



Adult Slow Pitch Softball Rules & Policies

1. Games will be played on Wednesday evenings beginning mid-August.
2. Players must be at least eighteen (18) years of age to participate in the adult softball program.
3. Participants must always wear a shirt and shoes. No sandals or metal cleats are allowed.
4. Exposed jewelry of any kind is not allowed.
5. Participants will register as a team. Each team member must have a signed waiver/release.
6. Games will be played with 10 defensive players on the field. May play with as few as 8.
7. Coed teams must include 5 women and 5 men playing defense (a 5w/4m or 4w/4m combination are the only other combinations permissible when teams have less than 10 players).
8. A continuous batting order of all players present must be used.
9. Batting order must alternate genders.
10. Men will hit 12" softballs, women will hit 11" softballs.
11. There are no defensive position restrictions, anyone can play any position.
12. Substitutions are permissible by gender only, both offensively and defensively.
13. Unlimited substitutions on defense are allowed.
14. Base distance will be 65 feet.
15. Pitching distance will be 50 feet.
16. Batters will start with a 1-1 count.
17. There will be no courtesy foul ball. A foul ball hit on a third strike is an out.
18. No bunting is allowed, must be a full swing.
19. No leading off, runner may not leave base until pitch reaches the plate.
20. No stealing is allowed.
21. Outfielders must stay in the grass until the ball is hit. If violated, batter will be awarded a single and any other runners forced to advance will move up one base or the result of the play, whichever is most advantageous.
22. A walk to a male batter (whether intentional or not) will result in a two base award and the following female must bat if less than two outs. With two outs, the following female batter has her choice of batting or receiving an automatic walk.
23. Pinch runners are only allowed in case of injury and must be the last batted out of the same gender.
24. Pitchers are allowed a maximum of three warm up pitches within one minute before each half inning.



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25. Pitchers must be on the rubber at time of release and speed of pitch must be slow.
26. Pitches must be delivered with a perceptible arc and reach a height of at least 6 feet while not exceeding a height of 10 feet from the ground.
27. The strike zone is the space directly above home plate that is no lower than the batter's front knee and no higher than the batter's back shoulder.
28. Games are 7 innings or 60 minutes long. No new inning may begin with 5 minutes or less remaining.
29. Games that are tied at the end of 7 innings or time limit will play ONE tied breaker inning with the last batted starting on second base.
30. Run rules: 20 after 3, 15 after 4, and 10 after 5 innings.
31. Teams are limited to 2 over the fence home runs per game. After 2, any ball hit over the fence is an out.
32. A ball that bounces over the fence is a double.
33. Teams may get matching team shirts and/or have a team sponsor. Team shirts are not required and will not be provided by Parks & Rec.
34. Each team will receive two (2) 12" softballs and two (2) 11" softballs with a COR rating of .52 and ball compression of 300 lbs at the beginning of the season to use for games and practices. Each team is responsible for providing the balls they use at bat. The team at bat is responsible for getting another ball to the umpire if it is hit out of play. Any additional balls provided by the teams must adhere to above COR and compression standards.
35. Teams are responsible for all other equipment including bats and safety gear if desired. Batting helmets and catcher's/pitcher's masks are strongly recommended.
36. Any unaltered, stamped, legal/non-banned bat except senior and ultra bats are allowed. The umpires will know if your bat is allowed.
37. Smoking and alcohol are not permitted on any City property including ball fields, dugouts, bleachers, etc. before, during, or after games. Pick up all trash!



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PLAYER/TEAM CONDUCT

- Only the team manager or designated player will be allowed to communicate with the umpire. Other players who communicate with the umpire will be warned by the umpire (team warning through manager) first, and then ejected from the game after another occurrence.
- Undue harassment of the official(s) before, during, or after the game may result in the ejection of the individual(s) involved. Any player, coach, or fan who is ejected from the game and reported to the Program Manager by an official or department representative will be removed from the program.
- After an ejection, the individual ejected must immediately leave the field and spectator area. Failure to do so or continued harassment of the official may lead to forfeiture of the game by that player's team and notification to authorities.
- Any player who strikes, attempts to strike, or verbally threatens an official; who fights with another player; or who is ejected for unsportsmanlike behavior will be removed from any and all teams on which that individual plays. This suspension is for one calendar year and includes all teams and sports in which that person plays.
- Any team members, who are found drinking in the playing areas (field, dugouts, coaching boxes, etc.) will result in a team suspension for one game. If this occurs a second time, the team will be suspended for the remainder of the season without refund.



Adult Slow Pitch Softball Fall 2025

Team Registration Form

Registration Fee: \$250/team

Registration Deadline: July 31

Manager/Captain	Team Name	
Address	City	Zip
Email	Home/Cell	Work

	Player	Email	Phone
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**Each player will also need to sign a waiver/release form

Participant Waiver/Release

READ BEFORE SIGNING

In consideration of being allowed to participate in any way in the 2025 California Parks & Rec Adult Slow Pitch Softball Program and its related events and activities, the undersigned acknowledges, appreciates, and agrees that:

- 1) The risk of injury to myself from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist;
- 2) The risk to have direct or indirect contact with individuals who have been exposed to and/or diagnosed with one or more communicable diseases, including but not limited to COVID-19 or other medical conditions, diseases, or maladies, and/or any mutation or variation thereof does exist and it is impossible to eliminate the risk that I, my spouse, and child(ren) could become infected through contact with or close proximity to an individual with a communicable disease;
- 3) For myself, spouse, and child(ren), I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releases or others, and assume full responsibility for my participation; and,
- 4) I willingly agree to comply with the program's stated and customary terms and conditions for participation. If I observe any unusual significant concern in my readiness for participation and/or in the program itself, I will remove myself from the participation and bring such attention of the nearest official immediately; and,
- 5) I myself, my spouse, my child(ren), and on behalf of my/our heirs, assigns, personal representatives and next of kin, hereby release and hold harmless the City of California, its directors, officers, officials, agents, employees, volunteers, other participants, sponsors, and representatives, and if applicable, owners and lessors of premises used to conduct the event, with respect to any and all injury, disability, death, or loss or damage to person or property incident to my involvement or participation in these programs, whether arising from the negligence of the releasees or otherwise, to the fullest extent permitted by law.
- 6) I, for myself, my spouse, my child(ren), and on behalf of my/our heirs, assigns, personal representatives and next of kin, hereby indemnify and hold harmless all the about Releasees from any and all liabilities incident to my involvement or participation in these programs, even if arising from their negligence, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT

Participant Signature: _____ Date: _____

UNDERSTANDING OF RISK

I understand the seriousness of the risks involved in participating in this program, my personal responsibilities for adhering to rules and regulations, and accept them as a participant.

Participant Signature: _____ Date: _____