Q FIT + REC INTRAMURAL SPORTS

Softball Rules

League Structure

League Play

One game per week over the course of four weeks.

Divisions

- Coed
- Fraternity
- Men's Residential
- Men's Open
- Women's Open
- Faculty/Staff

Player Eligibility

- Participants may play on a maximum of ONE single gender team and ONE coed team.
- Participants are responsible for determining their own eligibility.

Playoff Eligibility

- Teams with a .500 record, or better, and an appropriate sportsmanship rating, qualify for playoff competition.
- All Faculty/Staff teams qualify for the playoffs.

Playoff Tournament

All qualifying teams will play in a single elimination tournament, for each division, at the conclusion of the regular season.

Location

All games are played at Reaves Park, just east of Jenkins Ave.

Softball Information

- All participants must provide a valid OUID (with picture) prior to each contest.
 - No OUID = No Play
- 30 Minutes Before Competition
 - o Equipment is issued.
- 15 Minutes Before Competition
 - OUID's are checked, and rosters verified.
- 5 Minutes Before Competition
 - o Captains are called by officials and supervisors.
- Game Time
 - o The game will start on time or be forfeited (at the discretion of the OU Intramural Sports Staff).

The Game

- 1) The choice of first or last bat in the inning shall be decided toss of coin prior to the game.
- 2) A regulation game shall consist of seven (7) innings, unless the game is tied, or one team is leading by ten (10) or more runs at the end of five (5) innings, or when time limits stated below come into effect. No new innings shall begin fifty (50) minutes after the scheduled starting time. All innings once begun shall be completed. Any inning beginning after the time limit has expired will start batters with a 3-2 count.
- 3) The umpire is empowered to call a game at any time because of darkness or other causes.
- 4) Due to limited time, there shall be no infield practice between innings and only one warm up pitch will be allowed.
- 5) Games halted by rain shall be declared complete after 5 innings or 4 ½ innings if the home team is ahead.
- 6) When a batter has a count of two strikes, any foul ball including a foul tip shall be called an out. After a foul ball is caught, regardless of the count, runners may advance at their own risk.
- 7) The distance between bases shall be 65 feet.
- 8) It shall be the responsibility of the base runner to avoid contact with a fielder.
- 9) Infield fly rule is utilized.

Clothing and Equipment

- Athletic attire is required.
 - a. Participants must wear some type of athletic shoe. Non metal cleats are allowed.
 - b. Players must remove all jewelry prior to participating, including any viewable body piercings, bracelets, necklaces, and earrings.
 - c. No pants or shorts with belt loops, denim, or khaki are allowed.
 - d. No metal cleats, no toe cleats; appropriate cleats are allowed during play.
 - e. Baseball caps are allowed
 - f. Sunglasses are allowed, at your own risk.
- Only official softball bats are legal (Must have ASA or similar certifications)
- Teams must use balls provided by the OU Intramural Sports Department (core .44) softballs.

Personal Conduct

• Captains are responsible for the conduct of their players and fans.



- Only the captain is allowed to address an official during play.
- Acts of unsportsmanlike conduct including unnecessary roughness, arguing with
 officials, fighting, abusive language directed towards officials/opponents will result in
 player(s) involved being ejected from the game.
- Any player ejected from the game must leave the park immediately and will automatically be suspended for one contest. Further, they will be ineligible to participate in any intramural sport until she/he meets with Jonathan Dewhirst, Intramural Sports Coordinator.
- The Intramural Sports Department has the final say in rule interpretations.

Substitutions

- 1) Each team can play with a minimum of eight (8) with a maximum of ten (10) players without using the extra player rule.
 - a. Teams with 9 players will receive an automatic out unless playing with the same number of players as the opposing team.
 - b. Teams with 8 players will receive two automatic outs unless playing with the same number of players as the opposing team.
 - c. If one team is playing with 9 players and one team is playing with 8, then the team with 8 shall have only one automatic out in the lineup.
- 2) Extra Player Rule (single gender): On single gender teams you may place an extra player in any spot in the batting order.
 - a. If the EP is used, all 11 on the starting lineup must bat and any 10 of those 11 may play defense. Defensive position may be changed, but the batting order must remain the same. Batting out of order results in an automatic out.
- 3) Extra Player Rule (co-ed): On coed teams, you may place an extra player in the final spot of the batting order. If EP is used, the player in the 11 spot in the order must be the same gender as the player in the 1 spot in the order.
- 4) If the EP is used, the 10 players that play in the field must still be an equal number of males and females.
- 5) No designated hitting will be permitted.
- 6) To make a substitution, the captain must notify the umpire who will suspend play and notify the supervisor. A player who has been substituted for may re-enter the game in the same spot in the lineup.
- 7) A player shall be officially in the game when his/her name and ID number have been entered on the official scorecard.

Pitching

- 1) The pitcher shall take a position with one or both feet firmly on the ground and in contact with, but not off the side of the pitcher's plate. At the time of delivery, both the pivot and the non-pivot foot must be within the length (24 inches) of the pitcher's plate.
- The distance from home plate to the mound shall be approximately 50 feet.
- 3) The ball must be delivered at a moderate speed, underhanded and below the hip with a perceptible arch that reaches at least six (6) feet, but not more than ten (10) feet from the ground, before the ball reaches home plate. No windmill wind-up motion is allowed.
- 4) No pitch shall be declared in the following four conditions:
 - a. The pitcher pitches during the suspension of play.
 - b. The runner is called out for leaving the base too soon.
 - c. The pitcher makes a quick return pitch.
 - d. If the ball slips from the pitcher's hand during his/her windup or back swing.
- 5) The pitcher shall not deliberately drop, roll or bounce the ball while in the pitching position in order to prevent the batter from striking it.

Student Coed Modifications

- 1) The batting order shall alternate male/female.
- 2) The pitcher/catcher combination includes one female, one male.
- 3) The infield combination includes an equal number of males/females.
- 4) The outfield combination includes an equal number of males/females.
- 5) If a male is walked, the female has the option of walking behind him to 1st base or hit. The male that was walked shall go to second base regardless.
- 6) Teams playing with 8 players will consist of 4 females, 4 males. No exceptions.
 - Teams playing with 9 players will consist of 5 females, 4 males or 4 females, 5 males.
 - Teams playing with 10 players will consist of 5 females, 5 males. No exceptions.
 - Teams using the EP rule can have up to 12 players on the roster. If using the EP rule, teams must consist of 6 males, 6 females.

Faculty/Staff Coed Modifications

- 1) A minimum of 2 females and 2 males must be in the batting order and playing defense in the field at all times.
 - a. The EP rule allows up to 12 team members to be in the batting order.
- 2) From the beginning of the batting order, the lineup shall alternate male/female until it is no longer able to.
- 3) The pitcher/catcher combination may include any combination of male/female.
- 4) The infield combination includes at least one female and one male.
- 5) The outfield combination includes at least one female and one male.



6) If a male is walked, the female following has the option of walking behind him to 1st base or hit. The walked male shall go to second base regardless. If a male follows a walked male, the walked batter shall go only to first base.

For rules not specifically mentioned above refer to USA Softball Official Rules.