

NORWALK PARKS & RECREATION: ADULT SOFTBALL LEAGUE RULES & REGULATIONS 2026

SECTION 1: MEMBERSHIP

- A. Men's & Women's Leagues - Member is defined as an individual out of high school, age 18, or graduating senior. Participant must meet the requirements of Section 2.
- B. Church League – Any male or female that is 15 yr. or older by Aug. 1, 2025. Each church team may have up to two females.
- C. Coed – Females or males aged 16 yr. or older by Aug. 1, 2025.

SECTION 2: ELIGIBILITY

- A. A player is eligible upon the submission of both a signed roster (and any outstanding fines to the City of Norwalk/Parks and Recreation). Captains are responsible for the legality of each of his/her team members. If found at fault, all games played with an illegal player will be forfeited, with forfeit fine invoked.
- B. Player, if on a Spring School Sports team, may **not** participate until the school team that he/she is on has concluded its season.

SECTION 3: OFFICERS

- A. The leagues shall be run by the Parks & Recreation Dept. Personnel. League Director: Payton Shober
- B. There will be a SIC (scorekeeper in charge) and UIC (umpire in charge) selected to assist the Park & Rec. Dept. in the supervision of the league. The UIC will be your first contact for problems that occur at game time. Please be respectful of the game they are umpiring and wait between innings for any necessary discussions.
- C. UICs will be posted on bulletin board by garage.

SECTION 4: FEES

- A. Each team will pay a TEAM FEE and One Nation Sanctioning fee as detailed on league cover pages.
- B. **Full payments are required of each team to secure a spot in the league.**

SECTION 5: LEAGUE OPERATIONS

- A. The League Director, SIC, and UIC have the authority to handle any problems or interpretation not specifically covered by these rules.
- B. A player may change teams only if he fulfills these conditions:
 - 1. Obtains a written release from his present manager.
 - 2. Obtains waivers from all the teams which rank lower than his present team in the league standings, by starting at the lowest ranking team.
 - 3. Return his previous sponsor paid uniform if requested by the coach or sponsor.
- C. Teams are limited to 20 players on a roster. **During the season, the captain must have the approval of the League Director when adding players to their roster. All add-ons will be done so by the director.**
- D. The only people allowed on the playing field will be the captain and the players on the team roster.
 - 1. Per One Nation – “At no time, shall a member of either team be closer to home plate than the nearest point in the dugout (outside of the catcher, batter, and on deck hitter). This WILL be enforced.
- E. Ejected players will be suspended a **minimum** of (1) additional game (as defined in the Player Code of Conduct) and a \$30 fee will be applied.
 - 1. Ejection fees are to be paid at the rec front desk during normal operating hours.
 - 2. **Receipt for the fee must be brought to the park to be eligible for return.** Give to scorekeeper.

SECTION 6: BAINES PARK RULES

- A. **NO ALCOHOLIC BEVERAGES IN THE PARK.**
- B. No vulgar or offensive clothing may be worn by participants, spectators, or any other person in the park.
- C. Profanity and offensive language will not be tolerated by any player, coach, or spectator.
- D. Park Speed Limits - (10MPH) are posted and will be enforced. Do not drive on ballfield grounds.
- E. Authorized personnel in the scorer's booth only.
- F. **CONCEALED WEAPONS** are not permitted at Baines Park by any league participant.
- G. **No smoking will be allowed on the field, dugouts, or bleachers.**

SECTION 7: LEAGUE RULES

2026 ONE NATION RULES will prevail WITH THE FOLLOWING EXCEPTIONS:

ALL LEAGUES

1. The League Director has the authority to handle all disputes and rule interpretations.
2. **Any player, coach, spectator, or any other person who causes a disturbance or harasses umpires, scorekeepers, players, or others before, during or after a game, will be asked to leave the park, and if they refuse, proper police action will be taken. Disciplinary action such as ejection and/or suspension from the league will apply as defined within the Player Code of Conduct.**
3. All leagues (except Women's) will ONLY use 12" Worth Classic Gold Dot Extremes stamped with One Nation/ProOne. Women's league will use 11" Worth stamped with One Nation/ProOne.
4. Illegal players – If a team is found using an illegal player, the player and captain will be suspended, and the team will forfeit any games that illegal player was used.
5. A one and one count will be in effect for all leagues, no free foul.
6. **HOME RUN LIMIT** – Designated Home Run Hitter (DHH) + 3 over the fence, untouched home runs. Inning ending out for excess. Neither batter nor base runners need to advance bases on untouched, over the fence HR's, including 4 base awards on balls tipped over the fence.
7. Time limit – 1 hour from game start. Losing team must complete turn at bat in any inning that is started.
8. Complete game due to weather – losing team must have completed their turn at bat in the 5th inning.
9. Line-ups – must be submitted to the scorekeeper, 10 min. prior to start of game. Penalty for late-line-up is one out when team first comes to bat. **Leadoff batter still bats.**
10. Late arriving players may be added to the bottom of the line-up as they arrive (until the 1st pitch of the 4th inning). Teams may elect to bat 10 or 11 and have subs available.
11. There is no grace period. Players must be on the field or in the dugout, ready to play at GAME TIME!
12. One warm-up pitch between innings, 3 for start of game/ new pitcher.
13. Warm-up area – everyone must warm-up between fields.
14. Rubber cleats or turf shoes may be worn (**steel spikes** are banned in **EVERY** league).
15. **Courtesy runner** – May be used for 2 players per inning and may be multiple times (if the team bats around).
16. **Protest fee** - \$50 must be paid to plate umpire at time of incident. A written protest must be turned in to the League Director within 24 hours. Judgement calls are not able to be protested.
17. Short-handed rule – If a substitute is not available and a team goes from 11 to 10 or 10 to 9 players, an out is declared the FIRST TIME ONLY that player was to bat. Exception: ejection will be an out every time (only if no sub is available).
18. Run ahead rule – 20 after 3, 15 after 4, and 10 after 5. Home team bats if trailing.
19. Player pick-ups – team may pick-up 1 or 2 players (within) **same league** to field 9 – must bat last and play right field and/or catcher. Pick-up must be removed when any of the team's players arrive. Pick-up must be your division or lower, unless the opposing captain approves. *No more than 2 pickups may be used in any 1 game.* Pick-ups may be used during the game for injury at the umpire's discretion. No pick-ups for tournament games.
20. **Ejection rule** – minimum 1 game & \$35 fine. An ejected player must leave the park within 3 min., or the game will be forfeited. Fees paid at Rec with receipt given to scorekeeper upon return to the season.
21. Injury runner – at umpire's discretion, a Courtesy runner may be used for an injured player. However, that player will be out for the remainder of the game. This is in addition to the Courtesy runner.
22. Players may NOT play for more than 1 team on a given night, unless being used as a pick-up (rule 18).
23. **MAKE-UP GAMES** - TEAM CAPTAIN is responsible for checking on make-up games. Current makeup schedules will be posted at www.norwalkrec.com/adultsoftball with five days' notice.
24. Bats – All bats must have the USSSA (thumbprint) or One Nation 1.20 BPF (new) stamp. In the event of serious injury, a bat may be taken for compression testing (220 or above is legal for play).
25. Extra innings – last batter from previous inning starts on 2nd. CR may be used for this runner.
26. Pitch – *pitch arc will be 5' to 10'. Pitcher may stand up to 6' behind pitchers' rubber to start pitch. The pitcher may pump fake up to 5 sec. May be moving at the pitch. At least 1 foot within width of rubber. Warmups 3/1 New/Return*
27. Forfeit fine - \$35. Must be paid before next game unless 1st game of double header. Three forfeits could result in team removal from the league. If teams forfeit by 2pm on a weekday or 1pm on Sunday, no fee will be imposed.
28. Add on players must be approved by League Director once schedules have been posted.
29. Tournament Eligibility – Players must be on original roster to be eligible for tournament. However, if league director approves the addition of a player this player, said player then becomes eligible as well.

CHURCH LEAGUE

1. All available players must bat. Late arrivals will be placed at the bottom of the line-up as they arrive.
2. 12 runs or 3 outs constitute a teams' turn at bat. If the visitors go up by more than 12 runs in the top of the 7th, the home team will not bat.
3. Teams will display a good Christian attitude. Teams will get together before their games to pray. After the 1st game, prayer meetings will be held behind the backstops.
4. Short-handed rule – not in effect until a team goes from 11 to 10 or 10 to 9, except for ejection.
5. Teams may have a maximum of 2 females on a Church roster.

WOMEN'S LEAGUE

1. 12 runs or 3 outs constitute a teams' turn at bat. (Same rule as Church #3 above).
2. No more than 6 defensive players may be in the infield before the ball has been contacted with the bat.

COED LEAGUE

1. When a male is walked, he will advance to 2nd. With 2 outs, females will have the option to bat or walk directly after a male player is walked.
2. All players present may bat.
3. The batting order must alternate by sex continuously. No males may bat back-to-back. When a team has more males than females, two options exist. Bat everyone and take an out between each male or let the extra males rotate in one batting position. Once alternating takes place, it must be continuous for the entire game. There is no penalty for having two females bat back-to-back.
4. Free substitution on the field for all players in the line-up.
No more than 5 males on the field. ****Teams may play their males and females at any position****
5. Short-handed rule – same as church league rule #5.
6. Pick-ups must be in the Coed League. Pick-up will bat as the last male or female in the line-up.
7. **Courtesy Runner**– All League rule #14. Two per inning. Female-female/male-male.
8. Collisions/ taking players out - Where runners are sliding into female fielders, caution and common sense should prevail. Any contact deemed unnecessary will result in ejection.
9. When a team starts with 9 players and the 9th is a male, we will not double charge a team with the short-handed and male back-to-back rule. An out will be continuous in the 10th spot. The 1st time around an out will be charged in the 10th spot regardless of walking the 9th batter (male). However, after the 1st time around, if the defensive team walks the 9th male with 2 outs, there will **not** be an automatic out BECAUSE OF THE WALK ONLY.
10. 12 runs or 3 outs constitute a team's turn at bat. (Same rule as Church #3 above).
11. When Women are batting they shall have the option to choose to hit the 11" Worth stamped with One Nation/ProOne or 12" Worth Classic Gold Dot Extremes stamped with One Nation/ProOne. The batter must determine what ball they would like to use for the entirety of the at bat before the first pitch of the at bat is thrown.

ADDITIONAL THINGS TO NOTE

Field reservations for practices can be made by calling the rec front desk 419-663-6775. Fields are not used when wet. Batting cage tokens can be purchased at Baines or the rec center front desk. If the equipment fails to operate properly, please inform rec personnel. Your tokens can be replaced. **DO NOT** attempt to go under the locked equipment fence to "fix" things. Violators may be penalized in the form of trespass violations and/or league suspensions. Captains are responsible for making sure their players understand these rules and the Player Code of Conduct.

Remember, we strive to be a family friendly environment. Be aware of your surroundings and pick up after yourselves. Most importantly, have a great season!

League Director: Payton Shober (419) 663-6775 ext. 1026
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