

Forest Hill Adult Women's Softball Rules and Regulations – 2023

- ✚ Players should be 30 years old or over by July 1, 2023.
- ✚ Teams should be a mixture of ages & playing capabilities.
- ✚ No metal spiked shoes!
- ✚ No food or drink on the fields
- ✚ Soccer goals must be removed completely from the playing field during games and returned to their original location once the game is completed.
- ✚ Game balls are supplied by the league and are distributed to the managers before the season. For 2023, the game ball is a Worth 12" USSSA Green Dot PT Slow-pitch Softball.
- ✚ Regular season begins July 7th and extends through Sept 29th. There will not be a season ending tournament.
- ✚ Regular season double-header games will be 2/7-innings each through Aug. 8th, then will convert to 2/5- inning games for the duration of the regular season. Innings played can be changed at the discretion of the coaches throughout the season as agreed upon by both coaches prior to the start of the first game.
- ✚ 10 position defenses, although 9 defensive positions are allowed.
- ✚ All players present bat in-rotation, unless injured or ejected. If a player is ejected the team will take an out for their place in the lineup. No out is taken for an injury or a player that leaves early or is injured.
- ✚ Players arriving late are added to the bottom of the batting order.
- ✚ Unlimited field substitution.
- ✚ Unlimited runner substitution providing there is a physical reason the original runner cannot complete running bases. Runner cannot be substituted because she is faster or younger. Player must go from home plate to first base or reach the next base before a substitution can take place. The pinch runner cannot run twice in the same inning for different batters. Runner should be the last recorded out.
- ✚ Legal pitches must arc over the batter's head but cannot be higher than 12'. High or flat pitches must be called "Illegal" in the air by the catcher or opposing coach.
- ✚ The count begins at 0-0. The count can start with 1 ball and 1 strike, if agreed to by the managers of both teams prior to the start of the game.
- ✚ Strikes are called by the catcher. A called strike is defined as anytime the pitched ball with a legal arc land on any part of the black "strike zone" mat that sits behind home plate. Batters may swing at any pitch, legal or not, but do so at the risk of a strike being called.
- ✚ Pitch must have an arc when crossing the plate. If it hits anywhere on the black mat, it is a strike providing it has a legal arc. All other places it is considered a ball.
- ✚ Flat pitches are an automatic ball regardless of where it hits when crossing home plate.
- ✚ Pitches hitting the plate are called a ball.
- ✚ Catcher is responsible to call LOUDLY balls & strikes as well as foul balls down the lines. 1st base coach will call plays at 1st and home plate & 3rd base coach will call plays at 2nd & 3rd.
- ✚ Base coaches: Base coach MUST be 18yrs or older. Can consist of a coach, player, or spectator. NO EXCEPTION
- ✚ Batters struck by a pitch do not automatically walk to 1st base.
- ✚ 4 balls constitute a walk, 3 strikes constitute a strike-out. This league is for fun, so please encourage swinging and not walking.
- ✚ A batter with two strikes is allowed one foul ball & a "waste", two fouls with two strikes, batter is out. (If a batter has 2 strikes and fouls off the next pitch, they continue to bat. If the has 2 strikes, one foul ball and fouls another ball, the batter is out.)
- ✚ No bunting. A player that intentionally bunts will be declared out.
- ✚ No leadoffs or stealing, runners can only leave the base once the ball is hit by the batter. If a runner leaves early, the runner is declared out.

- ✚ Team that arrives first sets up the field, laying out the foul lines, installing the bases and pitcher's rubber. Base paths are 60 feet from the rear of home plate to the back of the bag. Second base is 84 1/4 ft from rear of home plate. The front of the pitcher's rubber is 40' from rear of home plate.
- ✚ Last team arriving to the field tears down the field and is responsible for putting away the strike zone mat and 3 bases, raking the home plate area, filling in the ruts around the plate and pitcher's mound. Making sure the plugs are put back in the bases on the field. ***Should both teams assist in set up then both teams assist in the tearing down of the fields.
- ✚ Games start on time!!! Teams must be prepared to play. Forfeit rule: 15 minutes after game time (6:15pm). If one team has less than the minimum number of players (9 total) at 15 minutes past the designated start time, it is up to the opposing team as to what is allowable to continue play. Players from other teams are permitted providing it does not leave their team short.
- ✚ Any team that "no -shows" 3 times during the season will be disqualified from the league for the rest of the season and the league schedule will be redrawn. There will be no refunds to the players on the dismissed team, although the players may fill-in on other teams that need extra players if called. (A "no-show" happens when a team forfeits a game without proper notice to their opponent resulting in the opponent showing up "ready to play" and no game being played because of insufficient players on the "no-show" team. "Proper notice" refers to contacting, via email and text, the opposing manager & league coordinator in time (at least 3 hours before game time) to allow her to inform her team that the other team is forfeiting or to obtain players from other teams to fill in.)
- ✚ Any excessive contact or collision will result in an "out" and/or ejection. This includes contact with the catcher.
- ✚ When a play is made at first base, to avoid contact with the defensive player, the runner must touch the orange bag.
- ✚ When a FORCE play is made at home the runner will touch the black mat instead of the home plate to avoid contact, the defensive player will utilize the home plate to complete the play. NON-FORCE plays the defensive person will touch home plate and the runner will touch the black mat, if the ball reaches the defensive player prior to the runner crossing the black mat the runner is out, no tag is necessary to avoid contact or injuries. Sliding is not mandatory, but in a close play, the runner may slide when able to avoid contact.
- ✚ Any sliding into a base to break up a play, or any intentional interference with the defensive player, the runner will be automatically called out.
- ✚ Defensive players should remain out of the path of runners when NO play is being made at their base.
- ✚ Fielding double plays are not permitted in the league. (If a ball is hit to an infielder, she fields the ball; throws it to a base, the offensive player is out, the defender may not attempt to throw the ball to another base to record an additional out.)
- ✚ EXCEPTION to this rule is when the ball is a pop fly/line drive and is caught. If a runner is caught off base when the ball is caught, the defender can throw the ball to the base occupied for the double play as the runner has not "tagged up" at that point.
- ✚ Once the pop fly/line drive out is recorded the base runners may advance 1 base ONLY at the risk of the defensive team throwing them out.
- ✚ The reason for this rule is for the safety of the players & to prevent injuries.
- ✚ A foul ball above the batter's head may be caught for an out.
- ✚ All balls are deemed out of play when the ball is hit, thrown, or carried beyond the imaginary line extending from the end of the backstop down to first and third base. The area applies to overthrows and catches fly foul balls.
- ✚ On overthrows out of play, the runner is granted the base she is going to (at the point of the throw) plus one more. Note: in cases where a base runner runs past first base, she must make a clearly aggressive turn towards second base to be granted 2nd and 3rd in overthrow situations. Otherwise, the player is granted only 2nd base.
- ✚ 5 run limit per inning except for final inning.
- ✚ Mercy rule will be in effect after completion of the 3rd inning unless continuation is agreed upon by both teams. (12 runs after the 3rd inning, 10 runs after the 4th inning & 8 runs after the 5th inning)

This brings a sports event to an early end when one team has a very large and presumably insurmountable lead over the other team.

- ✚ Infield Fly: (any fly ball within the infield with significant arc and deemed an "easy catch") with less than 2 outs and runners on 1st and 2nd or 1st, 2nd and 3rd, the batter is automatically out and runners can advance, BUT at their own risk. This should be called while in the air by a player or coach. If not called by any coach or player, it does not apply. Must be called in the air to apply.
- ✚ Fields 2, 3 & 6, balls hit over the hill will be a ground rule double. The ruling will be called by the catcher or base coach. Basically, if the catcher/base coach can't see the ball hit the ground, it's over the hill and the rule applies.
- ✚ Players participating in physical fights or intentionally causing injury to any player will be ejected from the game and banned from any and all future games at Forest Hill.
- ✚ This is a SOCIAL LEAGUE- the league is for fun and enjoyment. Excessive competitiveness outside the norm or unsportsmanlike conduct can constitute removal from the league for the player, coach &/or entire team(s). Excessive arguing of calls, intentional bad calls, unsportsmanlike-like conduct, excessive foul language, taunting and other behavior detrimental to the game and the reputation of the league will be grounds for immediate ejection from the game and/or expulsion from the league. This rule also applies to the spectators. If a manager/coach cannot control the players on her team and the conduct continues, then the team and its players will permanently be removed from the league per FHRC Adult League guidelines. Please remember that this is not the big leagues and player safety comes before all else!!!!
- ✚ For safety reasons, the league adheres to the ASA/USSSA list of illegal bats and has added some additional bats. Coaches are responsible for the actions of their players & spectators. If any person exhibits unsportsmanlike conduct, they will be asked to leave the park and not return.