



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 USSSA, with the following additions and/or exceptions.

1. **PLAYERS**

All eligible players must be on the roster and have signed the team waiver form. Players must be age 18 or older as of the first game night. 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. Every individual participating in this league may compete as a member of the gender that they identify with, regardless of their gender at birth. The identity to which a player sincerely holds will be the gender recognized for the purpose of gender minimums and limits on the playing field.

A. Once an inning has begun, no players may switch positions, except for the pitcher.

2. **TIME LIMIT / GAME TIMES**

No new inning will start 55 minutes after a game has begun. If a game is tied at that point, it will end in a tie. Games may be scheduled at 5:00pm, 6:00pm, 7:00pm, 8:00pm or possibly 9:00pm. (3:00pm, 4:00pm & 9:00pm games if necessary – make ups, etc.)

3. **FORFEIT POLICY**

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.

4. **ELIGIBILITY AND CONDUCT FEE**

A. Eligibility

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. 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.

B. Conduct

Any team or player that damages park property will be liable for the cost to repair the damage prior to their next game.

5. **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 sex per inning.

6. **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).

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

7. **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.

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

8. **HOME PLATE RULE**

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 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.

9. **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.

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

10. **RUN RULE**

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

11. **BALLS & STRIKES**

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

12. **FOUL**

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

13. **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. Homeruns hit after a team's limit are outs.

14. **INCLEMENT WEATHER**

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.

15. **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).

16. **HOME TEAM**

Home team is listed second for the regular season and has choice of bench. A coin flip before the game will determine home team during the playoff schedule.

17. **TIE-BREAKER POLICY**

The following procedure will be used to determine league championships:

- A. Games won/lost between tied teams
- B. Fewest runs allowed (all season)
- C. If the tie is not broken by the first or second procedure, co-champions will be declared

18. **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.

19. **FIELD REGULATIONS**

No smoking is permitted on the playing field or bench area.

20. **PARK REGULATIONS**

The City of Spring Lake Park prohibits the use of alcohol in any city park.

21. **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.

22. **ADD PLAYERS**

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. Roster limit is 20 players. Teams are advised to roster ALL potential players at the start of the season (e.g. all potential substitutes).

23. **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-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.

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.

24. **BUNTING**

Bunting is illegal. Batter must take a full swing

Penalty: Batter is out.

25. **PITCHING**

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

26. **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.

27. **SLIDING**

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

Violation: Game ejection

28. **FIGHTING**

A. Abuse of umpires will result in an automatic minimum 1-year suspension from the league. Further action will be determined by the League Director.

B. Fighting or physical altercations of any kind between players will not be tolerated.

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

29. **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.

30. **TOURNAMENT**

Teams are given the option to play in the double elimination tournament. Tournament seeding is based on league standings. Depending on how many teams participate, the Parks and Recreation Department may split the tournament in to two divisions (upper/lower). Tournament awards presented to first, second and third place tournament finishers. Awards to be determined.

SOFTBALL EQUIPMENT

1. **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.
2. **BASES:** The Parks and Recreation Department will supply bases on all game fields.
3. **BATS:** All USSSA bats will be considered legal that are on the website. They can be either the old or new style (thumb print style) as long as it meets the USSSA criteria. The performance standard for all bats will be a Bat Performance Factor (BFP) of 1.2 or less. For a list of illegal bats, visit the USSSA website at www.ussa.com.
4. **CATCHER'S MASK:** It is recommended that all Catchers wear protective masks.
5. **FIRST AID KITS:** It is highly recommended that each team have a well-equipped First Aid Kit at each game.
6. **SCOREBOOKS:** Teams must have a scorebook. The Home team is the designated official scorekeeper for all games.
7. **SHOES:** Metal spikes are illegal in all Spring Lake Park Leagues. This includes all rubber spikes with metal tips.
8. **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.

SPORTSMANSHIP

The Park and Recreation Department is striving 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 sportsmanship and fair play.

The Park and Recreation Department has instituted and will enforce, the following policies for player conduct.

1. No player, coach or manager shall physically touch or verbally abuse an umpire or league official. The team manager should be the only person to ask for a rule interpretation or clarification of a call.
2. The use of profanity and personal baiting by player [s], coach [es], 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.
3. Any physical altercation by players, managers or coaches is not permitted.
4. Players are held responsible for their actions on park property before, during, and after their game.
5. Any player[s], or manager[s] ejected from a game for any reason 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. A second offense will result in an indefinite suspension - Head Umpires 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.

HEAD UMPIRE:

For questions & concerns regarding field conditions and league information, please contact:

Wesley Goldberg
M-F 8:00am – 4:30pm
763-792-7233
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