

2025 SPRING ADULT SOFTBALL



HANDBOOK

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General League Information

Cary Parks, Recreation and Cultural Resources is committed to offering the adults of Cary and surrounding areas well structured, supervised, and enjoyable athletic league programs. These programs are designed to provide a competitive recreation opportunity that promotes fitness and wellbeing to the participants through team and league play. The goals of the softball program include participation, sportsmanship, and fun.

Registration

Registration for adult softball leagues is accepted from teams only. No individual registration is accepted. Individuals interested in participating should complete the individual interest [form](#) to be placed on an individual interest list. This list will be provided to coaches that are interested in adding players to their teams.

Team priority for registration is as follows:

1. Teams comprised of all Cary residents.
2. Teams comprised partially of Cary residents.

Roster Information

Each team roster must have at least twelve (12) players. Players must be 18 years old by January 1, 2025, to be eligible to participate in the program. (Exceptions: Coed C and Women's Open league players must be 16 years of age by January 1, 2025.)

Dropping/Adding players to the Original Roster

Players may be added to the original roster until the advertised date (see league rules) for roster additions. Players must be invited and accepted to the official roster on game day to participate in the game that same day.

Players must be added to the roster through Teamsideline.

Players may be dropped from the roster if they have not played in a game with the team. If the player has not accepted the team roster invitation, the team captain may login to Teamsideline and remove the player from the team's roster. If the player has accepted the roster invitation, the team captain should email Tracey.Hedgpeth@carync.gov

Resident / Non-Resident Fees

Cary residents are not required to pay any additional fee. A Cary resident is one that resides in the Town of Cary limits. A person that owns property in Town of Cary limits is not considered a resident unless he/she resides in the Cary limits. Non-residents of Cary must pay an additional fee of \$25 when adding to the TeamSideline roster.

Practice Schedule

Teams will be assigned 3-4 practices prior to the start of games. Practices that are cancelled (weather, etc.) are not rescheduled. When the practice schedule is posted, teams should email sports@carync.gov to request practice changes/additions to the practice schedule. No additional practice time is provided after games begin.

Game Schedule and League Standings

Teams are scheduled for 14-16 regular season games depending on the number of teams in the league/division. Coaches will receive the regular season game schedule approximately one week prior to their first game.

A double elimination tournament is also offered at the conclusion of the regular season for all teams (see league rules for exceptions). Schedules and standings will be posted on the TeamSideline website.

Umpires and Scorekeepers

One scorekeeper and two umpires are typically assigned for all regular season and tournament games. Cary contracts with Triangle Officials Inc. for adult softball league umpires. The umpires are trained, scheduled, and evaluated by Triangle Officials Inc.

The scorekeepers are part-time employees of the Town of Cary. They are trained, scheduled, and evaluated by the Cary Parks, Recreation and Cultural Resources staff.

Occasionally there may be games played with one umpire or without a scorekeeper. If a scorekeeper is not present, the home team will be responsible for keeping the official scorebook at the field.

Coaches may complete Officials' Evaluation Forms (see Appendices) to provide feedback on umpires. The forms are also available from the official scorekeeper. Please use this form to provide both positive and negative comments. Also, please be as objective and specific as possible when completing an Officials' Evaluation Form.

Uniforms

Teams are responsible for providing their own uniforms for league play. The uniform includes matching color shirts with non-duplicated numbers on the back of the shirt. Hat, shorts, and baseball/softball pants do not have to match. Please see the league rules for more information.

Balls and Equipment

Teams are responsible for providing all softballs, softball bats and equipment needed during the season. In slow pitch leagues the pitchers & catchers may wear face masks and other protective equipment (optional).

Awards

Teams finishing in first and second place in the tournament will receive t-shirts. Tournament champions will also receive a trophy.

Injuries and First Aid

Accident insurance is not provided for participants in the adult softball leagues. Please refer to the WARNING, LIABILITY, RELEASE AND ACKNOWLEDGEMENT AND ASSUMPTION OF RISKS statement when accepting the team roster invitation.

In the event of minor injuries players may obtain first aid supplies from the staff at the scorekeeper towers at Thomas Brooks and Middle Creek Parks. In the event of major injury please have the staff call 911 immediately.

USA Softball of North Carolina

Teams registered in Town of Cary adult softball leagues are sanctioned with USA Softball (formerly ASA).

Middle Creek Softball Complex

Middle Creek Community Center represents a collaborative effort between the Town of Cary and the Wake County Public School System. The community center, adjacent to Middle Creek School Park, has a gymnasium and two smaller classrooms. Programs are offered in fitness, dance, arts, and wellness. Middle Creek School/Park features tennis courts, softball fields, basketball slabs and soccer fields. The softball complex has 4 softball fields with 300' fences and a scorekeepers' tower with restrooms and a concession stand. Directions to this facility are listed in the appendices.

Thomas Brooks Park

Thomas Brooks Park, a 126-acre facility, located in western Cary off Green Level Church Road near Green Hope School Road. The park includes baseball/softball fields, picnic shelters, playground, a walking path, and support facilities. The softball complex has 4 softball fields with 300' fences and a scorekeepers' tower with restrooms and a concession stand. Directions to this facility are listed in the appendices.

Sports Staff

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CARY PARKS, RECREATION & CULTURAL RESOURCES DEPARTMENT
2025 ADULT SPRING LEAGUE SOFTBALL RULES

1. LEAGUE ADMINISTRATION: The Leagues shall be administered by the Sports Staff of Cary Parks, Recreation and Cultural Resources Department.
2. TEAM REPRESENTATIVES: Each team shall have a team representative who will be the official contact person for the team with the Parks, Recreation and Cultural Resources Department.
 - A. The team representative must make certain that all team players receive all information distributed by the Parks, Recreation and Cultural Resources Department and are aware of all league rules.
 - B. The team representative is responsible for the accuracy of all information contained on the team roster and ensuring that all team members are registered.
 - C. The team representative must always enforce all safety rules during games and practices.
3. SAFETY: The safety of the participants is the primary concern of the Parks, Recreation and Cultural Resources Department. All individuals involved in the program must abide by all safety rules.
 - A. Jewelry: Exposed jewelry which is judged by the umpire to be dangerous must be removed and may not be worn during the game. NOTE: Medical alert bracelets or necklaces are not considered jewelry. If worn, they must be taped to the body, so the medical alert information remains visible.
 - B. Metal cleats are not allowed. Any player found to be wearing metal cleats must change shoes or be removed from the game. This does not count as an ejection. All players must wear athletic type shoes. No players may play in bare feet.
 - C. Only players and coaches are allowed in the dugout. Children are not allowed in the dugout.
 - D. SLOW PITCH: Pitchers and catchers have the option of wearing a face mask and other protective equipment.
 - E. The double first base will be used.
4. LEAGUE RULES: Official USA Softball rules shall prevail along with the following exceptions and explanations.
 - A. Time Limit: A regulation SLOW PITCH game shall consist of seven innings or one hour of play (no new inning after one hour), whichever comes first. When possible, the official time will be kept on the scoreboard by the scorekeeper. At fields with no clock on the scoreboard the umpire shall be the official timekeeper. Each new inning begins with the last out of the previous inning. The home team shall have the opportunity to bat if necessary to complete the game.
NOTE: For the first game of the night, the clock should start at the scheduled game time, if at least one umpire is present. After the first game of the night, the time limit begins with the first pitch (or when the umpire instructs the pitcher to begin pitching). The time limit should not start with the warm-up pitches.

1. 10 Run Rule: If after at least 4-1/2 innings of play the home team is ahead by 10 or more runs, or if the visiting team is ahead by 10 or more runs after 5 complete innings, the game shall be declared a completed regulation game.
There will also be a fifteen run rule after 3 1/2 or 4 innings of play.
There will also be a twenty run rule after 2 1/2 or 3 innings of play.

2. Tie Breaker Rule - If a game is tied at the end of seven innings or at the end of a game called due to the time limit the following procedure will be used for the first two extra innings. If the game is still tied after two extra innings the game will end as a "tie". (Exception: tournament games)

- During each half inning of the extra innings the offensive team shall begin its turn at bat with a base runner at second base. The base runner on second base will be the last batter from the previous inning. **The runner must advance at least one base before a substitute or courtesy runner may be used.** This rule supersedes USA Softball Rule 8.9.
- If the last batter from the previous inning is injured, please refer to USA Softball Rule 4, Section 6, Article D.

Clarification: When a team is playing shorthanded, and it is the shorthanded spot in the batting order which should start at second base the team must place the player whose name precedes the absent player's name in the lineup at second base.

Clarification: The second extra inning will not be played if the tie is broken at the conclusion of the first extra inning.

3. Over the fence home run limits:

Coed B or Coed B/C	2 per team	Men's Open B or B/C	2 per team
Coed C	1 per team	Men's Open C	1 per team

All balls hit over the fence in excess of the above limits will be called "out".

4. In case of the game being called due to inclement weather, the losing team must have been at bat at least 5 innings for a game to be declared completed. It is the responsibility of all team players to remain at the field until the officials have determined that the game will not be continued after it has been suspended due to rain.
5. Games that are not considered regulation shall be resumed at the exact point where they were stopped. **Exception: If 2 complete innings have not been played, when rescheduled, the game will start over as if it had never begun.**
6. COED: Any walk to a male batter will result in a two base award. The next batter (a female) will bat. EXCEPTION: With two outs the female batter has the option to walk or bat.
7. SLOW PITCH: "Courtesy runners" **are** allowed (USA Softball Rule 8.9). **An additional courtesy runner for the pitcher anytime they are on base.**
8. Teams must warm up beyond the dugouts outside the playing field.

9. The quadruplicate lineup card must be used, and the lineup must be submitted to the umpire at the pre-game conference at home plate. **All players listed on the starting lineup must be present in the dugout.** Any players listed on the starting lineup that are not present should be removed from the starting lineup. Those players may be added as substitutes when they arrive. The umpire will give a copy of the official lineup to the official scorekeepers. Substitutes should be listed on the lineup card (but not required to play).

10. Men's C Friday League (ONLY)

The use of a strike mat will continue in the Men's C Friday night league this spring.

- Any legally pitched ball that hits the strike mat or home plate will be called a strike. This rule applies only in leagues using the strike mat.
- If there is a force play at home, the defensive player must tag home plate, not the strike mat.

B. Forfeits:

1. Teams must have eight players to start a game. A double forfeit will be called if neither team can field the required number of players.
COED: Teams must have at least 4 males and 4 females.
2. A ten-minute grace period will apply for the first game of the night only. Any time used during the grace period counts toward game time. The game must begin as soon as both teams have eight players present if the grace period is being utilized.
COED: Teams must have at least 4 males and 4 females.
3. If at any time during the game a team drops to less than eight players, a forfeit will be declared.
COED: Teams must complete the game with at least 4 males and 4 females to avoid forfeit.
4. When a team forfeits a game, it forfeits its right to use the playing field for the hour that the game was scheduled. The team present may use the field until the teams need the field for the next game.
5. Any team that forfeits four or more regular season games due to not having enough players to start the game will not be eligible to play in the post-season tournament.
6. All eligible players must be properly registered and enrolled on the official online roster and must have paid non-resident fees before playing in a game.
7. Please see page 11 for instructions on reporting a forfeit in advance.

C. MEN'S OPEN and WOMEN'S - Number of Players:

1. In the Men's Open and Women's Open leagues (only), 1 or 2 extra players (EP) may be used. If 2 EP's are used, all 12 on the starting line-up must bat and any 10 of those may play defense. If 1 EP is used, all 11 in the starting line-up must bat and any 10 of those play defense.
2. A team cannot add the 11th and 12th players once the game has started.
3. Teams may not play with less than eight players. When a team starts with eight or nine players, an out is not called for the ninth and tenth spots in the batting order.

4. The late ninth and tenth players may be inserted into the line-up and will assume the last positions in the batting order.
5. If a team loses a player due to injury and has no subs, the player's batting spot will be skipped and no out will be called. The game will be forfeited if the team drops to less than eight players. If the player is lost for any reason other than injury (i.e., ejection, players leaving field, etc.), an "out" is called each time they were to bat. If the team drops lower than eight players a forfeit will occur. This rule also applies in the event of suspended games that are resumed at a later date and/or time.
6. If a player is skipped in the batting order due to injury that player may not re-enter the game. Players leaving the game because of the blood rule may re-enter.

D. COED - Number of Players:

1. Teams may begin a game with eight, nine, ten or twelve players.
 - a. When a team **starts** with eight players, (4 males, 4 females) an out is not called for the ninth and tenth spots in the batting order.
 - b. When a team **starts** with nine players (5 males, 4 females or 4 males, 5 females) an out will be called in the batting order for either the male or female not present in the ninth or tenth position in the batting order.
 - c. When beginning with fewer than ten players, teams can add a ninth player and/or a tenth player into the lineup, in the ninth and/or tenth positions in the batting order, at any time. When a team adds the ninth player (but not the tenth) an out will be called for either the male or female not present in the batting order.
 - d. When starting with 10 players there must be 5 males and 5 females. When starting with 12 players there must be 6 males and 6 females (1 male EP, 1 female EP).
 - e. A team cannot add the 11th and 12th players once the game has started.
2. If a team loses a player **for any reason** and has no subs, the player's batting spot will be skipped and an out will be called each time he/she was to bat. The game will be forfeited if the team drops to less than eight players. This rule also applies in the event of suspended games that are resumed at a later date and/or time.
3. At no time may a team drop below 4 players of one gender in the batting order. If a team cannot bat at least 4 males **and** at least 4 females, that team will forfeit.
4. At no time may a team play greater than 5 of one gender in the field. If, for example, a team starts with 6 males and 6 females in the batting order, loses two females, and has no subs, that team must play the 4 remaining females in the field with only 5 males.
5. If a player is skipped in the batting order due to injury that player may not re-enter the game. A player leaving the game because of the blood rule may re-enter.

E. Re-entry

1. Any player may be substituted and re-entered once, providing players occupy the same batting positions whenever in the line-up.
2. Players may not re-enter a second time. The starting player and their substitute may not be in the line-up at the same time.
3. In case of injury, this rule may be waived if there are no eligible substitutes, and the team would otherwise have to forfeit.

F. Teams should be warmed up and ready at game time and hustle on and off the field during games.

G. Game Ball:

1. **MEN'S OPEN and COED (male batters only)**

The yellow optic color, red-stitch 12-inch ball with a Ball COR of .520 or under and a compression of 300.0 lbs or under and a Dynamic Stiffness of 5500.0 lbs or under shall be used. The balls must bear an ASA or USA approved certification mark signifying compliance with the ball COR and Ball Compression limitations in effect.

2. **WOMEN'S and COED (female batters only)**

The optic yellow cover, red-stitch 11-inch ball with a Ball COR of .520 or under and a Ball Compression of 300.0 lbs or under shall be used. The balls must bear an ASA or USA approved certification mark signifying compliance with the ball COR and Ball Compression limitations in effect.

3. Both teams will provide softballs for all games. Teams will "hit their own" softballs. When balls are batted out of the playing area (foul ball, home run) the offensive team will provide another ball to the home plate umpire immediately.

4. The current game ball should be used until such time as it goes out of play or becomes unplayable. Exception: Retrieved foul balls or home run balls may be put back into play at the discretion of the umpire.

H. Bats

Please refer to the USA Softball equipment rules. Changes to the USA Softball approved bat list that occur during the season will be evaluated and decisions rendered at the time of the change(s). Information about USA Softball approved equipment can be found at <https://www.teamusa.org/usa-softball/certified-equipment>

I. Uniforms

Players should have alike jerseys with screen printed numbers on the back. Numbers at least six inches high should be screen printed on the back of the uniform shirts. Players on the same team should not have duplicated numbers (numbers 0 and 00 or 3 and 03 are examples of duplicated numbers). Exceptions may be approved by the Sports staff in extenuating circumstances.

J. USA Softball base stealing rules are not in effect for slow pitch leagues.

K. Warm up/Walk up music is not permitted during games in adult or youth leagues.

5. **UNSPORTSMANLIKE CONDUCT:**

A. All problems of unsportsmanlike conduct will be handled according to the Athletic Program Discipline Policy in addition to the following information.

B. Head coaches and/or assistant coaches may be suspended due to the conduct of their players.

C. Head coaches and/or assistant coaches may be suspended if illegal players are used.

- D. All officials, scorekeepers and staff are “off-limits” after games. Coaches, players, and spectators engaging in confrontational or unsportsmanlike behavior, especially after games, will be subject to partial or permanent program suspension.
6. **PROTESTS:** Protests will be handled according to the USA Softball Rule 9. Please review this rule and follow the steps to formally file a protest, in addition to the steps below.
- A. The notification to protest must be made to the plate umpire before the next pitch. The umpire should notify both coaches and the scorekeeper that the game is being played under protest.
- B. Protests regarding the misinterpretation of a playing rule must be submitted by email to your league administrator by 5 p.m. the next business day after the game in question. A protest fee of \$25.00 must be paid with each written request. If the protest is upheld the fee will be refunded. If the protest is denied, the fee will not be refunded.
- C. Protests regarding player eligibility will be handled by staff at the field. A team may protest the eligibility of a specific player, not a general statement that the team is using illegal players. The player in question must produce identification to staff at the field to be verified against the team’s official roster. No fee is required to protest a player’s eligibility.
- D. All protests will be reviewed and decided upon by the Sports Staff. Those protests ruled to be invalid by the staff will not be accepted.
1. If a protest involving the misinterpretation of a playing rule is upheld, the game shall be replayed from the point at which the incorrect decision was made with the decision corrected. The protest fee is refunded if the protest is upheld.
 2. If a protest for eligibility is upheld, and the player has participated in the game, the game shall be forfeited by the team in violation. If the player has not participated in the game, the ineligible player will not be allowed to participate, and the player and team captain may be subject to league suspension.
7. **ROSTERS/ELIGIBILITY:**
- A. All rosters are final as of Monday, April 28th. Teams may add new players to their roster or drop players from their roster with approval from the Parks, Recreation and Cultural Resources Department. However, once a player participates as a team member in a game, that player is permanently assigned to that team for the remainder of the season.
- B. Women may participate in the Men’s softball leagues. They will play with men’s rules (not Coed rules) and will hit men’s softballs.
- C. All participants must be 18 years of age by Jan 1, 2025. Exceptions: Coed C and Women’s Open league players must be 16 years of age by Jan 1, 2025.
- D. Players may participate in more than one Town of Cary softball division during the same season. Players may not participate with more than one team in the same division.
- Example: Players may participate on a Men’s Open team and a Coed team. Players may not play on two different Men’s teams or two different Coed teams;
1. Players in violation of this rule may be suspended from the program.
 2. The teams may be subject to forfeits for all games in which said player participated.

- E. The Sports Staff may check player photo I.D's on the playing field. If a player does not have an I.D. at the field the player may not be allowed to participate.
 - F. Any player who participates and is not on the roster may be suspended for one year.
 - G. Any team that uses an ineligible or illegal player may be dropped from the league and not permitted to participate for one year.
 - H. The head coach and/or assistant coach may be suspended for use of illegal players.
8. TOURNAMENTS: All regular season rules apply with the following exceptions.
- A. Tournament seeds will be determined by regular season finish. Ties will be broken by head to head competition between teams that are tied. If ties still exist after examining head to head competition, a coin flip will determine tournament seeds.
 - B. The higher seeded team will be the home team throughout the tournament except for the tournament final when the team without a loss in the tournament will be the home team. If the team from the loser bracket wins the first game, home team reverts to the higher seed from the regular season as both teams will have one loss. The home team will occupy the first base dugout, but teams will not change dugouts if the home team changes between games.
 - C. 10, 15, and 20 run rules remain in effect for **all** games.
 - D. SLOW PITCH: Time limit for tournament games (except championship games) will be 60 minutes.
 - E. Tournament games cannot end in a tie.
 - F. Time limits will not be in effect for championship game(s). Seven innings must be played in the championship game(s) unless ended due to the 10, 15, or 20 run rule or forfeiture.
9. RAINOUTS:
- A. In case of inclement weather, a decision regarding games will be made by the Sports Staff.
 - 1. A recording will be made on the weather cancellation line at (919) 319-4500 by 3 p.m. Mon-Fri, 8 a.m. on Sat and noon on Sun. If a decision is needed after the daily update, teams should report to the field and a decision will be made by the umpires or a Sports staff representative. However, if possible, updated recordings will be made after the daily update.
 - 2. There will also be updates posted on <http://games.townofcarync.gov/index.htm>. The update procedure and frequency will be the same as the weather cancellation telephone line.
 - B. Sports staff will attempt to reschedule all games that are not played as originally scheduled (example: rainouts, power failure, etc.). Games may be cancelled and not rescheduled, if necessary, at the discretion of the Sports staff.
 - C. Team representatives are responsible for finding out when their game has been rescheduled.
10. ALCOHOLIC BEVERAGES / ILLEGAL SUBSTANCES: Alcoholic beverages and illegal substances are not permitted at Town of Cary parks or school sites. Any player, coach or spectator consuming alcohol or using illegal substances or under the influence of such substances in the park or on school property may be suspended for the remainder of the season.

11. SCOREKEEPERS:

- A. When possible, the official time will be kept on the scoreboard by the scorekeeper. At fields with no clock on the scoreboard the umpire shall be the official timekeeper.
- B. The scorekeeper's scorebook is the official scorebook. If the scorekeeper is not present, the home team will be responsible for the official scorebook.
- C. **Any questions of scoring, substitutions or player eligibility must be made to the umpires, not the scorekeeper.** Once the game has begun, only coaches should direct questions to the umpires and in turn the umpire will officially confer with the scorekeeper. This also includes protests.

12. GENERAL

- A. All authority not covered in these rules and regulations will be left to discretion of the Sports Program Specialist or designee. The Sports Program Specialist or designee will have jurisdiction over all coaches, players, officials, and leagues.
- B. Reporting a Forfeit: If a team knows in advance that they will not have enough players to field a team for that evening's game, please email Tracey.Hedgpeth@carync.gov and copy sports@carync.gov as early in the day as possible (**but no later than 5 p.m.**) and we will notify staff at the field and contact the opposing team. If you send an email prior to 5 p.m. but do not get a confirmation reply, please follow the after hours forfeit procedure below.

If you find out after 5 p.m. that you need to forfeit a game, please call the Bond Park Community Center (919-462-3970) or the Herb Young Community Center (919-460-4965) and tell the front desk staff your name, team name and that you need to forfeit your softball game for that night. They will contact after hours staff who will attempt to contact the opposing team.

POLICY STATEMENT	NO. 19
Athletic Program Discipline Policy	Effective: 09/28/12
	Supersedes: 05/26/2005
	Prepared by: William Davis
	Date adopted by Council 09/27/12

PURPOSE:

To adopt an official policy for the control of individual behavior at athletic activities for the purpose of maintaining a wholesome recreational atmosphere at events.

COVERAGE:

This policy, upon adoption, shall be applicable to all individuals participating in athletics as either players, coaches, officials, or spectators and shall remain in effect until such time that it is altered, modified, or rescinded by the Town Council.

POLICY:

The Town of Cary Parks, Recreation and Cultural Resources hereby establishes the following Athletic Discipline Policy:

1. Definition. Unsportsmanlike conduct (to include, but not limited to, the following)
 - a. Harassment of participants or officials, or
 - b. Profane language and/or gestures, or
 - c. Public threat or physical violence, or
 - d. Disruptive or malicious behavior
2. Any individual (includes players, coaches, officials, and spectators) displaying unsportsmanlike conduct whether during or following a game will be subject to partial or permanent program suspension at the discretion of the Parks, Recreation and Cultural Resources Department.
3. Ejection from Game - Adult Participant (including youth coaches)
 - a. Any adult ejected from a game for unsportsmanlike conduct will automatically remain suspended from participating in at least the next game to be played by their team. (Exception: Slapping the backboard or dunking in basketball will not be considered a discipline offense, but all violations of safety rules will be enforced through the athletic program discipline policy).
 - b. Any adult ejected from a second game for unsportsmanlike conduct during any one season will automatically be suspended from a minimum of the next two games to be played by their team and may not participate in any game with their team until they have a personal conference with the appropriate athletic staff.
 - c. The Parks, Recreation and Cultural Resources Department will review all ejections and may extend any suspension beyond the minimum game suspension as noted in 4(b) as it deems appropriate for the offense

4. Any coach displaying unsportsmanlike conduct, violating any coach's code of conduct rule, or refusing to abide by rules and regulations established by the department will be subject to partial or permanent program suspension at the discretion of the Parks, Recreation and Cultural Resources Department.
 - a. The Parks, Recreation and Cultural Resources Department staff may meet with the coach in violation and will issue a partial or permanent suspension from the program.
 - b. A coach may request a conference appeal before the appropriate athletic committee on any suspension taken by the Parks, Recreation and Cultural Resources Department.
 - c. Any coach or assistant coach who has been dismissed by the Parks, Recreation and Cultural Resources Department may not return as a coach in the Parks, Recreation and Cultural Resources Department.
5. Ejection from Game - Youth Participant
 - a. Any youth ejected from a game for unsportsmanlike conduct will automatically remain suspended from participating in at least the next game to be played by their team. (Exception: Slapping the backboard or dunking in basketball will not be considered a discipline offense, but all violations of safety rules will be enforced through the athletic program discipline policy).
 - b. Any youth ejected from any two games within one season will automatically be suspended from participating in at least the next two games to be played by their team and may not return to their team until their parent(s)/guardian has a personal conference with the team's coach and appropriate athletic committee.
6. Rules for individual leagues may include provisions for disciplinary action above and beyond those listed in this policy.
7. Any individual, whether youth or adult, suspended from a game after having a conference as outlined in 4(b) and 5(b) may be suspended for the remainder of the regular season and any tournament games.

APPENDICES

OFFICIAL'S EVALUATION FORM

Cary Parks, Recreation and Cultural Resources

Please take a moment to give us an objective evaluation of the officials who worked your game. Your input is appreciated.

1. Your Name: _____
2. Sport _____ Team name: (optional) _____ League _____
3. How many years has your team played in a Town of Cary league? _____
4. Relationship to team: (Circle One)
 Head Coach Assistant Coach Player Parent Spectator Commissioner
5. Game Date: _____ Score: _____
 Opponent: _____ Who won: _____
6. Were both officials present and ready to begin at game time? (Circle One) Yes No
7. If one or both were late, at what time did they arrive? _____
8. Rate the following on a 1 - 5 scale.

1 = Poor, 2 = Below Average, 3 = Average, 4 = Above Average, 5 = Excellent

Rule Knowledge	1	2	3	4	5
Application of rules (i.e., called too tight, not tight enough)	1	2	3	4	5
Reaction under pressure	1	2	3	4	5
Referee Consistency	1	2	3	4	5
Game Control	1	2	3	4	5
Hustle (covered the court)	1	2	3	4	5
Alertness, interest in the game	1	2	3	4	5
Attitude toward participants	1	2	3	4	5
Professionalism	1	2	3	4	5
Teamwork with partner	1	2	3	4	5
Overall Performance	1	2	3	4	5

If your evaluation is only for one official, please identify: _____

Additional Comments: _____

Please Email to: Questions? 919-469-4062	Sports@carync.gov Thank you!
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STAY AWAY FROM TREES DURING THUNDERSTORMS!

Go to a building or vehicle to protect yourself from lightning - trying to stay dry under a tree increases your exposure to lightning. Children and adults are killed and injured by lightning every year because they take shelter under or near trees.

Count the seconds between lightning and thunder. A count of 30 or less means you are already in danger, and should be in a safe place. Wait 30 minutes after the last lightning or thunder before going back outside.

- Watch for developing or approaching storms and lightning.
- Go inside a building - stay away from window, pipes, and electrical outlets.
- Go inside a car, truck or bus with a metal roof, and avoid contact with metal.
- For group activities outdoors, designate a person to track the distance to lightning.
- Stay in a safe place until the threat of lightning is over.
- If caught outside far from a safe shelter - stay away from high objects, as well as fences, wires, and poles - and especially trees.
- Be aware of your surroundings.

Picnic Shelters ARE NOT Safe Locations During a Storm!



Middle Creek Softball Complex (4 fields)

151 Middle Creek Park Avenue
Apex, NC 27539



- From the North: From Cary, head south on Kildaire Farm Rd. Turn left onto Ten Ten Rd., right onto West Lake Rd., right onto Optimist Farm Rd., Right onto Middle Creek Park Rd.
- From the East: From Garner, take US 401 South, Turn right onto Ten Ten Rd. at McCullers Crossroads, Left onto West Lake Rd., Right onto Optimist Farm Rd., Right onto Middle Creek Park Rd.
- From the West: From NC 55, turn Left onto Sunset Lake Rd., Left onto Optimist Farm Rd., Left onto Middle Creek Park Rd.
- From the South: From US 401, turn Left onto Ten Ten Rd., Left onto West Lake Rd., Right onto Optimist Farm Rd., Right onto Middle Creek Park Rd.

Thomas Brooks Park (4 fields)

111 Brooks Park Lane
Apex, NC 27502



- **Location** Green Level Church Road between Beaver Dam Road and Green Level School Road
- **From Cary** travel High House Road to Highway 55 at the intersection continue straight onto Green Level Road West. Travel on Green Level Road West approximately 3 miles then take a right onto Green Level Church Road. The park is approximately 2 miles on the right.
- **From Raleigh** take the 440 Beltline to the US 1/Highway 64 exit. Travel on Highway 64 until the Highway 55 exit. Take Highway 55 north until it intersects with High House Road and Green Level Road West. Turn left onto Green Level Road West, travel approximately 3 miles then take a right onto Green Level Church Road. The park is approximately 2 miles on the right.
- **From Durham** take I 40 to the Highway 55 exit. Travel south on Highway 55 until it intersects with High House Road and Green Level Road West. Turn right onto Green Level Road West, travel approximately 3 miles then take a right onto Green Level Church Road. The park is approximately 2 miles on the right.

You can instantly map the location of each of our softball complexes by scanning the QR codes above with a smartphone equipped with a “QR Code Reader” application.