

League Manager: Devin Hatch

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League Website:

<https://www.teamsideline.com/cityofames>

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I. LEAGUE RULES

- a. All games will be played at North/South River Valley Park (1015 E 13th St).
- b. USA Softball Rules will be followed unless otherwise noted.
- c. All games will be played to either 7 innings or 55 minutes (whichever comes first). When time expires, the full inning will be finished (unless the home team is up). A new inning begins when the final out is recorded to end an inning.
- d. Games may end in a tie. Extra innings will be played only if there is time remaining on the clock.
 - i. Coed only: If a game is out of reach at the time limit, the game will be stopped.
- e. Run Rules
 - i. Men: 20 after 4, 15 after 5
 - ii. Coed: 8 per inning, No game run rule
- f. Home Run Rule
 - i. Men: 4
 - ii. Coed: 3 for males, unlimited for females
- g. Please have an adult supervising any children you bring to games. Do not let your kids run around the park unsupervised. Children 16 and under are not allowed on the fields at any time during games, including as bat boy, base coach, etc.

II. EQUIPMENT:

- a. Teams will be provided 6 game balls prior to the season. Additional balls can be purchased if available, or teams can provide their own. (Coed will receive 6 of each 12"/11")
 - i. Game balls must be yellow optic .52 COR 300LB MAX, with a "Certified USA Softball" stamp.
 - ii. Composite cover is preferred.
- b. Metal cleats are NOT allowed. This includes football cleats with metal tips.
- c. Facemasks are strongly encouraged for pitchers but not required.
- d. Bats must be USA Softball approved AND must have a City of Ames 2026 (Orange) sticker.
 - i. Any player using a non-approved bat will be suspended from play for one calendar year.
- e. Umpires reserve the right to ask players to remove any jewelry/accessories that may interfere with play.
- f. The batting team will keep the official scorebook and get score approved between each half inning.
 - i. The home team is responsible for running the scoreboard.
- g. Teams are not required to wear matching uniforms, however a shirt must be worn at all times.

III. STANDINGS

- a. Standings will be determined by win/loss record.
- b. Tie breaker for standings will be...
 - i. Win Percentage
 - ii. Head-to-Head Record
 - iii. Head-to-Head Run Differential
 - iv. Total Run Differential
 - v. Sportsmanship Rating
 - vi. Coin Flip

IV. PLAYOFFS

- a. Playoffs will be single elimination.
- b. All league rules apply to playoff games.
- c. Players must be rostered and have played a minimum of 1 game during the regular season to be eligible for playoffs (no subs).
- d. Teams will be seeded according to final win-loss record. The League Manager reserves the right to move teams between divisions to create more competitive parity for playoffs.
- e. Awards given for Regular Season and Tournament Champions.

V. PLAYER ELIBILITY:

- a. Players must be 17 years of age or older to participate.
- b. Any player currently playing on a high school, NAIA, NJCAA, or NCAA sanctioned team is ineligible.
- c. City of Ames rules will allow for no limit on the number of B-players playing in the MC1 league as long as they are on the roster at the beginning of the season.
- d. Players may not be rostered on more than one team per night.
- e. Teams short a player may pick up players with opposing team approval.
- f. The City of Ames does not discriminate on the basis of age, race, sex, gender identity, sexual orientation, or other protected characteristics. Participants are expected to register for and participate in the program that best fits their needs and abilities in good faith.
 - i. **This does not apply to USA Softball of Iowa Tournaments**
- g. The City of Ames Parks & Rec, or its employees or appointed agents, assume no responsibility for any personal injury or loss that any team member or spectator may incur as a result of these programs. Individuals are encouraged to have their own personal health/accident plan for any such injuries that occur. Players may be held responsible for unnecessary damage that may occur as a result of misconduct in a facility.

VI. FEES & ROSTERS:

- a. League fees will be set following the Captains Meeting and must be paid in full by the set deadline.
 - i. Teams will not be included in the schedule until fees are paid in full, unless arrangements are agreed upon with the League Manager.
- b. Rosters are due by the date of the Captains Meeting.
- c. After rosters are submitted, roster changes must be made via a Roster Add Form.
 - i. Must be submitted BEFORE the new player participates.
 - ii. Roster additions for non-resident players must be paid before playoffs.
- d. Players can be added until the final regular season game.

VII. GENERAL GAME RULES:

- a. For all leagues, a mat will be used for calling balls and strikes. If the pitched ball hits the plate/mat and is in accordance with all pitching regulations, it will be called a strike. The plate and mat will be considered a strike for all leagues.
 - i. Pitching height is 6-10 feet.
- b. All batters start with a 1-1 count. There is no courtesy foul allowed. A foul ball with 2 strikes is an out.
- c. Pitchers may notify the umpire of their intention to walk the batter and they will take first base.
- d. Teams must have a minimum of 8 players to start and finish the game (no automatic outs). As players arrive late, they will be added to the bottom of the lineup.
- e. Teams may bat up to 14 players in all divisions.
- f. No stealing or leading off.
- g. Defense will play with Free Substitutions (unlimited).
- h. Forfeit time will be 5 minutes past scheduled game time. The clock will start at scheduled game time. If a team has 8 players, they must start on time.

- i. Pitchers must pitch with both feet on the ground on the release of the ball, with at least one foot within the 24-inch width of the pitching rubber.
 - i. Pitchers may pitch from up to 6 feet behind the rubber, but still within 24-inch width.
- j. The mat will act as part of the plate for baserunners attempting to score. The actual plate must still be used by the defense. Normal force/tag apply for plays at the plate.
 - i. A defender cannot block the path to the mat/plate without the ball (interference).
 - ii. It is the baserunner's responsibility to avoid excessive contact/collisions at the plate (automatic out and/or ejection).
 - 1. This does not apply to incidental contact due to an off line throw bringing the defender into the runner's path.
- k. Any player can be used as a courtesy runner for any other player. (one per inning)
 - i. A player using a courtesy runner may not use a 2nd runner if they reach base twice in an inning.
 - ii. The pitcher may also have a courtesy runner and does not count towards the 1 per inning.
- l. **COED SPECIFIC RULES**
 - i. The playing field will include a line in the outfield, 175' radius from home plate, from foul line to foul line. Outfielders must remain behind this line until the ball is hit for all players.
 - ii. Defensive positioning shall include 2 males and 2 females in the outfield, 2 males and 2 females in the infield, and 1 male and 1 female in the pitcher/catcher positions. If a team is playing shorthanded with only 3 outfielders/infielders, they may have 2 men in either, but not both.
 - 1. You may play more females than males, but NOT more males than females.
 - iii. Designated infielders must play in the dirt area of the infield. They may not play on the grass until the ball is put into play.
 - 1. Effect: Delayed dead ball with the batter choosing to either 1) take the result of the play or 2) take a one base award with all runners advancing one base from the time of pitch.
 - iv. Males will bat using a 12" ball. Females will bat using an 11" ball.
 - v. Up to 14 batters may bat. If playing with more men than women, the substitution rule is in effect.
 - vi. Must use and alternate batting order, i.e.: male-female or female-male. You may bat female-female, but NOT male-male.
 - vii. If a male batter walks, he automatically advances to 2nd base. The female batter will bat.
 - 1. With 2 outs, the female batter has the option to automatically walk or bat.
 - viii. If a female batter leaves the lineup due to injury, teams may bat M/M back-to-back with no penalty. If a 2nd female leaves the game, teams have the option to remove the male next to her in the lineup or take an automatic out in her spot.
 - ix. Courtesy runners must be gender specific.

VIII. PLAYER CONDUCT

- a. Alcohol is not permitted in the dugouts or on the playing field. Normal city policy regarding alcohol consumption will be in place; only non-keg beer and wine are allowed.
 - i. Please clean up all cans behind your dugout after each game.
 - ii. Tobacco use is prohibited at any time in all city parks.
- b. Casual Profanity Rule
 - i. The umpire has the authority to assess ONE OUT per play against the offending team for the use of casual profanity (expletives, vulgar/profane language) even if made out of frustration or not directed at other players or staff.
- c. **Players can be ejected from any time the umpire arrives until the umpire leaves.**
 - i. An automatic out will be used in the ejected players spot in the lineup, unless a sub is available.
 - ii. Ejected players must leave the park before play will continue.
- d. Captains are responsible for ensuring all players, fans, etc., know and follow the Ames Parks & Recreation Code of Conduct (see attached).
 - i. Violations of the Code of Conduct will be subject to discipline by the League Manager.

- ii. Repeated offenses may result in your team's removal from the league with no refund.
- e. Sportsmanship Ratings
 - i. To ensure an enjoyable playing environment, team sportsmanship will be monitored. Teams will be given a sportsmanship rating by the officials and/or Site Supervisor for each match. All teams will begin each match with a "2" rating. Based on your behavior, you will stay at a 2 or reduced to a "1" or a "0".
 - ii. Teams must average a score of 1.75 or better to participate in the end of season tournament. There is no refund for teams who fail to qualify for tournament.
 - iii. Any team receiving a "0" rating will be subject to disciplinary action at the discretion of the League Manager, including but not limited to warnings, forfeits, and/or removal from league with no refund.

IX. PROTESTS

- a. Protests based on questions of the official's judgement will not be considered. The only protests ruled upon must concern misinterpretation of playing rules, ground rules, or player eligibility.
- b. Protests should be made directly to the League Manager in writing, accompanied by a \$25 protest fee. If the protest is successful, the fee will be refunded.
- c. Protests should be verbalized to the official as soon as the issue in question arises, preferably before the match begins when possible.
- d. Protests during postseason play will be determined on site and must be resolved before the match may continue.

X. CANCELLATIONS/FORFEITS

- a. Captains will be notified of any cancellations by Parks & Recreation staff. Captains are responsible for relaying cancellations to their teams. Cancellations may also be posted on Facebook.
- b. Captains must notify League Manager of any forfeits with adequate time to notify the other team (usually by at least Noon the day of game). For weekend games, forfeits must be communicated by 4:00pm on Friday.
 - i. For forfeits communicated in appropriate time, the League Manager will attempt to reschedule the game when possible. If the game is unable to be rescheduled, the forfeit will stand.
 - ii. Forfeits communicated after the deadline, or not communicated at all, will result in a forfeit fee equal to the "per game fee" and must be paid to the opposing team. Teams who fail to pay forfeit fees may be ineligible for tournament.
 - iii. For playoff games, there will be no fee or rescheduling. The opposing team will automatically advance.
- c. Forfeits inappropriately communicated may result in a "0" sportsmanship rating.
- d. If a game is suspended due to weather/lightning, any game that has completed 4 innings (or 3 ½ if the home team is leading) will be considered an official game. Incomplete games will be picked up from the point of suspension or replayed at the League Manager's discretion.

XI. CONTACTS

- a. USA Softball of Iowa – Offices
 - i. 319.330.7030
 - ii. www.usasoftballiowa.org

Subject to Change

Updated: 4/9/2026

Ames Parks & Recreation Code of Conduct



The City of Ames Parks & Recreation Department has adopted a Code of Conduct which applies to all persons participating in any way in any City of Ames Parks & Recreation programs. All participants, volunteers, coaches, patrons, and spectators are expected to know, promote, and adhere to the following standards of conduct.

1. Promote and encourage good sportsmanship by demonstrating positive support for players, coaches, officials, participants, and employees.
2. Treat everyone with respect, regardless of race, color, age, sex, gender identity, religion, national origin, disability, or skill level. Putting down or demoralizing others is not acceptable.
3. Adhere to the rules of the game/facility (including official's or employee's decisions) and do not attempt to change or manipulate those rules in order to win or for personal benefit.
4. Park rules related to alcoholic beverage use will be enforced. No alcoholic beverages are permitted in the playing area in parks or within any facility. Vaping and tobacco products are not allowed in any city facility or park. Anybody under the influence of alcohol or drugs who presents a danger to themselves or others will be removed from competition.
5. Abuse or harassment of players, volunteers, coaches, officials, spectators, or employees in any form will not be tolerated.
6. Refrain from foul, abusive, profane, or vulgar language. Be mindful of families and children in your vicinity and keep your language appropriate for all participants.
7. Fighting is prohibited. Fighting includes physical (hitting, pushing, touching, "getting in the face of") or verbal (threatening, making fun of, calling names, cursing, arguing).
8. Remember that youth programs are for the kids (to learn fundamentals, techniques, sportsmanship, teamwork, and have fun); they are not for adults! Therefore, **all** kids always deserve a right to fairness.
9. Adult sports leagues are designed to provide competition in a safe setting that allows participants to stay active and build community. Do not allow competitive nature to take away from the experience of your teammates or fellow participants.

Youth Coaches

10. Agree to conduct yourself in a manner that would be an example and a role model.
11. Agree to support and work with assigned team throughout the designated season and agree to hold regular practices (at least once a week) and show up to scheduled games.
12. Any equipment issued does not become personal property and all equipment must be returned in good condition to the City at determined time.
13. Promote teamwork, physical conditioning and teaching skills appropriate to the sport. Do not teach, encourage, or allow rough or dirty tactics of play.