

Burlington Recreation Commission
MEN'S, WOMEN'S & CO-REC
SLOW PITCH SOFTBALL RULES
Revised May 2025

GENERAL INFORMATION

1. A.S.A. rules will govern play, with the BRC exceptions that are listed.
2. Minimum age for all participants: 18 years of age and graduated high school. No exceptions.
3. Participants cannot be playing on any college or professional baseball/softball teams at any time during the BRC softball season.
4. All Leagues will start out with a one ball, one strike count with all hitters receiving an extra foul ball with two strikes.
5. Due to the short fence at Katy Park, each Woman's team will be allowed five homeruns per game. Any ball hit over the fence after the 5th homerun will be ruled as an out.
6. No metal spikes are allowed. Use of metal spikes will be an automatic ejection.
7. No new inning will be allowed to start after 60 minutes of play unless the game is tied.
8. If the game is tied after 7 innings or time has expired, one extra inning will be played. If the game is tied after the extra inning, the final score will remain a tie. This will apply to league play only. Tournament games will be played until a winner is determined.
9. Fifteen after 3 and 10 after 5 run rule will be in effect.
10. Line-up sheets should be turned into the scorekeeper before you take the field to warm up.
11. All starting players must be present by game time. Any player who is not present, but who is expected to arrive, should be listed on the bottom of the line-up sheet. Anytime those players are skipped in the lineup an automatic out will be taken.
12. Teams may play 10 players in the field and must have at least eight players to start a game. If teams have less than 9 players they will take an out each time those players are scheduled to be up in the batting order. Players can be recruited to play but may not be on any other teams within the league. If, during the course of the game, a team falls below eight players due to an injury, the game may continue. If a team falls below eight because of an ejection, the game will be forfeited.
13. There will be a ten-minute grace period from the scheduled game time. This time will be taken off the 60-minute time limit. Games shall start when teams have the minimum number (8) of players to start a game.
14. Teams will be required to have a permanent roster completed and turned into the BRC before the season starts. These will be turned to if there is a protest. If a player is not on your roster, or is on multiple rosters, the team using the illegal player will forfeit.
A). It was voted at this year's captains meeting to allow teams to pick-up girls off of other teams for the purpose of being able to play a game. If teams already have enough girls on their original roster to play, they may not pick-up any other girls to stack a team. Men cannot be picked-up off another team at any time. This will only be allowed if both teams and the Sports Director agree.

BATS

1. Bats will be legal for league play only if the bat is manufactured by an approved USSSA bat manufacturer, has the new USSSA mark on the taper of the bat, and is not listed on the current USSSA banned bat list. All bats will be tested using the G4 SSL Softball Bat Tester.
2. All bats tested during the 2025 Co-Rec softball season, and still have the 2025 BRC stamp, will not be tested again unless an issue arises or it falls off.

BALLS

1. BRC provides the balls used for this league. Voted on by team captains at the captains meeting. These balls are included in the fees for the league.

ILLEGAL EQUIPMENT

1. To be clear, the equipment rules in general will be enforced without regard to intent or knowledge. You are responsible for the equipment you use and are fully responsible for its use whether you have actual knowledge of equipment alteration or not. ENOUGH IS ENOUGH. **If you use, or enable the use of, illegal or altered equipment, it will carry a 1 year suspension for the 1st occurrence and lifetime ban for any subsequent occurrence.**

SPECIAL CO-REC RULES

1. A team shall include 6 men and 4 women in the field at all times.
2. There shall be two men and two women in the outfield and infield, and the pitcher and catcher shall be a male and a female. Female pitcher/catcher counts towards 1 women in the infield.
3. It does not matter what order is used in the field. When women are at bat, all outfielders must remain in the outfield (the grass) until the ball is struck.
4. Teams may utilize the Extra Hitters option, but must use both a male and female EH evenly, up to a maximum of 16 players in the lineup. (Thus teams may not start with 11, 13 or 15 players).
5. Teams cannot bat 3 males in a row. Examples of correct order: (MMFMMFMFMF) (MFMMFMFMFMF)
-If a team is discovered batting 3 males in a row after the game has started, any 3rd male batter in a row will be an out for the remainder of the game.
6. Walks – If a male player is walked; he automatically goes to second base. The next female batter will automatically have the option to walk or hit away.

ALCOHOL CONSUMPTION AND CONTAINERS

1. According to City Ordinance, there are no alcoholic beverages allowed within City Parks so its consumption will not be permitted.

OFFICIALS AND SCORE KEEPERS

1. There will be one umpire and one scorekeeper assigned to each game. If for any reason the scorekeeper does not show up it will be the responsibility of the home team to keep the official scorebook.
2. Umpires and scorekeepers will not watch for illegal players.
3. Umpires decisions are final; any excessive behavior is grounds for removal of the game and facilities.

BASIC RULES

1. Runners will be allowed to stand off of 1st or 3rd base while waiting for an at-bat. They must touch the base before advancing or they will be called out.
2. Batters must stay inside the batter's box during an at-bat. If your foot leaves the box, you will be called for an out. The batter's box is sometimes worn out, this will become the judgement of the umpire.

PROTESTS, APPEALS, ILLEGAL PLAYERS AND SUSPENSIONS

1. The manager is the only person who can approach the umpire to request a clarification of a ruling. Players should direct their comments to their manager. Insults or profanity directed at the umpire will result in ejection from the game.
2. Any player striking or attempting to strike an umpire either before, during, or after a game, will result in suspension from all BRC sponsored activities for a period of one full year from the time of the incident.
3. Players must have played in at least 3 league games with their appropriate team in order to be eligible for tournament play.
4. It is up to teams to watch for illegal players. If you suspect that the opposing team is using an illegal player and you want to protest, the following procedure must be followed:
 - A. The team manager must lodge his/her protest with the official and the scorekeeper by the end of the first inning (if the player in question is starting) or when the player in question enters the game.
 - B. Check with the Recreation Center during the following business day for the result.
5. Games may not be protested after their completion. Teams may not protest games they are not playing in.
6. Ejected players will get one chance to return to the team the following week. If the player is ejected again, they will be suspended for the remainder of the season.
7. Ejected players may not be replaced in a team's lineup and automatic outs will be taken each time they are skipped in the batting order.

BATTING, RUNNING, PITCHING, AND SUBSTITUTIONS

1. Everyone may be placed in your lineup. If batting more than ten players, substitutions on defense may be done freely.
2. Batters will begin each at-bat with a 1 and 1 count with all batters getting 1 foul ball with a 2-strike count.
3. Any player that shows up late may be added to the bottom of the batting order until your team has batted through its lineup. Teams may add a ninth player to the bottom of their lineups at any time.
4. If a player goes out of the game for any reason and is not replaced in the line-up with a substitute, then an out will be recorded every time it is his/her turn at bat.
5. A carpet will be used for all Leagues. A strike will be called if any part of a legally pitched ball lands on any part of the carpet unless it hits part of the plate as well.
6. ASA pitching regulations will be used. The ball must be pitched with an underhand motion with their hand no further from their hip than their elbow. The pitch cannot be delivered from behind the back or through the legs. When the ball is pitched, the peak of its arc should be no less than six feet and no more than 12 feet off the ground. If the umpire determines that the ball is pitched too high or too low, s/he shall say, "Illegal Pitch." However, the batter may still swing at the pitch. The ball would then be live.
7. Sliding is expected, but never mandatory. Runners must allow the defense to make a play, and must avoid contact. If contact occurs by a result of not sliding the runner may be called out and if the contact can be deemed excessive the player may be ejected from the game.
8. If a batter hits a home run, they only need to touch first base. All runners on base at the time of the home run, DO NOT need to touch the next base or run all the bases.

COURTESY RUNNERS

Courtesy runners may be allowed in all leagues for obvious injury situations that occur during that game only. If a courtesy runner is to be used it must be the person who has made the last out. In Co-Rec leagues you must use a male for a male and female for a female.

WILLFULLY BREAKING THE RULES

Any player that is found to have broken the rules associated with this league will be banned from participation for the remainder of the current year as well as the following year. Lifetime bans will be considered if the act is deemed excessive.

POST SEASON AND AWARDS

1. The tie-break procedure to determine league standing and tournament seedings will be as follows:
 - A. Head-to-head within league play.
 - B. Point differential within head-to-head games only.
 - C. Runs Scored
 - D. Runs Allowed

BAT TESTING POLICY

1. Bats will be legal for league play only if the bat is manufactured by an approved USSSA bat manufacturer, has the new 2020 USSSA mark on the taper of the bat, and is not listed on the current USSSA banned bat list. Bats that feature the old 2012 USSSA stamp will be grandfathered in but must meet the 220-compression rating. All newer stamped bats must meet the 240-compression rating.



2. All bats will be tested using the G4 SSL Softball Bat Tester. Each bat will be tested a maximum of 3 times. Bat will be given a quarter turn each test on the barrel until either two passes or 2 fails are given.
 - a. A bat that passes the compression test will be given a specific sticker and must remain on the bat all season. If a sticker falls off, the bat must be retested and receive a new sticker.
 - b. Umpires will check all team bats prior to games for sticker.
 - c. If a situation arises, it is at the Sports Directors discretion to re-test a bat at any point during the season.
3. If an illegal bat is used during a game, that bat will be taken from play, and the player using it will be ejected from the game and suspended for the rest of the season. Any reoccurring offense will result a life-time ban.
 - a. If the team from which the suspended player was playing on has another illegal bat ejection and suspension during the same season, they will forfeit their remaining regular and post-season games.
4. Bats need to be brought to BRC for testing no later than 1 week before the season (MAY 22). After this date, there will be no guarantee a bat will be tested before games start. **It is each team's responsibility to make sure they coordinate a time with the Sports Director for testing!**