

SGSL Rules and Regulations - 2009

[GENERAL]

1. There is a maximum of 10 defensive players on the field at one time. However, in order to begin the game, a team may field a minimum of 8 players for the game to count and even begin.
2. Each team has designated 1 Captain and 1 Co-Captain. Prior to each game the Captain and Co-Captain must go to the other team and introduce themselves, they must also introduce themselves to the umpire. Prior to each game if the captain and co captain are not there, someone else will be appointed for that one game. These two are the vocal leaders of the team and are the only ones involved with the umpire during the game.
3. The Captain and the Co-Captain are the only 2 who will discuss any issues with the Umpire throughout the game.
4. Each game will be 7 innings or 1.5 hours, whatever comes first unless due to darkness or rain the game is called early. It is based on the umpire's discretion when a game is considered an official game usually after 4 full innings are played.
5. All Teams are required to keep their area of play as well as the benches and surrounding areas clean. Playing on these fields is a privilege, but that privilege could be taken away if the teams are not respectful of the property.
6. If a game is rained out, best efforts will be made to reschedule to another day & time. If there is a question about whether your game is on or not, **Team Captains Only** - Please call 914.329.2618.
7. If a player arrives late for a game, they can enter the game in during any half inning of play and then must bat last in the batting order. If they are used as a pinch hitter, pinch runner, or defensive replacement, the person who they are coming in for is now out of the game.
8. Every player must be wearing their jersey at all times on the field, and that player must wear the same jersey number each week.
10. **Metal Cleats BANNED:** No ifs, ands or buts, metal cleats are BANNED from SGSL and most ASA leagues and parks, if not all. If a player is caught wearing metal cleats at any point of the game, he will be ejected with no exceptions. This is for the safety of the other players. and the player himself. If the player is at bat and is noticed wearing metal cleats, that player will be called out, and will be out of the rest of the game. Once ejected the team does have the option to sub in a new player if available in his place.
11. A 15 run lead at the end of any inning will result in the game being called under the mercy rule. This rule only takes affect starting with the end of the 3rd inning. i.e. - a 15 run lead after the 2nd inning does not end the game, the trailing team still has until the end of the 3rd inning to reduce the deficit to less than 15 runs.
12. All players must bring official ID with them to the field in order to sign in for the game. Players without proper ID will not be allowed to play.
13. The field is Ardsley Middle School. The address is 700 Ashford Ave, Ardsley, NY.
14. Substitutions can be done at any time during the game. All substitutions must check in at the scorer's table before entering the game. **Once a player is subbed out (for any reason), they cannot re-enter that same game.**

[Pitching]

1. A pitcher must pitch from the mound indicated by the Umpire at the start of the game. At least one foot must remain on the mound at all times while pitching. The pitcher must take a position with both feet firmly on the ground and with one or both feet in contact with the pitcher's plate. The pitcher's pivot foot must be in contact with the pitcher's plate throughout the delivery. The pitcher must not make any motion to pitch while not in contact with the pitcher's plate. i.e. – The pitcher cannot make a running start towards the mound, and must start their motion from a stationary position.
 2. This is a **Slow-Pitch** league. The ball must be thrown underhand and arc at least 4-6 feet after leaving the pitcher's hand before crossing any part of Home Plate.
 3. The pitch should not rise higher than 12 feet off the ground.
- Violations of any of the pitching rules detailed above will result in that pitch being called a ball.

[Hitting]

1. Once a player positions himself in the batter box (as a lefty or righty), that player cannot switch his hitting stance (lefty vs. righty) until his next at-bat.
2. Strikes and Balls will be called by the umpire and are not subject to argument. The strike & ball count will follow the normal baseball structure. 4 Balls will lead to a walk. 3 strikes will lead to a strikeout. The batter can foul an unlimited number of times.
3. If a player throws his bat during his swing, he will be automatically called out by the umpire.
4. No bunts allowed. A hitter must fully swing through the pitch for the ball to be considered in play. The umpire may call a strike or call the batter out if the umpire rules that the batter didn't swing fully or if a bunt was attempted.
5. A hit must go forward in order to be considered playable. i.e. A hit popped back to the catcher is not playable, it is considered a foul ball.
6. Do not argue strikes and balls with the umpires. Umpires have been hired to assist with the games, therefore please respect their calls at all times.

[Base-Running]

- Players are allowed to run through first base only. If they turn the corner and take a step in the direction of 2nd base, they will be back "in play" and can be tagged out at the discretion of the umpire.
- Players are allowed to try to take a maximum of (1) extra base per each overthrow that occurs. If it is an overthrow deep into foul territory, the umpire will call a dead ball and award that base regardless.
- There is a 1 step leading allowed. The base runners can **only** run when the hitter makes contact with the ball (on contact), not an instant sooner. Runner will be called out if leading more than the 1 step, or if caught running before contact.
- If a base runner is hit with the ball before a defensive player touches it, that base runner is automatically out. The remaining base runners, including the hitter are still free to advance to their next base in the meantime. If the base runner is hit with a ball after a defensive player touches it, the runner **is not** out, they must be tagged or forced out at a base once the ball is initially fielded.
- The base-runner cannot, under any circumstances, run into the catcher at home. The runner must either step through home plate or slide into home plate. This is done to avoid any injuries. Any runner that runs into the catcher in hopes of

dislodging the ball will automatically be called out by the umpire. NO EXCEPTIONS! The catcher can not block the plate; if they block the plate then the runner is automatically safe. The catcher has to stay to the side of the plate to make sure that contact is avoided.

- Tagging up is allowed. The base runner must wait until the defensive player catches the ball before he may begin tagging up to the next base.
- Base runners cannot purposefully distract the infielders (by waving their arms, slowing directly in front of the fielder, or screaming). Furthermore, the hitting team can't come onto the field during a play nor can they try to "psych out" a defender by yelling during a play. Good sportsmanship must be exercised. No taunting allowed.
- 1st and 3rd base coaches may not interfere with the play and must remain at least 5-10 feet on the side of the base. If a throw is coming to the base they have to make every attempt to get out of the way. If they are hit with the ball the ball is dead and the runner must stay at the base that they are on and can not advance any further.
- 1st and 3rd base coach may not touch their player and or force them to stop or move faster by contact at any time. If they do push the player or touch them in any way shape or manner that provides an advantage to the offensive team. The base runner is out. They are allowed to high five and provide encouragement. But can not physically assist their team mate in any way.
- Pinch-hitters can come in to replace hitters in the rotation only or be added at the end of a rotation. **The hitter that is subbed out cannot return to the same game.** Likewise, Pinch-runners can come in to replace base-runners but **those that are replaced can't return to the same game.** The pinch-runner must hit in the spot of the player he replaced. If a player is injured upon reaching a base and there are no bench players available, then the opposing captain can select a runner to replace the man on base.

[Fielding]

- Teams are allowed to have a maximum of 10 players on the field. If you have 10 players, you are free to position them however you want (aside from a mandatory pitcher and catcher). If you have fewer than 10 players available, the rules are slightly different, and you must follow this exact structure. If a team only has the minimum 8 players, then they must field 4 infielders, 3 outfielders, and 1 pitcher (along with a catcher from the batting team). If a team only has 9 players, then they must field 4 infielders, 3 out fielders, 1 pitcher, and 1 catcher.
- The catcher or bench players cannot distract the hitter while he is in the box. Everyone must remember that we're playing a fun, friendly game and trash talking and "psyching out" has no place.
- The catcher cannot completely block the home plate. He can stand in front of the plate, but he must leave room for the runner to step or slide through home plate. Injuries must be avoided!
- Infielders must get out of the base path while the offensive players are rounding the bases. If an infielder obstructs the path of a base runner, the base runner will be free of being tagged out until he reaches his next base. The umpire must rule how far the runner would have gotten without the obstruction.
- Once an infielder has control of the ball and the runners are holding their positions, the infielder can end the play simply by throwing or rolling the ball to the pitcher's mound. If baserunners are in between the bases, the play is still live.
- Infield flyout rule: There is no Infield flyout rule

Anything not specifically stated in the above rules, is at the discretion of the Umpire and the SGSL Committee.

[Playoffs]

- The top 4 teams in the league will make the playoffs. The playoffs will start after the end of the regular season. The playoff date is tentatively scheduled for August 9th, 2009 (assuming no rain dates).

The ranking of the teams will be determined in this order:

- # of wins
- Head to Head record (in case of a tie in # of wins)
- Run differential (Total Runs Scored – Total Runs Against)
- Total Runs against

If any teams are still tied after these criteria are all taken into account, they will play a 3 inning game to determine who ranks higher.

[Important Reminders]

- First and foremost if your bat says ASA2004 or ASA2008 it is 100% legal in our league to play in 2009 as your bats are grandfathered so you do not have to read any further. Your bat has to be ASA 2004 or 2008 certified, or it can be ASA 2000 certified and on the approved list for 2004. Captains, be sure to print out the Approved *and* Banned Bat lists from http://www.asasoftball.com/about/certified_equipment.asp and keep them with you at all times. It is up to you to double check your opponent's bats for certification.
- No one is allowed to consume any type of alcoholic beverage, or any type of recreational drug, either before or during a softball game. No one is allowed to openly display any type of alcoholic beverage during a game. Please be advised that if you trespass on any school property in Westchester County and have alcohol that is considered criminal behavior.
- The park must be kept parks clean, and pick up all of our garbage. Captains are responsible if your team leaves garbage on the field.
- Keep in mind that playing in this league is a privilege and not a right, you will be asked to leave the league if you choose not to follow the rules set forth by this league. Remember this is an invitation only league, at the end of the year, your invitation for future years can and will be reconsidered. No fighting or threats will be tolerated, it will result in you, and possibly your team being thrown out of a game by the umpire. Each team captain and co captain is responsible for his team's behavior.
- If there is ever a physical altercation, the person who started it as well as the person who responded is out of the game, and possibly out of the league.

[Softball Safety Guidelines Required by Department of Recreation]

- BEFORE YOU BEGIN PLAYING, WALK AROUND AND OBSERVE YOUR PRACTICE AND PLAYING AREA FOR HOLES, RUTS, DEBIRS, DEPRESSIONS, TROUGHS, SPRINKLER HEADS/HOLES, ETC. REPORT SAME TO UMPIRE OR PARK STAFF. DO NOT PLAY IF THE FIELD IS NOT IN EXCELLENT CONDITION.

- BECOME FAMILIAR WITH THE OUT OF BOUNDS AREA OR "DEAD ZONE". BE ALERT TO THE LOCATION OF BLEACHERS, TREES FENCES, LIGHT POLES, PATH, PARKING LOTS, ETC. ALL PLAYERS MUST BE ADVISED TO DO THIS BEFORE PLAY BEGINS.
- DO NOT DRINK ALCOHOLIC BEVERAGES DURING AND AFTER PLAY. NEVER PLAY SOFTBALL IF YOU ARE USING OR UNDER THE INFLUENCE OF NON PRESCRIPTION DRUGS OR MEDICATIONS. CONSULT YOUR PHYSICIAN FOR ADVICE AS TO WHETHER YOU SHOULD PLAY IF YOU ARE TAKING PRESCRIBED MEDICATION OF ANY KIND.
- IF YOU ARE PREGNANT OR THINK THAT YOU MAY BE, DO NOT PLAY UNLESS YOU HAVE APPROVAL OF YOUR PHYSICIAN(S).
- IF YOU SUSTAIN ANY TYPE OF INJURY, SEEK ASSISTANCE FROM MEDICAL OR PARK PERSONNEL IMMEDIATELY. PARK PERSONNEL MUST BE INFORMED OF ALL INJURIES IMMEDIATELY.
- ALWAYS USE THE RECOGNIZED STANDARD PROTECTIVE EQUIPMENT, BATTING HELMUT, FACE MARKS, LEG GUARDS, CHEST PROTECTORS, ETC. REQUIRED FOR SLOW, MODIFIED, AND FAST PITCH SOFTBALL PLAY.
- PARTICIPATE IN SOFTBALL LEAGUE AND TOURNAMENT PLAY COMPATIBLE WITH YOUR SKILLS AND ABILITIES.
- IT IS STRONGLY RECOMMENDED THAT YOU DO NOT USE THE "HEAD FIRST" SLIDE.
- DEVELOP PROPER "FEET FIRST" SLIDING SKILLS
- USE ONLY "NON METAL" STANDARD SOFTBALL FOOTWEAR WHEN PRACTICING OR PLAYING SOFTBALL GAMES.
- ACQUIRE AND MAINTAIN AN APPROPRIATE LEVEL OF CARDIO-VASCULAR AND MUSCULAR FITNESS.
- CONTINUE TO IMPROVE YOUR SOFTBALL KNOWLEDGE AND SKILL LEVELS.
- COOPERATE WITH OFFICIALS AND PARK STAFF WHEN GAMES ARE DELAYED OR CANCELLED DUE TO INCLEMENT WEATHER, ELECTRICAL STORMS, OR WET PLAYING CONDITIONS.
- REFRAIN FROM OBSCENE AND ABUSIVE LANGUAGE, OR OTHER UN SPORTSMANLIKE BEHAVIOR TOWARD OFFICIALS, EMPLOYEES, PLAYERS, AND SPECTATORS.
- DO NOT COMMENCE PLAY UNLESS BASES ARE FIRMLY SECURED TO THE GROUND.