



Adult Slow Pitch Softball League Rules



All play this season will be conducted in accord with the Amateur Softball Association's **Official Rules of Softball: 2024**, with the following modifications and exceptions. Also, ASA/USA rule changes are included. There will be no waivers of these rules, even if opposing teams request it.

Rule 1. The Playing Field

- All adult slow pitch classifications shall have a base distance of 70 feet.

Rule 2. Equipment

- **Metal spikes are prohibited in all league play.** Team uniforms are recommended, but not required.
- For men's and co-rec league play, any bat that meets ASA/USA specifications and requirements and is not on the banned bat list may be used. Women will be allowed to use Men's bats. For a list of approved bats, go to the National ASA/USA website <https://www.teamusa.org/USA-Softball/Certified-Equipment>.
- Men must use a yellow optic cover, red stitch 12-inch ball with a COR of .52 and a compression of 300. Women must use the yellow optic cover, red stitch 11-inch ball with a COR of .52 and a compression of 300.

Rule 3. Players, Coaches, and Substitutes

- Teams in men's leagues must have a minimum of **seven** players or the game will be forfeited, and the umpire will call an out for each missing batter through the **tenth** spot.
- Teams in the co-rec leagues must also have a minimum of **seven** players, provided that no more than five are of the same sex. Since the sexes must alternate in the batting order, outs will be called for missing batters up through the **tenth** spot.
- **Co-Rec leagues only, prior to the pitch, all infielders must have both feet on the infield dirt, and all outfielders must start with both feet on the outfield grass.**
- There will be no waivers of these rules, even if the opposing team requests it.
- Players **not** on a team roster may play for that team, provided that such a starting lineup substitution is announced at the coin flip and that the opposing manager does not object. This rule is intended to help teams avoid forfeits, not to load up with superior players, especially when league championships are on the line.
- Unreported substitutes will neither be called out nor ejected. However, coaches are reminded that they should report substitutes.
- Men's and women's teams may add an extra player (EP) to the lineup at any time during the game. Likewise, co-rec teams may add a **male and female pair** of EPs at any time during the game. However, if a starter or EP leaves the game for any reason and no substitute is available, an out will be called.
- Teams may insert a **courtesy runner** one time per half-inning.
The courtesy runner may be any players (male for male, female for female in co-rec)

Adult Slow Pitch Softball League Rules

Rule 4. The Game

If one or both teams begin the game short-handed, that team with the most players present will be the home team.

- A **55 minute time limit** will be in effect for all games. Game time begins when the umpire calls the coaches to home plate for the coin flip, not when they eventually get there.
- The **run ahead rule** for all leagues other than "E" is 15 after 3 innings, or 10 after five. E league will have a new set of rules (See "E" League Rules).
- A game called by the umpire shall be a **regulation** game if four or more innings have been played, or three and one-half innings if the home team is ahead. (Games decided by the run ahead rule will be considered regulation games.)
- **Home Run limits:**

Men's C and Church, Co-Rec	4
Men's D, Co-Rec D	2
Men's Over-50	2 & 1UP
Men's E, Co-Rec E	0

ALL balls hit over the fence by a team in excess of the above limitations per game will be ruled outs. Any home run hit over the fence in men's E or co-rec E will result in an inning ending out. In all divisions in which home runs are allowed, the batter and baserunner(s) are not required to run the bases.

Rule 5. Pitching

- Pitchers may have up to 5 warm-up pitches in the first inning. After that, they get one per inning (exception: relief pitchers may have 5 warm-ups when first taking the mound). Infield warm-up is allowed during the first inning only.
- Pitchers in Senior League may take a position from the front edge of the pitcher's plate to six feet behind the pitcher's plate within the 24 inch width of the pitcher's plate with both feet firmly on the ground.

Rule 6. Batting

- Batters will begin with a 1-1 count when they enter the batter's box.
- A legal pitch delivered with a minimum arc of six feet and a maximum of 10 feet from the ground, not swung at, that touches **any part of the mat** will be called a strike on the batter.
- Inadvertent bat throwing: in the interest of safety, any player who releases a bat in a dangerous manner after swinging at a pitch may be called out for offensive interference and disqualified for the remainder of the game.

Rule 7. Batter-Runner and Runner

- Stealing bases is prohibited in all leagues.

Rule 8. Protests

- Protests must be made known to the home plate umpire at the time the protested incident occurs, and it will be resolved as soon as possible by the Umpire in Chief.

Adult Slow Pitch Softball League Rules

Rules for “E” League

- No run ahead rule. Games will be played to seven innings or time limit, whichever occurs first.
- A five-run rule will be used: when a team scores **five** runs, the half inning ends (except in the last inning or untimed inning of the game).
- Flip Flop Rule: If the visiting team is ahead by 10 or more runs, entering the final inning, the visiting team will become the home team for the final inning.
- Co-ed only: Double plates will be used and all outs at home plate will be forced outs.

Rules for the Over 50 Softball League

- Players must be 50 years of age or older sometime during the season. If a team feels that a player on another team is not of age, that team must protest the game at the time it is played. The player in question will then be asked to show proof of age at that time.
- A double home plate will be used.
- A legal pitch delivered with a minimum arc of six feet and a maximum of 12 feet from the ground, not swung at, that touches **any part of the plate or mat** will be called a strike on the batter.
- Teams may bat their entire rosters, and they may play with **11** defensive players.
- Unlimited courtesy runners are allowed each inning (Rule 8, Section 9, B1). If the runner is on base when it is his turn to bat, he will be called out. However, a player may be a courtesy runner only **once** per inning (Rule 8, Section 9, C3).
- Each team is allowed **two** home runs per game, after which the **one-up rule** is in effect: if both teams have each hit two home runs, either team is allowed to hit an additional home run to go one home run ahead of the opposing team (Rule 8, Section 5, B Note), except in the bottom of the final inning of the game. Home runs hit when the one-up situation has not been reached will be ruled outs.
- A five-run rule will be used: when a team scores **five** runs, the half inning ends (In the instance that a team has scored four runs and a batter comes to the plate with bases loaded and hits a home run, that run is worth one run).
- All teams must use yellow optic cover, red stitch, 12-inch ball with COR of .52 and a compression of 300.
- Mandatory masks/face/head protection must be worn by pitchers.