



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2026 SLOW PITCH RULES

1. Except for the rules in these by-laws, the league will follow USSSA Rules.
2. A **fifty-five minute time limit** will be in effect for all games.
-This time limit will start at coaches meeting
3. Spiked metal cleats are prohibited in this league.
4. Sexes must alternate in batting order. Regardless of the number of players, it must always alternate, and males are not allowed to bat back-to-back.
5. Teams are encouraged to provide their own softballs while they are batting. All softballs must be stamped USSSA approved, blue stitched softballs. The softballs must be optic colored and fairly clean, as determined by the judgment of the umpire. The YMCA will provide softballs if needed.
6. Teams must use a USSSA certified softball. This includes the "Classic M," "Classic Plus," and "Pro-M" versions of the USSSA stamped ball for men and the "Classic W" USSSA stamped ball for women. For more details regarding usage of softballs, please read the USSSA by-laws.
7. Players are to remain in the dugout when their team is batting. Batters, runners, on deck batter, and coaches are the only team members allowed out of the dugout. PLEASE KEEP ALL EQUIPMENT IN THE DUG OUT.
8. USSSA bats are recommended (must have new or old USSSA stamp on bat). Teams are encouraged to provide their own bats, but the YMCA can provide one if needed.

Illegal Bats Include the following:

- ASA Bats
- Altered or dented bats
- No visible stamp (USSSA 1.20)

9. Line ups should be turned in to the Scorekeeper at least 10 minutes before game time. Lineup cards will be in the city park shed!
10. Both teams must be ready by game time. Teams must have at least eight eligible players present when taking the field, or a forfeit will result. If one team doesn't have at least eight players present at game time, and the opposing team does have the minimum of eight players present, the legal team with eight players will automatically be designated the home team. The visiting team will take their turn at bat (top of 1st inning). When that half inning is over, the visiting team must have eight players present to take field or forfeit will result.
11. Late arriving players may enter the game defensively after any dead ball or assume their position in the batting order. Teams playing with eight players will be accessed an automatic out each time the blank spot in the batting order is due to bat.
12. Games will have a 55-minute time limit. Games that are tied after seven innings or 55 minutes will end in a tie except for tournament play in which the game will continue until a team has won the game.
13. HOME RUN RULE: there will be a four (4) Homerun Limit. The batter is ruled out for any in excess. Home runs hit by women do not count against the team's total.

14. Batters receive three balls (walk) and two strikes (out). Batters start with a 1/1 pitch count. A foul ball will count as a strike. There will be NO courtesy foul balls.
 15. A legal pitch delivered with a minimum arc of six feet and a maximum of ten feet from the ground, not swung at, that is in the strike zone square will be called a strike.
 16. When a male is walked during co-rec play he will automatically be awarded second base. **The next female batter in the order will automatically be awarded first base ONLY if there are two outs in the inning.** If there are less than two outs the next female batter must take an at-bat.
 17. There will be no “pump faking” allowed by pitchers whatsoever. Any motion by pitchers that the umpire deems to be meant to disrupt the timing of the batter will result in an automatic ball.
 18. There is a safety bag on first base. Per USSSA rules, runners MUST use that bag on a close play. This is for safety purposes and must be utilized by runners. If the bag is not used by a runner on a close play, at the discretion of the umpire, the runner may be automatically out.
 19. Judgment calls by the umpire are not grounds for protest. Only the team captain may approach the umpire to discuss a call. All other players will be ignored and will be subject to ejection from the game.
 20. At the discretion of the umpires, players will be ejected without warning if loud or vulgar language continues or is directed at another player or umpire. This will follow into the One Strike Rule.
 21. **One Strike Rule** - Unsportsmanlike Conduct will result in the player’s ejection from the game. His position in the batting order will be an OUT. Any player ejected will not be allowed to play the remainder of the season. Any player kicked out will forfeit their refund.
 22. RUN RULE: The game is over if any team is ahead by 15 runs at the end of 3rd inning OR 10 runs at the end of 5th inning.
 23. Roster/Waiver: A roster/waiver must be filled out prior to a team’s first game. An individual can only be a member of one team and can only be on one roster. Each co-rec team will be allowed (14) players on their roster but only 10 can be in the field (5 men & 5 women) and 12 can be at bat. **A player may play for another team only as a fill in due to shortage of players during the regular season and must be approved by league director or opposing team captain before able to play. Teams will not be allowed to borrow players during tournament play.**
 24. Teams may insert one male (for a male) and one female (for a female) Courtesy Runner per half-inning.
 25. Base distance – 70ft
 26. The overthrow rule in softball states that a thrown ball that goes out of play in any way is an overthrow. When this happens, base runners are awarded one base in addition to the base they were advancing to when the overthrow occurred.
- All team captains must agree to the rules and regulations.
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Sports Director

Team Captain

Updated 06/23/2025