

CODE OF CONDUCT

- **Accept the decision of the umpires and the team managers**
- **Neither taunt or degrade an opponent or teammate**
- **Avoid bodily contact that may cause injury to others or yourself**
- **Neither direct abusive or profane language at officials, opponents or teammates.**
- **Show good sportsmanship always.**
- **Abide by the rules of the Rockford 60+ Senior Softball League**

2026 ROCKFORD 60+ SENIOR SOFTBALL RULES

1 TEAMS –

- 1.1 Maximum of 11 players per team.
- 1.2 If your team needs a sub to get to 10 or 11 players only players of equal or lesser rating can be used as subs
- 1.3 If subs are not available, the opposing team will provide a catcher or first base man, but that player will not bat. When its the missing 11th player's turn to bat an out will be recorded. When a sub is of equal or lesser rating is available no out will be recorded when that sub comes to bat.
- 1.4 An injured player may be replaced with a player of equal or lesser rating. If no player is available, then the other team will supply a catcher. The catcher from the team with the inured player will be required to play in the field. No out will be recorded when it's the injured player's turns to bat.
- 1.5 No outs will be registered if a team cannot field the required number of players due to injury or a player must leave for an emergency or extenuating circumstances.
- 1.6 Minimum numbers of players to start a game will be 8.
- 1.7 Trades will be allowed through the season. If the traded players are of equal rating then no approval is needed. If the players are not of equal rating, then approval is needed from the Executive Committee. All trades will be communicated to the league President to make the appropriate roster changes.
- 1.8 A batter who starts the game running for themselves will be required to continue running for themselves unless they are injured. Common sense will be used.

2. PLAYING FIELD –

- 2.1 Outfielder must be 190 ft. from home plate.
- 2.2 Lines will be marked on the outfield.
- 2.3 No short fielders allowed.
- 2.4 An outfielder cannot move past the outfield line until the ball is hit.
- 2.5 All infielders must remain in the infield until the ball is hit.
- 2.6 Outfielders may throw batters out at first base on a base hit or error.

2.7 The commit line will be halfway between 3rd base and home plate.

3. BATS –

3.1 All bats must be approved by the league.

3.2 Bats must be 34” in length and weigh no more than 31 ½ ounces.

3.3 Legal bats will include:

All bats marked 1.20 BPF. If not, the player will be required to submit documentation that it is indeed a 1.20 bat. Players 78+ and players rated a 1 or a 2 can use bats marked 1.21 BPF. All 1.21 bats will be marked with orange tape.

Bats labeled as Senior Softball will be considered 1.21 bats.

3.4 A player caught using an illegal bat will be called out and the bat will be confiscated for further investigation

3.5 NO protests will be allowed for any reason.

4. PITCHING –

4.1 Legal pitches must be at least 6 feet high and not more than 12 feet.

4.2 An illegal pitch can be hit if desired.

4.3 A legally pitched ball that hits the plate or mat will be a strike. The whole ball must land on the front of the plate to be a strike.

4.4 A pitcher’s screen will be used.

4.5 The screen will be placed 6 feet in front and to the glove hand side of the pitcher.

4.6 The screen’s front edge will be within 3 inches in alignment with the edge of the pitching rubber.

4.7 The pitcher is not required to get behind the screen, but we strongly encourage them to do so.

4.8 A batter can hit the pitching screen once and receive a do-over, if he hits it again he will be declared out.

4.9 If a pitcher throws 3 straight balls to a batter, the batter may choose to take the walk or remain at bat until he has received at least one hittable pitch. If a strike is thrown or a foul ball is hit, the batter will be required to take the walk.

4.10 No arguing balls/strikes or flat/high pitches by anyone. One warning will be issued to all players.

5. GAME –

5.1 There will be a 5 run rule per inning.

5.2 The 7th inning will be unlimited.

5.3 There is a 10 run rule after 6 innings.

5.4 Time limit on AM games will be 75 minutes.

5.5 A 65-minute time limit for the PM league. No inning can begin after the 65-minute time limit has been exceeded. The umpire will inform both teams when there are 10 minutes left.

5.6 International Rule - Will be used if a game is tied after 7 innings. One additional inning will be played. The batter who batted last when the last out was made from the previous inning starts out at second base with 1 out. (No pinch

runner can be used - except for a prequalified batter that needs a runner from home plate).

5.7 For the 1st 6 innings of a game, teams will bat 2 innings at a time. The 7th inning will be 1 inning.

5.8 Intentional walks will only be allowed in the 7th inning.

5.9 Infield fly rule will be used in both the AM and PM leagues.

5.10 The outfield will consist of 4 players, and the infield will consist of 5 players. They can be positioned anywhere in the outfield or the infield, but no more than 4-5 combination.

5.11 Games will begin when all teams are ready, but not earlier than 15 minutes ahead of scheduled time.

5.12 All players are encouraged to be at the park at least 15 minutes before the scheduled game time in case of an early start.

5.13 One new ball and 2 used balls will be placed in the pitching screen rack. Only ball used by the league will be placed in the rack.

5.14 Each team is required to keep a score book. A league player not playing in that game may sit on the bench or coach a base keeping the scorebook.

5.15 Infield warmup and pitcher warmup will be allowed in the 1st inning only. All innings after the first inning the pitcher will be allowed 1 warmup pitch and there will be no infield warmup.

6. BASE RUNNING –

6.1 No running through bases except 1st.

6.2 Sliding is optional.

6.3 A defender can touch either home plate or the mat to force a runner out. The catcher may not tag the runner.

6.4 Players requiring a pinch runner - Managers will exchange names of the players requiring pinch runners prior to the start of the game.

6.5 The pinch runner from home plate will start with his hand on the backstop. The runner cannot leave until the ball crosses the plain of the plate.

6.6 On force outs at 1st base the defender is required to tag the white base. The runner must touch the orange base at 1st (unless to avoid a collision) or will be declared out by the umpire.

6.7 Blocking the runner's path to the orange base is considered obstruction and the runner is awarded the base.

6.8 A runner must touch the scoring plate, if the runner touches home plate he will be declared out.

6.9 Runners must not leave the base until the ball has crossed the plain of the plate. The umpire will issue a warning for the first offense. This warning will apply to the rest of the team. Second violation the runner will be declared out.

6.10 Runners can run as many times as they want to.

6.11 Pinch runner will be used from home plate only. No pinch runner will be used on the bases except if an injury occurs.

6.12 If a pinch runner's turn comes to bat while he is on base, he will be removed from the base he occupies. No out will be assessed. If it occurs again an out will be assessed in addition to being removed from the base he occupies.

6.13 A pinch runner from home must stop at 1st base. A home run is a home run. On an overthrow that goes into the dugout or leaves the field and the umpire normally awards the runner an extra base, the pinch runner will also be allowed to advance.

7. MISCELLANEOUS –

7.1 Subs can only come from the league. (Registered players of that league).

7.2 Only managers with green wrist bands and co-managers can be present to discuss rules with the umpire during the game.

7.3 All decisions regarding a change in the rules will be made by the Executive Committee and managers.

7.4 Home team in the first game will prepare the field for play. That will include the mat, the screen, the scoring plate, the scoreboard, the balls and painting the outfield and the commit lines.

7.5 The home team in the last game will put all equipment away.

7.6 If a player is ejected from a game no substitute will be used for the remainder of the game. The ejected player will not be allowed to participate in the following weeks game, either as a player for his own team or as a substitute for another team. When it's the ejected player turn to bat an out will be recorded.

7.7 Player may participate in all 3 games.

7.8 A dead ball will be declared on a second-strike foul ball. There shall be no advancement of base runners.

7.9 League members will be require to wear the appropriate color shirt for that game (Orange for home and Teal for visitors) The player will not be allowed to play in that game if the league approved shirt is not worn. The exception is for medical reasons. The designated shirt must be fully visible.

7.10 Rain out will be posted on the website 1 1/2 hours before the first game.

7.11 When the forecasts call for a heat index of 95 or greater, games will be cancelled

7.12 A player who throws a bat, hits the backstop(screen) or a player will be **Automatically Ejected. Thrown bat** – that doesn't hit a player, that player will be given a warning which will apply to this team's entire bench. The next player who throws a bat from that team will automatically be ejected. The other team will not be affected by that warning.

8. Code of Conduct

The policy for code violations.

8.1 A warning from the manager or committee members, if the warning is disregarded the committee will vote on reprimand, suspension or banishment. A registered letter will be sent to the player explaining the outcome of the committee's vote.

8.2 The committee will review any punches thrown for possible suspension or banishment for the player who has been shown to have thrown the first punch. Individuals will have right to protect themselves without punishment.

