



MIDDLE TENNESSEE STATE UNIVERSITY

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## Campus Recreation

### Intramural Sports

#### SOFTBALL RULES HANDOUT

##### ELIGIBILITY RULES

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1. You must have a MTSU ID to participate. NO ID, NO PLAY...NO EXCEPTIONS!
2. No Person shall play on more than one single sex and co-rec team per sport. If caught doing so by supervisor or official, Player shall be suspended for remainder of season and that game shall be forfeited. Opposing team does not have to protest if caught by supervisor or official.
3. No person shall use false identification in order to participate. If caught, person will be suspended from Intramural Sports and possibly Campus Recreation activities for a period of time determined by the Competitive Sports Coordinator.

##### THE GAME:

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1. **The Field:** The playing field consists of 65ft. base paths and a 46ft or 50ft. distance from the pitching rubber to home plate. Pitchers are required to pitch from the 50ft pitching rubber in Men's softball & 46ft pitching rubber in Women's softball. Co-Rec pitchers have the option to pitch from either the 46ft or the 50ft pitching rubber.
2. **Team:** Teams will consist of 10 players, but a team may begin a game with 8 players. A maximum of 15 players allowed on the roster.
3. **Game:** The game shall consist of seven (7) innings. No new inning will be allowed to start after the 45<sup>th</sup> minute of play.
4. **Time-outs:** Time-out cannot be "called" by any player. Players may "request" a time-out from the umpire that may or may not be granted based on the umpire's discretion and game situation
5. **Substitutions:** Substitutions may occur either while batting or in the field. Substitutes assume the batting position of the player he/she was substituted for. Starters may re-enter the game in their original batting position, in which case the sub is ineligible to return to play.
6. **Equipment:** Teams must wear proper clothing while playing and players must wear appropriate closed-toe footwear. Metal cleats or spikes MAY NOT be worn while playing. Any player found wearing any of the above during the game will be removed from the game and not allowed to re-enter.

7. **Mercy Rules:** (Games will be called when the following situations occur) A 20 run lead after 3 innings, a 15 run lead after 4 innings, or a 25 run lead at any point in the game.

### **PLAYING REGULATIONS:**

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➤ **Batting Rules:**

- Bats must be ASA approved softball bats. No baseball bats will be allowed.
- <http://www.teamusa.org/USA-Softball/Play-ASA/Certified-ASA-Equipment.aspx> you may use this website to check you bat.
- Any batter who steps out of the batter's box or on home plate and makes contact with a ball will be called out. These are dead ball outs with no base advancement.
- Batters slinging the bat following a previous warning for the same action will be called out.
- Batters may not be allowed to hit the ball up the middle. If it is within 2 yards of the pitcher as a line drive, the batter will be called out and the runners may not advance.

➤ **Pitching Rules:**

- Pitcher's must release the ball with 1 foot on the rubber.
- No quick pitching, pitchers must pause for 1 second before releasing a pitch.
- The trajectory of the pitch will be an arc of 6 to 12 feet from the ground.
- Any pitch failing to meet trajectory requirements will be called "illegal" and recorded as a "ball". The batter is allowed to make an attempt to hit an illegal pitch. However, once swung at, the illegal pitch becomes legal and all playing rules apply.
- Pitcher's may not pause in their motion on the back swing.
- The pitch must be released on the first pass of the hip
- Pitches may be delivered with either a palm-up or palm-down release.
- Teams are allowed only 2 intentional walks per game. Pitchers must notify the umpire of their intention to walk a batter prior to throwing the first pitch. Pitches do not need to be thrown to walk a batter intentionally.

➤ **Baserunning Rules:**

- There will be NO STEALING OR LEADING OFF
- A runner receiving aid in making his turns, recovering from a fall, etc. from a base coach or teammate will be declared out, the ball will become dead and runners will return to their previous occupied base.
- Base runners must maintain contact with their base and may leave it ONLY when the ball is batted.
- Runners over-running bases will be subject to being tagged out; only 1<sup>st</sup> base can be over-run without penalty. If a runner who runs past first base but makes an attempt towards second, is now legal and free to be put out if not contacting a base.
- Any batter who steps out of the batter's box or on home plate and makes contact with a ball will be called out. These are dead ball outs with no base advancement.



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## **PLAYING REGULATIONS:**

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- **Strike Zone:** The strike zone will be from the batter's front knee to their back shoulder, any ball crossing this area and landing beyond home plate will be a strike. Any ball landing on home plate will be a ball.
- **The Count:** Each batter will begin with a 1 ball, 1 strike count. The batting count will consist of three strikes constituting an out. A batter is allowed 2 foul balls. The second foul ball is strike three, and the batter is out. Four balls constitute a walk.
- **Home Runs:** Any batted ball that is hit over the outfield fence in fair territory will be a homerun. It is not necessary for the batter to run around the bases, only 1<sup>st</sup> base needs to be touched. If any runners are on base they do not need to run the bases either.
- **Ball in Play:** Any ball inside the fence is considered in play.
- **Sliding:** Base runners DO NOT have to slide. If however, the base runner makes malicious contact with a fielder the runner will be called out and then ejected from the ball game. At the discretion of the umpire, interference can also be called for impeding a fielder's opportunity to make a play on a batted or thrown ball.
- **Overthrows:** An overthrown ball that remains inside the fence is live and runners may advance at their own risk. Balls that are overthrown over the fence or out of play are considered dead balls and base runners will be awarded 1 additional base, unless in the umpire's judgment the runner would have advanced 2 bases, then the runner will get 2 bases
- **Infield Fly Rule:** With runners on 1<sup>st</sup> and 2<sup>nd</sup> base or the bases loaded with less than 2 outs, any pop-fly reasonably playable by an infielder will result in the batter being called out. Runners may advance at their own risk.
- **200ft Line:** The outfielders must be behind the 200ft. line in Men's, Women's, and Co-Rec.
- **Rover:** Teams are allowed to have one "Rover" position who is allowed to be in front of the 200 ft. line.

## **THE CO-REC GAME:**

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- The game is played between two teams of 10 players each, 12 with extra hitters. Teams must begin and end each match with a minimum of 8 players. **NO** outs will be taken unless there are consecutive same sex batters.
- Co-Rec matches may be played with an uneven male/female or female/male ratio according to the following premise:  
**Minus 1:** 5/4 male/female and vice versa;
- Upon a walk to a male batter, he will go straight to second base and the following female batter has the option to hit for herself or to take a walk.
- Teams are allowed 2 extra hitters, 1 male and 1 female.
- **Positioning:**
  - Either the pitcher or catcher must be female.
  - There must be at least 2 females positioned in the infield.
  - Outfielders can be set up male-male, female-female, or male-female.
  - On plays at the plate anyone can cover the plate. Only 1 person will be allowed to cover the plate area. If in the discretion of the umpire he/she feels that the fielder who is not covering home plate, impeded the runner from scoring the run will count.