



40+ COED Slow Pitch Softball Rules

Guidelines: These leagues are social competitive leagues, where all adults have equal opportunity to play competitive softball. Good sportsmanship is required. Arguing with officials, players, spectators and league supervisors is prohibited. This behavior may result in a technical foul or game/league suspension.

1. **Rosters:** Any roster must have at least 12 players (maximum 20) with at least 3 females. All players must be registered by the first week of games. Players must appear on the MyRec roster to be eligible for the playoffs.
 - a. **Age Requirement:** All players must be **40 years of age or older**. Each team may have up to 3 players **35 years of age or older** (to help meet roster minimums).
 - b. **Minimum Players:** A minimum of **8 players** is required to start a game, which must include at least **3 female players**. Failure to meet this requirement by the scheduled start time results in a forfeit.
2. **Batting Order & Team Numbers:** Teams with 10 or more players must have at least 3 female players, playing both offense and defense. Batters will start with a 1-1 count. Will consist of at least 3 females. Players may re-enter the game at any time in the same batting position if you are batting everyone. Teams pick their own line-ups and bat as many as they like as long as they **do not bat more than 3 non-female players in a row**. Line will need to be given to the umpire at the first of the game.
 - a. **If a female is missing to start the game, you may take an out from any female spot in the order.**
 - i. **If there is a female missing you may only have 3 outfielders.**
 - ii. **Take an out from any female spot in the lineup**
 - b. **If a male is missing to start the game you can**
 - i. **Take an out from any spot in the lineup if you know the male is on the way to the game**
 - ii. **Replace a male in the lineup with a female in the line and field.**
3. **Game Layout:** Games are 7 innings or 60 minutes; whichever comes first. **No new inning can be started after 55 minutes of the original start time.** If the 60 minutes expires during an inning, the final score is that of the last completed inning. Games may end in a tie in the regular season. In the case of inclement weather 4 completed innings is considered a game. If a game is suspended prior to this, the score, number of outs, base runners and player at bat must be noted on the lineup cards by the umpire. The game will be picked up when rescheduled with the appropriate batter and a 1-1 count.

*Players should not be on the field more than 10 minutes before their game and off field within 5 minutes after the end of the game.
4. **Start of Games:** Captains or team reps should meet with the umpire 5 minutes before scheduled start time to hand in their lineup cards. Any substitutions need to be reported to the umpire. **Play must start on time!** A minimum of 8 players, including 3 females are needed to start a game. (See **Batting Order & Team Numbers** above for more details) There is no grace period; the game clock will start on time unless there is a field or weather issue.

5. **Players on the Field:** There must be 3 females in the field, with 1 in the outfield and 1 in the infield (*any position*). If you hit more than 10 players you may substitute freely in the field as long as this rule is followed. The encroachment line in the outfield will define the infield. **The infield is the dirt playing area.**
 - a. The encroachment line is 120 to 125 feet from home plate.
 - b. If there are 4 outfielders, 1 player will be allowed in front of the line and the other 3 need to remain behind it until the ball is hit. If you only have 3 outfielders no player is allowed in front of the line/infield before the ball is hit.
 - c. If borrowing players, they must be registered within the present season. Max is 2 players, not exceeding 10 on the roster. Borrowing players is not allowed during playoffs.
6. **The Home Team** is responsible for keeping the official scorebook. Each team will provide one new league A.S.A. assigned softball to the umpire each game.
7. **Injuries:** If a player is injured on the field and you have no subs on the bench, you can play with 8, but the injured player's spot in the order is an out. If the injured player is a female, you need at least 1 female infielder and 1 female outfielder.
8. **Courtesy Runner:** If a player has a previous injury or gets injured in the game and requires a runner, the last batted out will be the courtesy runner. If the injured party is a female, the runner must be the last female that made an out. If the injured party is a non-female player, the runner must be the non-female that made an out. The "injured batter/party" will need to be able to take their turn at bat and be able to successfully run to first base before the courtesy runner can sub in. **Limit of 3 courtesy runners total per team.**
9. **Base on Balls to a non-female player (with female to follow):** When a non-female player reaches first base on a base on balls and a female spot follows in the batting order, the non-female player automatically advances to 2nd base. With 2 outs, the female may elect to take 1st base. With less than 2 outs she must take her turn at the plate.
10. **Fouling out:** Batters with two strikes on them will be given one courtesy foul ball. If this is followed with a second foul ball, the batter is out.
11. **No Bunting:** any full swing that is fair is playable.
12. **Home Runs:** You may hit unlimited home runs.
13. **Pitching:** Pitchers MUST be on the rubber (50ft) at time of release of pitch. The ball must reach a height of 6ft off the ground, and cannot go above 10 feet. The speed must be slow. **Headgear will be mandatory for any player on the mound.**
14. **Run Rule:** There is a 5 run limit each half inning.
(Run Away Rule):
A team up by 20 runs after four innings shall be declared the winner.
A team up by 15 runs after five innings shall be declared the winner.
15. **Leading/Stealing/Sliding:** There is no leading until the pitch reaches the plate. Absolutely no stealing! Sliding is allowed: Absolutely no take out slides (determining factor is intent and if runner cannot reach base during slide) or intentional interference with a defensive player. Sliding is only permissible at second, third base and returning to 1st base. This is the official's call, the effect will be an out. **The commitment line** will be placed in between 3rd and home plate. If you pass the commitment line you must go to home base. You may not return to third base once you cross the commitment line.
16. **Equipment:** Players must have matching shirts with numbers on the back. Absolutely no metal spikes allowed. Pitchers will provide their own protective head gear. 12" co-ed softballs are used for all batters. The league will

give each captain 10-12 league approved balls prior to the start of the season. Captains will also receive a scorebook. For an updated list of legal / illegal bats go to <https://www.usasoftball.com/certified-equipment/>

17. **Homeplate:** Every game will have a designated home safety plate placed 8ft from the original plate. All plays at home are force plays once the runner has crossed the commitment line. Scoring runners MUST use the safety plate to score. All defensive plays at home must be made by tagging the original plate before the runner reaches the safety plate .
18. **All rules not covered here follow 2026 USA Softball rules. South Portland Recreation reserves the right to change any rule, at any time, for the betterment of the league.**
19. **Alcohol/Smoking/Drugs/Trash:** Smoking, alcohol and the use of drugs are not permitted on any of the fields before, during, or after the game. Please treat the city fields with respect. Pick up all trash!
20. **NO DOGS or CHILDREN are allowed in the dugouts or on the playing fields at any time.**
21. **Rainouts:** Captains will be sent an email (when possible) in the case of inclement weather by 4:00pm. You can also call the front desk of the community center at 767-7650 after 4:00pm the day of the game.
22. The home field advantage in league playoffs will be given to the team with the best regular season record. If a tie exists, head to head competition between the two teams will determine home field advantage. If a tie still exists, a coin flip will determine home field advantage. All league playoff games should be completed. In the event of rain or any cause which interrupts a game, the game must be resumed at the exact point where it was stopped.

Player, Manager, Coaches, Conduct:

Any team member, who willfully strikes, shoves, bumps, grabs, or runs into an umpire will be suspended from the league for one full year. This restriction may become permanent if the Recreation Staff, Head Umpire and the Director of Parks and Recreation feel the severity of the incident justifies such action.

Any team members, who are found drinking at a playing area, will result in a team suspension for one game. If this occurs a second time, the team will be suspended for the remainder of the season without a refund.

Only the team manager or designated player will be allowed to communicate with the umpire. Other players who communicate with the umpire will be warned by the umpire (team warning through manager) first, and then ejected from the game after another occurrence. That player will be subject to the unsportsmanlike conduct rule.

If a player is removed from the game by an umpire for unsportsmanlike conduct or abusive language, he will receive a verbal warning from the League Supervisor through the Team Manager. If the same player is removed a second time, he will receive a written warning from the League Supervisor and will be suspended for the next two games (this includes post-season play). If the same player is removed a third time, they will be suspended from the league for one full year or permanently. This suspension will carry over into other league nights.

If the League Supervisor feels that the severity of the unsportsmanlike incident warrants an immediate one year suspension, permanent suspension, or temporary suspension, this action will be taken with the knowledge and consent of the Director of Parks and Recreation. This action will be taken in cases of excessive verbal abuse and profanity, physical abuse, in a case where an ejected player refuses to leave the field and disrupts the game, or a suspended player disrupts any league game, and in cases involving unnecessary physical contact provoked by one player against another player.

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