



RULES AND REGULATIONS

Mission and Values

The Serenity Softball Co-Ed League aim to providing individuals in recovery and their allies a safe environment to play a recreational sport that aligns with the principals of recovery and free from temptation. Rooted in values like unity, community, love and healthy living, the Serenity Softball League has welcomed members from across Windsor-Essex.

League Structure & Requirements

Co-Ed Requirements: Each team must have a minimum of 3 females in the batting order and on the field. Number of men have no maximum requirement. Players must play a minimum of 6 games throughout the season to qualify for the play-offs.

Age Requirements:

- Umpires: 18 years or older.
- Players: 18 years or older.
- Youth Players: 16+ years old, minimum. Players who have not yet turned 18 will need parental or legal guardian consent and must have a guardian attend all games they participate in.

Equipment:

- No wooden bats.
- No steel/metal cleats.
- Balls must be approved by Softball Canada.
- The home team is required to provide 2 game balls for the game.

Game Play

Schedule:

- We play 2 games back-to-back against the same team on scheduled game days.
- A 10-minute break will be given between games.

**Duration:**

- Regular games are 5 innings or 1 hour. No new innings will be started after 50 minutes of play. An alarm will sound by the umpire when the 50-minute mark has been reached.
- Playoffs will be one 7-inning game.

Game Completion:

- 3 full innings must be played for the highest scoring team to be awarded the win.
- If under 3 full innings are played, a tie will be awarded to both teams.
- The 5-inning will be played until completion, if time permits.

Start Times & Forfeits:

- Games *should* start on time unless there are unforeseen circumstances.
 - In the event start times are delayed to due to field maintenance by city workers, the regulation time per game (50 minutes) will be honoured. For example, if the game begins at 1:05pm due to maintenance by city worker(s), game end time will be 1:55pm with a 10-minute break; second game begins at 2:05pm.
- If a team is not ready to play 10 minutes after the initial start time, the first game must be forfeited.
- If a team is not ready to play 20 minutes after the initial start time, the second game must be forfeited.

Single Game Agreements:

- If both teams agree to play only 1 game due to weather conditions or other circumstances, the 2nd game will be considered a tie between both teams. If you agree to play only one game, it must be a standard 5-inning game – no modifications are allowed to be made to the number of innings played in a single game.
- If only one team (Team A) wants to play only 1 game, Team A will forfeit the 2nd game, and Team B will be awarded the win.

Base Scoring & Mercy Rule:

- There is a 7-run limit for innings 1 through 4.
- The 5th inning is unlimited.
- There is no "Mercy Rule"; all 5 innings are to be played regardless of the score.

**Infield Fly Rule:**

AT THE UMPIRE'S DISCRETION.

This rule is designated to prevent defenders from intentionally dropping easy pop-ups in the infield to force double or triple plays. It applies with runners on first and second (or bases loaded) and less than two outs. The umpire yells "Infield Fly" and raises one arm; the batter is out and the forced play is removed. Runners may advance at their own risk if the ball is dropped.

Dead Ball / Dead Play:

- Foul Balls: If the ball is hit to foul zone, the play is dead. Runners must return to their bases and cannot tag up.
 - In the event the ball is caught in the foul zone by the opposing team, the batter is out but players have the option to advance / tag up.
- Overthrows Out-of-Play: If a fielder's throw goes into dead-ball territory (e.g., into the dugout or past the fence), play stops and runners are typically awarded the base they were heading, plus an additional base.
- Time Called: The ball remains live until an infielder controls the ball in the infield and the umpire determines all play has ceased and calls "Time".

Batting:

- Count: All batters start with a 1-1 count (1 ball, 1 strike).
- Strike Outs: A foul ball on the 3rd strike is an "out."
- No Bunting: The batter will be called "out."
- Batter hit by the pitch: if a batter is hit by the ball while up at bat, the batter will receive a "ball" as their call. The batter will NOT be advancing to 1st base. In slow-pitch softball, it is expected that the batter steps aside, if they believe they will be struck by the ball.
- Bat Release: After making contact, the batter must release the bat towards the ground. The bat cannot travel backwards toward the catcher/umpire, nor can it be released forward toward the pitcher.
 - 1st Offense: Warning.
 - Proceeding Offenses: Called "out."



- Walks: When ball #4 is called, the batter advances to 1st base. If a male is walked and a female follows him in the batting order, the male automatically advances to 2nd base. The female has the choice whether to take a walk to 1st base or to bat.

Batting Order:

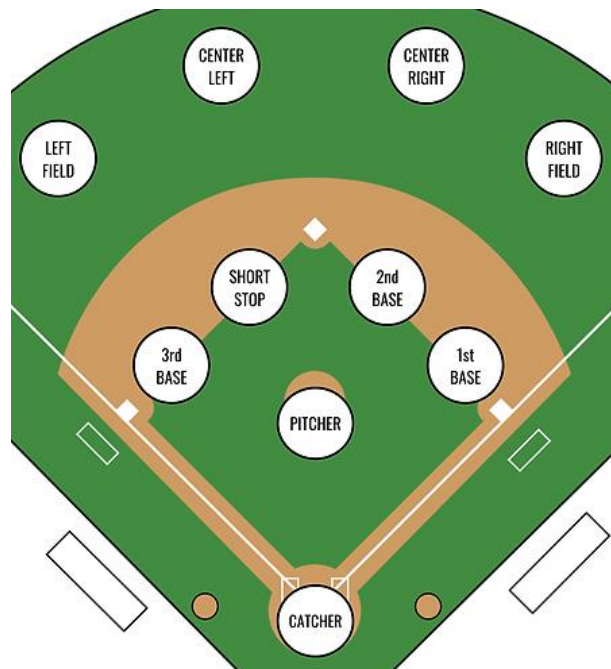
- If a team has only 2 women on their roster, they will take an "out" each time the 3rd woman would be up to bat, and the team will play with only 9 players on the field. This rule will be enforced with no exceptions.
 - Example: Male batter, Male Batter, Female Batter (repeat) – at minimum.
- Lineups must be followed. If a player is skipped, the team takes an "out" and the next sequential player leads as the next batter.
 - Example: Batter A is skipped, Batter B bats. Once realized, play is dead, the field resets as if B did not bat. It is an "out" and Batter C is next.

Pitching

- Delivery: Pitchers pitch to the opposing team. The ball must be pitched underhand in an upward trajectory.
- Arc: No lower than 6ft and no higher than 12ft.
- Strike Zone: The ball must land on the plate to constitute a strike.

Fielding

- Positioning: 10 players on the field (minimum 3 women).
- Infielders: Must stay behind the baseline and off the grass until the ball is hit.
- Outfielders: An outfield line will be drawn. Outfielders must stay behind this line until the ball is hit. No outfielder can make a force play at 1st base.





Base Running

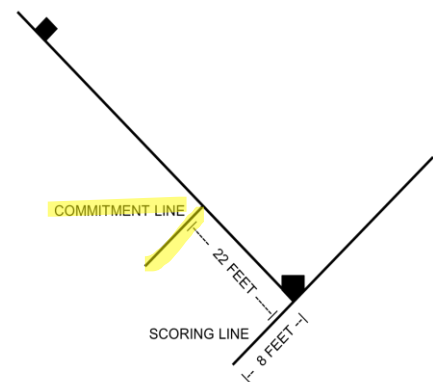
- Leadoffs & Stealing: None. A runner leaving the base before the ball is hit or crosses the plate will be called "out."
- If a player interferes (intentionally) with a play, they will be called out.
- Sliding: Allowed. Any slide deemed "dangerous" by the umpire may result in ejection and possible further disciplinary action.
- Tagging Up: On a fly ball, the runner must wait until the ball is caught before leaving the base.
- Baseline: A runner advancing to the next base who runs more than 3ft off the baseline to avoid a tag will be called "out."
- If a runner is hit by the batted ball or tagged with the ball by the opposing team while advancing bases, the batter will be called out.

Injury & Courtesy Runners:

- Must be the last out of the same gender.
- Injury runners must be stated prior to the game and announced before each time at bat.
- If an injury occurs during the game, a courtesy runner must be used. Players cannot declare themselves an "injury player" until the next game.
- Limit: 2 courtesies per 5 innings.
- *Note: An injury runner cannot pass 1st base.

The Commitment Line & Home Plate:

- The commitment line between 3rd base and home plate is in effect. Once a runner passes that line, they must continue to home plate and cannot return to 3rd.
- No touching home plate. If a runner touches home plate, they are ruled "out."
- Runners must cross the home plate line to be safe.
- To get a runner "out," the ball must be in the fielder's possession at the home plate line before the runner crosses. The runner is safe if a player tags them behind the plate.





Home Run Rules

- *Mic Mac Park*: NO home run limit.
- *Jackson Park (2-Up Rule)*: A team may only hit a maximum of 2 more "over the fence" home runs than the opposing team at any given time. If a team hits a home run in excess of this limit, it is ruled an "out."

Point System:

- Win: 5 Points
- Tie: 2.5 Points
- Loss: 1 Point

Standings: Updated weekly on the website based on winning percentage.

Tiebreakers:

- Head-to-head matchup winner.
- Run differential (Runs scored vs. Runs allowed).

Post-Game: Coaches must submit scores to a committee member immediately after games.

Code of Conduct & Safety

Umpire Respect: Respect decisions always. Only coaches may ask for clarifications. Players may not yell calls from the bench or the field.

Smoking/Vaping: Prohibited on the field and in the bench area. Violation results in immediate ejection. It is prohibited by the City of Windsor to smoke on the fields and in the dugouts.

Cleanliness: Teams must clean all bench areas before leaving.

Criminal Behavior: Zero tolerance for assault, sexual assault, harassment, or violent/dangerous behavior. The individual will be removed for the remainder of the season with no refund.

Non-Criminal Offenses:

- 1st Offense: Immediate ejection, suspension for the remainder of the day plus a 2-game suspension.



- 2nd Offense: Option to meet with Coaches/Players/Umpire Representatives for a second chance, or removal for the season.

Under the Influence:

The Serenity Softball League is a sober league, where abstinence from substance is a requirement for creating a safe environment for all participants. If a player or coach appears under the influence, the following will be considered and implemented:

- A discussion will be held with the individual and their coach.
- Umpires make a discretionary call.
- If deemed under the influence, the individual must leave in a safe manner.

They are encouraged to return for the next game with a healthy state of mind.

KEEP COMING BACK!