

2026 Adult Softball Rules

League Director: Courtney John, MA, CPRP, CYSA
courtney.john@ci.stpaul.mn.us | 651-802-5437

Except as modified by the League, USSSA (slowpitch) and NAFA Softball (fastpitch) rules for the current year shall be the official game rules for all contests in which League members participate.

ROSTERS

- Rosters are due before the first game. Send rosters to: muni@ci.stpaul.mn.us by mail/visit to: Municipal Athletics, 1500 N. Rice Street, St. Paul, MN, 55117
- All players must be 18 years of age or older when they enter the field of play. Minor players can be rostered at the beginning of the season, but may not play until their 18th birthday.
- Add/drop deadline is July 1. No roster limits for league, tournaments are subject to their own roster limits.
- Bench Area is for rostered players only – **no children and pets on the field nor in bench area.**

SCHEDULES/STANDINGS – Schedules and standings are posted at www.teamsideline.com/stpaul during regular season play. Team Managers are responsible for scoring games via TeamSideline (reminder e-mails are sent after each game). For more information on league standings, please contact the league director. Home and Visiting teams are listed on the schedule – no coin flip needed.

INCLEMENT WEATHER – 1 Slowpitch, 2 Fastpitch games will be made-up (added to end of season). Additional Rainouts will not be played or refunded.

- **TeamSideline and Weather Hotline (651-558-2118) will be updated at 4:30 pm** if necessary – any calls made after that are at the umpire's discretion at the field.
- If a game is called before the end of the 4th inning, it will be called a rain-out and replayed if possible. If game is called after the end of the 4th inning, the score will stand as-is.

LATE ARRIVALS, FORFEITS, NO UMPIRE

- Forfeits: The team manager is responsible for notifying the Municipal Athletics Office as soon as possible if unable to play a scheduled game.
- Minimum Players: Slowpitch - team must have 9 players to begin/finish a game. Fastpitch – team can start/finish with 8 players. If a team does not have the minimum number of players 10 minutes after the scheduled game time or any time after the game begins they will forfeit the match.
 - If a team starts or becomes shorthanded due to an injury, an out is NOT assessed for the vacant spot in the lineup.
 - If a team becomes shorthanded due to ejection or any other reason, teams must enter a substitute player into that spot in the lineup or an out will be assessed each time the vacant spot is due to hit.
- If an umpire does not show up, teams should find a volunteer. If both managers agree to an umpire replacement, the game will count as an official game. The umpire should call 651-558-2255 the following morning and let us know the score – they will need to sign a w9 form to receive payment.

TIME LIMITS

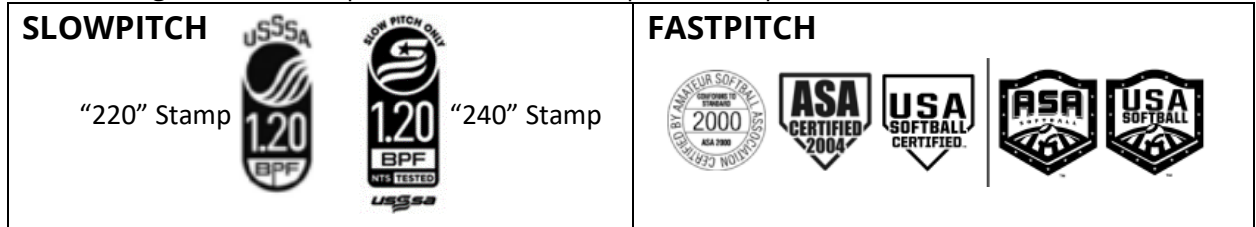
- Slowpitch –no new inning after 55 minutes.
- Fastpitch – no new inning after 1 hour, 40 minutes.
- Umpire will set the start time during the manager meeting.
- Games are 7 innings and can result in a tie – no extra innings.

FIELD SPECIFICATIONS

- Slowpitch – Pitching Distance 50 ft, Base Distance 65 ft.
- Fastpitch – Pitching Distance 46 ft, Base Distance 60 ft.

EQUIPMENT

- Bats must have a legal USSSA (slowpitch) or ASA/USA (fastpitch) stamp as seen below:



- ****Slowpitch – “220” bats are permitted for league play. Sanctioned tournaments will require the use of bats with the newer “240” stamp.**
- If a bat is found to be illegal it will be removed from play and will result in the batter being declared out. If the batter reaches base after using an illegal bat and is properly appealed by the defensive team, the batter-runner will be declared out and all runners must return to bases occupied at time of pitch. Once the offending team is informed that the bat used is illegal, it may not be used again.
- Approved ruling for a team’s second offense: Offending team will immediately forfeit the game.
- Dented/Chipped/Cracked bats, which are also illegal, will be removed from the game (no out, forfeit or suspension)
- Balls – *New Game Balls are provided by the League – 6 for SP Singles, 12 for SP Doubles and 14 for FP.*
 - Slowpitch: Dudley USSSA Thunder SY Classic, M (12”) for Men, W (11”) for Women. Home team provides a new game ball, Visitor team provides a suitable backup.
 - Fastpitch: Dudley SB12 44/375 Both teams provide new game ball.
- Uniforms - teams are not required to wear matching shirts for league play. Teams advancing to state or national tournaments are subject to that tournament’s uniform policy.

WARMUPS & FIELD PRESERVATION

- No Infield practice prior to or between games.
- Warmup Pitches: Slowpitch – 2 to start, 1 between innings. Fastpitch – 5 to start, 3 between innings.
- **NO DIGGING** - Under no circumstance may a batter dig with any part of his/her body or other objects, move or disrupt any solid material within the confines of the batter’s box [loose material may be moved, but creating new loose material from packed ag-lime is a violation]. Penalty: There will be a team warning given on the first violation. Any further violations will result in an out for each occurrence.

PITCHING

- Slowpitch - The pitcher may pitch from the pitching plate or from the pitching area, an area the width of the plate and up to six (6) feet behind the pitcher’s plate. ***Please note that in sanctioned tournaments, pitcher’s foot must be on the plate at release per new USSSA ruling***
- Fastpitch – Refer to Current NAFA Softball rulebook.

BATTING & RUNNING RULES (Co-Rec Leagues – See Additional Heading on Page 3)

- Unlimited batters are allowed in the lineup. Players must remain in the same position in the batting order for the entire game. Late players can be added to the end of the line-up.
- If a player is removed from a game due to injury, the lineup may shrink with no penalty. If a player is ejected or leaves the game for any other reason, teams must enter a substitute player into that spot in the lineup or an out will be assessed each time the vacant spot is due to hit.
- Players must be in the batting order to play a defensive position.

- **NO COURTESY FOUL**

- **Home Run Limits:** 4 home runs per team on fenced fields (EXCEPTION – 0 HRs for Males playing at Dunning, Females still have 4 HR Limit). Additional HRs will be an out, runners may not advance.
- Fly balls that are touched by a defender and go over the fence are 4-base hits, do not count against HRs.
- Run Rule: Any team having an advantage of the following will end the game.
 - Slowpitch: 20 runs after 3 innings, 15 runs after 4 innings, 10 runs after 5 innings
 - Fastpitch: 15 runs after 3 innings, 12 runs after 4 innings, 7 runs after 5 innings
 - Flip Flop Rule is in effect in innings 4-6 if the Visiting team is up by 10+ runs.
- Courtesy Runner: 1 per inning (per gender in Co-Rec), the runner may be anyone on the roster.
 - If the courtesy runner comes up in the batting order while they are on base, it is an out.
- **Halo Rule – A ball hit directly at the pitcher's starting position, within 2 feet of any side of the pitcher's body, including hits off the ground.** Calls are at the umpire's discretion and are not contestable.
 - 1st offense – Warning
 - 2nd offense by the **same TEAM** – Batter shall be deemed out immediately and no runners shall advance.
 - 3rd offense by the **same TEAM** – Batter is ejected (see ejection rules)
- Sliding – Runners must avoid contact by sliding, jumping over the tag, or going around the defender (while remaining in the 3-foot lane), or will be called out.

CO-REC RULES

- Co-Rec teams cannot have more men than women on the field at any time. **EXCEPTION: If a shorthanded team with 9 players has 5 men and 4 women. (NEW 2026)**
- Teams may use any combination of genders in infield/outfield positions.
- Genders must alternate in the batting order. Two males may never hit in succession, but two females may.
- If a male player is walked, he will be awarded second base and **must touch first base on his path to second**. The following female has the option of automatically taking a base on balls and may proceed to first base.
- Both male and female HRs count towards the team limit of 4 (EXCEPTION – 0 HRs for Males playing at Dunning)
- Participants that do not identify as male or female may play on the field and bat in the order as they see fit.
- Batting teams may NOT wear a fielder's glove while coaching bases/holding the alternate ball.

CONDUCT POLICY & EJECTIONS

- Umpires will issue one verbal warning for minor infractions, severe or repeated minor infractions are subject to player, spectator or team ejections.
- Ejected persons must leave the complex immediately and will serve a suspension equal to one week's worth of games. Suspended players are not permitted to watch games on-site.
 - If a person is ejected, and has a bye the next week, they will serve their suspension the following week.
 - If a person is ejected during a doubleheader league, they will miss any remaining games that night and both games the following week.
 - Ejections include all games in any Saint Paul league. If a person plays in Monday and Thursday leagues and is ejected on Monday, they will miss that Thursday and the following Monday.
- Intentional physical contact towards another player or umpire will result in ejection from the **rest of the season from all Saint Paul leagues** and possible criminal charges.
- There will be no arguing with officials. Managers only will be allowed to ask rule interpretations. Please remember that officials are human as well and there is a nationwide shortage of certified officials. If you are interested in being paid to officiate on a night you are not playing, please contact our office.

ALCOHOL, TOBACCO & ILLEGAL SUBSTANCES

- Alcohol (malt beverages no more than 5.5% ABV, no hard liquor) and Tobacco (smoking and chewing) are not permitted on the field nor player benches but is permissible outside of those areas (Exception: at Recreation Centers, no alcohol/tobacco on the entire premises). Umpires and City Staff reserve the right to eject anyone who is overly intoxicated (see ejection rules above).
- No glass containers are permitted.
- Marijuana and other illegal substances are banned at all Saint Paul Parks and Recreation Facilities and Fields. Umpires and City Staff reserve the right to warn and subsequently eject any players/teams that participate in illegal substance use. If an illegal substance is smelled and is not claimed/cannot be traced to a particular individual, the manager may receive the ejection (see ejection rules above).

MUSIC – All music must be turned off between the first pitch and final out of the game.

- Music is allowed pre- and post-game but must remain at a reasonable sound level and have no explicit/profane or suggestive lyrics (ie. The word “drug” isn’t considered profanity but songs that relate to drug usage/sales/etc are prohibited).
- Umpires and City Staff reserve the right to request music be turned down or off. Multiple requests can result in warnings/ejections.

PLAYOFFS/AWARDS – T-Shirts will be awarded to the **rostered players** of the team with the highest record in each league.

- Tie Breakers: 1) Winning Percentage, 2) Head-To-Head, 3) Head-To-Head Differential, 4) Total Points For, 5) Total Points Against, 6) Total Points Differential, 7) Lowest Number of Forfeits, 8) Coin Toss

INSURANCE – Be advised that neither the City of Saint Paul nor the league carry insurance for individual players or teams. The City of Saint Paul is not liable for injuries.

VALUABLES – Saint Paul Parks and Recreation is not responsible for any damaged or stolen property while person(s) are participating in or near a City-sponsored activity or event.

**Please certify your understanding of these policies
by completing this survey.**

Best wishes for a safe and successful season!

THANK YOU

The City of Saint Paul would like to thank you for your team’s cooperation this season. Recreational leagues promote the many benefits of parks and recreation in our community. If you have questions or comments, please contact the League Director.

Municipal Athletics 1500 Rice Street, Saint Paul MN 55117 651-558-2255 muni@ci.stpaul.mn.us

Important Websites: www.stpaul.gov/athletics www.teamsideline.com/stpaul
www.facebook.com/SaintPaulMunicipalAthletics

