

City of Fort Worth Adult Sports

Slow Pitch Softball League Rules & Regulations

League Bumps

- Freshman League champions move to JV, then Varsity following season.
- Undefeated Freshman/JV teams move up a division next season.
- Men's/Co-Ed teams with an 8.0+ ARD advance to next division.

Equipment & Uniforms

- Players must wear appropriate uniforms and gear. No metal cleats.
- Balls must be USSSA stamped: Men use 12" Classic M, Women use 11" Classic W.
- Teams provide their own game balls (No Stadium, No Pro, Required Classic).
- Bats must meet USSSA standards; illegal bats subject to protest.
- Pitchers must wear face masks. Shirt color/number not required but failure to identify ejected player results in team suspension.

Roster/League Eligibility

- Unsubmitted rosters lead to forfeits. Max 25 players per team.
- All players must sign waiver and be on official roster.
- Removed players can't rejoin that season.
- Lineup cards required before games (min 9, max 12 players).
- Teams can start with 9 players, taking an out for the 10th spot.
- Co-Ed teams must have equal or more female players.
- Min 8 players required to continue after injuries.
- Teams can borrow up to 2 players to reach 12 total, batting last in lineup.
- Borrowed players not allowed in playoffs.
- Men's teams may have up to 2 female players.

Playing Rules

- Men's teams: 10 players (min 9); 2 extra hitters allowed.
- Co-Ed teams: 10 players (5M/5F), can play with 4M/6F; 2 extra hitters must be 1M/1F or both female.

- Substitutions allowed once per game; must occupy same batting position.
- Courtesy runners allowed once per half-inning; must match gender in Co-Ed games.
- 50-min time limit or 7 innings; official time is scoreboard/umpire's watch.
- New innings start after 3rd out of previous inning.

Pitching Rules

- Pitch from plate or within 6 ft behind; pitcher must wear mask.
- Underhand pitch, 3-10 ft arc required.
- Middle Rule: Line drives hitting pitcher = warnings, ejections, forfeits if repeated.

Batting Rules

- Batters start with 1-1 count; no courtesy fouls.
- Male batters walked get 2 bases; next female batter may walk or bat.

Home Run Rules

- Men's: 3 / Co-Ed: 3 HRs per game.

Miscellaneous

- Catcher cannot block plate without ball.
- Mercy Rule: 20-run lead after 3 innings, 15 after 4, 10 after 5.
- Extra Innings: 'One pitch' rule applies; runner starts on 2nd.
- No stealing or advancing on passed balls.