

Bender Jewish Community Center of Greater Washington
6125 Montrose Rd.
Rockville, MD 20852
(301) 348-6700

BENDER JCC OF GREATER WASHINGTON SUNDAY CO-ED SOFTBALL LEAGUE
RULES AND REGULATIONS

I. General

- A. The Bender Jewish Community Center of Greater Washington Sunday Co-ed Softball League aims to provide members of our community with an opportunity to play softball and meet new people in a relaxed and friendly atmosphere of healthy competition.
- B. The League uses fields located in Suburban Maryland. We wish to maintain the best possible relationship with the agencies that issue field permits. Therefore, we ask you to be considerate of other people using the facilities and always to leave the fields clean of litter.
- C. The Sports Programs Director, a full-time Bender JCC of Greater Washington employee, oversees the coordination of the League. He/She is responsible for ensuring the smooth operation of the League, by establishing the League rules, developing the schedule, and resolving protests.

II. Duration of Games

- A. Games will be 9 innings with an 80 minute time limit.
- B. The clock begins to run when the umpire has set up the field and calls the captains to home plate to review the ground rules (but not before the scheduled starting time of the game).
- C. No new inning will begin after 80 minutes from the beginning of a game. The umpire should keep teams apprised as much as possible as to the time remaining in the game. There is no requirement; however, that the umpire should inform teams which inning shall be the last inning of the game. The game shall end, without exception unless tied (in a playoff game), when an inning concludes beyond the eighty-minute mark of a game.
- D. Subject to the reasonable discretion of the umpire, the time between half innings will be limited to approximately 60 seconds.
- E. If weather conditions require that a game be halted after it has begun, the game will be considered complete after 4 1/2 innings if the Home Team is ahead or after 5 full innings if the Visiting Team is ahead.

III. Ground Rules

- A. Games will be played according to the rules and regulations followed by the Amateur Softball Association of America ("ASA") for slow-pitch softball to the extent that such rules do not conflict with the Bender JCC of Greater Washington Co-ed Softball League Rules and Regulations.
- B. The umpire will explain the ground rules to each team captain and establish the layout for the playing field (e.g., bases, foul lines) before the start of each game.
- C. The official base line distance for all Bender JCC of Greater Washington Softball games is 65 feet.

IV. Umpires and Player Conduct

- A. All regularly scheduled games will be officiated by an USA-certified umpire provided by the Bender JCC of Greater Washington.
- B. If a Bender JCC of Greater Washington-provided umpire is not present, an individual who is not a member of either team and whom the team captains mutually agree upon will serve as the umpire. If such an individual is not present, one member of each team will act as an umpire for the opposing team's at-bats.
- C. The umpire's decisions on the field are final. However, protests may be made in accordance with ASA rules.
- D. The League will not tolerate (1) physical violence or other dangerous conduct or (2) abuse or harassment of umpires. Individuals who engage in such conduct may be suspended from the League. In considering suspensions, the League generally will solicit umpire input, consult with both captains, and talk to the players involved. Individuals who engage in physical violence generally will be suspended immediately, pending further review.
- E. As the Bender JCC of Greater Washington Softball League is a social environment, and as many families choose to be present at games, foul language of any kind shall not be tolerated. Players shall receive warnings and/or be ejected from games at the discretion of the umpire for use of foul language.

V. Pitching

- A. Pitchers must use a slow-pitch arc from the established 50-foot pitching distance of not less than 6 feet nor more than 12 feet from the ground.
- B. The umpire will call balls and strikes.

VI. Batting and Base Running

- A. Bunting is not permitted.
- B. Stealing is not permitted.
- C. Advancing on a passed ball or wild pitch is not permitted.
- D. Base runners are not permitted to leave their base until the ball is hit.
- E. Batters will begin with a 1-ball-and-1-strike count.
- F. A batter will be called out if the batter hits two foul balls after his/her second strike.
- G. Metal cleats are not permitted.
- H. Homerun "One Up" Rule
 - A. Teams may only hit a maximum of + 1 homeruns relative to their opponent's home run totals.
 - B. Any batter that hits a homerun for a team that is already + 1 in homeruns will immediately be declared out. Runners cannot advance.
 - C. If a team is -1 in home runs relative to their opponent, that team may hit two consecutive homeruns, moving them from -1, to even, to + 1.

Note- This rule applies to the ball carrying over the fence in fair territory. An inside the park homerun does not apply towards this rule.

- I. Two Outs Walks- If a male batter is walked and a female follows him in the order with two outs, batter receives second base and the female has the option to take first base or bat. *All other walk scenarios, batter receives first base.*
- J. Automatic Out/Walks- If the umpire concludes that a batter has been intentionally walked to get to an automatic out, the automatic out will be skipped.
- K. Safety Home Plate- In the event of a play at home plate, a line will be drawn across the third base line, two thirds of the way to home plate. Once a runner touches or passes this line, the runner must go home (i.e. cannot return to 3rd base) and the play at home becomes an automatic force play. The runner cannot be tagged after passing the line. This allows the defensive player to only have to catch the ball and make contact with the base and not forcing them to stand in the base path. **ALL RUNNERS MUST TAG THE SAFETY BAG REGARDLESS OF PLAY AT THE PLATE. Any runner tagging home and not the safety base will be called out.**

VII. Line-ups and Substitutions

- A. Each team is required to exchange its line-up with the opposing team prior to the start of the game. Each team also should notify the opposing captain of line-up changes that occur during the game due to players who arrive late or leave early or due to other factors.
- B. A team may have a maximum of 10 defensive players -- no more than 7 of whom may be men at any time -- in the field at any time. A team on defense having at least 3 women players attending and able to play must play at least 3 women. A defensive team is required to play one pitcher and one catcher at all times and may play no more than one player in each of the four infield and outfield positions recognized under ASA rules. *If an opposing team has only eight or nine players, it is within the spirit of the league for a team to provide a temporary catcher to the opponent for the sole purpose of retrieving pitched balls and returning them to the pitcher. This catcher should NEVER be involved in any fielding play once a ball is in play and should yield to the pitcher on any play at the plate.*
- C. Once a half inning begins, players in the field may not swap positions except in the case of injury or if the pitcher is removed (in which case the pitcher may be swapped with another fielder or may be replaced by a player on the bench).
- D. Each team must use a continuous batting order. This means that every player who shows up for a game must be included in the batting order. No substitutions are permitted.
- E. No more than 3 men may bat consecutively at any time.
- F. The batting order of each team must include at least three women or else the team must take one or more automatic outs.
 - 1. If only one woman is included in the batting order, the team must take two automatic outs.
 - 2. If at least three women are included in the batting order but the team is unable to comply with the requirement that no more than three men may bat consecutively, the team may create an additional female slot or slots in the batting order and rotate the three women through the slot(s) to avoid batting more than three men in a row. Example: Assume a team has 10 men and 3 women. The team will need to designate a fourth female slot to avoid having more than 3 men bat consecutively. Each time through the batting order, one of the 3 women will bat in the fourth female, and they will do so on a rotating basis, *meaning that in each designated slot for a woman, the woman who batted least recently must come to bat.*

Exception: If a team has 6 men and 2 women, no automatic out will be imposed because the team would still be able to comply with the requirement that no more than three men may bat consecutively.

G. Use of Courtesy Runners

1. If a player has a partial injury such that s/he is able to hit but unable to run, a courtesy runner may be requested. After the batter hits the ball, s/he must reach base and the play must end before a courtesy runner can be used. The umpire and opposing manager must both be notified prior to the at-bat or when injury occurs about the need for a courtesy runner.
2. If the player requiring a courtesy runner is a man, the last male player to make an out must run.
3. If the player requiring a courtesy runner is a woman, the last woman to make an out must run.
4. No pinch runners other than courtesy runners are permitted.

IX. Forfeitures, Postponements, and Cancellations

- A. If unfavorable weather or field conditions appear likely, the team captains should call the **Inclement Weather Line @ 301-579-5610** (to determine whether the game will be played. In general, a message will be updated and recorded at 7:00 a.m. on Sunday morning. You can also contact the League Coordinator @ 301-348-3852 or KDiallo@benderjccgw.org if you are having trouble with the recording.
- B. A team is considered to have forfeited a game if fewer than seven players have shown up 10 minutes after the scheduled starting time.
- C. If a game is forfeited, teams are urged to try to play an unofficial game among those present. Umpires are strongly encouraged to officiate but are not required to do so.
- D. If a captain anticipates that his/her team will not have enough players for a game, s/he should contact the League Coordinator and the opposing captain as soon as possible.

X. Injury Prevention

- A. While not all injuries can be prevented, the enforcement of certain softball rules and common sense will prevent many injuries.
- B. It is helpful to keep in mind who has the "right of way" in the base paths. Unless a fielder is making a play, the runner has the right of way, and it is the fielder's responsibility to avoid a collision. If a fielder is making a play, the fielder has the right of way, and it is the runner's responsibility to avoid a collision. Notwithstanding these guidelines, it is not within the spirit of the League to create a collision on purpose in an attempt to draw an interference call from the umpire.
- C. A runner approaching a base when a play is going to be made must either slide or run around the fielder. A runner may not run into any position player making a play on the ball.
- D. At any base, if there is to be no play, the fielder must get out of the runner's way. No fake tags are allowed. If a fake tag is attempted, the runner will be awarded the next base. Similarly, if a fielder interferes with a runner while in the base path, the runner will be awarded the next base (except when the fielder is making a play).
- E. A runner is not allowed to go into a base waving his/her arms in an effort to break up a double play or screaming so as to intimidate a fielder. This is interference and generally results in both the runner and the batter being called out. If the runner is out at the base, s/he must either slide or get out of the fielder's way to prevent being hit in the face by a softball.

XI. Rosters

- A. In general, no non-roster players may be used when there are sufficient team players available. For purposes of this rule, a team shall be deemed to have sufficient players if there are at least three female and seven male team members present.
- B. Playoffs- Everyone playing must have signed and be on your team roster. Roster limit is 18 players.

XII. Protests

Team captains are strongly encouraged to resolve minor problems prior to, and in lieu of, filing a protest. Any team desiring to file a protest must do so by contacting the League Coordinator by the close of business on the third business day following the earlier of the completion of the game or the date of the discovery of the infraction. As a courtesy, the opposing team captain should also be notified at the earliest possible time. The League Coordinator ordinarily will not overturn the results of a game unless it can be shown: (1) that the team violating the rules did so knowingly; or (2) that there was a substantial probability the violation altered the outcome of the game; or (3) that Rule X regarding the use of non-roster players was violated.

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