

**Adult Slow Pitch Softball Rules and Regulations**

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**TEAMS AND PLAYERS**

A team is allowed 10 position players. Batting lineups must be followed and need to rotate male, female, male, female as much as possible in the lineup, this will vary with how many of each gender are on each team. Teams can bat more than 10 players but need to stay constant through the whole game. Free defensive substitutions are allowed. A team can list up to 2 courtesy runners who can run for any player who may not be physically able, only one courtesy runner per inning. All players MUST be put on the roster before the start of the game, to be eligible to play that evening, if a player is injured, any player who is not in the game may re-enter for the injured player. Injury time is added to the game time. Teams are responsible for cleaning up the area in and around their dugout. ALL PLAYERS except the batter and the batter on deck must remain in the dugout. One coach on first base and on third.

**GAME PROCEDURES**

A regulation game shall consist of 7 innings (6 ½ if the home team is ahead) there will also be a 1-hour time limit in place. If the game is tied after 7 innings, the game will go into extra innings until one team has scored more runs than the other team at the end of the inning. The last batted out will be placed on 2nd base with no outs to begin all extra innings. No new inning shall begin 55 minutes after the start of the game. Umpires will keep the official time. Two (2) HOME RUN RULE PER TEAM PER INNING. A team can also only hit 5 home runs per game. Any ball hit out after the limit has been reached will be counted as an out. USSA pitching rules: 3-10 foot from the release with a height of 10 foot, anything else is a ball. If the ball reaches the required height and lands in the orange rubber pad it is a strike. No lead offs or stealing bases, once the ball has crossed the plate or been put into play by a hit, the runners can move off the bag and advance. The ball is dead once the pitcher has the ball on the mound, and no runners are already advancing to the next base. Runners must stay within the base lines, especially when running to 1st Base. Runners who go 1 foot (either direction) out of the running lane they establish will be called out if there is a play being made on them. Run rules are 25 after 3 innings and 15 after 5 innings.

**MISCELLANIOUS**

Shoes MUST be worn. All-purpose shoes are recommended. Metal cleats can be worn. Protective face masks can be worn by any player to prevent injury. Men will use a 12” softball with a COR of .52, women will use a (11”) softball with a COR of .52. Standard baseball/softball rules apply unless specified above. Any rules may be modified during the season for the betterment of the league by park staff.