



STAMFORD RECREATION SERVICES  
COED OPEN  
SLOW PITCH SOFTBALL LEAGUE

RULES AND REGULATIONS

1. ELIGIBILITY:

- A. RESIDENTS OF STAMFORD: Participants must be full time, primary residents of Stamford. Each male participant will be required to provide a photo ID (Driver's License or Identification card issued by the State of Connecticut). Players must be listed on the roster to be eligible. **PLAYER MUST HAVE A PICTURE ID TO VERIFY ELIGIBILITY AT EACH GAME. NO EXCEPTIONS.**
- B. "FAVORITE SON" RULE: Former primary residents of Stamford that graduated from a City of Stamford High School (SHS, Trinity Catholic, Wright Tech, Westhill HS or King). Each "favorite son" must provide a copy of a high school diploma or a letter on the Stamford High School letterhead with an authorized signature. Additionally, each "favorite son" must pay a \$40.00 non-resident fee. Each team can have a maximum of three (3) "favorite son's" on the roster.
- C. NON-RESIDENTS: Each Co-ed Team can have a total of three (3) male non-residents per roster. Teams are permitted unlimited women non-residents. The non-resident fee is \$40.
- D. AGE REQUIREMENTS: Participants must be at least 16 years old by May 1 of current year.

2. Rules

- A. NUMBER OF PLAYERS: Each team **MUST PLAY WITH 5 MALES AND 5 FEMALES.** Ten players with the following position requirements: two males and two females in both the infield and outfield and one male and one female as pitcher and/or catcher.
- B. EXTRA PLAYERS: Twelve players may play 6 males and 6 females-5 men and 5 women play the field, plus two EP's (one male and one female) that bat in the line-up. **All players must be at the field when game starts.**
- C. SHORTHANDED RULE:
  - 1. If a team begins play with the required number of players, that team may continue the game with one less, whenever a player leaves for any reason other than ejection. No team may play with less than 9 players.
  - 2. If a team begins play with 9 players, the team may begin with 5 MEN AND 4 WOMEN OR 4 MEN AND 5 WOMEN. The 10th spot in the batting order will be an automatic out. **A TEAM MAY NOT PLAY WITH 6 MEN AND 4 WOMEN OR 4 MEN AND 6 WOMEN.**
- D. BATTING ORDER: The batting order shall alternate gender.
- E. SOFTBALLS: Both men and women will use a 12" softball.
- F. WALK OF A MALE BATTER: Any walk to a male batter will result in a two-base award for the male batter. Runners advance only if forced to advance. The next batter (a female) must bat. **EXCEPTION: with two outs, the female has the option to bat or to take a walk.**
- G. SLIDING: Both males and females will be permitted to slide into a base or home plate, regardless of which gender is covering the bag/plate. If a male recklessly slides into a woman covering a base, whether intentional or not, he will be ejected from the game. Player will then be suspended for one game.

- H. CATCHER'S MASK: The catcher's mask is optional, if the catcher on the team wishes to wear a mask they can. You play at your own risk.
  - I. OUTFIELDER THROWING OUT A WOMAN AT FIRST BASE:
    - 1. No outfielder may attempt to put out a woman batter as she runs to first base. The woman will be declared safe if any attempt is made for a putout. Outfielder will receive a warning and next attempt will result in an ejection and suspension.
    - 2. An outfielder can throw to the infield to record an out at any other base but that infielder cannot throw to first base to turn a double play on a female batter running to first base.
3. GAME INFORMATION:
- A. RULES AND REGULATIONS: All league games will be played per the Official USA. Rules and Regulations, except where local Stamford Rules and Regulations apply. Per the USA Rulebook, RULE 12, USE OF USA PLAYING RULES: "The use of all or part of such rules is strictly a local matter and such rules may be altered as league officials deem appropriate or necessary to conduct Non-Championship play". Therefore, where necessary, the City of Stamford alters the rules for our Local Leagues.
  - B. 1 AND 1 RULE: Each player shall start his time at bat with the count of One Ball and One Strike. On a two-strike count, the ball must be put in play in "fair territory" or the batter will be out.
  - C. GAME TIME: All games will start at the scheduled starting time. **THERE IS NO GRACE PERIOD**. If a team does not have enough players to start the game that team will AUTOMATICALLY become the VISITING team. That team will begin hitting. If the 9th player does not show up by the time the 3rd out is made, **the game is a forfeit**.
  - D. FORFEITS: A forfeit is defined as failure to provide at least 9 players on the field at game time without notifying the Stamford Recreation Services Division at least 24 hours in advance. A team that forfeit has 24 hours to pay the forfeit fee otherwise the team will forfeit its next scheduled game.
    - 1. Fee can be paid at the field the day of the forfeit or in the Recreation Office within 24 hours after the forfeit. Team will be reinstated in the schedule once the forfeit fee is paid.
    - 2. If a team has two forfeits, it will be dropped from the league.
  - E. RUN AHEAD RULE: To maintain the integrity of the league, a run rule (Mercy Rule) has been implemented which follows USA guidelines.
    - 1. If the home team is ahead 20 runs after 3 innings, 15 runs after 4 innings or 10 runs after 5 innings, the game will not continue.
    - 2. Game is complete – When the losing team has completed appropriate number of innings.
  - F. SOFTBALLS: A 52 COR/300 Compression (yellow) ball will be used.
  - G. BATS: The City of Stamford will provide bats for all teams. No player may use his/her own bat.
  - H. NO METAL SPIKES: No Metal Spikes will be allowed during league and championship play. Players that wear metal spikes will be asked to remove the metal spikes. Players must wear athletic shoes or plastic or rubber cleats.
  - I. UNIFORMS: All teams are required to wear a T-shirt or factory made sleeveless shirt. No cutoffs or tank tops are allowed.
  - J. JEWELRY: Wear at your own risk.
  - K. HOME RUN RULE:
    - 1. **One-Up Rule**: At fields that have a fence, 4 progressive home runs will be allowed per team. Once both teams have reached the home run maximum, either team may hit an additional home run; however, no team may go more than one home run up on the other team once the team has

reached the limit. Any additional home runs above the one-up will be scored as an out. The HOME team MAY NOT go one up on the visitor in the bottom of the last inning.

2. **HIT AND SIT.** Players that hit a home run, “over the fence” or on a “four base award” – The batter and any runners on base are not required to touch the bases. **This eliminates any appeal play on the runners.**
- L. **PROFANITY RULE:** Participants in recreational softball leagues are not allowed to use profane language during the game. The umpire may or may not warn the offending player. The player will be ejected from the game for unsportsmanlike conduct, plus suspended for one game.
- M. **SPEED UP RULE:** To keep the games on schedule, teams are allowed a limited number of warmup pitches.
  1. 1st inning -3 warmups.
  2. After first inning - 1 warmup pitch.
- N. **SHORTHANDED RULE:** Teams may play with 9 players with an automatic out in the 10<sup>th</sup> spot, but when and if another player arrives, that player must be inserted into the line-up at the 10th batting position.
- O. **COURTESY RUNNER:** Each team will be permitted to have two males and two females use a courtesy runner. The persons DO NOT have to be declared before the game begins. He/she must use a runner for the entire game. The courtesy runner must be the last batted out before the person who needs the runner. A male must run for a male and a female must run for a female.
- P. **EXTRA PLAYERS (EP):** A team may use up to 2 EP’s in a game. In other words, a team may have up to 12 players in the lineup.
  1. If a player is injured, a substitute may replace the injured player or a team may finish with less than the original lineup, however, an out will be taken in that spot in the lineup.
  2. If a player is ejected from the game and there is no replacement, then the game is a forfeit.
- Q. **PROTESTS:** If a team wants to protest what they believe is a misinterpretation of a playing rule by an umpire, the manager must notify the umpire that the game is being played under protest at the point where the alleged misinterpretation occurred. The issue must be protested prior to the next pitch. The manager has the responsibility to submit what occurred in writing within 24 hours to the Recreation Services Division. If the protest is upheld, the game will be replayed if necessary. Protests cannot be made for a judgment call (fair/foul ball, strikes/balls, trap/catch...etc.)
- R. **PITCHERS BOX:** A pitcher may pitch from an imaginary box with width of the pitching rubber (24 inches x 3 feet back). Essentially a pitcher may pitch from 53’. All USA pitching rules apply.
- S. **CRASHING INTO A FIELDER WITH THE BALL:** To prevent injury and protect a defensive player attempting to make a play on a runner, a runner WILL be called out when they remain on their feet and crash into a defensive player who is holding the ball and waiting to apply a tag. To prevent the out ruling, the player may slide, jump over the defender, go around the defender, return to the previous base or slide into the defender.

#### 4. **SCHEDULES**

To complete the schedule and playoffs in a timely manner, the Recreation Services Division has the authority to change the regular playing dates and makeup games as needed.

##### A. **RAIN-OUTS:**

1. **Games:** The Recreation Office attempts to make up all games on the same night for which the team plays. However, we reserve the right to make-up games on **ALTERNATE NIGHT OR, WHEN POSSIBLE, A DOUBLE HEADER.** All make-up games must be played as scheduled. Failure to play a scheduled make-up game will result in a Forfeit.

We will attempt to make up two games on regularly scheduled nights, after-which we will utilize another day/night, including Saturdays if necessary.

2. **Umpire Fees:**

- a. Umpires shall return the fee to the teams if less the two (2) full innings completed due to adverse weather or field conditions.
  - b. Umpires shall be paid one-half (1/2) of the regular fee for all games which is stopped after two (2) full innings have been completed and in which a legal game is not accomplished due to due to adverse weather or field conditions.
  - c. Umpires shall be paid the regular fee for all games which are stopped and a complete game is accomplished according to USA rules, due to adverse weather or field conditions.
- B. **DOUBLE HEADERS:** Double Headers played on an unlighted field starting at 5:45/6:00pm will play for one hour. At the one hour mark, the current inning will be completed but NO NEW INNING will start. Games may end in a tie and will only be finished if necessary. The second game shall start immediately after game one and does not have a time limit.
- C. **LEAGUE PLAY/PLAYOFFS:** The top 2 teams in each league will receive a plaque and the league champions will receive a league championship shirt.
- a. **League Championship:** The team with the best overall record is declared the league champion. If there is a tie that cannot be settled using the tie-breakers, a one game playoff game will determine winner.
  - b. **League Championship Runner up:** The team with the second-best record is the runner-up. If there is a tie that cannot be settled using the tie-breakers, head to head match up determines winner.
  - c. **Divisional City Champions:** All teams with a .500 or better winning percentage will play in the City playoffs. Winner of the City playoffs in each bracket is the City Champion. See playoff breakdown at <http://www.stamfordrecreation.com>
- D. **ROSTER/WAIVER:** The roster/waiver must be submitted by the stated date to register your team. All players must sign the roster/waiver to play in the league. The roster must be turned in on the form distributed by the Recreation Services Office. The roster may exceed 24 players but have no less than 12 players. Teams that move on to state tournament play must declare 20 players. Playing manager/coach, or anybody else on the bench, must be included on the roster.
1. **INELIGIBLE PLAYER:** An ineligible player is defined as a person not on the roster that attempts to play or plays in a game, a person who misrepresents eligibility to play in a game, or a person that uses a fake name. Teams that use an ineligible player will automatically forfeit all the games that the ineligible player participated. The ineligible player will be ejected from the Stamford leagues for the rest of the year plus one year. The eligibility of a player will be determined on the field. All players must have a photo ID at the game to verify eligibility. Failure to provide a photo ID at a game, if questioned, will result in automatic removal of that player from that game. Game will be declared a forfeit and offending team will receive a loss. If player is legitimately on the roster, but failed to show ID at field, team will still receive a loss but the player will not be ejected from the league.
  2. **COACHES/INELIGIBLE PLAYERS:** Coaches that put an ineligible player into a game will be suspended one game. He/she will not be allowed on the player's bench or on the field of play

for the next game. Coaches that use an ineligible player in two separate games will be suspended from the league for the rest of the year plus one additional year.

3. **NEW PLAYERS**: must be added to the roster in advance before he can play. An official Add/Drop form must be used. Copies of the Add form are on [www.stamfordrecreation.com](http://www.stamfordrecreation.com).
4. **DEADLINE FOR NEW PLAYERS**: No new players may be added to the roster after the date that is set by the recreation department. In extenuating circumstances, players may be added to the roster but are not eligible for the playoffs.

E. **PLAYER CONDUCT**: Players in the Stamford Softball Leagues are expected to play with good sportsmanship. It is the ultimate responsibility of the coach of each team to control the behavior of his/her teammates.

1. The manager of the team is responsible for the conduct of the players and fans. If the conduct of players or fans becomes unruly, the manager will be warned to get the players or fans under control. If he does not, the game will be a forfeit and a loss in the standings. The manager will be suspended one game.
2. Any player, manager or coach will be ejected from the game for use of alcohol or illegal drugs.
3. **Acts of Disqualification (Minor)** A team, team member, manager or team official found guilty of a minor disqualification will be receive for an 8-day suspension. That player cannot play on any team for the next 8 days. For example, if a player gets ejected from a Tuesday game, he cannot play on any team in Stamford until the following Wednesday (8 days later). Any player ejected from 2 games in one season may be permanently suspended from Stamford Softball.
  - a. **Unsportsmanlike conduct**: Any conduct deemed unsportsmanlike by the League Director or Umpire.
  - b. **Commission of any illegal act** while participating in City of Stamford and/or USA, such as, failure to pay indebtedness, destruction of property, or violation of state/local laws.
4. **Acts of Disqualification (Major)** A team, team member, manager or team official found guilty of one of these acts will be suspended for a minimum of the rest of the season plus one year. Dependent upon the severity, the alleged offender may be permanently banned from all Stamford Recreation activities.
  - a. **Physical Violence or Attempted Physical Violence**: Any person that attempts physical harm or commits physical harm on an opponent, teammate, League Director, fan or umpire will automatically be subjected to the consequences above. Furthermore, the Stamford Police will be contacted by League Director and/or umpire.
  - b. **Threats of Bodily Harm**: Any person that threatens to harm an opponent, League Director, fan, teammate or an umpire will be subjected to the consequences above.
  - c. **Extreme Unsportsmanlike Conduct**: If a player continues to display unsportsmanlike conduct after an ejection or at any other time, they will be subject to a Major Disqualification.

F. **PLAYER'S BENCH, PLAYING AREA**: Only players, coaches, and managers (listed on roster) of the teams playing will be allowed on the player's bench or in the playing area. This is to prevent injury to youngsters or spectators from thrown bats, or hit by thrown balls. Only players listed on the roster are covered under ASA League insurance.

- G. **DROP-OUTS:** If a team drops out of the league during a round of play all wins and losses in that round prior to their dropping out, shall be dropped from the standings. All fees paid to City of Stamford shall be forfeited.
- H. **USE OF DRUGS AND ALCOHOLIC BEVERAGES:** It is mandatory that all alcoholic beverages, namely beer, wine, and liquor be kept away from player's benches and the field of play at all Recreation Services league games. Teams or players violating this rule will be reprimanded or suspended. In the case of excessive abuse, any Recreation Services Official (Superintendent of Recreation, Asst. Superintendent of Recreation, Recreation Leader, League Director and game Umpires) has the right to forfeit the game and the team will be recommended for suspension from further league play. **No Recreation Services League players, managers, coaches and sponsors shall be permitted to consume alcohol or drugs at the player's bench or in the area prior to the game or, during the game.** NO BOTTLES OR GLASS CONTAINERS of any type are to be used for consumption on or in the playing area including the stands. No smoking is permitted during the game by any manager, coach, player or umpire on or in the playing area.
- I. **INCLEMENT WEATHER:** Teams and umpires must call (977-4641 X 31) the softball information line, check the website, and/or text alerts/email by 3:30p.m. to find out if the games are canceled.

**If it rains after 4:00p.m., teams and umpires must report to assigned fields\*.** The decision to start the game will be made by umpire and/or league director. Once a game has started, the plate umpire has total control of decision to terminate the game due to inclement weather. All games are to be terminated at once if there is a threat of lightning or if lightning strikes.

**Do not assume that a game is cancelled or rained out, if you fail to show and the game can be played, your team will forfeit.**

**\*When possible we will do our best to alert each team via text/email alert if possible after 4:00 pm\***

**CONCLUDING COMMENTS:** Teams should keep in mind this program is for Recreation. Although we don't want to take away from the competitive nature of softball, we should all remember that it is only a game. The rules mentioned on the previous pages are set up to help ensure that teams do not have unfair advantages over their opponent. As the league evolves over time, the rules will evolve with the league. Please feel free to contact the Recreation Services Department with suggestions.