



MIDDLE TENNESSEE STATE UNIVERSITY Campus Recreation Intramural Sports

SOFTBALL RULES HANDOUT

ELIGIBILITY RULES

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 Associate Director of Intramurals, Sport Clubs, and Wellness.

THE GAME:

1. **The Field:** The playing field consists of 65ft. basepaths and a 46ft. distance from the pitching rubber to home plate.
2. **Team:** Teams will consist of 10 players, but a team may begin with as few as 8 players. One extra hitter is allowed, two in co-rec.
3. **Game:** The game shall consist of seven(7) innings or 50 minutes, whichever occurs first. No new inning will be allowed to start after the 45th 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 must 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:** Shirts and shoes must be worn at all times. No metal cleats or spikes will be allowed. All other uniform requirements are waived, unless noted by the Director.
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.



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PLAYING REGULATIONS:

➤ **Batting Rules:**

- Bats must be ASA approved softball bats. No baseball bats will be allowed.
- http://www.asasoftball.com/about/certified_equipment.asp 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 and ejected from the game.

➤ **Pitching Rules:**

- Pitcher's must begin their motion with 1 foot on the rubber.
- No quick pitching, pitcher's 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 ruled apply.
- Pitcher's may not pause 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.
- 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 1st base can be over-run without penalty.
- 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.

- **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.



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GROUND RULES:

- **The Count:** Each batter will begin with a 1 ball, 1 strike count. The batting count will consist of three strikes constituting an out with the second foul with two strikes being an out and four balls constituting a walk.
- **Home Runs:** Any batter 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 1st base needs to be touched.
- **Ball in Play:** Any ball inside the fence is considered in play.
- **Sliding:** Baserunners must slide if a play will be made at home plate. Running over the catcher will not be allowed. If this occurs, the runner will be called out and ejected from the game.
- **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 baserunners will be awarded 1 additional base.
- **Infield Fly Rule:** With runners on 1st and 2nd 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.

THE CO-REC GAME:

- 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.
- 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;
 - Minus 2:** 5/3 or 6/4 male to female and vice versa (This may occur at the consent of both teams or at the discretion of the Intramural Sports Staff.)
- Teams may not bat two consecutive male batters, any time circumstances force 2 male batters to hit back to back, an out will be enforced between the 2 batters.
- Upon a walk to a male batter, 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.



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THE CO-REC GAME(CONT'D):

➤ **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.

Softball..... 7/21/09