



2026

GLASTONBURY ADULT SOFTBALL LEAGUE COED LEAGUE RULES & REGULATIONS



OFFICIAL WEBSITE(S)

- Our official website for the league will be: [Glastonbury Softball Association](#)
- Official facebook page: www.facebook.com/glastonburyadultsoftball

ELIGIBILITY

- EVERY PLAYER MUST BE 18 YEARS by 5/1 – NO EXCEPTIONS – No residency requirements
- If a team plays with an illegal player and gets called out on it – the game will be forfeited
- If there is a question regarding the id of a player, the umpire has the authority to seek verification via a photo id. Failure to produce identification will result in the player be ineligible for that game.
- GASA will be the final judge on eligibility & discipline of players and there shall be no appeals

GENERAL LEAGUE REGULATIONS

- The official USSSA rules for 2026 shall be in effect unless otherwise amended herein.
- Academy game times are 6:00, 7:15 & 8:30 (15 minute Grace period for 6:00 game only). Addison & Welles games start at 6:15 with **NO GRACE** period.
- The roster is 30 players max – Players can be added and deleted up until June 20th. Rosters MUST be handed in by their 2nd game. Give to the umpire at your game.
- If there is an injury in the game and player cannot be substituted for that spot in the order would be an out each time it came up. If a team drops to 8 then game would be over.
- Unsportsmanlike conduct will not be tolerated. **A player ejected from a game must sit the remainder of that game and then the teams next 2 games.** If the player is ejected from a game for a 2nd time they will automatically be suspended for the remainder of the session.
- Profane and/or obscene language will not be permitted as well.
- Any players who become a problem will be reviewed by GASA League President who may report the player Glastonbury Park & Rec where the player could face further discipline.
- We ask that teams have shirts with similar likeness. There is no penalty if they don't.
- Lights will automatically go off either 15 minutes after the conclusion of the last game or at 11:00pm. The ball field, parking lot and adjacent areas must be then vacated.
- If the 1st game at Academy is rained out, all subsequent games there that night are as well
- Parking – is available behind Town Hall and Academy School in the lots adjacent to the field. The parking spaces along the entrance drive are reserved for persons attending meetings at Town Hall. DO NOT park in those reserved spaces or in the traffic circle.
- Trash – Academy Field has a "Carry In – Carry Out" policy. Please be sure that your team cleans up after themselves by taking all trash out with them. Leaving a mess could result in a fine or suspensions.
- Ground Rule – all fields. A fair ball that gets into the channel between the foul line and the out of play line and continues to roll beyond the outfield fence is a ground rule triple. Please have your outfield put their arm up in the air to indicate that to the umpire.

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- If you plan on protesting your team must:
 - 1st - inform the home plate umpire
 - 2nd – Email the league president @ connusssa@aol.com within 24 hours
 - 3rd – A \$75 protest fee must accompany the protest and must be in the League Presidents hands within the 24 hour period. If team wins protest the \$75 fee will be returned. If they lose the protest fee is lost as well
- A player must appear in a minimum of 5 games to be playoff eligible. Make sure you fill out the game sheets with first and last name clearly written. Games sheets must be returned to the umpire by the top of the 3rd inning. OF NOTE: DO NOT put 17 players on game sheet when you only have 12 in attendance. If a player arrives after the 3rd inning and you have handed the sheet in go see the umpire and tell him/her you need the add the late arriving player.
- Players have the option of wearing a mask at any position except Pitcher is MANDATORY
- NO metal spikes
- A team is allowed 2 forfeits. The 3rd forfeit is an automatic dismissal from the league. Only exception being that if your forfeits were on makeup nights. Your status would then be determined by the League President
- Lightning – Players must clear field. Umpire will wait 30 minutes after last flash of lightning or clap of thunder to resume. It is recommended that all players return to their vehicles during the delay.
- There will be a minimum of 2 days notice on makeups. Generally they will be a week but just in case we get backed up bad at the end of the season. Makeup nights are Mon, Wed & Thur
- The Home team listed on the schedule must put out the bases before the game and put the bases back in the base boxes after the game. All managers will get base box keys.
- Drinking of alcoholic beverages is prohibited on Glastonbury school & park grounds. Signs are posted and the police dept will enforce. Violators will be issued an infraction for violation of the town ordinance. The police dept will notify Park & Rec Dept of any infractions issued. Any player caught will be automatically suspended for 3 games. A second violation will result in the player being suspended the remainder of the season.
- Men must hit single wall bats and women can hit 240 Compression bats (No 220's Allowed)
- Pitcher must wear a mask. There are **no exceptions**.
- All bats must have the USSSA 240 Stamp on them. Any player found using an illegal bat will be ejected and suspended 2 games

THIS
STAMP IS
NO GOOD



220 USSSA BAT STAMP



240 USSSA BAT STAMP

GAME RULES

- Pitching arc is 3-10 ft and there is no faking. A fake is an automatic ball on the batter.
- We use a mat for balls & strikes . A strike either hits the plate or the mat
- Batter starts with a 1-1 count and gets 1 waste foul balls once they have 2 strikes
- There are no warm up bats or doughnuts allowed in the on deck circle
- Courtesy Runners – 1 runner per gender per inning. Runner can be anybody on the roster of same gender. A 2nd runner can be added for injury providing both teams agree. If the courtesy runner is on base when his/her at bat comes up, the spot in the order is an out.
- **IMPORTANT – Teams hit their own softballs.** You can only use the Dudley 4U-541Y Classic M Ball. You provide your softballs and chase your own. It's a good idea to mark all your softballs in case disputes arise. Save all of your softballs for backups in the future.
- Minimum of 9 is needed to start the game. 8 is a forfeit. You can legally add a 10th player at any time in the game and that player is inserted into the 10th spot in the batting order. An 11th or 12th player CANNOT BE ADDED once the 1st pitch is thrown. You must have an equal to or more females in the lineup.
- Teams can bat unlimited batters. The batting order must alternate male & female. Those EH's can be subbed in defensively. They must maintain their spot in the batting order.
- 3 Outfielders must position themselves 50 off the infield before the pitch. Defensive team may have short field/rover in front of it. Umpires will do their best to enforce the 50' rule.
- A player can directly ask an umpire for an appeal. He does not have to wait until time is in. Keep in mind you must state exactly what you are appealing and you only get one appeal
- HOME RUN LIMIT IS AS FOLLOWS:
 - Coed = 3 HR's
 - (EXCESSIVE HOME RUNS ARE JUST OUTS)
- The pitching distance is 50 feet. The pitcher may still go back 6 more ft as long as they are directly behind the pitching rubber and pause for one second.
- Defensive shifting is limited to the 2 defensive players on the side of the field and the rover, so max 3 on one side. The other 2 infielders must stay on the opposite side of 2nd base.
- If a male player is walked whether intentionally or not, female batter does NOT have the Option to walk
- The Run Rule is:
 - 20 After 3 innings / 15 After 4 / 12 After 5

PLAYOFFS

- All teams in all leagues make the playoffs – straight double elimination.
- To be eligible for the playoffs a player **must play a minimum of 5 games.**
- League provides 2 new balls for each playoff game. Teams supply the backups.
- All playoff games must be played in the entirety. Any playoff games rained out during the game will be resumed from that point. Make sure both teams have an accurate scorebook and note with the umpire.

