



ADULT SOFTBALL HANDBOOK



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Important Phone Numbers

Hunt Recreation Center.....	557-9600
Weather Hotline.....	557-2939
Steve Johnson - Recreation Programs Specialist.	557-9601
Austin Ohms - Recreation Programs Specialist.....	557-3124
Chris Champion - Recreation Programs Manager.....	567-4031
Kristen Denton – Community Center Manager.....	557-6293
Adam Huffman - Asst. Parks and Recreation Director.....	557-2925
LeeAnn Plumer - Parks and Recreation Director.....	557-3127

www.hollyspringsnc.us

I PURPOSE

The purpose of the League is to provide Holly Springs residents and members of the surrounding community the opportunity to play softball. The League will promote, and regulate competitive play and good conduct among affiliated members. Holly Springs Parks and Recreation, as governing organization, will develop and administer rules that will uphold these standards.

II MEMBERSHIP

Membership in each league shall be open to a maximum of twelve (12) organizations per division. All teams must be approved by the Parks and Recreation Department and must comply with all rules and regulations as set forth by the department. Each team must submit a team roster form, signed by all players, at the time of registration. Any player or coach forging names on a team roster or waiver will automatically be disqualified from participation in the program for one (1) calendar year from the point of discovery.

III GENERAL

All authority not covered in these Rules and Regulations shall be invested in the Holly Springs Parks and Recreation Department. The department will have jurisdiction over all managers and players. Amendments may be made to these rules by the department as circumstances dictate.

IV BY-LAWS

1. REGISTRATION AND ELIGIBILITY

- 1.01** All participants must be eighteen (18) years of age by the start date of the league.
- 1.02** Teams using ineligible players will be subject to forfeiture of games in which ineligible players have participated.
- 1.03** Rosters can have unlimited number of players.
- 1.04** Team managers are responsible for the enforcement of and adherence to all eligibility rules and submission of a final completed team roster.
- 1.05** The deadline to add a player to your roster at the front desk will be August 12th at noon for the Monday/Wednesday league and August 13th at noon for the Tuesday/Thursday league. After these dates, a player may only be added to your roster with prior approval from the Program Manager. All waivers and non-resident fees must be signed and paid before a player is eligible. Rosters will be frozen on Friday, September 6th at noon. Roster changes may only be made at the discretion of the Parks and Recreation Department.

2. RULES

- 2.01** Any rule not specifically covered in this book will be governed by the official USA softball playing rules.
- 2.02** In Men's & Coed leagues, all batters go to the plate with one ball and one strike.
- 2.03** An out is called after a third strike, including a foul ball that is hit after two strikes.
- 2.04** Pitching distance will be set at fifty (50) feet. The base length distance will be set at seventy (70) feet.
- 2.05** In the Men's leagues, a maximum of five (5) over the fence home runs will be allowed per game per team. After reaching this maximum, all other hits over the fence will be called an

OUT and runners on base MAY NOT advance. No player shall be removed from the game for excessive home runs.

- 2.06 All leagues may make use of an extra player (EP), not a designated hitter (DH). In the Men's leagues, two (2) extra players may be listed on the line up. If an EP is used, it must be made known prior to the start of the game and be listed on the line up sheet in the regular batting order. Failure to complete the game with all batters listed on the line up as a result of an ejected player results in an out being scored each time the vacated EP position comes to bat. If all players cannot be used due to injury or illness, the batting position is skipped over with no out being given. When an EP is used in the Men's leagues, all 12 on the starting line up must bat and any 10 of those 12 may play defense. The EP may be substituted at any time but the batting order must stay the same. The substitute must be a player who has not yet been in the game.
- 2.07 Runners will be called out if they remain on their feet and crash into a defensive player attempting to make a play on the runner and holding the ball or receiving the ball.
- 2.08 Base stealing is not permitted.

3. PLAYING TIME

- 3.01 A game may begin with eight (8) players. NO OUT will be assessed for the missing ninth or tenth position. A team failing to place at least eight (8) eligible players on the field at game time will forfeit the game. Starting time shall be as indicated on the playing schedule.
- 3.02 After the game begins up through the third inning, you may add up to the tenth (10) player by adding to the bottom of the batting order.
- 3.03 Any player may be substituted for or replaced and re-entered once, provided the players occupy the same batting position in the batting order. The starting player and their substitute may not be in the line-up at the same time. If the player re-enters the game a second time or a player re-enters the game in a position in the batting order other than their original starting or substitute position, this is considered an illegal re-entry.
- 3.04 There will be a 10 minute grace period for the first game of the night ONLY. A team having eight (8) players present at game time must begin play immediately or the umpire, after fair warning, may forfeit the game.
- 3.05 Any team forfeiting two (2) games will be required to pay a reinstatement fee of fifty (50) dollars in order to continue participation in the program. Forfeiture of three (3) games will result in expulsion from the League.
- 3.06 No new innings shall be started after sixty (60) minutes of playing time. If after the third out and there is still time remaining, the next inning shall start. There is no time limit for the championship game.
- 3.07 Games tied after sixty (60) minutes of play and/or seven (7) complete innings shall continue play until a winner can be declared.
- 3.08 Mercy rule = 20 runs after three innings, 15 runs after four innings or 10 runs after five innings
- 3.09 **Each team is allowed one courtesy runner per inning. The runner does NOT have to be the last out.**
- 3.10 Teams whose line-ups are reduced due to injury may continue play as long as they field eight (8) eligible players. Scorers will skip these positions in the batting order for the remainder of the game with no penalty incurred. An injured player may be replaced by anyone not in the current lineup.

3.11 Teams whose line-ups are reduced due to ejection may continue the game as long as they field eight (8) eligible players. An out will be scored each time the vacated position comes to bat.

4. POSTPONED GAMES

4.01 For practice and game days, the Parks and Recreation Department will have the final decision on field cancellations. The weather hotline can be reached at 557-2939. Decisions will be made by 4:00pm on weekdays, 8:00am on Saturdays, and 12:00pm on Sundays. The alert center on the Town website allows you to receive an email or text message when cancellations are announced. Click on the link <http://www.hollyspringsnc.us/list.aspx> and follow the steps to receive notifications. The weather cancellation page <http://www.hollyspringsnc.us/index.aspx?NID=7> on the website is also updated with cancellation information.

4.02 Games that are suspended due to inclement weather shall be continued from the point of suspension as rescheduled by the Parks and Recreation Department.

5. PROTEST

5.01 The only legal protest is one involving the use of an ineligible player.

5.02 The team protesting ineligible players must notify the umpire at the time they suspect an ineligible player is participating. An HSPR staff member will request a photo ID from the player in question to compare to the team's roster. Please make sure all players bring a photo ID to the games! Said player will submit his/her ID to the facility manager immediately. If the game has already started, and a player is determined ineligible, their team will forfeit. If the game hasn't started, said player will be removed from the dugout and will become a spectator. If a player can't show a photo ID, they will be removed from the game and a substitute will be allowed in their spot. No protests can be made after a game has ended.

6. EQUIPMENT

6.01 Each team shall furnish all team equipment necessary for each game.

6.02 The Parks and Recreation Department will schedule umpires and scorekeepers for all games. However, in some cases, the home team may be requested to provide official scorekeeper.

6.03 The penalty for use of illegal equipment shall be forfeiture of any and all games in which said equipment is used.

6.04 All bats should have the ASA stamp. Bats may be a maximum of thirty eight (38) ounces in weight and thirty four (34) inches in length. Titanium and cone grips are not permitted. For a listing of bats that meet these requirements, visit www.asasoftball.com. The user and/or the owner of an illegal bat used in a game will be expelled for the remainder of the season.

6.05 Game balls must be optic yellow in color and be ASA stamped. Men will use a twelve (12) inch softball. The men's (12) inch softball must meet the requirements of a fifty two (.52) COR and three hundred (300.0 lbs) compression.

6.06 Each team will hit the ball that they provide. Each team must present a game ball to the umpire prior to the game. Umpires will check to insure the balls are legal. The opposing pitcher will keep the ball throughout the game and teams will exchange balls at the end of the game.

When a foul ball is hit, the batting team is expected to have another ball ready for play. This ball must be checked by the umpire as well before play resumes.

- 6.07** All catchers are urged to wear a catcher's mask.
- 6.08** No jewelry can be worn during games. Medic alert bracelets or necklaces may be worn if taped down or covered by an undershirt.
- 6.09** Children are not permitted in the dugout.

V. UNIFORMS

Each team must outfit their players with jerseys of the same color and no duplicating numbers. No steel or metal cleats will be allowed. Players wearing metal cleats will not be allowed to participate. Jerseys are considered to be matching if the primary color of the shirts is the same and the primary color of the numbers is the same. The umpire's decision in this matter shall be final.

VI. TOURNAMENTS

There will be an "A" division and "B" division double elimination tournament at the completion of season. The tournaments will be played amongst teams from both the M/W and T/Th leagues. Teams with a winning percentage above .500 will play in the "A" division tournament. Teams with a winning percentage of .500 or lower, will play in the "B" division tournament. In the event of a tie in the final standings, the tie will be decided by looking at head to head competition. If still needed, the tie will be broken by total runs allowed. Tournament champion and runner up teams will receive t-shirts & team trophies.

VII. PLAYERS CODE OF CONDUCT

- 1.01 The Town of Holly Springs Parks & Recreation Department has a zero tolerance for unsportsmanlike conduct or behavior by an individual (players, coaches, officials, spectators, or parents) at any town function or event and said behavior will be subject to partial or permanent suspension.
- 1.02 Unsportsmanlike conduct is defined as but not limited to the following: harassment of officials or participants, use of profane language or gestures, and public threat or physical violence.
- 1.03 The length of the suspension will be determined by the Athletic Programs Manager.
- 1.04 Any player, coach, spectator or parent that enters the field of play and confronts and/or makes contact (i.e. cursing, shoving, pushing, etc.) with an official or participant is suspended from the program and any Parks and Recreation related facilities for any practice, game, or activity for one calendar year from the date of the incident.
- 1.05 No player, coach or spectator shall refuse to abide by an official's decision.
- 1.06 No player, coach or spectator shall be guilty of objectionable demonstration of dissent at an official's decision.
- 1.07 No player or coach, other than the Head Coach, should discuss with an official in any manner the decision reached by an official.
- 1.08 No player or coach shall be guilty of using unnecessary rough tactics in the play of the game against an opposing player.
- 1.09 No player, coach or spectator shall be guilty of personal verbal abuse upon any official for any reason.
- 1.10 No player, coach or spectator shall be guilty of physical attack as an aggressor upon any players, official or spectator.

- 1.11 No alcoholic beverages are allowed on any Town of Holly Springs property. Anyone violating this rule is subject to arrest and expulsion from the League.
- 1.12 No player, coach or spectator shall use profanity. Offending players/coaches may be subject to ejection, possible suspension/expulsion from the league.
- 1.13 If ejected, a player or coach must vacate the premises. Failure to abide by this will result in forfeiture of the game.
- 1.14 Any player, coach or spectator ejected by an official or a supervisor will be subject to suspension. Any ejection due to fighting will result in expulsion for one (1) year. A suspension from the game is also a suspension from the playing site. A second ejection in the same season results in a suspension from all remaining games for that season. If circumstances warrant, the suspension may include all competitive programs offered by the Town of Holly Springs Parks and Recreation Department. Seasonal suspensions may be appealed to the Assistant Department Director.
- 1.15 Game suspensions may apply to regular season games and/or tournament play and may, at the discretion of Holly Springs Parks and Recreation, be carried over to future seasons.

VIII. Lightning Policy

- 1. When thunder is heard, or lightning is visible, the thunderstorm is close enough to strike your location with lightning. Suspend play and all players, coaches, fans and umpires should **Take Shelter Immediately!**
- 2. Flash (Bang) Method – Count seconds between lightning flash and thunder and divide by 5 – this gives the distance of lightning in miles. If count is 30 seconds or less **Take Shelter Immediately!**
- 3. **Safe** places for shelter would be fully enclosed metal vehicles with windows up, enclosed buildings or the low ground. Seek cover in clumps of bushes. **Unsafe** shelter areas include all nearby outdoor metallic objects like flag poles, fences, high mast light poles, metal bleachers, etc. AVOID water, AVOID open fields, AVOID using the telephone.
- 4. If you feel your hair standing on end or hear “crackling noises” you are in lightning’s electric field. Immediately remove metal objects (including baseball cap), place your feet together, duck your head and crouch down with hands on knees.
- 5. If anyone is struck by lightning **CALL 911 IMMEDIATELY**. People who have been struck by lightning do not carry an electrical charge and are safe to handle. Apply CPR immediately if you are qualified to do so.
- 6. **Thirty-minute rule**. Once play has been suspended, wait at least **30 minutes** after the last thunder is heard or flash of lightning is witnessed prior to resuming play. Any subsequent thunder or lightning after the beginning of the 30 minute count, reset the clock and another 30 minute count should begin.
- 7. At the conclusion of the first thirty (30) minute delay, the game officials will determine whether or not to continue or cancel the game(s). NOTE: If lightning is still visible after the first thirty (30) minute delay, the game(s) will be cancelled and rescheduled on another day.

IX. Tornado Policy

Tornado Watch (which means that conditions are favorable for tornadoes to form), all activities will continue as scheduled when the National Weather Service issues a Tornado Watch for Wake County. All participants and staff should monitor weather conditions and announcements. Please monitor local media or weather radio for weather alerts.

Tornado Warning (which means that a tornado has either been sighted or considered to be imminent in the warned area), all activities should be suspended when the National Weather Service issues a Tornado Warning for Wake County. All participants should take shelter immediately and adhere to the following procedures:

- I. Seek shelter inside the facility.
- II. Go to an interior room on the lower level (closets, interior hallways). Interior hallways on the lowest floor are usually safest. Put as many walls as possible between you and the outside. Get under a sturdy table and use arms to protect head and neck. Stay there until the danger has passed.
- III. Do not open windows. Use the time to seek shelter.
- IV. Stay away from windows, doors and outside walls. Go to the center of the room. Stay away from corners because they attract debris.
- V. Get out of vehicles, trailers and mobile units immediately and go to the lowest floor of a sturdy nearby building or a storm shelter. Mobile units, even if tied down, offer little protection from tornadoes.
- VI. If caught outside with no shelter, lie flat in a nearby ditch or depression and cover your head with your hands. Be aware of potential for flooding.
- VII. Do not get under an overpass or bridge. You are safer in a low, flat location.
- VIII. Never try to outrun a tornado in urban or congested areas in a car or truck; instead, leave the vehicle immediately for safe shelter. Tornadoes are erratic and move swiftly.
- IX. Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.

All activities should be resumed once the Tornado Warning has cleared for the Holly Springs area and the conditions of the facility are safe. All participants and staff should continue to monitor weather conditions and announcements. Please monitor local media or weather radio for any additional weather alerts.

X. Hot Weather Precautionary Measures

When practicing in hot weather or when exercising in a hot climate, the body is usually able to maintain a safe temperature with the evaporation of sweat. A young athlete can lose as much as two (2) quarts of sweat each hour of practice or competition. This water must be replaced or the body becomes dehydrated and does not function well. The water level can be maintained in most sports by: (a) drinking 1 to 2 cups of water before practice or competition, (b) taking frequent drinks during the activity (water breaks) and (c) continuing to drink after the game or practice. Potassium may be depleted after many days of work in a hot climate. This can easily be replaced by eating citrus fruits and drinks, potatoes, bananas, and other potassium rich foods. Some coaches like to use "athletic drinks" like Gatorade, Powerade, etc. These drinks are unnecessary if you provide plenty of water and schedule practices in the cooler parts of the day.

Should a Red Ozone Alert (all participants) and/or Orange Ozone alert (those participants who are sensitive to heat and/or have breathing problems) occur, coaches should take precautions.

1. Players should be given frequent scheduled water breaks.
2. Coaches should watch all participants closely for heat illness related problems. If a child is having trouble, every precaution should be taken to ensure that the participant remains safe and healthy.

Key Points to Remember

1. Aerobic fitness enhances the circulating system, which is responsible for heat transfer. Also, fit individuals start to sweat sooner and do not get so hot.
2. Four to eight days of practice in the heat will prepare young athletes to compete in the uncomfortable environment.
3. Select uniforms and equipment that allows sweat to evaporate.
4. Make sure athletes know how important it is to drink a great deal of water during the hot days and to eat potassium rich foods.
5. Do not deprive athletes of water under any circumstances since it risks heat exhaustion during intense activity. Limiting water breaks should **never** be a form of discipline!