

Coed Adult Softball League

Rules & Regulations Manual

1. League Overview

This league is designed to provide a safe, fair, and enjoyable recreational softball experience for adult participants. Emphasis is placed on sportsmanship, inclusion, and competitive balance.

2. Eligibility

- All players must meet the league's minimum age requirement (typically 18+).
 - Players may only be rostered on one team unless otherwise approved by the league.
 - Teams are responsible for ensuring all players are properly registered.
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3. Team Composition

- **Fielding:**
 - 10 players on the field
 - **7 men and 3 women**
 - A team may start with a minimum of **8 players**, provided at least **2 women** are present.
 - If roster requirements are not met, the team may be subject to automatic outs or reduced fielding (see Section 9).
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4. Batting Order

- Teams must use a continuous batting order.
- Batting order must alternate genders when possible.

- If a female batter is missing, an **automatic out** will be recorded when that position comes up.
- Late-arriving players may be added to the end of the lineup.

5. Game Length

- Games consist of **7 innings** or are subject to a time limit as set by the league.
- No new inning may start after the time limit.
- Ties may stand unless league rules specify otherwise.

6. Equipment

- Bats must be league-approved and meet current safety standards.
- Softballs will be provided by the league.
- All players must wear appropriate athletic footwear (metal cleats are not allowed unless approved).
- Catchers must wear protective gear.

7. Fielding Rules

- All players must play standard defensive positions.
- A maximum of **4 outfielders** is allowed.
- Outfielders must remain on the grass until the ball is hit.
- Defensive substitutions are allowed but must maintain required gender ratios.

8. Pitching Rules

- Slow-pitch delivery only.
- Pitch must reach a visible arc within league-approved height limits.
- No quick pitching is allowed.
- Pitchers must have at least one foot in contact with the pitching rubber at release.

9. Short-Handed Team Options

If a team cannot meet roster requirements:

- **Automatic Outs:** Missing players result in an out in the batting order.
- **Reduced Lineup:** Teams may play with fewer than 10 players.
- **Fielding Adjustments:** Teams may be required to field fewer players or fewer outfielders.
- All accommodations are subject to umpire and league approval.

10. Sportsmanship & Conduct

- Unsportsmanlike conduct will not be tolerated.
- No arguing with umpires or opposing players.
- Profanity, aggressive behavior, or alcohol-related issues may result in ejection.
- Teams are responsible for the behavior of their players and spectators.

11. Umpires & Protests

- Umpire decisions are final.
- Protests must be submitted to the league coordinator according to league policy.
- Judgment calls are not protestable.

12. Safety

- Sliding is permitted unless otherwise restricted by the league.
- Collisions are prohibited; runners must avoid contact.
- Any injured player may be replaced without penalty.

13. Rule Changes & Enforcement

- The league reserves the right to modify rules for safety, fairness, or operational needs.
- The Sports Coordinator has final authority on rule interpretation and enforcement.

14. adult softball leagues with a safety (double) home plate:

Runner must touch the safety plate

Defense uses the regular home plate

If the runner touches the regular home plate, they are usually OUT
This applies even if it was accidental

Exception: If touching the regular home plate was done to avoid a collision, the runner is usually safe
Final ruling depends on league rules and umpire judgment