position at any time as long as the appropriate mix of men & women remain on the field.

I. Score Books

1. Managers must fill out the score book prior the playing the game. The Home team's book is the official book.
2. Only players listed on the starting lineup at the start of the game will be eligible to play in that game (including late arriving players).

J. Rosters

1. Players must be listed on the official roster sheet before they are eligible to play in any game.
2. Once a player plays their first game, they may not be traded or switch to another team.
3. Rosters freeze after the third "scheduled" game.
4. To be eligible for the playoffs, a player must have participated in over 50% of his/her team's games and appear on the roster.
5. The use of ineligible players constitutes a forfeit. The game must be played to claim the forfeit

K. Injuries/Damage

1. Participants are solely responsible for any and all injuries sustained or damage caused while participating in this program. Report all injuries to the Recreation Director. If a batted ball causes the damage, the batter is liable.

L. Field Maintenance

1. The league is playing on borrowed fields. At the end of each day's games it is expected that each field will be dragged and holes filled in.

M. Rescheduling Games

1. On mutual agreement, Team captains may reschedule a game for team convenience as long as the game is played during the same week as scheduled. Contact the Recreation Department for field availability. Games may be postponed due to weather. Waldoboro Recreation must be notified and the game made up prior to the next regularly scheduled game. Games not made up will be recorded as a loss (for both teams).

N. Rules Modification

1. The Recreation Director reserves the right to modify rules as necessary to carry out the league.

Waldoboro Co-Ed Softball

(Condensed Rules)

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- 10 players will play the field, 3 must be women.
- May start with 8 players, 2 must be women. Outs will be taken in the 9 and/or 10 spot.
- Game length is 7 innings or 1:15 in length. (Innings may be completed but not started). Legal game is 5 innings.
- Batting order must alternate male - female beginning at the top of the order until all female players bat.
- All players on the lineup shall bat.
- Free substitution. (as long as appropriate mix of players remains on field)
- If a male walks, a female that is on deck has the option to walk also.
- Batter starts with a 1-1 count.
- Males allowed (2) (over the fence) homeruns...progressive - Must wait for other team to hit one before hitting another. All others are outs. Female HR's and inside the park HR's do not count against limit.
- A "strike" board shall be used behind the plate. Base coaches will call safe/out. On deck batter has calls at the plate. Catcher will call fair/foul. All calls shall be on the honor system. There will be no arguing of calls.
- Ball batted foul with 2 strikes will be considered an out.
- Male outfielders may not move closer than 150 feet to home plate when a woman is at bat. Markers will be placed in the outfield.
- No bunting or chopping down on the ball (automatic out)
- Batter is liable to ejection from a game and an out charged to his/her team when a bat slips from his/her hands or the bat is thrown intentionally. The ball is dead and the batter/runner may not advance.
- No stealing or leading off. Runners may leave base when a pitched ball is batted. If the ball is hit either fair or foul, and the runner leaves early, ball is dead, runner is out, and batter returns to hit with the same count.
- Ball thrown out of bounds: thrown by an infielder, 1 base is awarded. Thrown by an outfielder, 2 bases are awarded.
- Out of Bounds is as follows: Medomak Valley HS - Over any fence. Past an imaginary line extending from the corner of the first base dugout parallel with the first base foul line. Through the fence opening near home plate. Waldoboro LL - Over any fence or into the dugout area. Philbrook Field - Over any fence. Past the painted white line near the crushed rock drainage ditch along the entire 1st base side.
- Obstruction rule will be enforced. (cannot block base or base path without ball)
- Sliding is optional. Should be used for safety. (if not sliding, surrender out and step out of way of play)
- Running over or taking out a defensive player will constitute an automatic out and ejection if flagrant.
- Men must use wooden Bats ONLY. Woman may use aluminum bats - must be ASA approved and not appear on the "Banned bat List". Mikken Ultra's are not allowed. Wooden bats must be labeled "official softball"
- Metal or steel cleats are prohibited.
- Pitcher may deliver ball anywhere from 40 to approximately 50 feet.
- A legal delivery shall be a n underhand motion at a moderate speed, below the hip. The ball must have a 6-12 foot arc. Pitchers shall waive off pitches on the honor system. Three warm-up throws allowed in each inning.
- Consumption of alcoholic beverages and smoking is not permitted on School, Town or Little League property.
- Participants are solely responsible for any and all injuries sustained or damage caused while participating in this program.
- Pinch Runners may be used. Person who made the last out is the pinch runner (male for male, female for female)