

City of Fremont

Community Services Department

Adult Softball Rule Book

2014



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This Publication provides standard softball regulations for all Adult Softball Leagues conducted by the City of Fremont Recreation Services Department. The Adult Softball Leagues will be played according to official United States Specialty Sports Association (USSSA) rules and regulations except for the following local rules and regulations.

Team Rosters:

- A. The roster is the petition and application into the league.
- B. The roster must be an original; a previous season roster, a photocopy of the original, an illegible, or an incomplete roster will not be accepted.
- C. Rosters must contain a minimum of twelve (12) players and no more than a maximum of twenty (20).
- D. All roster information must be complete with the Team Name, League and Night, and Manager's information. All players (including manager) must provide name, address, phone number, and signature to be considered eligible for league play. Managers must also sign the back portion for the roster to be considered complete. All information must be legible or it will not be accepted.
- E. To Add/Drop players to your original roster:
 - Players may be added or dropped from a team's roster until the date specified on your league schedule and must be turned in before your game begins to be eligible. This can be done with the Sports Office staff.
 - All player, adds or drops, must be done on an official City of Fremont add/drop request form. Forms are available at the Sports Office or online at www.fremont.gov
 - A player is not considered eligible until he/she and the manager have signed the official add/drop form.
 - Hardship Rule: League Supervisor can authorize the addition of players under a "hardship ruling" at any time during a league. Factors affecting the league supervisor's ruling will be if a team has played 2 games with nine players or less or has forfeited at least 1 game or has 10 players or less available to play or 5 or less women (Coed) on the roster. The purpose of the "hardship rule": is to reduce the potential for league forfeits. Note: A team using the hardship rule must drop below the minimum roster number allowed.
 - Any player(s) added incorrectly will be considered illegal for league play.
- F. Any player participating without being on the league roster, under an assumed name, or false address will be considered an ineligible player.
- G. Minimum age for all adult leagues is eighteen (18) years. To be eligible for the over 35 Coed or Men's league, a player must be 35 years old by December 31st of that current year.
- H. All players must be able to produce a valid picture ID upon request. Penalty: All games in which the ineligible player played in will be forfeited. Further, the player will be suspended for a

minimum of six (6) games all the way up to 1 calendar year from the date of detection in all City of Fremont Leagues.

League Awards:

All Leagues: 1st place individual awards (maximum of 15) for league winners and individual awards for the playoff winners who participated in the playoffs.

Playoffs:

- A. All Leagues will have a single game elimination tournament at the end of league play. All regular league rules shall be enforced except that the championship game will not have a time limit.
- B. The top four teams will compete in the playoffs.
- C. 1st place will play 4th place and 2nd place will play 3rd place. The winner of each game will advance to the championship game.

Protests:

- A. Game protests are accepted as part of the game, provided that the proper procedures are followed at the appropriate time and sequence.
 - The team manager must calmly ask for time-out. Upon being granted time-out, the manager (manager only), may approach the home plate umpire and ask for a clarification on the field ruling. If the manager feels the ruling is incorrect, the manager must state his or her intention to protest before the next pitch. The umpire (along with the Sports Office staff) will ensure the proper information about the game/situation is noted. Play will resume. Unprofessional attitudes and action on the part of any team involved will not be tolerated and are grounds for dismissal of the protest.
 - Upon completion of a protested game, the manager must submit an "intent to protest" form citing the specific improper ruling to the League Supervisor within 24 hours of the game. A check for \$25 must accompany the protest (refunded if the protest is deemed valid, forfeited if not). The league Supervisor will then investigate the matter further and alert the team manager with the final ruling within 3 business days (or sooner if future games are impacted).
 - Failure to follow the above protest procedures will void the protest.
 - All protests will be ruled on by the League Supervisor.
 - Protested games will only be played if they have a direct bearing on a team's ability to qualify for the playoffs.

B. Protest on player eligibility:

- Protest must be stated before the final out of a game is made. Any league manager may protest a player's eligibility by notifying the home plate umpire of the protest. The manager must file an "Intent to Protest" form before the final out of the game is made.

C. Protest on Game Score:

- A manager must protest the game score prior to the teams leaving the field at the end of the game.
- Only managers from each team may meet and discuss the score with the umpire(s).

D. Withdraw with prejudice:

- All teams must abide by the League Supervisor or protest board rulings. If they withdraw from the league, they "withdraw with prejudice" and forfeit any refund of money, awards, league standings, and returning team status.

Forfeits:

- A. A forfeit will be declared by the home plate umpire if a team does not have enough players (8) to begin the game and after the ten minute grace period. Note: The home plate umpire has the official game time.
- B. In the event of a forfeit, due to lack of players. The team who had enough players is declared the winner with a score of 7-0. In the event of a double forfeit, where both teams do not have enough players, both teams receive a -7 loss.
- C. A game may be declared a forfeit by an official in favor of the team not at fault in cases where a player or spectator physically attacks an official. In cases where both teams are at fault a double forfeit will be declared and both teams will receive a - 7 loss.
- D. A team cannot gain a playoff berth by benefiting from a forfeited game. This rule is in effect only in situations where playoff contenders in a league standing must be determined on run differences between teams that are tied.
- E. In games forfeited after they have started, the score for the team at fault will be zero (0) and the score for the team not at fault will be seven (7), or the run differential at the time of forfeit, whichever is greater.
- F. In the event of a forfeit, teams may use the field for practice as long as:
- All players are officially on a City of Fremont Softball League roster.
 - Teams must vacate the field fifteen (15) minutes prior to the next scheduled game.
 - Umpires are not permitted to umpire unofficial games.

Schedule Changes:

- A. Teams must play when games are scheduled. Schedules will not be changed to accommodate individual team circumstances.
- B. Games that are to be made up due to weather or other circumstances will be re-scheduled at the conclusion of regular season play, or sooner if field space allows. If the games cannot be played, the won-loss records will be computed on games actually played. Note: In the event all make-up games cannot be played prior to the league being complete, games having a direct bearing on first or second place or a playoff position will be rescheduled first.
- C. Games that are stopped in the middle due to inclement weather will be ruled as follows:
 - If teams have not played four (4) complete innings, the game will be rescheduled at the end of the season, and will start as a new game (score: 0-0, inning 1, and time limit: 70 minutes). If four (4) innings have been completed, the game will be declared a full game and the score will stand as is.
- D. In the event that a league schedule cannot be completed the League Supervisor can declare the league completed. The league standing will be based on the teams' records at the time of the declaration.

League Standings:

- A. League Standings are calculated as follows:
 - Winning team-two points
 - Tied game-one point each team
 - Losing team-zero points
 - The team with the most points at the end of the regular season shall be declared the regular season champion. Forfeited games are scored as a 7-0 victory for the non-forfeiting team.
- B. The tie-breaker for determining final league standings is as follows until the tie is broken:
 - Head to head competition between the tied teams
 - Run differential between the tied teams
 - Run differential between the tied teams versus the entire league
 - Coin toss

Player/Manager Conduct:

- A. There is no place in athletic sports for the unethical or disrespectful player. Unsportsmanlike conduct is contrary to the basic principles of City of Fremont sports Programs.
- B. The player code of conduct is established for the protection of participants, umpires, and spectators.

Player Code of Conduct:

**SPORTS ASSOCIATION OF NORTHERN CALIFORNIA
RECREATION AGENCIES
S.A.N.C.R.A.**

The following "Player Code of Conduct" has been adopted by all Municipal Directors within S.A.N.C.R.A. and will be strictly enforced during the coming season. A suspension in one city will result in notification of all member cities and these cities may honor this suspension. This code of conduct applies to players, coaches, managers and spectators.

- A. NO PLAYER SHALL:** Be guilty of objectionable demonstrations of dissent at officials decision.

MINIMUM PENALTY: Warning by the official.

MAXIMUM PENALTY: Removal from game.

- B. NO PLAYER SHALL:** Discuss with an official in any manner the decision reached by such official except the manager or captain.

MINIMUM PENALTY: Warning by the official.

MAXIMUM PENALTY: Removal from game.

- C. NO PLAYER SHALL:** Refuse to abide by official's decision. Officials are required to immediately suspend player from further play and report such player to the League Director. Such person shall remain suspended until his/her case has been considered by the League Director.

MINIMUM PENALTY: Placed on probation for the remainder of the season.

MAXIMUM PENALTY: Suspension for two league games, and placed on probation for remainder of season.

- D. NO PLAYER SHALL:** Be guilty of an abusive verbal attack upon any player, official or spectator. Officials are required to immediately suspend player from further play and report such player to the League Director. Player shall remain suspended until his/her case has been considered by the League Director.

MINIMUM PENALTY: Placed on probation for the remainder of the season.

MAXIMUM PENALTY: Suspension from one calendar year and placed on probation upon returning to league action for one season.

- E. NO PLAYER SHALL:** Be guilty of gambling upon any play or the outcome of games with any spectator, player, or opponent. Officials are required to report violation of this rule to the League Director.

MINIMUM PENALTY: Placed on probation for the remainder of the season.

MAXIMUM PENALTY: Suspension for the remainder for the season.

- F. NO PLAYER SHALL: Be guilty of using unnecessarily rough tactics in the play of the game against the body or person of an opposing player. Officials are required to immediately suspend players from further play and report such player to the League Director.

MINIMUM PENALTY: Placed on probation for the remainder of the season.

MAXIMUM PENALTY: Suspension for one year.

- G. NO PLAYER SHALL: Appear upon the field of play at any time in an impaired condition. Officials are required to immediately suspend player from play and report it to the League Director for further consideration.

MINIMUM PENALTY: Suspension from two league games and placed on probation for the remainder of the season.

MAXIMUM PENALTY: Suspension for the remainder of the season.

- H. NO PLAYER SHALL: At any time lay a hand upon, shove, expectorate, strike or threaten an official. Officials are required to immediately suspend player from further play and report such player to the League Director. Such player shall remain suspended until his/her case has been considered by the League Director.

MINIMUM PENALTY: Suspension from two league games and placed on probation for remainder of season.

MAXIMUM PENALTY: Suspension for life and/or assault charges filed.

- I. NO PLAYER SHALL: Be guilty of physical attack as an aggressor upon any player, official or spectator. Officials are required to immediately suspend player from further play and report such player to the League Director. Player will remain suspended until his/her case has been considered by the League Director.

MINIMUM PENALTY: Suspension from two league games and placed on probation for remainder of season.

MAXIMUM PENALTY: Suspension for life and/or assault charges filed.

Special Notes: Any player, who violates the “Player Code of Conduct” while already on probation for a previous incident, will face double the penalty than the described above.

Discipline Information for Managers

- A. The manager will be responsible to see that all their players know and abide by the rules stated in these rules and regulations. Further, managers are responsible for their players knowing and abiding by the S.A.N.C.R.A. and Fremont “Team and Player Code of Conduct.”)

- B. The manager shall be the official representative of the team and spectators unless he/she designates one of the players as a team captain prior to the game. Only the **manager and/or his/her designated team captain** may discuss a call or decision made by the officials.

PENALTY: Warning or ejection.

- C. Anytime a player is dismissed from a game, the team will be fined \$25.00 that must be paid before either the team or player is eligible to play their next game. **NOTE:** A player dismissed from a game will be required to **immediately** leave the park. An ejected player that **returns** to the field or approaches an umpire after the game will face suspension.
- D. Umpires will not allow player(s) to direct any comments to or about another team or its player(s) that are, in the judgment of the umpire(s), inflammatory or unsportsmanlike in nature.

PENALTY: A team warning to both teams, then ejection(s).

- E. Any player who is dismissed from a ball game is on probation for the remainder of the season(s) in all City of Fremont leagues played in.
- F. Any player dismissed from the last game of a league must pay the player fine before **being allowed to play in any other leagues** and serve the appropriate suspension at the beginning of the next season.
- G. Any player(s) that incur(s) indebtedness to the team or the City of Fremont and does not correct this indebtedness will be suspended from further play in any City of Fremont league.
- H. The Recreation Services Division has the responsibility to administer team and/or player(s) discipline. Disciplinary action that exceeds the minimum or automatic penalty as it appears in the City of Fremont Softball Rules and Regulations may, however, be appealed to the Fremont Softball League Supervisor. To appeal to the League, the manager must:
 - a. Notify the league supervisor, in writing, of the intent to appeal.
 - b. Pay a \$25 appeal fee (fee will be refund if appeal is upheld).
 - c. Must appear before a Board, comprised of Managers from other leagues that player is not associated with and League Supervisor, prepared to show cause why the disciplinary action should be reduced.

The League Supervisor:

- A. Understands that not all situations are foreseeable and personal judgment will be needed.
- B. Because of conditions beyond his/her control, may change or revise the league schedule.
- C. Will determine all rules and regulations and he/she reserves the right to establish or suspend regulations at any time deemed necessary for the efficient operation of the league.
- D. Will interpret all rules and regulations as deemed necessary to ensure a smooth and consistent program in keeping with the standards and intent of fair play.
- E. Has the option of moving teams to the league (including day of play) that is in the best interest of the program and all participants.

League Affiliation:

USSSA rules govern play for the City of Fremont Adult Softball leagues unless otherwise noted by the City of Fremont local rules and regulations.

Equipment:

- A. Game Ball: The League will provide a new game ball and a back-up for each game.
- B. Each team must provide bats, warm up balls and any other individual type of equipment.
- C. Bat Rule: All Leagues will be allowed to use bats that meet USSSA requirements and standards, however additional bats may be banned by the League Supervisor and or umpires for safety reasons. The only bats that will be allowed for use in City of Fremont Leagues will be bats with the “New” USSSA 1.20 BPF stamp on the bat’s taper or a wood bat. Any other bat will be deemed illegal. Any player caught using an illegal/banned bat will be removed from the game and be subject to suspension. The batter must step foot into the batter’s box and the opposing team or umpire must determine that the bat is illegal/banned before the next pitch is made to the following batter of either team. If a bat is declared illegal the batter is out, ejected from the game and all runner(s) must return to their original base. Failure to follow the guidelines will not warrant an out/ejection however the bat shall be disallowed from any further use.
- D. Shoes: No metal cleats are allowed. All players must wear shoes that enclose the foot while on the playing field. Penalty – Removal from the game until player(s) complies with the rule.
- E. Catcher’s Mask: Catcher’s masks are optional
- F. Jewelry rule: All exposed jewelry, which is judged by the umpire to be dangerous, must be removed and may not be worn during the game. Penalty – the umpire will stop play until player removes the dangerous jewelry. Note the game clock will not be stopped during this period

Starting and ending a game:

The determination of playability of the playing field prior to the start of a game is made by the League Supervisor or his/her official representative and the home plate umpire. Once the game begins the sole decision to continue a game rest with the home plate umpire or the umpire in chief.

- A. Game Times: Business Leagues – Game time is 5:15pm; Tuesday through Friday night Leagues – Game times are 6:30pm, 7:45pm, and 9:00pm.
- B. The managers shall give the umpire the lineup card before the game time. The game clock will begin running at the announced game time. Game play will not begin until both managers’ lineup cards have been turned into the home plate umpire.
- C. Lineup card must have player’s first and last name. Once the lineup has been handed to the umpire, it is the official lineup and batting order.
- D. Each game shall consist of 7 innings or a 70-minute time limit or the run rule.

- E. A new inning begins after the final out of the previous inning. If time expires after the final out of an inning the next inning will be played.
- F. In case of an injury, it is up to the umpire's judgment whether the clock should be stopped.
- G. In the event the time limit expires while the home team is at bat, the inning will continue if required to complete the game.
- H. Ties: A game tied at the end of 7 innings or at the end of the time limit will have 1 additional inning to break the tie. Games tied at the end of the extra inning will be a tie in the league standings.
- I. A game that is called because of weather, power failure, or other such circumstances will be considered a complete game if 4 innings were completed. Note: 3-1/2 innings if the home team is ahead.
- J. The Run Rule is 12 runs after 5 innings. While batting, if the visiting team is up 12 runs after 5 innings, the home team will be allowed to bat. If the home team is batting and goes up 12 runs anytime, during or after the 5th inning, the game will be over.
- K. End Game on Home Run: If a game ends on a Home Run, all runs will be scored.
- L. In the event an umpire(s) is late/no show 30 minutes after the scheduled game time, game will be cancelled and rescheduled by League Supervisor if the schedule allows it.

Playing Rules:

- A. To Start: A team should have at least 12 players on the roster with a maximum of 20 players. Note: Teams must petition the League Supervisor to vary from the above roster requirements.
- B. Batting: Teams will be permitted to bat with as many extra players (unlimited) as desired; or teams may play with ten (10) players or eleven (11) players with the Extra Hitter (EH) and use substitutes. If teams use the (EH) line-up, it must be declared before game time and all subs must be clearly marked as subs on the official line-up card. **Note: Teams that use the substitution rule: all starting players and all substitutes may be taken out of the game and re-entered one time only at the same spot in the line-up.**
- C. The free substitution rule: Allows for a full roster batting order and free defensive player substitution during the game. If a player arrives late to the game, he/she must bat at the end of the lineup. You must play all players present or they will not play at all.
- D. A team must have at least 8 legal offensive and defensive players to start or continue a game. PENALTY: The game is declared a forfeit.
- E. Missed at bat: If a player is listed on the lineup card he/she must bat when it is his/her turn. If player(s) cannot bat (for whatever reason) when it is his/her turn, an out will be credited against the team when his/her position in the lineup occurs. Further, the player cannot play the rest of the game. EFFECT: The player is out. The batting order will move up one spot. In coed, if a

woman player cannot bat, she will be out and removed from the game. The male players batting above and below her in the batting order will alternate for the rest of the game.

- F. Short Handed 9: A team may play short-handed with nine players; however they must have a player at the pitcher and catcher position. (For coed see special rules)
- G. Short Handed 8: If a team has only eight players, the opposing team will supply the catcher. The catcher will only be responsible to return the ball to the pitcher and will not be eligible to make any plays. If opposing player (catcher) interferes with the defensive player's opportunity to make an out, it will be declared as on-deck batter interference.
- If it involves a runner, the runner closest to home plate at the time of the interference shall be declared out.
 - If it is with the defensive fielder, fielding a fly ball, the batter is out.
- H. Courtesy Runner: One courtesy runner is allowed per inning in all leagues. Courtesy runner is to be the last available player to have made an out or to have scored (not an option). If the courtesy runner's turn to bat comes up while on base the runner will be called out and the player will come to bat. *Exception: If a team has a player that has a physical handicap (not an injury) they may use an extra courtesy runner for each time they reach base.
- I. Home Run Rule: The home run rule only counts for over the fence home runs. Any ball(s) hit over the fence after a team has hit their allotted number of home runs will be an out. The allowable number of over the fence home runs are: All leagues will start with the Equalizer Rule.
- J. Run Line: All leagues will use a run line to have a force out at the plate (except Men's Competitive leagues). A line will be drawn perpendicular to the third base foul line extending from the front left-hand corner of home plate to the backstop. Runners may not touch home plate when scoring a run. Instead, they must run past the line. Crossing is defined as stepping on or past the line (when player touches down with foot).

Special Notes:

- This line shall be observed as the double bag at first base (see rule below).
 - The catcher has the option to tag out the runner; similar to first base on an errant throw.
 - A runner has the option to go to any point of the line; does not have to stay within the baseline. Intent- Provide a safe play at home for the recreational type of player.
- K. The Commit Line: The commit line will always be used when the run line is in effect. This is a line that will be drawn halfway between third base and home player. A runner crossing this line must continue to the plate (not allowed to go back to third base). All plays at the plate are force-outs. However, the catcher can touch home plate for the force out or has the option to tag out the runner once they have crossed the commit line.

Special Note: If the runner crosses the line and goes back to 3rd base, the runner will automatically be declared out.

- L. Double first base rule: The City of Fremont uses the double first base for all leagues in order to protect our participants. The rule states that if the batter-runner is attempting to reach first base and there is a play at first base (force out only) the runner must use the outside base (orange color) and the defensive player must use the inside base (white color). A violation by the runner will result in an automatic out being called and a violation by the fielder will result in an automatic safe call for the runner. Exceptions to this rule are:
- On an errant thrown ball that places the fielder into foul ground, the fielder and the batter-runner has the option of using either base. Note: This includes overthrows where the fielder is coming from foul ground.
 - On a ball that is thrown from the foul side of first base, the fielder and the batter-runner have the option of using either base. Special note: With the double first base the runner standing on first base must be on the white colored bag or the orange colored base he/she has the option.

Special Information for Managers & Players:

- A. Dugouts: The “Home Team” will be the second team designated on the schedule. The home team will occupy the third base dugout. Roster members ONLY are allowed in the dugouts. Team at bat may only have batter on-deck in the on-deck circle and coaches in the coaching boxes in the playing area during game play. NO BAT BOYS ARE ALLOWED ON THE FIELD OR IN THE DUGOUT.
- B. Field of Play: All managers and coaches on the team roster who enter the playing area are bound by the same code of conduct as the players.
- C. Sliding: Sliding is permitted in ALL MEN’S LEAGUES. Please see Coed rules for sliding on page 13.
- D. Illegal or Ineligible Player Situations
- Players not on the official team roster or on the official add/drop form.
 - A player who has not signed the official team roster or official add/drop form.
 - Any player not meeting the specified age requirement for that league.
 - A player who is not able to provide valid identification when questioned.
 - Any ejected player who has not been cleared by the League Supervisor.
- E. Blood Rule: A player, coach or umpire who is bleeding or who has blood on his uniform shall be prohibited from participating further in the game until reasonable treatment can be administered. If medical care or treatment is administered in a reasonable length of time, the individual will not have to leave the game. The length of time considered reasonable is at the umpire’s discretion.

- F. Physical condition: The City of Fremont recommends that player(s) who are under a physician's care (for pregnancy, injuries, physical therapy, etc.) discuss their continuing play or resumption of play with their physician. We ask that you follow your physician's advice for your own safety and all other participants. Player(s) who participate in the softball program while under a physician's care do so at their own risk.
- G. Foul Language: Foul Language will not be permitted by anyone at any time. Players using foul language will be generally warned by the umpire the first time, but is subject to ejection.
- H. Smoking: Smoking is not allowed in the entire complex.
- I. Alcohol: Alcoholic Beverages are not permitted in the City of Fremont Softball Complex. Violator(s) will be asked to dispose of their alcoholic beverage(s); failure to do so will result in violator(s) being ejected from the Softball Complex.
- J. Rain Line: During inclement weather all participants must call the rain line beginning at 3:00 pm (the message will not be updated until this time) on the day of your event to get status updates on field conditions and possible cancellations. Rain Line (510) 733-1102.

Special COED Softball Rules (COED Comp., Rec., & Bus.)

Any rule that is not clarified in this section will revert to the City of Fremont general rules (previous pages) or if not listed in this book please refer to the official USSSA rulebook.

The Team – All COED Leagues:

- A. To Start: Teams must have the minimum of four (4) female players and a minimum of eight (8) players to begin a legal game (no minimum for males). With the following exceptions to avoid a forfeit, a team may play with only 3 females, however, this should be an exception only; abuse of the rule as deemed by the League Supervisor will result in a forfeit declared.
- B. Defensively: A COED team will place ten (10) defensive players on the field. There should be five (5) female and five (5) male on the field. The alignment of the fielders can be at any defensive position for all COED Leagues (i.e. the defense does not have to alternate female/male or need a minimum of two female outfielders).

Exceptions to this rule:

- A team may play with six (6) female players and four (4) male players with no defensive restrictions. A team may also use more than 6 females at one time.
- A team may play with five (5) female players and four (4) male players; however the defensive team must always have a pitcher and a catcher at the designated position.
- A team may play with (5) male players and four (4) female players; however there must be a male placed at the catcher's position (the 5th male catcher in this situation is considered live) and the team must have a defensive pitcher.

- A team may play with four (4) female players and four (4) male players and they may play at any defensive position. Note: The opposing team will provide a player to return the ball to the pitcher at the catcher position.
 - A team may not play with six (6) male players and four (4) female players on the field defensively.
- C. Number of Batters: The batting order must rotate between male and female. Women may follow women if there are an unequal number of players. Men may not bat back to back.
- Teams must use continuous batting order, if there are an unequal number of men, the extra men must alternate batting with another man in the batting lineup. Example: Male A and Male B must alternate spots in the batting order the whole game and at any point cannot alternate Male C.
 - If there are extra women, they may either bat back-to-back or alternate batting with a woman in the batting lineup.

Special Playing Rules

- A. Courtesy Runner: One courtesy runner is allowed per inning in all divisions, not one for each gender. Note: The runner is to be the last available player of the same gender, whoever made the last out or scored the last run. If the courtesy runner's turn to bat comes up while on base, the runner will be called out and the player will come to bat. A courtesy runner may only run for someone of the same gender as themselves.
- B. COED Walk: For COED Comp and COED Business only. Any walk to a male batter will result in a two base award and the next female batter must hit (not an option), except when there are two outs, the female has the option to take first base or bat. All existing base runners will advance only when forced.
- C. Sliding: Sliding is prohibited in all City of Fremont Coed Softball Leagues.
- D. Pitching: COED Comp and COED Business will use the same rules as described in the general rules.
- E. COED Rec. Pitching Rules: COED Rec. is a three (3) pitch league where you pitch to your own team. Each team supplies their own pitcher.
- Each batter will receive a maximum of three pitches to put the ball into play, however if the batter fouls off or swings and misses on the third pitch they have the option of a fourth and final pitch. If after the fourth pitch and the batter does not put the ball into play they shall be declared out.
 - The offensive pitcher must be on the official roster, however need not to be playing in the game at the time.
 - If the offensive pitcher is hit by a batted ball or interferes with the defensive play (intentionally or unintentionally), the ball is dead and the batter is out. All base runners must return to the base occupied at the time of the pitch.

- The offensive pitcher must alert the defensive team before delivering the pitch. An attempt to quick pitch the ball whether hit or not will result in the pitch considered as a dead ball strike and runners may not advance.
 - All teams must have a defensive pitcher at all times no exceptions.
 - The defensive pitcher must stay within an eight (8) foot radius of the pitcher's rubber prior to the batter hitting the ball (at least one foot must be inside the circle).
 - The defensive team can intentionally walk a batter by informing the umpire of their desire to do so; however, if a male batter is walked, the next batter in the line-up has the option of walking or batting up until the time they step into the batter's box.
- F. Position of Outfielders: For all COED Leagues, all defensive outfielders must stay behind the outfield cones or marking (whichever is used), until the batter has made contact with the ball. Penalty: If a defensive player is viewed by an umpire to have violated this rule the batter will be awarded first base.
- G. Position of infielders: For all COED Leagues all infielders must remain on the dirt portion of the infield until the ball is struck or swung at by the batter when the batter is a female. A team may also not bring in an extra infielder from the outfield. Penalty: If a defensive player violates this rule the batter will be awarded first base.