

ADULT SOFTBALL RULES AND REGULATIONS

FOREST LAKE ATHLETIC ASSOCIATION (FLAAA)

200 4th Street SW #6, Forest Lake, MN 55025

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www.flaaa.org

The FLAAA Softball Leagues will be governed by Official USSSA rules, with the following additions and/or exceptions.

1. **PLAYERS:**

- a. All players must be rostered and have signed a waiver form submitted to FLAAA Office. Players must be age 18 or older as of April 1st of the current year.
- b. All players who are wearing a hat or visor, must wear it with the bill of the cap or visor facing forward. Wearing your hat backwards will not be tolerated. Failure to abide by this rule will result in a warning and possibly an out or ejection.

2. **TIME LIMIT:**

No new inning will start 50 minutes after a game has begun. **If the game is tied at the end of 7 innings or at the time limit we will play one extra inning. The last out of the last inning will start on second base with 1 out (International Rule). If the score still remains tied after both teams have hit, then the game will end in a tie.**

Both games of the back-to-back double header will have a 55 minute time limit. If the first game is completed before the time limit, teams may begin playing the second game before or at their next scheduled game time. Teams and the umpire must be in agreement on starting the game before or at the scheduled time of the second game.

3. **FORFEIT POLICY:**

- a. All leagues must start a game with at least eight [8] eligible players. Teams may finish with eight players. Teams may add to the line-up as players arrive after informing the umpire and the opposing team manager. Late players must be added to the end of the batting order.
- b. For all leagues, the first game on a field will be forfeited ten [10] minutes after the scheduled starting time, if a team does not have the minimum number of players. All games thereafter, game time is forfeit time. If the preceding game runs over, teams in the following game are still expected to arrive at their scheduled starting time.

4. **ELIGIBILITY/FORFEIT FEE/CONDUCT:**

a. **Eligibility:**

If a team or any player thereof is found to be in violation of the eligibility requirements, that team will be assessed a \$50 eligibility fee. The fee must be paid by the team's next scheduled game.

b. **Forfeit Fee Policy:**

A \$25 fee will be charged to teams that forfeit a scheduled game. This fee must be paid prior to the team's next game or that game becomes a forfeit. Double-header leagues will be required to submit \$25 or \$50 prior to their next scheduled double-header depending on if they forfeited one or both games. Three forfeits constitute removal from the league.

c. **Conduct:**

Any team or player that damages park property will be liable for the cost to repair the damage prior to their next game.

5. **UNLIMITED BATTING RULE:**

All leagues are allowed to use the following unlimited batting rules:

- a. Unlimited batting rule allows teams to bat more than 10 or all [round robin] players. When the unlimited batting rule is used in Co-Rec play, **teams may bat everyone even if there is an odd number of men and women. The team doing this must make sure that it alternates every other batter.** Unlimited batting is optional, but if used, it must be made known to the umpire and opponents prior to the start of the game. If not used, teams must abide by the USSSA substitution rules.
- b. Players must remain in the same position in the batting order for the entire game. Late players can be added to the end of the line-up.
- c. If unlimited batting is used, they all must bat and any 10 can play defense. Defensive positions can be changed, but the batting order must remain the same (Co-Rec teams see Special Co-Rec 11"/12" League Rules for defensive positioning). Players must be in the batting order to play a defensive position.
- d. Players may be substituted for at any time, either by a pinch runner or pinch-hitter. The substitute must be a player who has not yet been in the game. The starting player who is substituted for can re-enter the game once.

6. **NO DIG RULE:**

Under no circumstance may a batter dig with any part of his/her body or other objects, move or disrupt any solid material within the confines of the batters box [loose material may be moved, but creating new loose material from packed ag-lime is a violation]. Penalty: There will be a team warning given on the first violation. Any further violations will result in an out for each occurrence.

7. **INTERFERENCE RULE:**

If a runner does not slide or get out of the way during a double play situation, the runner and batter will be declared out if the umpire feels a double play could have been made, regardless if the ball was thrown or not. Note: If another runner was originally on 2nd or 3rd, he/she will be declared out rather than the batter.

8. **RUN RULE:**

15 or more run advantage after 5 innings, or 10 or more runs after 6 innings of play will automatically terminate the game; Game will end at 4-1/2 or 5-1/2 innings if Home Team is ahead by fifteen or ten runs respectively.

9. **FLIP/FLOP RULE:**

Flip/Flop Rule: If beginning an inning in which the Home Team is losing by a margin that constitutes a Run Rule for that inning, then the Home Team will “flip/flop” and become the Visiting Team, and the original Visiting Team will become the Home Team. If the new Visiting Team does not score enough runs to reduce the run difference below the run rule, then the game is over. If they reduce the run difference to below the run Rule, then the new Home Team will bat. If the new Home Team subsequently scores enough runs to exceed the Run Rule, the game will be over. If they do not, then the game will continue under that format. If the situation reverses, the teams would flip/flop again. Example: The Visiting Team is ahead 21-10 after 4 complete innings. The Home Team would then flip/flop and become the Visiting Team, clear the bases, and start the 5th inning. If they do not score at least 2 runs, then the game is over. If they score 2 or more runs, then they will remain the Visiting Team until the completion of the game or until the situation is reversed.

10. **BALLS & STRIKES:**

Three [3] balls and two [2] strikes will represent a walk and strike-out, respectively, in all leagues. **NO COURTESY FOUL.** In the case of a second strike foul ball, if caught in foul territory, it is a **DEAD** ball, runners **CANNOT** advance.

11. **HOME RUN RULE:**

All Men’s and Co-Rec Leagues will abide by the following home-run rules.

MEN’S D	3 home-runs per game.
CO-REC	3 home-runs per game.

A homerun is an untouched fair ball hit over the fence. A fly ball that is touched by a defensive player and goes over the fence in fair territory is a 4-base hit, but does not count as a homerun. Homeruns hit after a team’s limit are outs.

12. **INCLEMENT WEATHER:**

All rain-outs will be posted to the FLAAA website by 4:15 on game days. Go to www.flaaa.org under the “Adult Leagues” tab for all adult softball information.

13. **POSTPONED GAMES:**

Games postponed due to weather will be rescheduled only by the league coordinator. Make-up games may be scheduled during or after the regular season and/or, if necessary, weekends and/or after the end of the season tournament. Make-up games may also be scheduled at alternative fields.

14. **NO UMPIRE:**

If an umpire does not show up, teams should first let the league coordinator know, and if necessary, find a volunteer. Let the league coordinator know who it is, their address and phone number, so we can pay them. If both managers agree to an umpire replacement, the game will count as an official game. If no replacement is found, the game will be rescheduled.

15. **HOME TEAM:**
Home team for the first game will be the team listed last on the schedule. The Visitor for the first game will be the Home team for the second game of the double-header.
16. **TIE-BREAKER POLICY:**
The following procedure will be used to determine ceding for the end-of-season tournament:
 - a. Total points – 2 points for a win, 1 point for a tie and 0 points for a loss.
 - b. The team with the most wins.
 - c. Head to head games.
 - d. Runs against.
17. **WARM-UP FIELDS:**
Teams are permitted to warm up on the field which is scheduled for their upcoming game. However, batting practice should not be taken on the infield or in an area that endangers or inhibits other groups using the park facilities. Umpires are instructed to start the games on schedule. Teams are not to warm up on the field when games are running behind. Managers do not have the right to waive this rule.
18. **FIELD REGULATIONS:**
Alcohol and Smoking will not be permitted on the playing field or in the bench area. Umpires are empowered to remove players from the game if they are violating these rules. Alcoholic beverages and Smoking are permitted outside of the fences only. Coolers are permitted on regular league nights if no youth programs are present. No alcohol permitted on Church league nights.
19. **PROTESTS:**
Refer to Rule #4, Sections 11 of the USSSA Rule Book.
 - a. Protests on player eligibility must be submitted to league coordinator, in writing, within 24 hours of the game. The team filing the Protest must prove the eligibility of its' entire roster before the Protest will be considered.
20. **DROP/ADD PLAYERS:**
Players may be dropped or added to team rosters until **May 31st**. A player dropped from one team roster and added to another Team roster must be approved by the league director and manager of the team dropping the player. Players added must sign the team roster before they are eligible to play. Roster limit is 20 players.
21. **RECLASSIFICATION:**
Teams that participate in a MRPA/USSSA State Tournament and win two-thirds of their games (.666 winning percentage) may be moved up a classification the following year.
22. **REGION AND STATE TOURNAMENT BERTHS:**
All teams that are interested in post-season can request a region or state tournament berth. Just complete the enclosed Region/State Tournament Request Form and return it with \$160.00

to the FLAAA Adult League coordinator no later than **JUNE 16th** to be eligible. Teams must plan on participating.

All FLAAA leagues will award the winner of the league a paid region or state berth provided they have submitted a Region/State Tournament Request Form and the **\$160.00** fee.

If unsure of your team's classification, please call the league coordinator. All teams will be mailed a USSSA classification card by July 1st. Refer to the MRPA-USSSA Softball Guide for dates and locations of Region and State Tournaments.

Any questions, comments or concerns should be directed to Jeff Norton the FLAAA Adult League coordinator. He can be reached by phone at 651-491-4832 or by email at norton.jeff@frontier.com.

MRPA-USSSA REGION/STATE TOURNAMENT REQUEST FORM

FLAAA Forest Lake Area Athletic Association

TEAM NAME: _____

TEAM MANAGER: _____

ADDRESS: _____

CITY: _____ ZIP: _____ CELL : _____

LEAGUE: (check one)

____ Men's D

____ Men's Church

____ Co-Rec (Recreational)

SEASON: (circle one) Summer Fall

NIGHTS OF PLAY: (circle one) Wed Fri Sun

CONDITIONS:

1. Only teams submitting this form and **\$160.00** will be considered for Region or State Tournaments.
2. If there are more teams submitting Region/State Tournament Request Forms than there are berths available, teams with the best win-loss regular season record will have priority.
3. Any team that submits a Region/State Tournament Request Form and then declines a berth will forfeit their \$160.00 deposit.
4. Teams that submitted their Region/State Tournament Request Form will be refunded their deposit if they were awarded a paid berth for winning their league or division or, no extra berths were available.
5. Completed form must be submitted to FLAAA Adult League coordinator, 200 4th Street SW #6, Forest Lake, MN 55025 by **JUNE 16th** for summer softball and **SEPTEMBER 1st** for fall softball to be eligible.

I have read and understand the above conditions and agree to these conditions for receiving a MRPA-USSSA Region/State Tournament berth.

Manager's Signature

Date

Method of Payment (Credit Cards will not be accepted for Region/State tournament berths):

____ CASH

____ CHECK

SPECIAL CO-REC 11"/12" LEAGUE RULES

The following apply to the Co-Rec 11"/12" League as established by FLAAA and/or USSSA Rules and Regulations.

1. **Softballs:**

The 11-inch softball will be used when a female is batting and a 12" softball will be used when a male is batting. When the wrong ball is pitched either team may appeal. If allowed the batter returns to bat with the same ball and strike count he/she had at the time of the pitch. Any base runners must return to the base occupied at time of pitch. All teams must supply a third base coach to switch game balls out, as needed, during the game.

2. **Batting Order:**

Men and Women must alternate in the batting order. **Teams that have an uneven number of players may bat everyone just as long as they alternate guy/girl or girl/guy.**

3. **Bunting:**

Bunting is illegal. Batter must take a full swing. Penalty: Batter is out.

4. **Courtesy Runner:**

A Courtesy Runner shall be allowed for a player injured during the game. The Courtesy Runner must be the last person of the same sex to make an out.

5. **Forfeit Policy:**

Teams must have a minimum of eight players to play a game consisting of 4 men and 4 women. If a team has 9 players they may consist of 5 men and 4 women, or 5 women and 4 men, as long as the batting order is alternated between male and female. If a team has 10 players they can have more women than men but cannot have more men than women.

6. **Pitching Distance:**

The pitching distance will be 50 feet (plus 6 feet as allowed by USSSA rules) for both men and women pitchers.

7. **Sliding:**

Sliding is permitted, however, unsportsmanlike conduct and unnecessary roughness will not be tolerated. Violation: Game ejection. Also see Interference Rule under Rules and Regulations.

8. **Switching of Positions:**

No switching of positions during an inning, except pitchers, injured players or those changes made with the consent of the opposing manager.

9. **Walk Option:**

If a man receives a walk, he will be awarded first and second base. In addition, his manager has the option of having the next woman batter automatically awarded a base on balls. She is not required to take a position in the batter's box but may be sent directly to first base.

10. **Defensive Positions:**

Teams may use all combinations of males or females in the outfield or infield.

SOFTBALL EQUIPMENT

1. **BALLS:**

- a. FLAAA will provide managers from each team with 10 game balls, 1 for each home game. Softballs are distributed at the Manager's Meeting. All 12" softballs are Dudley, synthetic cover .40 COR ball (Optic Yellow).
- b. Home Team must provide one new game ball and one good back-up ball each game.
- c. Failure of Home Team to provide a new game ball that is the same brand name and model number, as issued by FLAAA, will result in a two [2] run penalty at the start of the game.

2. **BASES:**

Bases for each field are stored in bin behind backstop. Home team for the first game is responsible for putting bases out and home team for second game is responsible for putting bases away.

3. **BATS:**

Only bats with the USSSA thumbprint logo stamped onto the taper of the handle will be allowed.

For a list of illegal bats visit the USSSA website at www.ussa.com . ***Effective January 1, 2013 all bats must have the new permanent USSSA Mark on its taper or be a wood bat in order to play in tournaments or post season play.***

4. **CATCHERS' MASK:**

It is recommended that all Catchers wear protective masks.

5. **FIRST AID KITS:**

It is highly recommended that each team have a well-equipped First Aid Kit at each game.

6. **SCOREBOOKS:**

Teams must have a Scorebook. The Home Team is the designated official scorekeeper for all games.

7. **SHOES:**

Metal spikes are illegal in all USSSA softball Leagues. Shoes with soft or hard rubber cleats are acceptable.

8. **UNIFORMS:**

It is recommended that all players on the team be uniformed alike. As a guideline, matching shirts or jerseys should be the minimum requirements.

9. **ALL PITCHERS MUST WEAR A MASK AT ALL TIMES WHILE PITCHING. THIS IS NOT OPTIONAL. THE MASK MAY BE REMOVED WHILE THE BALL IS IN PLAY BUT MUST BE WORN WHILE IN THE PITCHING MOTION.**

SPORTSMANSHIP

Forest Lake Area Athletic Association/FLAAA is striving to provide a worthwhile adult athletic program for all participants involved. Although the element of competition plays a major role in athletics, the game should always maintain its recreational and social values. Therefore, it is necessary for each participant to be responsible for the promotion of good sportsmanship and fair play.

FLAAA has instituted and will enforce the following policies for player conduct.

1. No player, coach or manager shall physically touch or verbally abuse an umpire or league official. The team manager should be the only person to ask for a rule interpretation or clarification of a call.
2. The use of profanity and personal baiting by player (s), coach (es), manager (s), or spectator (s) will not be tolerated and is sufficient grounds for ejection from the premises. Managers will be held responsible for the behavior of their spectators.
3. Any physical altercation by players, managers or coaches is not permitted.
4. Players are held responsible for their actions on any property, used during FLAAA sponsored activities, before, during, and after their game.
5. Any player(s), or manager(s) ejected from a game for any reason will be suspended from participation for the remainder of the night, and possibly longer, depending on the nature of the incident. If the ejection occurs in the first game of a double-header the player is suspended for the second game. A second offense will result in an indefinite suspension from FLAAA Adult League sponsored activities. A team found to be using a player under suspension will automatically forfeit that game.