

Mountain Recreation Adult Softball League Rules

League and tournament play shall follow **USSSA rules** with the following local modifications.

League Structure and Placement

Mountain Recreation offers three divisions for the 2026 Adult Men's Softball League:

- **A-League:** Highest competitive level – Tuesday evenings
- **B-League:** Intermediate level – Tuesday evenings
- **C-League:** Recreational level – Thursday evenings

Teams register during a single registration period (18 team spots total). Mountain Recreation staff will place teams into the appropriate division based on skill level, prior performance, and league balance.

Yearly Placement Rules

- The previous year's B-League and C-League champions may be promoted to the next higher division.
- The last-place teams from the previous year's A-League and B-League may request to move down one division.
- Final division placements are at the sole discretion of Mountain Recreation.

Home Run Limits & Ball Specifications

- **A-League:** Maximum of **3 home runs** per game + **1-up rule** (one additional home run allowed if the team is trailing). Uses **.44 core** softball.
- **B-League:** Maximum of **1 home run** per game + **1-up rule**. Uses **.40 core** softball.
- **C-League:** Maximum of **1 home run** per game (**no 1-up rule**). Uses **.40 core** softball.

Any home run hit after reaching the limit will be ruled an out.

Roster and Player Eligibility

All participants must be at least **18 years of age** and must sign a Mountain Recreation roster/release form prior to playing.

Rosters will be finalized after the third week of the season. Players must appear in at least **3 regular-season games** to be eligible for playoffs.

Upper Division Player Restrictions (for competitive balance):

- **B-League:** A maximum of **3 A-League players** are allowed in the lineup per game.
- **C-League:** A maximum of **3 upper-league players** (A-League and/or B-League combined) are allowed, with **no more than 1 A-League player** per game.

Valid C-League examples: 3 B-League players, or 2 B-League + 1 A-League player. **Invalid examples:** 2 or more A-League players, or 4+ total upper-league players.

After the third week, teams may add only one player to avoid a forfeit when playing with 8 players. Any violation of the upper-player limits will result in a **forfeit** of that game.

****NOTE: It is the responsibility of the team captain questioning the eligibility of any opposing player (including upper-division player limits or roster violations) to bring the issue to the attention of the umpire by the end of the first inning (or by the end of the first inning in which the player participates, if they enter the game late). Failure to do so may result in the protest being disallowed.**

Game Length & Run Rules

A regulation game is **7 innings**. No new inning may begin after **55 minutes** of play, except in the case of a tie.

Run limits (mercy rules) and flip-flop:

- 20 runs after 3 innings
- 15 runs after 4 innings
- 10 runs after 5 innings

Tied games will use the **International Tiebreaker Rule:** The extra inning begins with one out and the last out from the previous inning placed on second base. All batters start with a full count and no courtesy fouls are allowed.

Equipment & Bats

- Metal or detachable spikes are **not allowed**.
- All bats must be **USSSA-approved**. Any alteration, shaving, or modification of a bat is strictly prohibited and may result in suspension or permanent ban from Mountain Recreation leagues.
- Mountain Recreation will provide one new and one good used ball per game.

Game Play

- Lineups (up to 20 batters) must be submitted to the umpire before the game. All players may bat; any 10 may play the field.
- A minimum of **8 players** is required to start and finish a game.
- Batters start with a **1-1 count**. One courtesy foul is allowed on the second strike.
- Courtesy runners must be the last out of the previous inning.
 - Any player who uses a courtesy runner is **restricted to first base only for the remainder of the game** on all batted balls. If they are put out while advancing beyond first base, they are out.
 - Once a player takes a courtesy runner, they must do so for the remainder of the game.
 - This restriction does **not** apply to ground-rule doubles or home runs.

Pitching Rules

The pitched ball must have an arc of at least **6 feet** and no higher than **10 feet**. The strike zone includes the plate and the mat behind it.

General Rules

- It is the hitting team's responsibility to retrieve foul balls and home runs in a timely manner. Failure to do so may result in a forfeit.
- Speakers/music are not allowed in the dugouts.

Co-Rec Division Rules

The Co-Rec division is intended for **mixed teams of biological males and biological females**. All participation is based on **biological sex** as determined at birth. This policy is in place to ensure fair, safe, and balanced competition in a mixed-gender recreational league.

- Batting order must **strictly alternate** between biological males and biological females.
- To start and finish a game, a team must have a minimum of **4 biological females and 4 biological males** (or 5 males and 4 females).
- Defensively, teams play with 5 males and 5 females (or 5 males and 4 females if short on females). At least **2 biological males and 2 biological females** must be positioned in both the infield and the outfield.
- The **pitcher and catcher** must be of **opposite biological sex**.

- Females bat with an **11-inch** softball; males bat with a **12-inch** softball.
- When a male batter is walked, he is awarded **1st and 2nd base**. The following female batter may choose to bat or take the walk.
- Outfielders must remain behind the **200' arc** until the ball is hit.

Gender Eligibility: Players must compete according to their biological sex. Biological males may not occupy female positions in the batting order or on defense (and vice versa). Any protest regarding gender eligibility will be resolved by Mountain Recreation staff and may require official documentation (such as a government-issued birth certificate). Teams found in violation will forfeit the game and may face additional sanctions.