

Adult Co-Ed Softball League

Rules 2026



1. Age Requirement:

Minimum age is 21 years.

Captains: it's your responsibility and liability to ensure that your team is of the correct age.

2. Rosters:

Rosters must be submitted to OSPR before your teams first game of the season. Rosters may have a MAXIMUM of 24 players, 50% of whom must live or work in Old Saybrook.

3. Games/Equipment:

Game Time: 6:00pm

Fields: Town Park 2, Old Saybrook Middle School & Kavanagh Park(Trask)

Innings Played: 7

Home/Away Team: First team listed(left) is the home team. They are responsible for providing game balls.

OSPR will provide each team with game balls(12). All other equipment is supplied by the players.

Men wooden bat only. Women may use either a wooden or aluminum bat. All equipment should be A.S.A or USA Softball approved. Uniforms are optional. OSPR requires that each team provides their own first aid kit.

4. Fielding:

- Teams can field a **maximum** of 10 players and a **minimum** of 8 players. If a team fields the maximum, the ratio of male to female players must be no more than 6 male players and no fewer than 4 female players. If a team fields the minimum, the ratio of male to female players must be 6 men and 2 women.

Positioning:

- As long as a team can field at least 3 female players, there are no restrictions in the positions they can play.
- No more than 6 men may be in the field.
- All teams must provide their own catcher. If you field 8 players, you can have the other team provide a catcher.

Outfielders: Must position themselves at least 15 feet behind the infield.

Catchers: It's recommended that the catcher stands far enough behind the batter to field the ball on a bounce. Mask optional (at players' own risk of injury).

5. Pitching:

- 6 pitches per batter(within reason)
- 3 strikes = Out
- 2 strikes + 1 foul = Out
- 4 fouls = Out

Legal Pitch = arc not to exceed 12 ft. Batter can hit an illegal pitch.

- No walks allowed

6. Batting:

Max number of batters per inning is 10. Teams can bat as many as 16 players. The ratio of male to female batters must follow the minimum breakdown of male to female batters in the line-up:

TOTAL # OF BATTERS	Male/Female Ratio
8*	6 MEN/2 WOMEN
9	6 MEN/3 WOMEN
10	6 MEN/4 WOMEN
11	7 MEN/4 WOMEN
12	8 MEN/4 WOMEN
13	9 MEN/4 WOMEN
14	9 MEN/5 WOMEN
15	10 MEN/5 WOMEN
16	10 MEN/6 WOMEN

- **No Bunting** - Each batter must make their best attempt to fully hit the ball and swing through.

Line-Up:

- Only 2 men are allowed to bat in a row, then a women must bat.
- You must keep the same batting order throughout the game, unless an injury occurs.
- No player may bat more than once in the line-up.
- If you bat 3 men in a row, you must take an out before the third batter. Even if it ends the inning. If you are batting more than 10 players you are permitted to have up to 3 men bat in a row, then a women must bat.

7. Base Running:

- No sliding, leading or stealing. If so, it will result in an automatic out.
- No base can be blocked by any player. If a defensive player is blocking the base path the runner will be automatically awarded the base.
- You can over run the base in a straight path within reason.

Pinch Runner: May only be used for an injured player, after they have made it to the base and the play has ended.

8. Homeruns:

After 3 homeruns are hit, an out will be recorded for each homerun hit thereafter. Homeruns are classified as hit into the trees on the fly or over the outfield fence. An “in the park HR” does not count towards this rule.

9. Home Plate:

No tagging is required to put out a base runner at home. A force out will occur at home, if the ball is caught, by the player playing home, prior to the base runner crossing home plate. Home plate player is required to play home like a first basemen. The fielder has to be within one foot of home plate. They do not need to be standing on the plate, but must be within a foot's reach of the plate. This is to avoid a collision.

FIELDER INTERFERENCE- HOME PLATE: No fielder may be in the runner's path without the ball. A special line will be marked on the third base line. This line will represent the "point of no return." Once the line has been crossed they are committed to home plate and cannot go back to 3rd base. Once a runner is past this line, the fielder can not be standing on home plate or in the runner's direct running path unless they are already in possession of the ball. If the player covering home (catcher, pitcher, etc) is deemed to be "in the way" by the umpire, the runner is automatically safe, a dead ball is called. If the fielder does have possession of the ball, the runner must make every effort to avoid a collision with that fielder. A fielder may enter the runner's path in an attempt to catch a throw. A legitimate attempt to make a play will not be considered interference.

STANDING ON HOME PLATE WITHOUT THE BALL IS INTERFERENCE

10. Umpires:

A first and third base umpire will be provided by the batting team or spectators. First base umpire will call 1st and 2nd base, third base umpire will call 3rd base and homeplate. The catcher determines all foul ball calls.

REMINDER: This is a recreational league. The consumption of alcoholic beverages is prohibited as is smoking on all town properties. The relaxed nature of the rules and officiating should promote enjoyable sportsman like conduct by everyone. Prior to the start of the game, captains should meet to discuss rules. Any rule can be modified before the start of the game if both team captains agree.