



**SANDY RECREATION  
ADULT SOFTBALL  
Coaches Meeting – March 30th,  
2026**

# MEETING CONTENT

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# LEAGUE INFORMATION

- **Season begins the week of April 6th.**
- **Practices** can be reserved by going to [sandy.utah.gov/reservation](http://sandy.utah.gov/reservation) or you can call our office at 801-568-2900 to set up a practice time (limited to 1 hour). Since we have limited availability of fields, please only reserve a field once a week on Saturdays or Sundays.
- DO NOT use the restrooms inside the Indoor Pavilions at Bicentennial and Lone Peak Parks. If the building is open, a customer has it reserved! Outdoor restrooms are located at the outdoor pavilions/scores tower at the parks.
- **Please clean up after yourselves** (including dugouts) and throw away garbage in designated bins at the park. Please exit the dugout quickly after your game is over.
- You park at your own risk at the parks. Please do not park in RED zones. Do not leave valuables visible in your car.
- **SPORTSMANSHIP:** This is a Recreation Softball league. Teams are expected to read & follow the Sportsmanship Rules.
- **Rosters/Waiver** must be turned in to the scorekeeper before your first game. You scorekeeper will hand them out before the first game. If you would like one before then, you can download it from Team Sideline.
- **Game Schedules:** the first team listed is the HOME TEAM and will take the 3<sup>rd</sup> base dugout. If the team has a double header, they will remain in the same dugout they were in previously. **Schedules will be available Monday, March 30<sup>th</sup> by the end of the day (5:00 pm).**
- **League Tournament;** bracketing will be based on league play record. Brackets will be available as we get closer to the end of league play.

# ADULT SOFTBALL RULES

- Rosters/Waiver
  - Men's 20; Coed 25
  - Must be 18 & older
  - All players must sign roster
  - Tourn. Eligibility = on roster 25% of league play
- Dugout Area - Must be 18 & older
- Game Length & Start Time
  - No new inning after 55 minutes
  - 15 Run rule
  - Tie Breaker rule
- Rain Make-ups & Rainouts
  - Notified through Team Sideline
  - 4 ½ innings = complete game
- Uniforms, Shoes, Protective Gear
  - Matching shirts with #'s recommended
- Equipment/Bats
  - Safety Bases
  - Bats – 1.20 BPF rating
  - Softball: Men 12”; Coed Women 11”
- Short Handed Rule
  - 10 Minute grace time – 7 players
  - Automatic Outs **(first time through only for mens league. COED explained next page)**
- Home Run (HR) Rule
  - One up in Men's E & all Coed leagues
  - Two up in Men's D & combined leagues
- Courtesy Runner
  - One courtesy runner per inning/per gender (one-time)
  - It is recommended that the last person out of that gender be the courtesy runner. If you use someone else and their spot comes up in the line-up with the courtesy runner it is considered

# ADULT SOFTBALL RULES

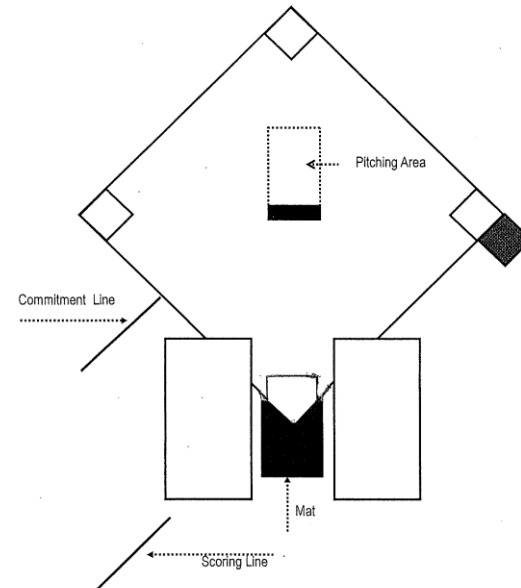
- Foul Ball Rule
    - COED leagues get one courtesy foul.
- Men's leagues do not
- Re-entry
    - Starting players may withdraw & re-enter once during a game
  - Forfeits
    - If a team forfeits more than 3 games = no tournament
    - **Notify us if you're going forfeit, please!**
  - Protests/Illegal Player
    - A formal written protest within 48 hours with \$50 check
    - All players must be listed on the roster
    - If the eligibility of a player is questioned:  
Roster Checked – I.D. may be required
- No Alcohol allowed in park
  - Please help clean dugouts after your game!
  - Insurance – Sandy doesn't provide any
  - Electronic Equipment – not allowed on field or on person
  - Coed Specific Rules
    - Alternating Male/Female batting lineup
    - Defense 5 male/5 female – no position restrictions
    - No more than 5 males playing defense
    - When a male batter walks (due to balls or intentional walk) he will be awarded first and second with the next female batter having the option to walk or bat.
  - If you are short handed players for COED, the auto outs will work like this:
    - **Short handed men:** auto out one time through
    - **Short handed women:** auto out every time through

# ADULT SOFTBALL RULES

- **Black Mat**
  - It's a ball if it hits any part of the white home plate.
  - It's a strike if the ball or circumference of the ball hits any part of the black/mat.
  - If ball hits white home plate and black mat at same time, it will be a strike.
- **Pitching/Protecting the Pitcher – no up the middle rule**
  - Pitcher may pitch from the pitching plate.
  - A legal pitch is when the ball is released within 5 seconds after it is presented and shall not be delivered less than (5') and no more than (10') from the ground.
- **Scoring & Commitment Line**
  - Runners must touch the scoring line or the ground over it before the catcher touches home plate with control of ball.
  - Runners who touches home plate, black mat, or batter's box, is automatically out.
  - Defense must always touch the home plate for the out. If there is an attempt by defensive team to tag the runner past the commitment line, the runner is automatically safe.

- Once a runner touches the ground past the commitment line, the runner must go home.

Example: Mat, Commitment, Scoring Line, Pitch Area



- **Pitching Area:** 24" W x 6' D
- **Commitment Line:** To be placed 20 Feet from 3rd Base
- **Scoring Line:** Starting 1 Foot from the Batters Box and extending 8 Feet
- **Mat:** (23" W x 32" D)

# WEATHER POLICY

## LIGHTNING

- ✓ When lightning is first seen and/or thunder is heard and if that time is 30 seconds or less, the thunderstorm is within 6 miles and is dangerous. At this time, all in attendance at the outdoor game or activity should immediately go to their cars or enter an enclosed building.
- ✓ **Weekday games** – In most cases, once the decision has been made to clear the area and seek shelter the current game will be canceled for the night.

## HIGH WINDS

- ✓ When a high wind warning is issued by the National Weather Service (NWS), outdoor activities shall not operate within close proximity of hazards. *(40 mph for more than 1 hour, or wind gusts of 58+ mph)*

## RAIN-OUTS

- ✓ Games “rained out” will be rescheduled. We will send texts/emails out via TeamSideline. After this is updated, it is the Site Supervisor’s responsibility to call the game at the field in case of further weather conditions including lightning or poor field conditions.



# CONCUSSION POLICY

## CONCUSSIONS

- ✓ A **concussion is a brain injury** that: Is caused by a bump or blow to the head; Can change the way your brain normally works; Can occur during practices or games in any sport; Can happen even if you haven't been knocked out; Can be serious even if you've just been "dinged."
- ✓ It is policy of Sandy City to inform parents, athletes, coaches, and the City agents of the signs, symptoms or behaviors consistent with sports induced concussions and head injuries. It is the requirement of HB 204 that athletes, under the age of 18, suspected of a concussion or head injury are required to be immediately removed from the sporting event, seek medical attention, and follow the procedure to return to play.

## MEDICAL NOTE

- ✓ A written medical clearance from a qualified health care provider is required before the athlete can return to participate in any sporting event. The medical release must be provided to the Sandy Recreation Division.



# THANKS!

## Any questions?

You can contact me at:

[kasay@sandy.utah.gov](mailto:kasay@sandy.utah.gov)

## **We're hiring Scorekeepers!**

If anyone is interested in working our Adult Softball programs,  
they can apply at [www.sandy.utah.gov/jobs](http://www.sandy.utah.gov/jobs)



# One Spot to Connect with Sandy City

**[sandy.utah.gov/citizenconnect](https://sandy.utah.gov/citizenconnect)**



Download the app to report city issues (like graffiti), to receive emergency notifications, and to access city/event info on Google or Apple devices. Search “Sandy CityServe” in the app store.



The perfect site if you only have a few minutes for quick city updates. This dashboard features latest events, monthly newsletter, latest news, videos, fact briefs, and more.



Get email notifications on all the things you are interested in at the city.  
Sign up here: [sandy.utah.gov/sandynotify](https://sandy.utah.gov/sandynotify)



Tune into City Council and Planning Commission meetings.

Go to: [sandyutah.legistar.com/Calendar.aspx](https://sandyutah.legistar.com/Calendar.aspx), then click on the video media link.



Please sign up and provide feedback on Sandy City’s online survey tool.

Visit [sandy.utah.gov/citizensurvey](https://sandy.utah.gov/citizensurvey)



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