

Lake Forest Parks & Recreation Department

Adult Softball Local Rules and Regulations

All play will be governed by USA Softball rules and regulations (formerly Amateur Softball Association (ASA)), which can be viewed at <https://www.teamusa.org/USA-Softball.aspx>, except for the following local rules:

I. ROSTERS

- A. Rosters must have at least 8 players listed and is limited to 20 players.
- B. All players listed on a team's roster must be 18 years of age or older.
- C. Any player may only be listed on ONE team roster.
- D. Rosters are frozen after week 2 of the regular season.

II. GENERAL

- A. The Lake Forest Recreation Department will furnish one umpire per game as available who is the field supervisor. Umpires will establish ground rules prior to the game regarding out of play areas, permanent obstacles in the field of play, etc.
- B. Forfeit time has been established as game time. If a team fails to appear at the appointed time, the umpire will declare the contest a forfeit.
- C. The official score book will be supplied by The Lake Forest Recreation Department and will be passed back and forth during the game. The umpire will also keep score.
- D. Game balls will be supplied by The Lake Forest Recreation Department.

III. PLAYING REGULATIONS

- A. A game will consist of 7 innings. In the event of rain or darkness, 5 innings or 4 1/2 if the home team is ahead, will constitute a game.
- B. The Official Scorebook will be handed back and forth with the batting team keeping score. The umpire will also be keeping score.
- C. Metal cleats are not allowed. If a player is caught with metal cleats, they will be asked to remove them by the umpire. The player must wear rubber cleated shoes or sneakers. Players will not be allowed to play without shoes.
- D. The pitcher's plate will be set at 50 feet and bases set at 70 feet.
- E. Base stealing is not allowed. Runners can leave their bases when a pitched ball has been hit.
- F. Bunting is not allowed and will result in a dead ball with the batter being called out.
- G. Players start with a 1 ball and 1 strike count, and a fouled third strike is an out.

IV. PLAYERS & SUBSTITUTIONS

- A. A team must have at least 8 players to start the game. Teams playing with 8 or 9 players will not be assessed outs for those missing spots in the batting order.
- B. Players arriving late may have their name added to the bottom of the order and this includes up to 1 extra player. Late players must be declared by the captain at pregame.
- C. All substitutes and/or additions must report to the plate umpire before batting.
- D. A player who is bleeding or has an open wound shall be considered an injured player. Such players may not return to the game until the bleeding has stopped and the wound is properly covered. The umpire and/or staff assistant on duty shall determine a reasonable amount of time to get the wound covered and the bleeding stopped so that the player does not have to substitute out of the game. If a player needs to sub out, the following scenarios apply; 1) baserunner - they must be replaced by a courtesy runner, 2) defensive player - a sub must replace that player.

- E. If a player must leave the game and there is no substitute available when it is that player's turn to bat an out is declared.
- F. An ejected player may not be substituted for. If ejected, that player's spot in the batting order will become an automatic out.
- G. A starter and subs may be withdrawn from the game and re-entered in the same spot in the batting order once. Players may not re-enter a second time, and the starter and substitute may not be in the game at the same time. To bat an extra player, a team must have 11 players present at the start of the game.

V. BATS

- A. Baseball bats and fungo bats are not allowed. All legal bats must be listed on the current USA Softball legal bat list which can be found at <https://www.usasoftball.com/certified-equipment/>. Any player in violation of using an illegal bat will be disqualified from the game where they have been accused. That player's spot will be an out for the remainder of the game.

VI. HOMERUN LIMITS

- A. Each team will have a limit of 3 homeruns per game.
- B. Teams are expected to retrieve homerun balls as they are hit.

VII. PITCHING

- A. The pitch must have a minimum arc of 6 ft. from the ground. The maximum allowable arc is 12 ft. from the ground. If the 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 pitch is swung at, the illegal pitch is ignored.
- B. The pitcher must pause 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.
- C. The pitcher must deliver the ball in a continuous, underhand motion on the first forward swing of the pitching arm past the hip.
- D. If a step is taken it may be forward, backward, or to the side provided the foot stays in contact with the rubber and the step is taken simultaneously with the pitch.

VIII. BATTER'S BOX

- A. There are no batter's boxes but, the batter will not be able to start further back than having their front foot even with the back corner of the strike mat. The batter may move prior and during the pitch however, once the batter is in the confines of a "batter's box" (to the umpire's discretion), the pitch may be delivered, and it will be considered a legal pitch. If at any time the umpire considers a player to be abusing this, they may be called out.
- B. A batter will be called out if they step on the plate when contacting a pitched ball.

IX. SPEED UP RULE

- A. The speed up rule will be used for all games, except the championship games and can be described as follows. Effective at 50 minutes from the start of the game (or after), at the top of the inning, the count will switch from a 1 ball, 1 strike count to a 2 ball, 2 strike count. This means that the next ball swung at must be fair.

X. CONTACT RULE

- A. It is the baserunner's responsibility to avoid a collision at all bases including home plate. The baserunner will be automatically out if, by the judgment of the umpire, they fail to avoid a collision, when the fielder has control of the ball. The ball is dead, and any other baserunners may not advance.

XI. SLAUGHTER RULE

- A. 20 runs after 4 innings (31/2 if home team is ahead), 15 runs after 5 innings (4 1/2 if home team is ahead) and 10 runs after 6 innings (5 1/2 if home team is ahead).

XII. COURTESY RUNNER

- A. A team may only designate two players by which that team will be allowed a courtesy runner and must be stated in the pre-game meeting with the opposing team captain and the umpire. The courtesy runner will be the batter that made the last out in the line-up. If any other player, other than the two designated players, needs a substitute runner, they must only do so by going through the proper substitution procedures.

XIII. CO-ED MODIFICATIONS

- A. A female may only substitute for a female, a male for a male.
- B. A team's lineup cannot consist of more than two males to the number of females. For example, a lineup of 6 males to 4 females is legal but, a lineup of 7 males to 3 females is not. A lineup of 5 males to 5 females is a legal lineup.
- C. Two batters of the same sex may not bat consecutively without a 1 out penalty. A team playing with an uneven number of sexes may use 2 lineups instead of taking a 1 out penalty. One line up will be male players, the other female players and each will made up independently but, will form 1 batting lineup so no same sex bats after one another.
- D. On a walk to a male batter (intentional or not) the male batter will advance to second base and the following female will bat for herself. All base runners will advance to the next base forced to, on a walk to a male batter. If a male batter is walked and there are two outs, the female may be given the option of hitting or receiving an automatic walk.
- E. There are no restrictions regarding defensive alignment of male to female however, players cannot change positions during an inning unless an injury warrants it.
- F. Players arriving late may have their name added to the bottom of the order; but an extra player may not be added after the game has started. This needs to be declared by the captain at pregame.
- G. All substitutes must report to the plate umpire before batting.

XIV. RAIN & WEATHER-RELATED PROCEDURES

- A. If in the event of unplayable weather, lightning, etc., the City's Thor-Guard system will sound a single horn, which means all players/spectator/umpires must clear the baseball/softball fields. 3 horns signal the "all-clear" notification, meaning play may resume play. All players are expected to wait until games have been called if necessary.
- B. A game called by weather that is not an official game will be rescheduled and picked up where it was called.

XV. EJECTION POLICY

- A. If a participant is ejected from a contest, he/she is immediately ineligible to participate in any future league contests until they schedule an appointment with the Program Supervisor to review his/her behavior and subsequent eligibility to continue participation.
- B. Any ejected player must leave the field, park premises immediately. This includes the parking lot.
- C. Any unsportsmanlike conduct by players or fans may cause a team to be disqualified from further competition.

- D. Players, coaches, and spectators may not harass the officials (verbally or physically) after the contest has ended. Offender(s) are subject to the same penalties and procedures as players being ejected from a contest.
- E. Team managers are responsible for their players and spectators alike.

XVI. FINAL DECISIONS & CODE OF CONDUCT

- A. Players are expected to treat officials, fans, opponents, facility, and teammates with respect, always.
- B. Smoking, vaping & consumption of alcohol are not permitted in the park, per City of Lake Forest Ordinance.
- C. The Lake Forest Recreation Department Program Supervisor has the right to make all FINAL decisions regarding rules, interpretations, enforcement, and any other subject as it pertains to the Adult Softball Program(s).
- D. Protests are not allowed.