



**Better, Healthier You**  
Fitness Facility

# COED LEAGUE PLAY SOFTBALL



## Game

- League is scheduled to run approximately 4-6 weeks of pool play followed by 2 weeks of a single elimination tournament.
- Team listed first on the schedule will be the Home team. The Visiting team will bat first.
- Each game has 7 innings or a 50-minute time limit, whichever occurs first. No new innings shall be started after the 50-minute time limit, except in tie game situations. See "tie" section.
- Each team will submit a batting order to the captain of the other team. See "batting order" section.
- Balls will be provided for each game. Bats and gloves shall be supplied by the players.
- The batter's count begins with 1 ball and 1 strike. 3 total strikes is an out and 4 total balls is a walk.
- FOUL BALLS: There is a limit of two foul balls allowed after the second strike. If a third foul ball is hit, then the batter is out.
- BATTER'S BOX: Batters must remain in the box for the entire duration of the at-bat, and may only step into a pitch with one step. If the footsteps down in front of the box, it will be ruled an automatic out. This is for the safety of the catcher and pitcher.
- LEGAL PITCH: Per ASA rules, the pitch must have an arc height between 6-12 feet. A pitch outside that range (even if it touches the strike mat) is an illegal pitch, which will count as a ball. Illegal pitches cannot be put into play by either team.
- Stealing bases is not permitted. Base runners cannot leave their base until the pitch crosses home plate.
- Games are self-regulated and self-officiated. There are no hired umpires. Please be respectful and always maintain a high level of sportsmanship.
- There will be no rescheduled unless weather related and will be determined by BHY Fitness Staff.

## CO-ED Regulations

- To avoid penalty or forfeiture, rosters must have three or more females in the lineup at game time.
- BATTING PENALTY: If there are only two females present, then there will be an automatic out after batter number eight. If there is only 1 female present, there will be an automatic out after batter number five and eight. If there are no females present at game time, the game is forfeited, unless the other team is also without a female. The game can then be played without penalty for either team, similar to a scrimmage.
- Defensive team can have a maximum of 10 players.
- FIELDING PENALTY: If there are fewer than three females present, you must reduce your number of fielders by how many short you are. For instance, if you have two females, you may only have 9 fielders; one female = 8 fielders, etc.
- The batting order will alternate gender, and must be submitted to the opposing team captain before the game. Maximum 14 players in the order.
- If the same gender bats twice in a row (this is usually inevitable) it must occur as late in the lineup as possible. The first 6 batters have to alternate gender.
- Intentional walking is not permitted.
- If a male batter is walked and a female batter is next in the lineup, the female batter will receive an automatic walk as well.



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## Rosters

- There is a maximum of 14 players allowed on a roster at game time.
- No new players can be added to the team roster after game one.
- There are ten defensive positions: one catcher, one pitcher, four infielders, and four outfielders
- Outfielders must remain on the outfield grass until the ball is hit.
- Infield practice before your game will be permitted as long as your game begins on scheduled time.

## Batting Order

- Batting order sheets will be provided in the softball storage container located next to the shed.
- The original batting order will not change during the game. EXCEPTION - an injured player can be removed from the lineup without penalty.
- All players will take their turn at bat offensively and change defensive positions at will.
- No official record will be kept for players changing defensive positions.

## Scoring

- The team with the highest score after seven innings or 50 minutes, whichever comes first, will be declared the winner.
- There will be a limit of five home runs per game. Any homeruns over five will result in an out.
- The Mercy Rule will be applied after four innings if one team is ahead by 10 or more runs.
- Winning team is responsible to reporting scores via website (<https://fitnessamway.com/softball-league.html>) within 24 hrs of game played.

## Tie

- If a tie occurs, each team will have the opportunity to place their last three batters in the lineup on base with no outs.
- The batting order will begin with the next hitter in the lineup.
- One complete inning will be played, and if the score is still tied, another inning may be played if under the 50 minute time cap. If tied, and 50 minute time cap is met, game will be determined by a coin flip.

## Player Safety

- If an injury occurs during the game, an official time-out will be allowed.
- If an injury to a teammate puts a team below the minimum of 8 players play may still continue without forfeit for that team.
- Call Protection Services 616.787.6333 for first response to injury or first aid.
- A medical kit is provided in storage container next to shed.

## Attire

- Metal cleats are not permitted. Rubber or plastic cleats are allowed

## Sportsmanship

- A team will be disqualified if they participate in the use of alcohol, abusive language, fighting, or cheating.
- Must run out the bases after home runs.
- The winning team must return the game balls, strike mat, pitcher's net, and bases to the storage container near shed.