

# RUNNING ROOTS



## Competitive/Recreation Softball

### SUMMARY

- Roster: (Comp) **18** player limit, minimum of 2 women  
(Recr) **18** player limit, minimum of 3 women
- On field: (Comp) 10 players, minimum of 1 women on field and 2 women batting  
(Recr) 10 players, minimum of 2 women on field and 3 women batting
- Pitching: (Comp) Slow pitch: pitch must be between 6' and 12'  
(Recr) Slow pitch: pitch must be between 6' and 12'
- Strike Zone** – The strike zone is that space over any part of home plate that is between the batter's front shoulder and back knee when the batter is lined up with home plate.
- Leading/ No Stealing: Competitive and Recreational:** Runners can lead once the ball crosses the plate or the batter is attempting a swing.  
If a runner leaves early, the ball is dead and the runner is declared out. If this is the 3<sup>rd</sup> out of the inning the batter will be first up in the next inning. If the batter does not swing and the runner is still off the base (leading), a force situation is in play until the runner returns to the base. Tagging only from 3<sup>rd</sup> base.
- Recreation Division: All non-play off (regular season) games will have a total of **60 minutes** of play, starting with 1 ball and 1 strike with 6 innings of play. Non playoff games are defined as the first 3 games of play. All play offs (semi and final) will have a total of 80 minutes of play, starting with 0 ball and 0 strike with 7 innings.
- Competitive Division will be 7 innings, 0 ball, 0 strike for 75 minutes.
- All rules not mentioned here will be according to ASA softball rules.
- All teams must bring one new softball (deBeer's 12in "CLINCHER" is the brand name) for each game.
- In case ASA umpires are not available, each team must provide 2 umpires, (home plate and infield)
- All captains must be present for captains meeting on game day to go over any last minute issues/changes. If you are not there when a change is made... too bad ☺. Captains meeting will be announced via email.
- A 15 run mercy rule will be enforced after 4-1/2 innings with the trailing team batting a minimum of 5 innings

### PLAYING FIELD:

Approximate Baseline: 60 ft Pitching: 45 ft, note these are approximate field measurements.

### HOME TEAM RESPONSIBILITIES:

1. Use the 3<sup>rd</sup> base side of the field as dugout

### EQUIPMENT:

1. All players must use a suitable softball bat(s), approved by the umpire. It shall not be longer than 34 inches. A list of certified bats is listed on [http://www.asasoftball.com/about/certified\\_equipment.asp](http://www.asasoftball.com/about/certified_equipment.asp). Normally, bats should be marked with the wording "official bat" (for softball) and/or "ASA Certified"

2. All teams are required to bring one new softball (deBeer's 12in "CLINCHER" is the brand name). These balls will be used for all games.
3. **METAL SPIKES or REPLACEABLE CLEATS are not permitted.** Molded rubber shoes are permitted.
4. **Please bring adequate protective gear.** Running Roots will NOT supply any equipment and will not be responsible for any injuries caused by inadequate protective gear. Catchers, to ensure your safety, please have appropriate protective gear. (i.e., mask, chest protector, helmet). This year, catcher masks are MANDATORY.

**PLAYERS AND SUBSTITUTES:**

1. All teams have a limit of 18 players (10 fielders, 3 DH, 5 Subs) and an optional coach.
2. Minimum of 9 and MAXIMUM of 13 players are allowed to bat.
  - a. Comp- AT LEAST 2 girls must be in the line up.
  - b. Recr - AT LEAST 3 girls must be in the line up.

**Penalties:**

<b>Female(s) on Team</b>	<b>What is required</b>
No female	(Comp) Team plays with 9 fielders and 1 out each inning (Recr) Team plays with 8 fielders and 1 out each inning and opposing team starts with 3 points
1 female	(Comp) Female must field and bat twice in batting line up (Recr) Team plays with 9 fielders, female bats twice and opposing team starts with 2 points
2 female	(Recr) 2 female fielder and one female must bats twice in batting line up

3. Out of the 18 players, 17 must be regular church attendees for the past 2 months; other 1 can be seekers/non-church members, MUST BE 18 of age or older.
4. Unlimited substitutions will be permitted, only at the end of each half inning. However, ALL SUBSTITUTED PLAYERS MUST PLAY AT LEAST 1 INNING on defense per game. A player may not re-enter as a pitcher if he/she has already pitched in past innings.
5. Players must submit a batting lineup before each game to the opposing team.

**THE GAME:**

1. The choice of the first or last bat in the inning will be decided by the toss of a coin during the SEMI FINALS and FINALS. During PLAYOFFS, each team will have a chance at choice.
2. All non-playoff games will be SIX innings, although, no new inning may begin after 60 minutes from the first pitch. A new inning is considered started immediately after the preceding inning ends. In the event that a game is cut short on time, the last completed inning will be the final score. In the event of rain, 4 complete innings is an official game. The same will apply for play off games with SEVEN innings with 80 minutes from the first pitch.
3. **TIE BREAKER and SEEDING:**
  - a. If a game is tied after regulation inning, one extra inning of play will be allowed to break the tie, time permitting (rule of thumb, about 10 minutes).
  - b. Winning percentage
  - c. Head-to-head competition
  - d. Record against other teams in or tied for playoffs
  - e. Record against next best common opponent
  - f. Margin of victory in each game
  - g. Number of runs against each other will be tallied
4. Recreation Division: For non-playoff games, batters will begin with a "1 balls, 1 strikes" count. For playoff games, batters will begin with a "0 balls, 0 strikes" count.

- 2 foul balls are allowed after 2 strikes.
5. If a player is hit by a pitched ball, he/she will receive first base. \*\*\*Players must attempt to move out of the way. If no attempt is made (determined by the umpire) the umpire will call dead ball. The count remains the same and runners may not advance. A ball that hits the ground first then hits the batter is considered a "dead ball." In addition, the batter cannot be in the strike zone.
  6. If a batted ball first lands in fair territory and then rolls into foul territory between home and third or home and first, then it's a foul ball. If a batted ball first lands in fair territory and then rolls or bounces into foul territory past third or first base then it is a fair ball.
  7. A base line is defined as the direct line between the bases and 3 feet on either side of that line. Base runner will be called OUT if he/she runs outside of the base line.  
Exceptions: Base runner may run outside the base line to avoid a fielder attempting to field a batted ball or when running to 1st base without interfering the fielder throwing to first.
  8. Members of the team shall not interfere, either physically or vocally, with a player attempting to field the ball or from trying to hit the ball while at bat.  
**EFFECT:** *Ball is dead, batter is out and base runners cannot advance or BALL will be called if a person is at bat.*
  9. If an error is discovered while the incorrect batter is at bat, the correct batter takes his/her place and assumes all strikes and balls. If an out of order batter is discovered after bat, an automatic out will be called on the next batter. Opposing teams is responsible for sighting incorrect and out of order batters from their Batting Line Sheet.
  10. Since home plate is considered fair territory, any ball hit by a batter that strikes home plate and enters fair territory, between the first and third baselines, shall be considered a fair ball and must be played as such.  
**Infield fly Rule:** The batter is out immediately when he hits an infield fly with baserunners on first and second or on first, second, and third with less than two outs. This is called the infield fly rule. Baserunners can run at their own risk.
  11. **Overthrows that does not hit any obstacles, does NOT mean the baserunner is awarded extra bases AUTOMATICALLY. The baserunner must attempt to run to the next base as if it is still in play, in case a fielder attempts to put the ball in play once it is overthrown. Otherwise, baserunner is only awarded one extra base only.**  
(Example: If runner is between first and second base and the ball is overthrown, the runner is awarded second base for being on their way there, and is awarded third base for the overthrow).  
This is only in the event that the ball is ruled to be in non-ballpark grounds, also, at the discretion of the umpire. i.e, Ball has been thrown to the street, ball has been thrown to the parking lot.
  12. A forfeited game will be declared if a team fails to appear on the field 15 minutes after for which it is scheduled. The score of a forfeited game shall be seven to zero in favor of the team not at fault.

### **BATTING:**

1. No Bunts, Chopping (hitting the ball in a downward motion)  
**Effect:** *Strike is added to the count*
2. All runners may advance at their own risk and the defensive team may play on the advancing runner(s). Time out will be called when the umpire assumes play is dead. There is no half-way rule. If time out is called, the runner(s) will return to the previous base touched.
3. Thrown bats regardless of accidental or non-accidental, first offense will be a team warning and play will remain the same. Second offense will result in the batter being an AUTOMATIC OUT, the play will be "DEAD BALL" (if bat lands behind the catcher) and ALL runners will return to original base. If bat land in the field, batter is called OUT and the ball is LIVE. This is a judgment call by the umpires and shall NOT be challenged or questioned by any managers or coaches.

4. The batter must take his/her position into the Batters Box **within 5 seconds** after an umpire has called "PLAY BALL", after an "OUT" or when the ball is returned to the pitcher, a pitch can be made by the pitcher whether the batter is ready or not. *Effect: Warning then a strike will be added to the count.*
5. Batters cannot alter the area within the batters box.
6. Any walk issued to a male batter with a female batter behind him will result in a one base award, if there are runners on base (regular walk). If the bases are empty, the male runner will proceed to 2nd base. The woman will then bat unless there are two outs. With two outs, she will have the option to walk or bat.
7. Only 1 On-Deck batter can start warming up while another player is at bat. If an On-Deck batter, or any other Offensive players interferes with a defensive play on a runner, the runner closes to home plate is out.

### **BASE RUNNERS:**

1. Base runners cannot intentionally block (raising of hands, sliding into the thrower) a defender from throwing another base runner out; else, the offender and runner will be both called out.
2. No runner may return to touch a missed base, after a runner has scored
3. Tagging-up can only be made if a runner is on 3rd base, NO STEALING
4. Once a runner returns to a base for any reason, the player may not leave the base unless (1) a play is made on him/her or another runner, (2) the pitcher does not have possession of the ball within the pitcher's circle, or (3) the pitcher releases the pitch to the batter. A base runner must be in contact with her base at the time a pitched ball leaves the pitcher's hand.
5. **Courtesy Runners** – Injured players may receive a courtesy runner once they reach first base. The courtesy runner must be the last player of the same gender to make an out in the game. A female must be replaced by a female and a male must be replaced by a male. If no suitable replacement is available, then no courtesy runner replacement can be made.
6. **Leading/ No Stealing – Competitive and Recreational:** Runners can lead once the ball crosses the plate or the batter is attempting a swing.  
If a runner leaves early, the ball is dead and the runner is declared out. If this is the 3<sup>rd</sup> out of the inning the batter will be first up in the next inning. If the batter does not swing and the runner is still off the base (leading), a force situation is in play until the runner returns to the base. Tagging only from 3<sup>rd</sup> base. No advancing on wild pitches.

### **PITCHING (SLOWPITCH for both Recreation and Competitive):**

1. **The pitcher must start and release the ball with at least one foot on the pitching rubber in a continuous motion.** Pitching for both competitive and recreation is **slowpitch**. Slow pitch must be between **6 to 12 ft high**.  
*Effect: A 'BALL' will be awarded to the batter if the ball is not swung on the illegal pitch.*
2. The pitcher shall deliver the ball in an underhand (no side arm or windmill) motion for both competitive and recreational.
3. After receiving the ball, the pitcher has **5 seconds** to start releasing the next pitch once the batter is in the batters box, otherwise, a BALL will be awarded to the batter.
4. The **strike zone** is a pitch that crosses over the plate in the area from the armpits to the knees.
5. The pitcher must not use a windmill or slingshot-type pitch, or make a complete revolution in the delivery.
6. Pitchers cannot alter the pitchers mound.

### **COACHES:**

1. All offensive coaches are allowed in the traditional coaching areas, 1st & 3rd base, with one coach in each position

2. Time outs will not be permitted to offer instruction to any defensive player except to the pitcher. The pitcher must be replaced on the second trip to the mound in the same inning. Players will not be permitted to be moved to another position during the inning for defensive purposes. Only the pitcher may be removed and replaced with a fielder during an inning. Changes or substitutions must be made BEFORE your team takes the field for defense.
3. Players, managers, and coaches must remain in the dugouts, on the benches or in the prescribed areas throughout the game.
4. Umpires will not permit more than one offensive time out in each half inning to allow a manager or coach to talk with the batter.
5. If a coach is ejected from the game for any reason, the captain will be held responsible for their team. The coach is subject to a one game suspension.

PLEASE NOTE: This is a Christian league. Coaches should exercise good sportsmanship and judgment when coaching your team on offense.

### **UMPIRES:**

1. Coaches/Captain is the only person who may discuss ruling or interpretation of a rule with the umpire. If this is required, the coach must request time out and discuss the matter in the presence of the opposing coach.
2. A judgment call by an umpire cannot be questioned.
3. All teams must assign TWO umpire, incase volunteer umpires is not available.

### **Plate Umpires:**

1. Shall take a position behind the catcher and have full responsibility for the proper conduct of the game.
2. Shall call balls and strikes.
3. Determine if a fly or line drive is fair
4. Has authority to make decisions on questionable plays or violations if not stated in **Rules and Regulations**.

### **Base Umpires:**

1. Shall take a position around 2<sup>nd</sup> base.
2. Shall determine is a base runners are safe/out

### **RULE CHANGES:**

1. Changes may be made at the discretion of Running Roots, and all Coaches will be properly notified.

### **Sportsmanship**

The philosophy of this year's event is good sportsmanship and unity among all churches. A good sport is fair, courteous, has a positive attitude, and accepts results gracefully. All individuals and teams participating should comply with the spirit as well as the written rules that govern all competitive situations. In order to encourage proper conduct during contests, members of the staff will make decisions whether to warn, penalize, or eject persons, teams, or spectators displaying poor sportsmanship. All staff members should be treated with respect. Under no circumstances should these students be threatened or physically abused.

### **Ejection Policy**

If a player is ejected from any game, he/she is immediately ineligible from further participation in any games until Running Roots clears him or her.

The minimum suspension for any participant that was ejected will be one game. The Coordinator of Running Roots will determine the length of suspension for each incident that occurs based on information

obtained from the officials, supervisors and participant ejected. Infractions that may result in ejection from intramural competition include the following:

Unsportsmanlike behavior

Verbal Abuse

Unnecessary Physical Contact

Fighting (Striking or attempting to strike)

Threatening Behavior (Verbal) towards an official or supervisor

Threatening Behavior (Physical) towards an official or supervisor

Individual playing under an assumed name