



***Littleton Parks and Recreation Department
Co-ed Softball League
Rules and Regulations***

I. Overall Game Rules:

- The game will consist of 7 innings. In the event of rain, the game will consist of 5 innings, or 4 ½ innings if the home team is ahead.
- Each team shall have 7 males and 3 females.
 - ◆ Games can be played with 9 players, as long as there are 3 females.
- All females should use ASA bats; all males shall use softball wooden bats.
- If there are more than 10 players on a team, everyone should have an opportunity to be included in the batter line-up.
- The batting order cannot have three males in a row, a female must separate them.
- The choice of first or last bat in the inning shall be decided by a predetermined schedule.
- There will be a 140-foot outfield limit that all outfielders must stay behind during a female batter at bat.
- All game official fees are included in the league fees.
- Stealing and lead offs are not allowed. The ball must make contact for the runner to leave the base.
- Bunting and chopping are not allowed. If such action occurs, it will be considered a dead ball and the batter will be called out.
- A foul ball must reach a height of six feet or more to be legally caught for an out. The exception being a third strike, where the ball will be considered an out.
- A safety bag will be used at home plate. There will be a commitment line on the 3rd base line. If the base runner passes that line, they are indicating that they are going home and can be thrown out.
- One home-run will be allotted per male, per game. After one home-run, all succeeding home-runs will be an out. For females, home-runs are unlimited.
- Infield practice is NOT allowed after the first inning.
- There must be 2 females playing infield positions at all times.
- The ball is dead and not in play when:
 - ◆ no pitch is declared.
 - ◆ a foul ball is not caught.
 - ◆ a runner is called out for leaving a base too soon.
 - ◆ offensive interference occurs.
 - ◆ a defensive player carries the ball out of play (intentionally or unintentionally).
- The ball is in play when:

- ◆ the infield fly rule is enforced.
 - ◆ a thrown ball remains in playable territory.
 - ◆ a base is dislodged while base runners are progressing around the bases.
 - ◆ a thrown ball strikes an offensive player.
 - ◆ a thrown ball or fair-batted ball strikes an umpire.
 - ◆ a thrown ball strikes a coach.
- The ball remains alive until the umpire declares time. Time will be called when the ball is held by a player in the infield area and in the opinion of the umpire all play has ceased.

II. Pitching:

- At the beginning of each half-inning, or when a pitcher relieves another, the pitcher has one-minute to deliver no more than five warm-up pitches to the catcher or another teammate.
- ◆ If the pitcher chooses to pitch more than five pitches, a ball will be called on the batter for each pitch over the limit.
- Each pitch must have a minimum arc of 6ft. from the ground, and a maximum allowable arc of 12ft. from the ground from a 46ft. pitching distance.
- ◆ If a pitch does not meet these requirements an illegal pitch shall be called. The batter has the option of taking the pitch for an automatic ball or swinging at the pitch. If the batter swings, the illegal pitch is ignored.
- The pitcher must pitch with at least one foot contacting the rubber prior to pitching the ball. The pitcher's foot must remain in contact with the rubber throughout the delivery.
- The pitch must be delivered in a continuous, underhand motion on the first forward swing of the pitching arm past the hip.
- A step may be taken forward, backward, or to the side provided that the foot stays in contact with the rubber and the step is taken simultaneously with the pitch.
- The strike zone will be determined by an extended plate. If the ball strikes the plate or its extension, it will be a strike if all other factors are met.

III. Batting:

- A batter is out when:
- ◆ an altered or illegal bat is used by a batter or brought into the batter's box.
 - Illegal bats: Baseball, Fugo, and corn dog bats.
 - ◆ a batter receives their third and final strike.
 - Strikes include: strike zone strikes, swings and misses, a dropped or caught foul ball on the third strike.
 - ◆ An infield fly is called.

- ◆ the batter bunts or chops the ball downwards. In this case the ball is dead and all runners return to the base they occupied when the ball was pitched.
- ◆ any foot touches the ground completely outside the batter's box or if any part of the foot touches the plate and the ball is hit. In this case, the ball is considered dead.

IV. Runner and Batter-Runner:

- The bases must be touched in reverse order when a base runner is returning to a base while the ball is in play.
- No runner may return to touch a missed base or one they left illegally after the following runner has scored. For an out to be granted, the opposing team must appeal.
- When an opposing player is in possession of the ball, a runner may not remain upright and crash into the defender. When sliding, runners must always slide for the base. If either instance occurs, the runner will be declared out and ejected from the game.
- Base runners are entitled to advance, but accept the liability to be put out under the following circumstances:
 - ◆ the ball is overthrown into fair or foul territory and remains in play.
 - ◆ the ball is batted into fair territory.
 - ◆ a legally caught fly ball is first touched.
- Base runners are entitled to advance without liability to be put out under the following circumstances:
 - ◆ a fielder obstructs the base runner from making the base
 - Does not include instances where the fielder is trying to receive the batted ball or has the ball in their possession to touch the base runner.
 - ◆ the ball is in play and is overthrown to an area out of play, all runners advance if:
 1. the ball is thrown out of play by an infielder. In which case the runner can advance one base.
 2. the ball is thrown out of play by an outfielder. In which case the runner can advance two bases.
- Obstruction is the act of:
 1. a defensive player or team member who hinders or prevents a batter from striking or hitting a pitched ball.
 2. a fielder, while not in possession of the ball, in the act of fielding a batted ball or about to receive a thrown ball, impedes the progress of a base runner who is legally running the bases.
- Interference is the act of:

1. an offensive player or team member, umpire, or speciation that impedes, hinders or conduses a defensive player who is attempting to execute a play. Interference can be called even if no contact is made.

→ Base stealing is not allowed.

→ The base runner is out when:

- ◆ running to any base, they run more than 3ft. from a direct line between a base and the next base, when a defensive player is attempting to tag the runner.
- ◆ they pass a preceding base runner before the runner has been put out.
- ◆ they legally overrun first base, make an attempt to advance to second base, and are legally touched while off base.
- ◆ they interfere with a fielders attempt to field a batted ball or they intentionally interfere with a thrown ball. If this occurs and is an obvious attempt to prevent a double play, as judged by the umpire, the immediate succeeding runner shall also be called out.
- ◆ they are struck with a fair-batted ball while off base and before it passes an infielder that could have otherwise made a play.
- ◆ they are on third base and the batter or any offensive player interferes with a play being made at home base.
- ◆ a first or third base coach touches or holds the runner physically, in an attempt to assist the runner in returning to or advancing from the base when a play is being made on them.
- ◆ after being declared out or scoring a run, they interfere with a defensive player's opportunity to make a play on another runner. The runner closest to home plate at the time of interference shall be declared out.

→ Base runners are not out under the following circumstances:

- ◆ When they run around the fielder and outside the baseline in order to avoid interfering with a fielder's attempt to field the ball in the base path.
- ◆ when they are hit with a fair-batted ball that has passed through an infielder, excluding the pitcher, and the umpire does not think that the other infielders had a chance to play the ball. The ball remains alive.
- ◆ when a fair-batted ball hits them after it is touched or touches a fielder.
- ◆ when they are hit by a fair-batted ball while in contact with a base.

→ Injured Runner:

- ◆ If an injury prevents a runner from proceeding in the game, a substitute will be permitted. If no substitute is available, the runner will be declared out.

V. Injury and Health Disclaimer:

- Participants should be aware that there is a risk of injury in participating in this program due to the inherent nature of this activity. Individuals are encouraged to have a physical examination and to obtain adequate health and accident insurance prior to participating. By participating in this program, you are agreeing that you are participating in a Littleton Parks and Recreation activity at your own risk.