

# SASL Rules Revision 1.2

## 1 GENERAL RULES

1. **All teams must field at least (8) men for the game to count and even begin.** If a team has fewer than (8) men by the time the game is scheduled to start, they will be forced to forfeit the game, the game must start no later than 15 minutes after the official start time. In order for a team to be considered at the game they have to be within sight of the playing field.
2. Each team has designated one (1) Captain and one (1) Co-Captain. Prior to each game the Captain and Co-Captain must go to the other team and introduce themselves, they must also introduce themselves to the umpire. Prior to each game if the captain and co captain are not there, someone else will be appointed for that one game. These two are the vocal leaders of the team and are the only ones involved with the umpire during the game.
3. The Captain and the Co-Captain are the only 2 who will discuss any issues with the Umpire through out the game.
4. Each game will be 7 innings or 1.5 hours, whatever comes first unless due to darkness or rain the game is called early. It is based on the umpires discretion when a game is considered an official game.
5. All Teams are required to keep their area of play as well as the benches and surrounding areas clean. We are allowed to play on certain softball fields, but that privilege could be taken away if we are not respectful of the property.
6. If a game is rained out the league will give you two possible scenarios, one is a fixed make up date or the game will not be made up and you continue on with your schedule.
7. If a player arrives late for a game, he can enter the game, during any half inning of play and then must bat last. If they are used as a pinch hitter, pinch runner, or defensive replacement, the person who they are coming in for is now out of the game.
8. Every team must have an SASL approved Jersey on in order to play. The jersey must have a unique visible player # on it. In case you have a player who does not have a jersey available, that player **MUST WEAR** a shirt the same color as the rest of the uniforms. If a player on another team doesn't have a jersey or a same colored shirt, it is up to the opposing team to allow that player to play.
9. An umpire will be scheduled for every regular season game. If an umpire doesn't show up to your game the captains can mutually decide to proceed to play 'self-pitch' rules. Self-pitch is where pitcher's pitch for their own team and where captains are designated as 'umpires' making the calls on plays. **ONLY** the captains may discuss the play, no other players should be involved with resolving a call. If there is no agreement on a call, it will be decided on a coin toss. All other rules remain the same.
10. **Metal Cleats are BANNED**  
No ifs and's or but's. Metal cleats are BANNED from SASL and most ASA leagues and parks, if not all. If a player is caught wearing metal cleats at any point of the game, he will be ejected with no exceptions. This is for the safety of other players and the player himself. If the player is at bat and is noticed wearing metal cleats, that player will be called out, and will be out of the rest of the game. Once ejected the team does have the option to sub in a new player if available in his place. If not available the team must play with 3 outfielders, 4 infielders, a pitcher and catcher. If you are short one extra, you play as previously mentioned minus a catcher, anything less than that will be considered a forfeit. But the first time that the batter comes to bat he is out the first time.
11. **Mercy Rule**  
This rule will supercede any ASA rule previously mentioned or implemented in SASL softball. 20 runs after 3 complete innings, or 15 runs after 5 complete innings. Both teams must have an equal # of at bats. For example if in the 4th inning Team A is winning by 21 runs. Team B will have the bottom of the inning to score at least 2 runs to cut the lead to 19 runs.

## 2 Hitting

1. The ball must be delivered with a perceptible arc and reach a height of at least 6 feet from the ground while not exceeding a height of 10 feet from the ground.
2. Once a player positions himself in the batter box (as a lefty or righty), that player cannot switch his hitting stance until his next at-bat.
3. Every batter will start with a 1-1 count (one ball and one strike). If the pitcher reaches (4) balls before (3) strikes, the batter will be given an automatic walk to 1st base. On the 3rd strike, the batter will be struck out unless he makes contact with the ball and puts the ball in play. There will be no foul tip, so each batter will be given only 2 swings.
4. If the pitcher reaches 4 balls the batter must take the walk and go to first base.
5. If a player throws his bat during his swing, he will be automatically called out by the umpire.
6. No bunts allowed. A hitter must fully swing through the pitch for the ball to be considered in play. The umpire may call a strike or call the batter out if the umpire rules that the batter didn't swing fully or if a bunt was attempted.

7. Do not argue strikes and balls with the umpires. We've hired them to umpire our games, therefore we should respect their calls even if we don't always agree with them.

### **3 Base-Running**

1. Players are allowed to run through first base only. If they turn the corner and take a step in the direction of 2nd base, they will be back "in play" and can be tagged out at the discretion of the umpire.
2. Players are allowed to try to take a maximum of (1) extra base per each overthrow that occurs. If it is an overthrow deep into foul territory, the umpire will call a dead ball and award that base regardless (for safety reasons).
3. There is no leading or stealing of bases. The base runners can only run when the hitter makes contact with the ball (on contact), not an instant sooner. Runner will be called out if leading before contact.
4. If a base runner is hit with the ball before a defensive player touches it, that base runner is automatically out. The remaining base runners, including the hitter are still free to advance to their next base in the meantime.
5. The base-runner cannot, under any circumstances, run into the catcher at home. The runner must either step through home plate or slide into home plate. We do not want any injuries. Any runner that runs into the catcher in hopes of dislodging the ball will automatically be called out by the umpire. NO EXCEPTIONS! The catcher can not block the plate; if they block the plate then the runner is automatically safe. The catcher has to stay to the side of the plate to make sure that we avoid contact.
6. Tagging up is allowed. The base runner must wait until the defensive player touches the ball before he may begin tagging up to the next base. You do not have to wait until the ball is caught.
7. Base runners cannot purposefully distract the infielders (by waving their arms, slowing directly in front of the fielder, or screaming). Furthermore, the hitting team can't come onto the field during a play nor can they try to "psych out" a defender by yelling during a play. We have to exercise good sportsmanship. No taunting allowed. We're men, let's act like it.
8. 1st and 3rd base coaches may not interfere with the play. If a throw is coming to the base they have to make every attempt to get out of the way. If they are hit with the ball the ball is dead and the runner must stay at the base that they are on and can not advance any further.
9. 1st and 3rd base coach may not touch their player and or force them to stop or move faster by contact at any time. If they do push the player or touch them in any way shape or manner that provides an advantage to the offensive team. The base runner is out. They are allowed to high five and provide encouragement. But can not physically assist their team mate in any way.
10. Pinch-hitters can come in to replace hitters in the rotation only or be added at the end of a rotation. The hitter that is subbed out cannot return to the same game. Likewise, Pinch-runners can come in to replace base-runners but those that are replaced can't return to the same game. The pinch-runner must hit in the spot of the player he replaced. If a player is injured upon reaching a base and there are no bench players available, then the opposing captain can select a runner to replace the man on base. That player who is subbed out due to injury can't return to the same game unless the team does not have the minimum (8) players available, in which case the player may remain in the game.
11. Courtesy runner rule will allow injured players to have the last batted out run for them. In the event that their is no last batted out, ie..the first batter of the game. The last batter in the line up will run.

### **4 Fielding**

1. Teams are allowed to field a maximum of 10 defensive positions. Teams are free to position themselves any which way they choose(e.g. you may move one infielder to the outfield for a particular batter and vice versa), However they must have (1) catcher and (1) pitcher at all times, unless they have fewer than (10) players available. If a team has only 9 players, they must have a pitcher and a catcher. If a team has only 8 players, they must have a pitcher, the opposing teams will shag the pitches, however the team must cover home plate on plays at home.
2. The catcher or bench players cannot distract the hitter while he is in the box. Everyone must remember that we're playing a fun, friendly game and trash talking and "psyching out" has no place.
3. The catcher cannot completely block the home plate. He can stand in front of the plate, but he must leave room for the runner to step or slide through home plate. Injuries must be avoided!
4. Infielders must get out of the base path while the offensive players are rounding the bases. If an infielder obstructs the path of a base runner, the base runner will be free of being tagged out until he reaches his next base. The umpire must rule how far the runner would have gotten without the obstruction.
5. Once an infielder has control of the ball and the runners are holding their positions, the infielder can end the play simply by throwing or rolling the ball to the pitcher's mound. If baserunners are in between the bases, the play is still live.
6. Infield flyout rule: Once a pop-up happens to the infield with men on base, the batter will be called out by the umpire. The runners can advance if they want to, but if the defense catches the ball they can throw the runners that advanced out, so the

runners are taking a chance. If the runners do not advance and the ball hits the ground on a missed catch, they can try to advance once the ball hits the ground, but once again they're taking a chance of getting thrown out. If the defense catches the ball they can try to then advance as a tag up.

## **5 Playoffs**

1. In order to qualify for the playoffs a player must have been on the 15 man roster after the roster deadline, AND batted a minimum of 25 times during the season. No exceptions.
2. Each captain has been given the official ASA rule book. Any rule that is not covered in our rules will default to the ASA rule book. If any of our rules conflict with the ASA rules then our rules supercede their rules.
3. The top 6 teams in the league will make the playoffs. The top 6 teams automatically advance to the 2nd round. Team 7 plays team 10 and team 8 plays team 9 in a one game "Wild Card" playoff game. The winners of their respective games then advance to the 2nd round to be seeded along with the top 6 teams in an 8-team playoff format. It will be as follows: Team 1 vs. lowest seed, Team 2 vs. next lowest seed, Team 3 vs. Team 6 and Team 4 vs. Team 5. Each round will be a best of 3 series, with 7-inning games. Playoffs begin on the scheduled date at the beginning of the year and are subject to change. In case the Wild Card Games are rained out, Team 7 and Team 8 will automatically advance to the next round, and the Wild Card games will not be played.

## **6 Important Reminders**

1. First and foremost please consult with the banned bat list for the bats that are banned in the SASL.
2. Please print the Banned Bat lists from here and keep them with you at all times. It is up to you to double check your opponents bats for certification.
3. No one is allowed to consume any type of alcoholic beverage, or any type of recreational drug, either before or during a softball game. No one is allowed to openly display any type of alcoholic beverage during a game. Please be advised that if you trespass on any school property in Nassau County and have alcohol that is considered criminal behavior.
4. No one is allowed to haze another teams player, or their own player.
5. We have to keep our parks clean, and pick up all of our garbage. Captains are responsible if your team leaves garbage on the field.
6. Keep in mind that playing in this league is a privilege and not a right, you will be asked to leave the league if you choose not to follow the rules set forth by your peers. Remember this is an invitation only league, at the end of the year the SASL's management board will decide if they want to invite your team back. No fighting or threats will be tolerated. If a player does either, his fate will be decided by a pre-selected committee from his peers. If you are thrown out of a game by an umpire you are given an automatic game suspension. Each team captain and co captain is responsible for his teams behavior.
7. If there is ever a physical altercation, the person who started it as well as the person who responded is out of the league with no exceptions. Even if it is a grey area, they will not be allowed back. This covers all leagues under South Asian Sports LLC.

## **7 Softball Safety Guidelines Required by Department of Recreation**

1. BEFORE YOU BEGIN PLAYING, WALK AROUND AND OBSERVE YOUR PRACTICE AND PLAYING AREA FOR HOLES, RUTS, DEBIRS, DEPRESSIONS, TROUGHS, SPRINKLER HEADS/HOLES, ETC. REPORT SAME TO UMPIRE OR PARK STAFF. DO NOT PLAY IF THE FIELD IS NOT IN EXCELLENT CONDITION.
2. BECOME FAMILIAR WITH THE OUT OF BOUNDS AREA OR "DEAD ZONE". BE ALERT TO THE LOCATION OF BLEACHERS, TREES FENCES, LIGHT POLES, PATH, PARKING LOTS, ETC. ALL PLAYERS MUST BE ADVISED TO DO THIS BEFORE PLAY BEGINS.
3. DO NOT DRINK ALCOHOLIC BEVERAGES DURING AND AFTER PLAY. NEVER PLAY SOFTBALL IF YOU ARE USING OR UNDER THE INFLUENCE OF NON PRESCRIPTIONDRUGS OR MEDICATIONS. CONSULT YOUR PHYSICAL FOR ADVICE AS TO WHETHER YOU SHOULD PLAY IF YOU ARE TAKING PRESCRIBED MEDICATION OF ANY KIND.
4. IF YOU ARE PREGNANT OR THINK THAT YOU MAY BE, DO NOT PLAY UNLESS YOU HAVE APPROVAL OF YOUR PHYSICIAN(S).
5. IF YOU SUSTAIN ANY TYPE OF INJURY, SEEK ASSISTANCE FROM MEDICAL OR PARK PERSONNEL IMMEDIATELY. PARK PERSONNEL MUST BE INFORMED OF ALL INJURIES IMMEDIATELY.
6. ALWAYS USE THE RECOGNIZED STANDARD PROTECTIVE EQUIPMENT, BATTING HELMUT, FACE MARKS, LEG GUARDS, CHEST PROTECTORS, ETC. REQUIRED FOR SLOW, MODIFIED, AND FAST PITCH SOFTBALL

PLAY.

7. PARTICIPATE IN SOFTBALL LEAGUE AND TOURNAMENT PLAY COMPATIBLE WITH YOUR SKILLS AND ABILITIES.
8. IT IS STRONGLY RECOMMENDED THAT YOU DO NOT USE THE "HEAD FIRST" SLIDE.
9. DEVELOP PROPER "FEET FIRST" SLIDING SKILLS
10. USE ONLY "NON METAL" STANDARD SOFTBALL FOOTWEAR WHEN PRACTICING OR PLAYING SOFTBALL GAMES.
11. ACQUIRE AND MAINTAIN AN APPROPRIATE LEVEL OF CARDIO-VASCULAR AND MUSCULAR FITNESS.
12. CONTINUE TO IMPROVE YOUR SOFTBALL KNOWLEDGE AND SKILL LEVELS.
13. COOPERATE WITH OFFICIALS AND PARK STAFF WHEN GAMES ARE DELAYED OR CANCELLED DUE TO INCLEMENT WEATHER, ELECTRICAL STORMS, OR WET PLAYING CONDITIONS.
14. REFRAIN FROM OBSCENE AND ABUSIVE LANGUAGE, OR OTHER UN SPORTSMANLIKE BEHAVIOR TOWARD OFFICIALS, EMPLOYEES, PLAYERS, AND SPECTATORS.
15. IT IS RECOMMENDED THAT APPROVED "RED STITCH" OR "RED DOT" (RESTRICTIVE FLIGHT.47 CORE) SOFTBALLS FOR SLOW PITCH LEAGUES AND TOURNAMENT PLAY BE USED.
16. THE USE OF THE "DONUT" BAT RING IS NOT PERMITTED, UNDER ANY CIRCUMSTANCES, ON NASSAU COUNTY FIELD. OTHER WEIGHT ATTACHMENTS AND WEIGHTED BATS APPROVED BY NATIONAL SOFTBALL ORGANIZATIONS MAY BE USED.
17. DO NOT COMMENCE PLAY UNLESS BASES ARE FIRMLY SECURED TO THE GROUND.