ELIGIBILITY RULES
1. You must have a MTSU ID to participate.

2. No Person shall play on more than one single sex and co-rec team per sport.

3. No person shall use false identification in order to participate.

THE GAME:
1. The Field: The playing field consists of 65ft. base paths and a 50ft. distance from the pitching rubber to home plate. Pitchers are required to pitch from the 50ft pitching rubber in all leagues.

2. Team: Teams will consist of 10 players max in the field at one time, but a team may begin a game with a minimum of 8 players. Teams are allowed to have up to 2 Extra Hitters in their lineup. A maximum of 15 players are allowed on the roster.

3. Game: The game shall consist of seven (7) innings. No new inning will be allowed to start after the 45th minute of play.

4. Time-outs: Time-out cannot be “called” by any player. Players may “request” a time-out from the umpire that may or may not be granted based on the umpire’s discretion and the game situation.

5. Substitutions: Substitutions may occur either while batting or in the field. Substitutes assume the batting position of the player he/she was substituted for. Starters may re-enter the game in their original batting position one time, in which case the sub is ineligible to return to play.

6. Equipment: Teams must wear proper clothing while playing and players must wear appropriate closed-toe footwear. Metal cleats or spikes MAY NOT be worn while playing. Jewelry is not allowed. Bats must be ASA approved softball bats and show the 2000, 2004, or 2013 certification mark. No baseball or bats without the proper certification mark will be allowed. Illegal bats with a certification mark are found here, https://usa.asasoftball.com/e/BB1P2000.asp.

7. Mercy Rules: (Games will be called when the following situations occur) A 20 run lead after 3 innings, a 15 run lead after 4 innings, or a 25 run lead at any point in the game.
PLAYING REGULATIONS:

- **Batting Rules:**
  - Bats must be ASA approved softball bats and show the 2000, 2004, or 2013 certification mark. No baseball bats or bats without the proper certification mark will be allowed.
  - Illegal bats with a certification mark are found here, [https://usa.asasoftball.com/e/BB1P2000.asp](https://usa.asasoftball.com/e/BB1P2000.asp)
  - Any batter who steps on home plate and makes contact with a ball will be called out. These are dead ball outs with no base advancement.
  - Batters slinging/throwing the bat following a previous warning for the same action will be called out.
  - Batters are not allowed to hit the ball up the middle. If it is within 2 yards of the pitcher as a line drive, the batter will be called out and the runners may not advance.
  - No bunting is allowed. Players found to be bunting will be called out and all runners will return.

- **Pitching Rules:**
  - Pitcher’s must release the ball with 1 foot on the rubber.
  - No quick pitching. Pitchers must pause for 1 second before releasing a pitch.
  - The trajectory of the pitch will be an arc of 6 to 12 feet from the ground.
  - Any pitch failing to meet trajectory requirements will be called “illegal” and recorded as a “ball”. The batter is allowed to make an attempt to hit an illegal pitch. However, once swung at, the illegal pitch becomes legal and all playing rules apply.
  - Pitcher’s may not pause in their motion on the back swing.
  - The pitch must be released on the first pass of the hip.
  - Pitches must be delivered underhand with either a palm-up or palm-down release.
  - Teams are allowed only 2 intentional walks per game. Pitchers must notify the umpire of their intention to walk a batter prior to throwing the first pitch. Pitches do not need to be thrown to walk a batter intentionally.

- **Baserunning Rules:**
  - There will be NO STEALING OR LEADING OFF.
  - A runner receiving aid in making his turns, recovering from a fall, etc. from a base coach or teammate will be declared out, the ball will become dead and runners will return to their previously occupied base.
  - Base runners must maintain contact with their base and may leave it ONLY when the ball is batted.
  - Runners over-running bases will be subject to being tagged out; only 1st base can be over-run without penalty. If a runner who runs past first base makes an attempt towards second base, he/she is now legal and free to be put out if not contacting a base.

PLAYING REGULATIONS:

- **Strike Zone:** The strike zone will be from the batter’s front knee to their back shoulder, any ball crossing this area, over home plate, and landing beyond home plate will be a strike. Any pitch landing on home plate will be called a ball.
The Count: Each batter will begin with a 1 ball, 1 strike count. The batting count will consist of three strikes constituting an out. A batter is allowed 1 foul ball with 2 strikes in the count. The second foul ball with 2 strikes in the count is strike three, and the batter is out. Four balls constitute a walk.

Home Runs: Any batted ball that is hit over the outfield fence in fair territory will be a homerun. It is not necessary for the batter to run around the bases, only 1st base needs to be touched. If any runners are on base they do not need to run the bases either.

Ball in Play: Any ball inside the fence is considered in play.

Sliding: Base runners DO NOT have to slide. If however, the base runner makes malicious contact with a fielder the runner will be called out and then ejected from the ball game. At the discretion of the umpire, interference can also be called for impeding a fielder’s opportunity to make a play on a batted or thrown ball.

Overthrows: An overthrown ball that remains inside the fence is live and runners may advance at their own risk. Balls that are thrown out of play are considered dead balls and base runners will be awarded 2 bases from the time of the throw.

Infield Fly Rule: With runners on 1st and 2nd base or the bases loaded with less than 2 outs, any fair pop-fly reasonably playable by an infielder will result in the batter being called out. Runners may advance at their own risk.

200ft Line: Each team must have at least three players behind the 200ft. line at all times while on defense in all leagues.

THE CO-REC GAME:

The game is played between two teams of 10 players each, 12 with extra hitters. Teams must begin and end each game with a minimum of 8 players. Males and females must alternate in the batting order. If there are two consecutive batters of the same gender, an out will be taken prior to the second hitter.

Co-Rec games may be played with an uneven male/female or female/male ratio according to the following premise:

Minus 1: 5/4 male/female and vice versa;

Upon a walk to a male batter, he will go straight to second base and the following female batter has the option to hit for herself or to take a walk.

Teams are allowed 2 extra hitters, 1 male and 1 female.

Positioning:

- The pitcher and catcher must be of different genders.
- There must be at least 2 females positioned in the infield.