

# Hebron Parks and Recreation

148 East St. Hebron, CT 06248

860-530-1281

## 30+ Adult Co-Ed Softball League Rules

### Purpose of the League:

*The goal of the Hebron Parks and Recreation Department's co-ed adult sports programs is to provide opportunities for physical exercise, socialization, and a healthy use of leisure time.*

*These leagues are intended to provide a good caliber of play in a fun environment.*

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### **1. Captain Responsibilities:**

- a. Team Captains or designated Team Captains must be current residents of Hebron.
- b. It is the Captain's responsibility to read through and know the League Rules prior to the season.
- c. It is the Captain's responsibility to know and follow roster rules and meet league deadlines.
- d. It is the Captain's responsibility to assign umpires and back up umpires from their team for games in which they are not playing if no one volunteers to be League Umpires.
- e. It is the Captain's responsibility to control their team players, which includes curbing the usage of profane or obscene language.
- f. It is the Captain's responsibility to regularly monitor their email for communication from Hebron Parks and Recreation, as well as informing their team of postponed/cancelled games due to weather once the Captain receives this information from Hebron Parks and Recreation.
- g. It is the Captain's responsibility to make sure their team is paid for upon team registration
- h. It is the Captain's responsibility to help their team abide by any decisions made by Hebron Parks and Recreation and League/Team Umpires regarding calls or possible disciplinary action should any be warranted.
- i. It is the Captain's responsibility to know, follow, and abide by substitution and batting order rules.
- j. It is the Captain's responsibility to submit line-up cards and changes before the game and before each half inning begins.
- k. It is the Captain's responsibility to ensure that all equipment provided by Hebron Parks and Recreation for use in league games is properly cared for and placed back in the proper storage bin prior to leaving the field after games.
- l. It is the Captain's responsibility to communicate with each other and email the League Coordinator and CC opposing Captain the final game scores at the conclusion of games.

### **2. Team Responsibilities:**

- a. It is the team's responsibility to read through and know the League Rules prior to the season.
- b. It is the team's responsibility to exhibit good sportsmanship, honesty, and respect to all before/during/and after games.
- c. It is the team's responsibility to provide and umpire games if no one volunteers to be a League Umpire.
- d. It is the team's responsibility to allow their team captain only to approach the Hebron Parks and Recreation staff or umpires with any disputes.
- e. It is the team's responsibility to abide by any decisions made by the League Coordinator/Hebron Parks and Recreation and umpires.
- f. It is the team's responsibility to arrive at least 10 minutes prior to game time whether playing or umpiring.
- g. It is the team's responsibility to understand that they play at their own risk and that the Town of Hebron and its agents are held harmless for injuries of any type.
- h. Drugs, alcohol, and tobacco products are prohibited.
- i. Aggressive/ hostile behaviors towards players, umpires, staff, and spectators are unacceptable, prohibited, and may result in player and/or team removal from the league without refund.

### 3. Regular Season Roster Rules:

- a. The Co-Ed Adult Softball League is open to ages 30 and over.
- b. Maximum roster limit of 15 players.
- c. Rosters are frozen after each team's 5<sup>th</sup> game played.
  - i. Final rosters should be submitted by team Captains to the League Coordinator/Hebron Parks and Recreation no later than 1<sup>st</sup> pitch of their team's Game 6.
- d. Hebron Parks and Recreation will have separate registration on RecDesk for Free Agents which Captains may utilize to fill out their teams. Captains will need to contact Hebron Parks and Recreation to obtain Free Agents.
- e. Players from outside of Hebron are permitted to participate, however they may not be Team Captains.
- f. Teams must have at minimum 4 female players listed on their rosters; all of whom shall be on the field and in the batting order each game.
  - i. The following rules in the sections below are based on a team consisting of a majority male players with a minimum of 4 females. There is no maximum limit on female players on a roster, however a team with a majority of female players would simply need a minimum of 4 male players and follow the below rules as such.

### 4. Playoff Roster Rules:

- a. Team rosters are frozen for playoffs; no new players may be added to teams.
- b. Teams must compete with players on their rosters, no subs from other teams or the public will be allowed during playoffs.
- c. League Coordinator/Hebron Parks and Recreation in extenuating circumstances, and Team Captain request, may grant use of a sub off the department maintained Free Agent list if there is proof of injury to a player on the original roster. The Free Agent shall be selected by the department.
  - i. The Captain must request an injury replacement sub BEFORE playoffs start.
  - ii. If the player is injured during the playoffs, then no sub will be allowed to replace them.
  - iii. The injury replacement sub may not be on another team's roster.
  - iv. The League Coordinator/Hebron Parks and Recreation will reserve the right to deny injury replacement requests and may deny certain subs to be injury replacements if competitive balance is upset.

### 5. Minimum Lineup Requirements to Start a Game/Grace Period:

- a. Teams must field at minimum 9 players; at least 4 players should be of the opposite gender.
  - i. Teams may play with 3 female players and adhere to the following:
    1. Teams will only be able to put 9 players in the field (4 INF, 1 pitcher, 1 catcher, 3 OF). At least 2 females must be in the infield on defense.
    2. If 3 females, batting order should rotate females every other batter. If all females are on base when the next female turn is at bat then that at bat will be considered an out.
- b. During the regular season, teams must field at least 5 members of their own roster for a game before acquiring subs to meet minimum requirement above.
- c. Any team unable to field the minimum requirements by the game's scheduled start time will be allowed a **10min grace period** (Time Limit Rules apply) to field a team.
- d. Any team unable to fulfil the minimum lineup requirements after the 10min grace period will forfeit the game.
- e. Players from other teams are not obligated or required to sub for any teams if they do not wish to.
- f. Batting order rules apply to all subs so teams should consider that when asking males or females to sub.

## 6. In-Game Substitution Rules:

- a. There must be no more than 10 players on the field defensively.
  - i. Maximum of 6 males (or females) and minimum of 4 females (or males) on the field defensively.
  - ii. There must always be 4 members of the opposite gender on the field defensively.
  - iii. Batting (in game injury only) and pinch running-wise; males may only sub in for males; females may only sub in for females. Defensively, males may sub in for females so long as the minimum on field requirements are met.
  - iv. Defensive substitutions may be made freely however the original batting order must still be followed.
  - v. Players who are in the current lineup may change positions with each other, but each must stay in the same batting order throughout the game.
  - vi. Teams may have a pinch runner (courtesy runner) for players unable to run the bases.
    - The batter must be able to bat and make it safely to first base prior to a courtesy runner taking over.
    - A pinch runner/courtesy runner is another player who can run the bases for a player who has reached the bases.
    - The pinch runner/courtesy runner must be the same gender of the player being run for who made the most recent out.

## 7. General Information (Regular Season and Playoffs):

- a. The season will consist of 10 games plus an end of season single elimination playoff.
  - i. Teams will play 1-2 games per week with the possibility of doubleheaders, when necessary, due to number of teams signed up or weather/unforeseen circumstances causing postponement or cancellation.
  - ii. Games will primarily be played on Tuesdays/Thursdays; 1<sup>st</sup> pitch at approx. 6:30pm earliest.
    1. This may be altered as needed by Hebron Parks and Recreation.
- b. Game schedules, scores, and League Rules shall be posted on Hebron Parks and Recreation Quickscores page.
- c. Games will be played at Veterans Memorial Park Little League Field.
  - i. Dimensions of bases are a few feet shorter than a typical softball field and the outfield fence is about 25 feet shorter.
- d. Games shall consist of 7 innings **OR** 65 minutes, whichever occurs first.
  - i. If an inning is in progress during the 65<sup>th</sup> minute, the full inning shall be played out and the team with the most runs at the conclusion of that inning shall be declared the winner, or, if the game is tied then it shall be declared a tie.
  - ii. No new inning should start after the 60<sup>th</sup> minute.

## 8. Gameplay Rules (Regular Season and Playoffs):

- a. The USSSA [United States Specialty Sports Association] rules will be used except where noted.
- b. **Starting count of – 1 Ball, 1 Strike**
  - o 1 Free/Courtesy Foul Ball after 2 strikes
    - A foul ball with 1 strike still counts as a strike against the batter (brings count to 2 strikes)
    - The first foul ball after 2 strikes is the 1 free/courtesy foul ball
    - A second foul ball after 2 strikes and the 1 free/courtesy foul ball is an automatic strike out

**c. Batting Order**

- i. Visiting team will bat first (top half of inning) then man the field, home will man the field first and bat second (bottom half of inning).
- ii. An official lineup cards will be available for each team to fill out and exchange prior to games.
- iii. A maximum of 12 batters will be allowed to hit per team and must be assigned a spot in the batting order by the team captain before the game and cannot change.
- iv. Teams must alternate male/female batters in a every other batter format.
  - 1. If this is not possible, females should be batted in the format (or similar) below:
    - a. The below table is a sample batting order based on a majority male and minimum of 3-4 females in the lineup. This could be used for males if the team is a majority female:

1. Male A	2. Female A
3. Male B	4. Female B
5. Male C	6. Female C
7. Male D	8. Female D
9. Male E	10.
11. Male F	12.

- 2. Upon reaching the 10<sup>th</sup> batter in the above table; Female A will bat in the 10<sup>th</sup> spot, Female B in the 12<sup>th</sup> spot, and each female will be bumped up in and rotate through the batting order
- 3. If 3 females, batting order should rotate females every other batter. If all females are on base when the next female turn is at bat then that at bat will be considered an out.
- v. Any changes to batting order due to in-game substitution must be submitted to BOTH the umpire AND scorekeeper by the Captain BEFORE the start of the inning or half inning. Failure to do so will result in an out if the incorrect player bats; the change will not be permitted and the originally scheduled batter must bat.
- vi. Teams must bat all players listed on their submitted lineup card in order. Once the final batter on the card bats then the top of the batting order is reached. Ex. 12 batters, 1-12 must bat in order before the top spot of the batting order may hit again to renew the cycle.

**a. Batting/Base Running**

- i. No bunting will be allowed. This will result in an automatic out.
- ii. No leads may be taken from bases. Runners may leave the base once the ball is hit by the batter.
- iii. No stealing bases.
- iv. Sliding while base running is not allowed and shall be ruled an automatic out.
- v. Base runners may not run past base runners in front of them. This will count as an out if the runners arrive at bases out of order.

### **a. Batting/Base Running (cont.)**

- vi. A ground rule double is automatically awarded to the batter if they hit a ball that first bounces in fair territory past 1<sup>st</sup> or 3<sup>rd</sup> base and leaves play over any fence. It does not matter if the ball hops foul once over any fence as its first landing spot before bouncing over the fence was in fair territory beyond 1<sup>st</sup> or 3<sup>rd</sup> base. The play shall be considered dead and batter shall advance and stop at 2<sup>nd</sup> base; any runner on base shall advance 2 bases. Ex. Runner on 1<sup>st</sup> goes to 3<sup>rd</sup>; runner/s on 2<sup>nd</sup> or 3<sup>rd</sup> goes to home.
- vii. All plays at home plate will be considered a force play; meaning that the catcher may simply be thrown the ball and touch home plate before a runner touches home plate for the runner to be out without the catcher needing to tag a runner.
  - 1. Runners who interfere or are deemed by the umpire to have interfered with a catcher/player catching a thrown ball to make a force out at home plate shall be called out at home.

### **b. Defensive Positions**

- i. Teams must field **10 total players maximum in the field** as a regular lineup:
  - 1. 4 outfielders
  - 2. 4 infielders
  - 3. 1 pitcher
  - 4. 1 catcher
    - a. 4 females must be split between infield and outfield positions [2 infield, 2 outfield], pitcher/catcher positions shall count towards satisfying the infield requirement.
- ii. Teams may field **9 players minimum in the field** to start a game at the following positions:
  - 1. 3 outfielders
  - 2. 4 infielders
  - 3. 1 pitcher
  - 4. 1 catcher
    - a. 4 females must be split between infield and outfield positions [2 infield, 2 outfield], pitcher/catcher positions shall count towards satisfying the infield requirement.
    - b. If playing with 3 females, at least 2 shall be in the infield on defense.
- iii. Outfielders must stay in the outfield, and infielders must stay in the infield until the ball has been batted.
- iv. Defensive players interfering with base runners or obstructing a base will result in the runner being awarded the base and a warning issued to the defensive player. Ejection will follow the warning if it happens again.
- v. Catchers/fielders are not to interfere with runners at home plate or block the plate from a runner.
  - 1. [From the Batting/Baserunning section] All plays at home plate will be considered a force play; meaning that the catcher or defensive player may simply catch a thrown ball and touch home plate before a runner touches home plate for the runner to be out without the catcher or defensive player needing to tag a runner.

### **c. Double Headers**

- i. Depending on the amount of teams signed up, or due to game cancellations/rescheduling, teams may be required to play double headers on the same night.
- ii. In the event of a double header, both captains of the teams playing in the 2<sup>nd</sup> game may mutually convene to discuss whether they start the 2<sup>nd</sup> game early after the first game or if they take the break and wait for scheduled first pitch time of the 2<sup>nd</sup> game.
  1. The captain of the team playing both games of the double header shall have preference when it comes to making the decision.
  2. If the same teams playing Game 1 are also playing Game 2 then both captains need to mutually agree on the decision of starting right after Game 1 or waiting until scheduled 1<sup>st</sup> pitch of Game 2.
    - a. Both captains could agree to split the difference and take a break for half or some amount of the time prior to scheduled first pitch of Game 2.
    - b. In the event both captains cannot agree, Game 2 shall start at it's scheduled start time.
- iii. In the event of an unscheduled delay, Game 2 should start no later than 5-10min after Game 1 ends.

### **d. Equipment**

- i. Hebron Parks and Recreation will provide a box with softballs, some bats, a home plate strike mat, a home plate brush, umpire strike counter, and extra forms/lineup cards.
  1. This box will be placed on the 3<sup>rd</sup> base dugout side below the scorer's box.
  2. All equipment is to be returned post-game to the box and checked by team captains to ensure everything taken out has been placed back in.
- ii. 12" 52COR/300lbs size slow-pitch softballs will be used for both male and female players.
- iii. Several bats will be provided in the equipment box for teams to share during games.
  1. Personal bats may be used however they must meet the following qualifications:
    - a. Bats must be single walled bats.
    - b. Bats must be ASA/USA Softball [Amateur Softball Association] certified.
      - i. ASA or USA Softball Certification stamp must be clearly visible on the bat.
    - c. Bats may not have a Bat Performance Factor [BPF] greater than 1.20
      - i. BPF certification stamp must be clearly visible on the bat.
    - d. Personal bats that do not conform to the above requirements are prohibited and are eligible to be challenged by team Captains only BEFORE the game or BEFORE an at-bat.
      - i. Both team Captains shall inspect the bat in question together with the Umpire.
      - ii. Upon inspection, should the bat be deemed a prohibited bat the batter may switch to a legal bat.
      - iii. If the legality of a personal bat is questioned and/or inspected AFTER the batter's at-bat then any previous play in which the bat was used shall NOT be reversed as the challenge/inspection was not done BEFORE the at bat.
- iv. Catcher's mask/gear are strongly recommended for catchers.
- v. Pitchers may utilize a mask and/or catcher's gear for protection against balls hit up the middle.
- vi. Fielding gloves are mandatory and are not provided by Hebron Parks and Recreation.
- vii. Metal spikes, Crocs, and open-toed shoes are prohibited.

## **e. Ejections**

- i. Reminder that Hebron Parks and Recreation Department's co-ed adult sports programs is to provide opportunities for physical exercise, socialization, and a healthy use of leisure time. These leagues are intended to provide a good caliber of play in a fun environment.
- ii. Captains, players, umpires, and spectators are expected to adhere to Captain/team responsibilities on Page 1, in addition to adhering to Park rules/regulations and the law.
- iii. Captains are expected to control their teams/spectators to the best of their abilities.
- iv. Umpires are expected to be completely unbiased towards playing teams/spectators and issue warnings at their discretion for exhibited poor behavior that violates player or spectator conduct.
  1. Ex. Aggressive behaviors, excessive swearing or cursing, harassment/bullying, use of alcohol, drugs, or tobacco. Umpires and Parks and Recreation staff reserve the right to eject any person or persons found in violation of basic responsibilities, rules/regulations, and the law.
- v. Umpires and Parks and Recreation staff reserve the right to eject any person or persons found in violation of basic responsibilities, rules/regulations, and the law.
- vi. Ejections shall carry an automatic dismissal from the game being played and AT LEAST one [1] additional game.
  1. The additional game should be the team's next game, though the suspension could carry over into the next season if there are no more games to be played at the discretion of Hebron Parks and Recreation.
- vii. Hebron Parks and Recreation will further reserve the right to suspend and/or trespass an offending player/spectator from Veteran's Park and/or from more than the automatic one game suspension through subsequent games, the remainder of the season, or permanently from future seasons.

## **viii. In the event of an ejection:**

1. The offending person/persons shall be removed from play and will need to leave Park grounds (not just the field) immediately. Waiting in the car in the parking lot is not an option.
2. Gameplay will be halted immediately and shall not resume until the offending person has left park grounds. No playing time extensions shall be granted.
3. Captains from both teams and the umpire should convene together to document the incident in as much detail as possible, including names/team affiliation and context of what happened to cause the ejection and the person/person's actions [leaving park grounds, etc.] after the ejections, in order to accurately communicate the situation to the League Coordinator/Hebron Parks and Recreation Staff prior to play resuming.
4. Captains should contact the League Coordinator/Parks and Recreation staff at a provided phone number to alert them of an ejection. In the event of an emergency, 911 should be called followed by a call to the League Coordinator.
5. Captains should email the League Coordinator the documentation of the situation after the game with the final game score.
6. The League Coordinator/Hebron Parks and Recreation staff will review the notes from Captains, and any relevant camera footage from Department cameras at the park and determine whether further supplemental discipline is necessary and then communicate that to Captains. Captains may be called in to personally meet with the League Coordinator/Staff at the Burnt Hill Park office if necessary.
7. The Captain of the team of the offending person/persons shall inform the person/persons of the decision and whatever discipline is imposed.
8. There will be no appeal, Hebron Parks and Recreation decisions regarding ejections will be final.

#### **e. Ejections (cont.)**

9. Players ejected will not be eligible to be replaced on the roster for games or the season.

#### **f. Home Runs**

- i. There will be a 5-home run over the fence limit for each team per game. Each ball hit over the fence after the 5-home run limit has been reached will be counted as an out.
- ii. A ground rule double would be the exception to a ball that bounces in the field of play then hops over the fence after the 5-home run limit and would not count as an out, as it landed in the playing field prior to going out of play.

#### **g. Mercy Rule**

- i. If a team is up by 10 runs at the end of 5 innings, the game will end (unless the visiting team is ahead at the conclusion of the top ½ inning).
  1. Should the home team fail to score enough runs by the end of the bottom of the 5<sup>th</sup> inning then the game is over.
- ii. Both Captains may mutually agree to scrimmage the remaining 6<sup>th</sup> and 7<sup>th</sup> innings or until the 65<sup>th</sup> minute, however the game's final score shall not change and no runs scored/against shall count.

#### **h. Pitching Rules/Strikes and Balls**

- i. The pitched ball must arc at least 4 feet after leaving the pitcher's hand and before it passes any part of home plate. The pitched ball shall not rise higher than 10 feet above the ground.
- ii. Umpires determine if ball was pitched between 4ft and 10ft high. If a pitch is too low or too high and hits the mat, the umpire has the right to call a pitch not in compliance a ball.
- iii. A strike mat will be placed behind home plate to determine balls and strikes.
- iv. The ball must hit any part of the strike mat to be called a strike; this includes the forked parts of the mat touching home plate.
- v. A ball that strikes the white portion of home plate itself, or anywhere before or around home plate other than the mat, should be considered a ball.
- vi. A ball that touches BOTH the forked parts of the mat AND a piece of home plate shall be called a ball at the judgment of the umpire.
- vii. These ball/strike calls are judgment calls; the umpire has final say.

#### **i. Time Limit**

- i. Time limit of 65 minutes will be set for each game. If the game is not over within that timeframe, then the inning the game is currently in will be played to completion and then the game will be over.
- ii. Teams should be present 10 minutes before game time in order to warm up and be ready in time for the game.
- iii. If a team does not have at least 8 players 10 minutes past their game time it will be counted as a forfeit. Grace period time shall be counted as game time.

## **j. Uniforms**

- i. Team must wear matching or similar colored uniforms or t-shirts.
  1. Uniforms are not provided or paid for by Hebron Parks and Recreation.
  2. Uniforms should be appropriate in functionality, coverage, and wording/design.
  3. Uniforms should have large numbers and/or player last names on the back unique to each individual jersey.
    - a. It is understood that this is a recreational league and currently it is a suggestion for identification purposes for scoring/batting.
  4. Hebron Parks and Recreation will reserve the right to require that teams wear matching jerseys with numbers and/or player names in future seasons.

## **k. Walks/ Intentional Walks/Hit-by-Pitch**

- i. If a male player, who bats directly before a female player, walks, he is automatically awarded 2nd base (runners on the base paths will move forward, only if forced); the following female hitter has the option to automatically walk and take 1st base or hit. The male player will stay at 2nd base regardless of the choice.
- ii. If a team chooses to INTENTIONALLY walk a batter, the pitcher must inform the umpire, batter, and catcher PRIOR to the start of the at-bat and the player may simply proceed to the base rather than wait for 3 pitches to be thrown [remember, count starts 1-1].
  1. 1<sup>st</sup> and 2<sup>nd</sup> bases will be awarded consistent with the above based on male/female
- iii. If the batter is hit with a pitched ball, then they shall be awarded 1st base:
  1. A male player who is hit shall be awarded 2nd base so long as a female batter is batting directly after.

## **l. Weather**

- i. In the event of poor weather or anticipated poor weather, a decision will be made by the League Coordinator/Hebron Parks and Recreation staff to play or cancel that day's game/s. This decision should be made by 3:30pm.
- ii. League Coordinator/ Hebron Parks and Recreation staff will notify the captain of each team playing **VIA EMAIL** of any cancellation. It is the captain's responsibility to notify the rest of their team.
- iii. Hebron Parks and Recreation will look to make up any games cancelled by weather, however cancelled games may not be made up unless they impact playoff standings.
  1. Make up games may be either doubleheaders or scheduled on a different day.
- iv. If weather turns bad during gameplay, a game must reach 4 innings to be counted as official and the game may be called at the end of the 4<sup>th</sup>. If the game is called due to weather before the end of the 4<sup>th</sup> inning then the game shall not be official.
- v. **Thunder and Lightning**
  1. If thunder is heard or lightning is seen, the following procedures shall be followed:
    - a. Play shall be suspended immediately, and players/spectators are to seek shelter in their vehicles or under the concession building pavilion.
    - b. After the last thunder is heard or lightning is seen, players/spectators are required to stay OFF of the field for 30 additional minutes. That 30 minutes shall restart any time thunder or lightning returns.

## 9. Umpires:

- m. Games are currently considered “self-umpired”.
  - i. Captains from each team shall appoint an umpire for each half inning that they are pitching.
    - 1. This may be the same person for the whole game or switched each inning.
  - ii. Self-umpired games rely on upholding integrity and the honor system. Umpires are expected to be unbiased, fair, and neutral.
    - 1. Any conflicts or biases should be reported in detail to the League Coordinator/Hebron Parks and Recreation. Substantiated claims of umpire bias could result in game forfeiture after the game is played.
- n. Umpire has final say regarding any and all calls during games.
- o. Umpires are humans and human errors will happen during games. If you feel that you can do a better job than anyone else umpiring then, instead of yelling at umpires, please volunteer with your captain to umpire the next few games!**

## 10. Playoff and Standing Tiebreakers:

- p. Standing Tiebreakers – Head-to-Head Record, Fewest Runs Allowed, Most Runs Scored.
- q. Playoff length will be dependent on number of teams signed up.
  - i. Teams will be seeded by regular season record and use of the above tiebreakers if necessary.
  - ii. Playoffs will be single elimination.
  - iii. Time limit rules will apply.
  - iv. Playoff roster and sub rules will apply.
  - v. Doubleheader playoff games may be scheduled

## 11. League Coordinator/Hebron Parks and Recreation will reserve the right to adjust regular season and playoff rules as need be.

**SCAN QR CODE BELOW WITH YOUR PHONE’S CAMERA AND PRESS YELLOW LINK TO NAVIGATE TO 2026 USSSA RULES**



Or copy/paste this link into web browser →

[bbsaa.org/docs/Rules-USSSA.pdf](https://bbsaa.org/docs/Rules-USSSA.pdf)