



# City of Folsom

## Adult Softball Rules and Guidelines

Revised: June 10, 2025

### Objective

The objective of the Folsom Adult Softball League shall be to promote and conduct a positive leisure time activity which encourages fitness, healthy competition, and an atmosphere of fun and fellowship in the form of organized softball for players and spectators.

### Rules

1. All games in the City of Folsom Adult Softball League shall be governed by the current USA Softball rules except as specified herein.
2. Changes to this rule packet may be made either at the manager's meeting or by the Parks and Recreation Department after the manager's meeting. Managers will be notified regarding any changes that are made.

### Injuries and Accidents

1. All accidents or injuries incurred before, during, or after an official game by players, spectators and/or league officials, shall be reported to the site-monitor and recorded in an Accident Report.
2. Injuries incurred before, during, or after the course of an official game by players, officials and/or spectators, shall not be the liability of the City of Folsom Parks and Recreation Department, Folsom Cordova Unified School District, their officers and employees or any organization co-sponsoring or participating in the program. The City of Folsom does not carry medical liability insurance for its participants.

### Team Rosters and Player Contracts

1. Each team may carry a maximum of eighteen (18) and a minimum of ten (10) players aged 16 and over on its roster. Players under the age of 18 years will require a parent/guardian's signature.
2. Team rosters must be filled out AND READABLE on an official Folsom Parks and Recreation Adult Sports Team Roster form complete with player's full name, address, and telephone number. Completed rosters must include all players, managers and coaches.
3. Having each player sign the Team Roster/General Liability Release.
  - a. Submitting the General Liability Release to League Coordinator prior to or at the league meeting or team/player is not eligible to play.
  - b. Team manager is responsible for having any new players approved by League Coordinator, and sign Team Roster/ General Liability Release before participating.

4. A player may play on more than one (1) team with the following restrictions
  - a. A player may play in divisions that are of equal level or one (1) division lower than the highest level they are playing
  - b. A lower division team can have a maximum of two (2) players on their roster who lay upper division softball.
    - i. In the event a lower division team is found to have more than two (2) players on their roster who play upper division softball, the last upper division player(s) added will be removed.
    - ii. In the event a lower division team is found to have more than two (2) upper division players on their lineup during a game, the game will be listed as a forfeit.
  - c. A player may not play on more than one (1) team on the same night and division. It is the manager's responsibility to ensure that their team does not violate this rule.

**PENALTY:** TEAM - Any team in violation of the rule will forfeit all games involving players that are playing out of classification.

PLAYER - Any player found to be in violation of the rule will be removed from the program for the remainder of the season.

5. Any player who falsifies information on their Team Roster/General Liability Release or score book will lose their right to play in the league for the remainder of the season. It is the player's responsibility to prove residency and/or identification when asked by the League Coordinator or officials.
6. All players must abide by the Player Code of Conduct.
7. Deletions and additions to the roster may be made in the Recreation office up until the first game without a player add fee being charged. Any additions to the roster after the league meetings are subject to an \$8.00 player add fee. All changes must be cleared with the League Director.
8. **Teams may add up to the roster maximum of 18 at any time during the season.** All changes must be cleared with the League Director.

### **Specific Rules for Adult Softball**

1. Official line-ups should be submitted to the scorekeeper five (5) minutes before game time. All players listed on the line-up are assumed to be present and are members of the official starting line-up. Line-ups must include first and last names. If a player listed in line-up is not present and there is no substitute available, then an out will be recorded in that position in the batting order until said player or a legal substitute enters that position. All players must provide a valid photo ID before playoff games.
2. A team may start the game with a minimum of seven (7) players present at game time. Additional players may be added into the line-up at the bottom of the batting order to a maximum of ten (10) AT ANY TIME DURING THE GAME.
  - a. Players leaving the game due to injury cannot return to the line-up. If there is no substitute for the player, their spot in the batting order will be skipped without penalty (except in co-ed).
  - b. If a player is ejected and has no substitute, then a forfeit will be declared.
  - c. If a team drops below seven (7) players in the game, a forfeit will be declared.
4. Alcoholic beverages will not be allowed on the playing field or in/or around the dugout. Anyone associated with the game (players, managers, coaches) will not be permitted to consume alcoholic beverages during the game. Cigarettes, e-cigarettes, vapes or

- chewing tobacco will not be allowed on the playing field. Violation of these rules will result in the ejection from the game of both the offending player and the teams' managers.
5. All participants must wear shirts and shoes (not sandals) while participating.
  6. **A second foul ball after two (2) strikes will constitute a strike out.**
  8. All divisions except for the D3 and Rec will use the extended plate strike zone mat. In these leagues there is a batters' box.
  7. The umpire may at their discretion shorten or eliminate infield practice for time considerations.
  8. The extra hitters (EH) will be allowed. It is not mandatory that a team uses the extra hitters, however, if used the extra hitter must be listed in the line-up before the game starts. Any ten (10) of the twelve (12) players may play on the defensive team and the batting order must remain constant.
  9. The use of an illegal player will constitute an immediate forfeit by that team and the suspension of the team's manager for one week. **If the illegal player is on the roster of any other team in the division that team will also be credited with a forfeit.** An illegal player is defined as anybody not on the official team roster of the team in question or any player not providing valid photo identification at the time requested. The use of an illegal player does not need to be protested by the opposing manager. The scorekeeper or any league official may enforce the ruling.
  10. On the second game forfeited by a team, the team may be suspended from further play in the league, forfeiting all fees and rights to post-season play if scheduled.
  11. All players, managers, coaches, and spectators must abide by the Folsom Recreation Player Code of Conduct.
  12. **HOME RUN LIMITS:**  
A limit of over-the-fence home runs will be used in all men's and co-ed divisions. All balls hit over the fence by a team in excess of the following limitations per game will be ruled as outs.

D1 & D2 Division	2 + equalizer (up to 3) DBO after 3
D3 & Rec Division	0
40+/50+ Division	1 + equalizer

13. Unlimited substitution will be allowed. Managers must report all substitutions to the official scorekeeper before the substitution takes place.
14. **One courtesy runner of each gender and the pitcher per inning is allowed.** Any rostered player can be a courtesy runner as long as they are the same gender. If the courtesy runners spot in the batting order comes up while they are still on base, an out will be issued. In the case of a team batting around in an inning, if a player used a courtesy runner earlier in that inning, that same player can still use a courtesy runner if that player gets on base again that inning.
15. Batting out of order may be called by the defense team only.
16. Stealing bases will not be permitted

## Length and Scheduling of Games

1. Games will consist of seven (7) innings of play or a time limit of fifty-five (55) minutes. No new inning will start after the time limit has expired, unless the game is tied. In case of rain, darkness, or something beyond control, five (5) innings will be considered a completed game. Games called because of the time limit expiring will be considered a completed game regardless of the number of innings played. In any case, when the home team is ahead, they will not bat in the bottom half of the final inning.
2. **Games that are tied after the time limit has expired will play one additional inning. If the game is still tied at this point the game will go as a tie in the official standings.**
3. Folsom Recreation shall reserve the right to reschedule any game because of emergencies, and to shift teams when necessary to one division or another.
4. Games shall be played when scheduled. There are no provisions to make-up postponed games. If a team cannot be fielded, the Recreation office should be contacted.
5. Games are played during twilight and evening hours. Teams should expect to play at varying times at Lembi Park Sports Complex fields. GAME START TIMES VARY FROM 6:00 P.M. TO 9:30 P.M. START TIMES DEPEND ON FIELD USED AND THE NIGHT OF PLAY.
6. League winners will be determined by a play-off at seasons end. **ALL players must provide valid photo ID to the scorekeeper before their game. Player must have played in a minimum of three of teams' regular season games in order to be eligible for post-season play.**
7. The qualifying teams will play a single elimination format. The higher seeded team will be the home team.
8. Seeding will be determined by:
  - i. Winning Percentage
  - ii. Head-To-Head competition (among teams that are tied)
  - iii. Head-To-Head Differential
  - iv. Total Runs For
  - v. Total Runs Against
  - vi. Lowest Number of Forfeits
  - vii. Coin Toss

A time limit of 55 minutes will be in effect for play-off games, **65 minutes for the Championship Game**. In any case involving a forfeited game, the team that forfeited will be automatically eliminated from the tie-breaking formula. Leagues that do not fill or that have an unusual number of teams may not have playoffs. In these situations, the team with the best overall record will be declared the league champion.

7. Make-up games will be scheduled the week following the regular season. Teams may be required to play these games on nights and times other than accustomed. Teams may also be required to play more than once on a given night.

## Uniforms and Equipment

1. All USA Softball rules will apply as to equipment, i.e., bats, gloves, etc.
2. It is recommended that teams have matching color and numbered jerseys.
3. Steel spikes will not be allowed.
4. Bats bearing a **valid** ASA/USA Softball CERTIFIED STAMP may be used in all divisions of play. Players violating this rule will be called out and ejected from the game. **Folsom Recreation reserves the right to restrict the use of bats as deemed necessary.**

## Officials

1. Officials assigned to games shall have complete charge of fields and games. They shall have the authority to banish players, managers or spectators from the games, the player's bench and the park for misconduct, delay of the game, or for the good of the game.
2. Officials will explain a call only to the team manager and only after the team has called an official time out.
3. Officials will submit a report to the League Director within 24 hours after any games in which a protest is filed or when it has become necessary to banish players from a game. Any player who continues to direct remarks towards the officials or opposing players after being banished from the game may be suspended from further play in the league; this includes players who abuse game or league officials after a game is completed.
4. Official's decision will be final except as to misinterpretation of the rules.
5. League officials shall make all decisions on protests and their decisions shall be final. The league officials shall include the League Coordinator, Recreation Supervisor, and Recreation Coordinator. Game officials will include the umpire and the scorekeeper.

## Protests

1. Whenever a matter of protest arises during a game, the captain or manager of the protesting team shall immediately notify the opposing manager, the head officials, and the scorekeeper of his intention to protest.
2. Only protests regarding misinterpretation of the rules shall be reviewed. Officials' judgment calls are not grounds for protests.
3. The "intent to protest" must be filed with the scorekeeper immediately before play continues.
4. A written protest must be submitted to the Recreation Division office no later than 5:00 PM on the next business day following the protested game. The protest must include: the date, time and place of the game; the names of the teams, the officials, and scorekeepers; the rules and section of the current USA Softball or local rules under which the protest is made; and all other essential facts under which the protest is made.
5. The protest must be accompanied by a **\$50.00** protest fee, which shall be returned only if the protest is upheld.
6. The protest will be handled by a three-person committee provided by the Folsom Recreation Division. All decisions by this committee are final.
7. Protests will not be allowed during any pre- or post-season tournament play. All decisions will be made on the spot.

8. **PLAYER ELIGIBILITY PROTEST:** A protest regarding player eligibility must be logged before the conclusion of the third inning. Protest regarding players that enter the game after the third inning must be logged before the conclusion of one (1) full inning from the time the player entered the game. All player eligibility protests must be accompanied by a \$5.00 (cash only) protest fee per player being protested. The protest fee will only be returned for each player found to be ineligible. **(See rule 5.9 for Penalty).**

### Forfeits

1. There will not be any grace period. If a team playing does not field at least seven (7) players at game time, a forfeit will be declared. If a team has at least seven players present at game time, they **MUST** start the game immediately.
2. No postponement of scheduled league games will be allowed. Teams must play when and where scheduled or forfeit their game.
3. Other reasons for declaring forfeiture include:
  - a. Use of ineligible player.
  - b. Unsportsmanlike conduct.

### Awards

1. League Championship Award Certificates will be presented to the winner of each league.

### Specific Rules for Co-Ed League

1. All games in the Folsom Recreation Adult Softball League Co-Ed Division will be governed by the same policies as applicable to all other divisions, with the following exceptions:
2. Sliding will be allowed in Co-Ed C and D, but not in the REC Divisions. In Co-Ed Rec base runners are permitted to "run-thru" the bag at second and third bases without the liability of being put out. If a runner "runs-thru" a base, he/she must return and re- touch that base before advancing. **No run-thru is allowed returning to bag.** Sliding will result in the player being called out.
3. A team may start the game with a minimum of seven (7) players present at game time. Additional players may be added into the line-up at the bottom of the hitting order to a maximum of ten (10) at any time during the game. The number of males- females must be either equal or with more females than males. The only exceptions to this rule would be 1) if a female player is injured and has no substitute or 2) a female player listed in the official line-up is not present and has no substitute. In both situations an out will be recorded in the female players spot in the line-up until a legal substitute is entered the spot. At no time may a team play with less than three players of either gender. The use of the eleventh and twelfth extra hitters is determined by the 11th hitter alone must be female, or if a number 12 extra hitter is used, then the 11th and 12th may alternate male-female.
4. Two (2) or more females may bat in a row at the bottom of the order if a higher number of females is used than males.
5. There will be no restrictions on positioning of males-females in the defensive field.
6. Co-Ed Rec Division will have a 200-foot encroachment line in the outfield. The three normal outfielders will not be allowed to step inside the line until the pitched ball has been contacted by the hitter. The "rover" position will be allowed to play freely. All

Infield position players must remain on the dirt portion of the infield until the pitched ball has been contacted by the hitter. Violation of this rule will be treated the same as use of an illegal glove/mitt.

7. Co-Ed C and D leagues will use the 11" ball for female batters and the 12" ball for male batters.
8. Coed Rec will use the 12" ball for all batters.

## **Player Code of Conduct**

1. The City of Folsom – Parks and Recreation Department has established a Player Code of Conduct for the Adult Softball Program. The Player Code of Conduct applies to players, managers, coaches and spectators. A player, manager or coach who is suspended for a violation of the Adult Softball Player Code of Conduct will also be suspended from participating in other City of Folsom Adult Sports Leagues. It is the responsibility of each player and/or team to abide by the Adult Softball Player Code of Conduct and any rules and regulations set forth by the USA Softball (Code Article 505).
2. The City of Folsom's adult softball league coordinator will determine the length of suspensions and/or probation. Suspensions and/or probations range from a minimum penalty to a maximum penalty. In any violation not included in said code, the penalty shall be at the discretion of the adult softball league coordinator. The length of any suspension will depend on the individual and/or team(s) prior violations, the degree of the violation and the circumstances surrounding the violation (incident).

Violations to the **Adult Softball Player Code of Conduct include, but are not limited to, the following:**

- a. **No Player Shall:** Be physically aggressive toward any person. This includes any unwanted physical contact including, but not limited to, pushing, shoving and expectorating.  
Minimum Penalty: Removal from game and premises; one-year probation in all Department sponsored sports programs.  
Maximum Penalty: Ten years suspension in all Department sponsored programs. b.
- No Player Shall:** Be guilty of a physical attack (striking or punching) as an aggressor upon any person; knowingly compete as a disqualified/suspended player.  
Minimum Penalty: One-year suspension (per USA Softball Code Article 505 (E)) and one-year probation in all Department sponsored sports programs. Maximum Penalty: Ten years suspension in all Department sponsored sports programs.
- c. **No Player Shall:** Be guilty of objectionable demonstrations of dissent at an umpire's decision or discuss the decision of any matter reached by an official or Department staff member, except the manager/captain.  
Minimum Penalty: Warning by the official or Department staff member.  
Maximum Penalty: One-year suspension and one-year probation in all Department sponsored sports programs.
- d. **No Player Shall:** Be guilty of using unnecessary rough or unusual tactics against the body of any person; be guilty of taunting or degrading any person; be guilty of an abusive verbal attack towards any person.  
Minimum Penalty: Removal from game and premises; one-year probation in all Department sponsored sports programs. Maximum Penalty: One-year suspension and one-year probation in all

- Department sponsored sports programs.
- e. **No Player Shall:** Be guilty of discussing his/her opinion of any player, spectator, official, or department staff member in a derogatory manner; use language that is offensive and/or contains profanity.  
Minimum Penalty: Warning by the official or Department staff member.  
Maximum Penalty: One-week suspension and one-year probation in all Department sponsored sports programs.
  - f. **No Player Shall:** Play under another individual's name, falsify name or address on official roster form, appear on the field at any time in an impaired condition, or follow an umpire off the field in a threatening manner.  
Minimum Penalty: Removal from game and one-year probation in all Department sponsored sports programs.  
Maximum Penalty: One-year suspension and one-year probation in all Department sponsored sports programs.
3. The player and/or team may appeal any decision rendered by the adult softball league coordinator to the City of Folsom's Recreation Supervisor:
- a. The Recreation Supervisor will preside over any appeals. The Recreation Supervisor will conduct a hearing and will review the facts presented and may affirm or modify any penalty imposed.
  - b. If a player and/or team wishes to, they may be afforded an opportunity to appeal the decision rendered by the Recreation Manager. The Recreation Manager may assemble a panel of local parks and recreation professionals and/or local adult sports participants to conduct a hearing. The panel will review the facts presented and may affirm or modify any penalty imposed. The panel will provide a recommendation to the Recreation Manager.
  - c. The Recreation Manager will review the panel's recommendation and render a decision. The decision of the Recreation Manager shall be final.
- Note: In cases involving physical violence, the City of Folsom Parks and Recreation Department may request a hearing to have the individual and/or team suspended throughout GSSA (Greater Sacramento Softball Association). In such cases, GSSA, USA Softball local governing body, will appoint an Eligibility and Reinstatement Committee to hear the appeal.
- 4. All suspensions involving physical violence will remain in effect until the appeal process is completed.
  - 5. Individuals violating more than one code infraction can be assessed a combination of all.
  - 6. Individuals and/or teams who violate the Player Code of Conduct while on probation for a previous incident will face double the normal penalty for the new violation.
  - 7. Any player, coach or manager who incurs indebtedness (returned checks, etc.) to the City of Folsom and does not correct the matter within a prescribed time will be suspended from all City of Folsom activities until corrected.

For questions, contact Folsom Parks & Recreation at 916-461-6650.