



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NORTH CENTRAL MISSOURI YMCA

PO Box 403 | 1140 W. Helm Street | Brookfield, MO | 64628

## Adult Softball League Rules



### Sportsmanship:

- Team captains are responsible for providing **TWO** umpires for games before or after their own games. *(Program Director will make an Umpire Responsibility Schedule)*
- Unsportsmanlike conduct or profanity on the part of team members, coaches, or spectators will make such teams liable to penalty, forfeit and/or individuals to be expelled from the game or league. **THIS WILL BE STRICTLY ENFORCED.**
- The umpire's call is FINAL. There will be no arguments. The umpire can warn a team at any time. If the umpire issues your team a warning, the next one is an automatic forfeiture of the game and the entire team will be asked to leave the grounds immediately.

### Game Play:

- **Home Team**
  - Home team will be decided with a coin toss or agreed on between the two teams.
- **Game Length**
  - Games will consist of 7 innings or 1 hour, whichever comes first.  
**10-RUN RULE:** If after 5 innings of play one team is leading by 10 or more runs, the game will be over.
- **Roster**
  - Each team should have a minimum of 3 females. Teams may play without 3 females, but will take an automatic out for each female not batting.
  - Not fielding 10 players will also be an automatic OUT.
  - ALL players must be at least 16 years old and signed the Registration form/ Covid-19 Waiver in order to participate.
- **Cleats**
  - NO metal spikes will be allowed. Only rubber/soft plastic cleats allowed.
- **Pitching**
  - The pitcher (50 ft from home plate) must deliver the ball in an upward arc of at least 6' and no more than 12' high from the ground.
  - A strike is when the legal pitch lands on the mat behind home plate. Any other pitch is a ball. When 10<sup>th</sup> batter is up, the play is over when the pitcher has the ball (pitcher can be anywhere).

- **Batting**

- Each batter will start with a 1-1 count.
- Any foul ball exceeding the height of 6' that is caught will be an out. All other foul balls will be strikes. Three strikes and the batter is out. (*A foul ball with two strikes is an automatic out.*) Four balls and the batter may walk to first base.
- There will be 3 outs or 10 batters per inning...**EXCEPT IN THE 7<sup>TH</sup> INNING**, whereas there will be 3 outs and as many batters as needed.
- No bunting is allowed; batter must use a complete swing of the bat to hit the ball.
- When 10<sup>th</sup> batter is up, the play is over when the pitcher has the ball (pitcher can be anywhere). EXTRA HITTER is allowed.
- Teams playing on the little field will be limited to **TWO OVER THE FENCE HOME RUNS**. Any home run hit **over the fence** after two will be an automatic out.

- **Base Running**

- No base stealing is allowed.
- No leading off of base; runner must tag up before advancing to next base.
- Infield fly rule will apply with runners on 1<sup>st</sup> and 2<sup>nd</sup> or the bases loaded with less than 2 outs.
- In the case of a pinch runner, the runner must sub in for the same gender. Pinch runners cannot be in the lineup. Sub has to play on both sides (offense and defense). You can use unlimited subs.

**SPECIAL RULE – AVOID COLLISIONS AT HOME – PLEASE NOTE!**

- There will be a line (or cone) marking 10' from home plate. Once a runner has crossed that mark **BEFORE** the catcher receives the thrown ball, the runner is **SAFE**. (It is the umpire's final decision)
- If the runner has **NOT** reached the line **AND** the catcher is either on or within 1 foot of home plate, the runner is automatically out.
- The runner may retreat to 3<sup>rd</sup> base at any time **BEFORE** crossing the 10' line. Rundowns are permissible, but the 10' mark is still in effect!

**AVOID COLLISIONS AT ALL COST** – This is recreational softball!

- **Walking Rule**

- In the event that a female follows a male batter with **less than 2 outs**, if a male walks he goes to second base.
- If there are 2 outs the female then gets a choice to walk or bat. Everyone advances. Player advances only when forced.  
**EXAMPLES:** If there is a runner on 3<sup>rd</sup>, and a male gets walked in front of female, the male would go to 2<sup>nd</sup> base but the runner at 3<sup>rd</sup> **WOULD NOT** go home. If the runner was on 2<sup>nd</sup>, he would only advance to 3<sup>rd</sup>.

**PLEASE REFER TO ASA OFFICIAL RULES IF NOT CLEARLY STATED ABOVE.**