

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.
-

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).
-

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.