



SPRING LAKE PARK CO-ED RECREATIONAL ADULT SOFTBALL

RULES AND REGULATIONS

SPRING LAKE PARK - PARKS AND RECREATION DEPARTMENT

This Spring Lake Park Softball League will be modeled after [Official United States Slow Pitch Association \(USSSA\) rules](#), with the following additions and/or exceptions. These rules may be modified and/or added to at any time at the discretion of the League Coordinator.

Player Identity & Eligibility

The City of Spring Lake Park recognizes the transgender population among its participants and encourages all eligible people to participate in our programs based on their expressed gender identities. The identity to which a player sincerely holds will be the gender recognized for the purpose of league eligibility, gender minimums, and limits. All eligible players must be on the roster and have signed the team waiver form. Players must be 18 years or older as of the first game night.

League Eligibility

A player may not be rostered on more than one team that is registered in the same league. Players classified as C or above (e.g. on a C team or above) are not eligible to play in this co-ed recreational league. Anyone who was classified C and has petitioned down to D must wait 3 years to be eligible. Eligibility for players without a rating will be decided by the Head Umpire and/or the League Coordinator.

If a team or any player thereof is found to be in violation of the eligibility requirements, that team will be assessed a \$50 eligibility fee and any games that were played using the ineligible player will be forfeited. The fee must be paid by the team's next scheduled game. All players must carry an ID to prove eligibility during regular season and tournament play. Umpires may check a player's eligibility at any time.

Sporting Integrity

We strive to provide a worthwhile adult athletic program for all participants involved. Although the element of competition plays a major role in athletics, the game should always maintain its recreational and social values. Therefore, it is necessary for each participant to be responsible for the promotion of good sporting integrity and fair play.

The Parks & Recreation Departments of Spring Lake Park has instituted and will enforce the following policies for player conduct:

- No player, coach, or manager shall physically touch or verbally abuse an umpire or league official in any manner. The team manager should be the only person to ask for a rule interpretation or clarification of a call.
- The use of profanity and personal baiting by player[s], manager[s], or spectator[s] will not be tolerated and is sufficient grounds for ejection from the premises. Managers will be held responsible for the behavior of their spectators.
- The following steps will be taken for 1st, 2nd, & Final offenses:
 - **1st Offense:** Player[s], manager[s], and/or spectators of the offending team will be given an official warning by either the Umpire, Head Umpire, or League Coordinator.
 - **2nd Offense:** For player[s] and/ manager[s], they will be ejected from the game and will be suspended from participation in **at least** their next two scheduled games. If the ejection occurs in the first game of a double-header the player is suspended for the second game and the next league game. For spectator[s], they will be banned from attending any further games for the remainder of the season.
 - **3rd & Final Offense:** Player[s] and/or manager[s] will receive an indefinite suspension - League Coordinator's Discretion - from all City of Spring Lake Park sponsored athletics. A team found to be using a player under suspension will automatically forfeit that game.
- Any physical altercation by players or managers is not permitted.
- Players are held responsible for their actions on property before, during, and after their match.

Any team that continually exhibits poor sportsmanship may be removed from the league at any time with no refund given.

Fighting

Abuse of umpires will result in an automatic minimum 1-year suspension from the league. Further action will be determined by the League Director. Fighting or physical altercations of any kind between players will not be tolerated.

- Violation: Game ejection and suspension as determined by the League Director.

Park & Field Regulations

Alcohol and Tobacco use is **PROHIBITED** on all park property, including in the playing or bench area.

- **EFFECT:** Immediate removal from the match and building.

ADMINISTRATIVE RULES

Team Format

- Games must begin with a minimum of eight players (four males, four females). On the playing field, there must always be a minimum of four females and a maximum of five males.
- Once an inning has begun, no players other than the pitcher may switch positions.
- Teams may play with more women than men without penalty.

Rosters

- Rosters must include **a minimum of 8 and a maximum of 20 players**.
- Players must be 18 years of age or older and may be rostered on only 1 team.
- Teams are advised to roster ALL potential players at the start of the season (e.g. all potential substitutes).
- Players may be added to team rosters up to the start of the third game of the regular season. The team waiver form must be signed by the added player(s) in the Parks and Recreation office before a new player may play in a game.
- During regular season games, players can play as a substitute on another team, if the opposing coach approves of the substitution. Players will not be allowed to play as substitutes during tournament play.

Time Limit

Games will be 7 innings in length, with no new inning starting 55 minutes after a game has begun. If a game is tied at that point, it will end in a tie.

Warm-Up Fields

Teams are permitted to warm up on the field which is scheduled for their upcoming game. However, batting practice should not be taken on the infield or in an area that endangers or inhibits other groups using the park facilities. Umpires are instructed to start games on schedule. Teams are not to warm up on the field when games are running behind. Managers do not have the right to waive this rule.

Weather-Related Game Cancellations

Teams must show up at the field and the umpire along with the team manager will decide whether to play or not. Depending on weather conditions, teams may not play an earlier game but may play later in the same evening (or vice versa) to make up the game. Game play will depend on weather and field conditions determined by the umpire. Games canceled by the umpire or staff due to weather shall be considered a complete game, and will not be continued, after 4 innings of play or 3 ½ if the home team is leading. Games which are not considered completed will be rescheduled and restarted as a new game at a later date.

Postponed Games

Umpires and Managers must notify the Parks and Recreation Department of postponed games (weather). Games will be rescheduled only by the Parks and Recreation Department. Make-up games will be scheduled as needed (3pm & 9pm games).

Forfeits

- We encourage teams to make every effort to field a team for each game as a courtesy towards their opponent.
- All teams must start and end a game with at least eight [8] eligible players (minimum four females).
- The first game on a field will be forfeited ten [10] minutes after the scheduled starting time, if a team does not have the minimum number of players. For all games thereafter, game time is forfeit

time. If the preceding game runs over, teams in the following game are still expected to arrive at their scheduled starting time.

Protests

The only protests allowed will involve player eligibility. All players must carry an ID, and issues of eligibility will be determined by the umpires. The team that protests another's eligibility will be required to prove their eligibility as well. All other protests will not be allowed.

Equipment

- **No jewelry or objects judged dangerous or inappropriate by the official may be worn**, and no combs may be in the possession of the players during the game. Studs that cannot come out must be covered by a band-aid or tape. 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.
- **Balls:** Spring Lake Park – Parks and Recreation Department will provide Men's 12-inch and Women's 11-inch softballs. The umpires will supply the game balls.
- **Bases:** The Parks and Recreation Department will supply bases on all game fields.
- **Bats:** All bats will be considered legal if the bat is manufactured by an approved USSSA manufacturer on the [USSSA approved bat manufacturer list](#) and has either the 2014 USSSA mark (thumb print) or 2020 USSSA mark. See below for what the marks look like.



2014 USSSA
Certification Mark



2020 USSSA
Certification Mark

- The performance standard for all bats will be a Bat Performance Factor (BPF) of 1.2 or less.
- Illegal or altered bats noticed will be removed from the game and an out will be declared.
- Each team will be responsible for providing their own bats to hit with.
- **Catcher's Mask:** It is recommended that all Catchers wear protective masks.
- **First Aid Kits:** It is highly recommended that each team have a well-equipped First Aid Kit at each game.
- **Scorebooks:** Teams must have a scorebook. The Home team is the designated official scorekeeper for all games.
- **Shoes:** Metal spokes are illegal in all Spring Lake Park Leagues. This includes all rubber spikes with metal tips.
- **Uniforms:** It is recommended that all players on the team be uniformed alike. As a guideline, matching shirts or jerseys should be the minimum requirements.

Infectious Disease Control Rule

A player, coach or official who is bleeding or who has blood on their uniform shall be prohibited from participating further in the game until appropriate treatment has been administered.

Appropriate treatment is:

1. Bleeding has stopped
2. Injury area is completely covered
3. Uniform changed (color difference will be allowed) or disinfected with acceptable disinfectant.
4. Competition area/equipment disinfected with acceptable disinfectant.

5. If treatment can be administered within three minutes, the individual will not have to leave the game. Otherwise, substitution of the individual must take place. A player may re-enter the game after treatment.

Acceptable Disinfectants are:

1. A solution of 1/4 cup of sodium hypochlorite and one gallon of water.
2. A solution of 1/4 cup of 70% isopropyl alcohol and one gallon of water.
3. A commercially produced infectious disease spray.

LOCAL PLAYING RULES

Home Team

Home team is listed second for the regular season and has the choice of bench.

Run Rule

20 after 3, 15 after 4, and 10 after 5. The flip / flop rule will be in effect.

Pitching / Batting

1. Pitching Distance

The pitching distance will be 46 feet. Excluding the 6 ft extension behind the pitching rubber (pitchers safety zone).

2. Balls & Strikes

Three (3) balls and two (2) strikes will represent a walk and a strike-out, respectively.

3. Bunting

Bunting is illegal. Batter must take a full swing

4. Foul

No courtesy foul. Second strike called or fouled off is an out / dead ball.

- a. Penalty: Batter is out.

5. Intentional Walks

Intentional walks are permitted. When a male walks with less than two outs, the next female must hit. With two outs, she has the choice to hit or walk.

6. Unlimited Batting Rule

All teams can use the following unlimited batting rules:

- a. Teams may bat more than 10 or all (staggered – male/female) players.
- b. If a player is unable to take their turn at bat, the team may skip over that player in the order with no penalties. Players unable to bat are considered injured or to have left the park and will not be permitted to re-enter the game.
- c. 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
- d. If unlimited batting is used, all players must bat and any 10 can play defense. Defensive positions must remain the same until the completion of the inning, except for the pitcher. Players must be in the batting order to play a defensive position.
- e. Teams are allowed one pinch runner per gender per inning.

7. Home Run Rule

All Co-Rec Leagues will abide by the following home-run rules.

CO-REC 3 home runs per game.

A home run is an untouched fair ball hit over the fence. A fly ball that is touched by a defensive player and goes over the fence in fair territory is a 4-base hit but does not count as a homerun. Home Runs hit after a team's limit are outs.

8. No Dig Rule

Under no circumstance may a batter dig with any part of their 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).

- a. Penalty: There will be a team warning given on the first violation. Any further violations will result in an out for each occurrence.

Base Running

1. Sliding

Sliding is permitted. However, unsportsmanlike conduct and unnecessary roughness will not be tolerated.

- a. Violation: Game ejection

2. Interference Rule

If a runner does not slide or get out of the way during a double play situation, the runner and batter will be declared out if the umpire feels a double play could have been made, regardless if the ball was thrown or not.

- a. Note: if another runner was originally on 2nd or 3rd, they will be declared out rather than the batter.

3. Commitment Line

A "Commitment Line" will be drawn perpendicular to the third base line, one half the distance down the line from third base towards the runner's scoring plate. Once a runner has touched or crossed the "Commitment Line", they have committed to trying to score and may not return to third base. A force play will now be in effect at home. If the runner returns to third base and does not try to score after having "committed", the runner will immediately be called out.

- a. Exception: A runner who "committed", passed the commitment line, may return to third base ONLY after a caught fly ball

4. Home Plate Rule - Scoring Plate & Defensive Plate

To help avoid collisions and injuries between defensive players and runners, a runner's scoring plate and defensive home plate will be utilized to eliminate any tag plays at home.

- a. There will be two home plates: a defensive home plate (original) and a scoring home plate (adjacent to the right-handed batters' box)
- b. Defensive players can only touch the defensive home plate and runners can only touch the scoring home plate.
- c. Defensive players must touch the defensive home plate in order to get runners out. Runners must touch the scoring home plate in order to be safe at home.
- d. Runners tagged by a defensive player will not be out.
- e. If the runner touches the defensive home plate, the runner will be called out, and the ball will remain live.

Field

All infielders must be on the dirt until the ball is hit, therefore they cannot start play on the grass. All infield layers must be on the dirt and BEHIND the baseline before the pitch. The only exception is the 1st baseman, who may start in front ONLY when a player is on 1st to avoid contact.

TOURNAMENT RULES

Roster Checks

All rosters will be checked before the start of each team's first game of the tournament. All players will need to have a form of ID that has both their name and a picture.

Substitutes

Players will not be allowed to play as substitutes on another team during tournament play. If a team does not have enough rostered players to form a legal team, that team will be forced to take a loss for each game where they don't have enough players.

Home & Away

Tournament seeding is based on league standings. The higher seeded team will be designated the home team.

Exception: If the championship game is forced to the IF game, the home team will then be designated by a coin flip.

Tie Breaker

If the game is tied after a full inning is completed **within** the no new inning after 55-minute time limit:

- The game will continue as normal and play out another inning.

If the game is tied after a full inning is completed **outside** of the no new inning after 55-minute time limit:

- The game will move to International Rules:
 - Each team will start their at-bat with a runner on second base and 1 out.
 - The runner will be the batter who was the last out in the previous inning. This ensures that the inning starts with the player who was the farthest in the batting order during the previous inning, maintaining the integrity of the batting order and providing a fair opportunity for each team to score.
- The process will remain the same in each extra inning until a winner emerges.

Head Umpire

Willie McCray
651-503-9989
wjmccray@comcast.net

Questions or Concerns

For questions and concerns regarding field conditions and league information, please contact the League Coordinator.

League Coordinator

Spring Lake Park - Parks & Recreation
Clare Waddell
M-F 8:00am – 4:30pm
763-792-7232
1301 81st Ave NE, Spring Lake Park, MN 55432
SLP Parks & Recreation Department
cwaddell@slpmn.org