



## ISO Adult Co-Ed League Rules

### INTENTION

The purpose of The Istrouma Sports Organization is to use softball as the instrument to build relationships within our churches and also to reach out to our community in a family-friendly atmosphere.

### BEHAVIOR

Please keep in mind that this is a church-based league and you are playing on church property. Your actions will be a reflection on the church you represent.

There will be no profanity, no tobacco use, and no alcohol allowed on ISO fields.

Head coach is responsible for the behavior of his/her team. It is the coach's responsibility to either handle the improper behavior or report it to someone who can. Inappropriate behavior will not be tolerated.

If a church has more than one team in the league, players can only play for one team. If a player plays on more than one team, the team he played for and his own team will have to forfeit one game each.

### FIELD ETIQUETTE

Field one is the field closest to Airline Highway. The home dugout is located behind third base.

Players will warm up in the outfield. This includes stretching and throwing. No warm-ups on the infield until the start of the game.

Warm-up area for field one is past the third base dugout, on the soccer fields.

Warm-up area for field two is past the first base dugout, on the soccer fields.

Children will need to be supervised at all times. For safety purposes, please do not allow children to throw rocks and/or run through warm-up areas.

Water will be provided in the dugouts during games. Players must bring their own water bottles. Please clean up your dugout before your team leaves.

## EQUIPMENT

BALL SIZE- 12", 40 core yellow softball (USSA Classic M Trump Rock) Game balls provided by ISO.

BAT REGULATIONS- Bat shall not measure more than 34 inches long and not more than 2-1/4 inches in diameter at its largest part. The bat weight shall not exceed 31-1/2 ounces, including tape and grip. Bat can be made of hard wood, aluminum or other metals, fiberglass, graphite, or a composite material. Umpire has the right to prohibit the use of a doubtful bat.

Catchers must wear a mask.

Base distance will be 65', while pitcher's mound is set at 50'.

Home team is responsible for keeping score. Please write team name, date, and time on scoresheet. Leave scoresheets in concession stand at the conclusion of games.

## LINEUPS & SUBSTITUTIONS

Batting order lineup must be turned in to official/scorekeeper before start of game. There will be 10 hitters with an unlimited amount of additional hitters.

Team must have 9 players present on the field at game time to avoid forfeit.

Lineups will consist of 10 defensive position players and an unlimited amount of additional hitters, decided by the team.

Game can be played with only 9, but team will take an out every time the tenth batter comes up in the lineup.

Free substitution allowed on field.

If a hitter is not in the starting lineup he/she may enter the game as a substitute. Re-entry is allowed as long as the hitter goes back to his original place in the lineup.

Lineups should be exchanged and placed in scorebook 10 minutes prior to game.

## GAME PLAY

Game length is one hour. No new inning will start after 55 minutes.

Batter starts with a 1-1 count.

In an at-bat, after the 2<sup>nd</sup> foul ball, the batter is deemed out. Foul balls do not have to be consecutive.

Arch of ball when pitched must be between 3-10 feet.

While player is sliding into base, no malicious contact will be tolerated.

Team can hit three homeruns per game. After the third homerun, they will be counted outs.

Courtesy runner is the last official batter and may be used to run for an injured player. Only one may be used per inning.

Mercy rule- Once a team is up by 20 runs, the umpire will stop calling the game. Teams can decide if they want to continue to play until they reach the time limit, or stop the game (without the umpire).

### **CO-ED SPECIFIC RULES**

#### **DEFENSE**

Either the catcher or pitcher must be female. Of the four infielders, two must be female. Of the four outfielders, two must be female.

Defensive outfielders may not play on the dirt of the infield. If this rule is violated, batter automatically gets first base.

#### **OFFENSE**

Batting lineup will alternate men and women.

#### **UMPIRES**

Umpires, provided by ISO, are authorized and required to enforce the rules that have been set forth by the Istrouma Sports Organization.

Umpires have the power and should use it with discretion, to order a coach or player to abide by the ISO rules. No protests will be allowed.

Umpires will check in with scorekeeper after each inning.

Umpires have full responsibility for the proper conduct of the game.

#### **RAINOUTS/CANCELLATIONS**

Rainouts and cancellations will be posted on the Istrouma Sports Organization's Facebook page and an email will be sent to the coaches. It is the individual coach's responsibility to notify his or her team of a cancellation. Players are encouraged to become fans of the page as well.

#### **LEAGUE CONTACT INFORMATION**

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