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## EAST RIDGE ADULT SOFTBALL LEAGUE RULES

Spring 2026

### League and Park Rules:

1. The Spring 2026 season will play from Monday, March 9th-April 23rd. End of the season tournament will be April 27th-30th. League games will be scheduled on Mondays and Tuesdays with Wednesdays, and Thursdays as rain out days only. Game times will be 6:20pm, 7:20pm, 8:20pm and 9:20pm. Teams will play a 14-game schedule (Double Headers) with an optional post-season tournament at the conclusion of the regular season.
2. Teams need to be registered and money turned in by March 1st to be on the schedule. Any team(s) that drops out of the league after the 'League Schedule' has been completed will result in no refund.
3. LEAGUE STANDINGS for all Divisions will be updated using the Tourney Machine App.
4. Plaques will be given to First Place and Second Place Regular Season. Trophies will be given to First Place and Second Place teams in each playoff bracket
5. BAD WEATHER. A decision will be made each Game Day by 4:30pm EST. Players should "follow" their team using the Tourney Machine App to be notified if games are "on" or "off" for the

day. Games called by the umpires shall be a 'Regulation game' if 3 or more complete innings have been played, or if the team second at bat (home team) has scored more runs than the other team (visitor team).

6. ROSTER MUST BE TURNED IN BY MARCH 1ST. Each team manager/coach must sign the official roster and provide a telephone number. By signing the official roster, the manager and players listed agree to all terms and regulations outlined in the East Ridge Adult Softball League, including the waiver of liability of the East Ridge Parks and Recreation Department for all accidents occurring on said 'City property.'

7. Players cannot play on 2 or more teams within the same division, including classifications of the same division. If a player's name appears on two rosters within the same division, that player will be eligible to participate only with the team he or she played their FIRST League game with. A player can play on 2 or more teams not in the same division. Ex: A player can play in the CO-ED division and play in the CHURCH division.

8. April 1st is the deadline for adding players to team rosters. To add player(s) to a roster just simply have the appropriate person listed above email [charis@eastridgetn.gov](mailto:charis@eastridgetn.gov) and [myarbrough@eastridgetn.gov](mailto:myarbrough@eastridgetn.gov) at least 24 hours prior to your next scheduled game.

9. Base distance for all divisions is 70 feet. Pitching distance for all divisions is 53 feet.

10. All players will play with a yellow .44 core softball with a maximum compression of 375 pounds. Any .44 core / 375 compression ball is eligible, but the stamp must be legible on all softballs. Men hit the 12-inch ball and women hit the 11-inch ball. Women have the option to hit

a 12 inch. Classic M and Pro M Softballs are also legal. Pitchers are responsible for making sure the correct ball is being used. If a player throws in an illegal ball, they will be disqualified.

11. Protective Screens will be provided on all fields for the safety of the pitchers. The screens are not optional and shall not be removed by anyone. You can only hit the screen once; the second time will result in an out. The screen shall always remain 3 feet in front of the pitching rubber and 1 ft to the left or right. A defensive throw that hits the screen will remain live until the umpire calls time.

12. Pitchers have the option to wear a face mask. We recommend pitchers wear a mask for safety purposes.

13. METAL-SPIKED CLEATS are prohibited. Stealing of bases is NOT Allowed.

14. Age requirement is 16 years of age and older. No Exceptions! Players must turn 16 before playing in a League game. Any player under the age of 18 MUST have their parent/legal guardian come by Camp Jordan Arena 323 Camp Jordan Parkway, East Ridge and sign a Notarized Waiver of Liability to be eligible to participate in this league.

15. Use open areas away from spectators and buildings to warm up. "Pepper" or hitting balls into the fences is PROHIBITED. There are four (4) batting cages located inside the softball complex that can be used.

16. Teams must wear matching or like-colored shirts/jerseys with a number on the back. Beginning Monday, April 14th, ALL players MUST have a matching or like-colored jersey with a number to participate. Any player who does not have a matching or like-colored jersey with a

number after this date will be subject to the pick-up rule. This means that the head coach from the team that has players without a matching or like-colored jersey MUST approach the opposing coach and communicate his/her situation.

**17. The Plate Umpire and Base Umpire will have equal authority to eject or disqualify a player, coach, manager, or participant/spectator for violations of rules or flagrant and unsportsmanlike acts/conduct.** An ejected participant/spectator must leave the grounds and have no contact with the umpires or participants in the game. If the ejected participant does not leave the field area within 2 minutes, the game can be declared over and ruled as a forfeit. Any player, coach, or manager ejected from the game must sit out the remainder of that game plus a (4) game suspension to be served during the next scheduled game that is physically played out. This includes the 2nd game of a scheduled doubleheader.

18. There is a 10-minute grace period on the 6:20pm game only! However, the time limit will always start at 6:20pm for the 6:20pm game. If @ 6:30pm, a team does not have enough players in the dugout or on the field of play to start the game (which is 9), it will be ruled as a forfeited game in favor of the team who has enough to play. 3 forfeits could result in your team being dropped from the league, no refund would be given.

19. This league operates under the rules and guidelines of USSSA Official Rules of Softball other than local rules listed within the East Ridge Adult Softball League Rules outline.

20. **NO ALCOHOL WILL BE ALLOWED ON THE PREMISES**. The first instance your team is caught with alcohol, your team will be disqualified from the rest of the season and not allowed back for any future seasons.

## Church/Industrial

**WE WILL BE HOSTING CHURCH/INDUSTRIAL ADULT SOFTBALL IF NUMBERS ALLOW. IF WE DO NOT GET ENOUGH TEAMS YOUR TEAM WILL HAVE THE OPTION TO MOVE OVER INTO CO-ED BUT MUST ADHERE TO CO-ED RULES.**

1. The Church and Industrial Leagues are eligibility restricted. All Church teams must consist of players who are members or regular attendees of that Church. By rule, a regular attendee is someone who attends that Church at least twice a month. Pastors/Ministers have the discretion to set attendance requirements for their Church above that of the League's requirement. All Church rosters must be signed by the Church Pastor. All Industrial teams must consist of players who work at least 20 hours per week for that company. All Industrial rosters must be signed by the Personnel Director. Park staff may include additional teams within this division that are caliber at their discretion.

2. Umpires will flip a coin to determine the home team at the pre-game manager's meeting. Same team / Same day double-headers will alternate home and visitor status.

3. **60 minutes** FINISH THE INNING. 6 innings or time runs out. GAMES CAN END IN A TIE.

The clock starts right at game time for the 6:20 game, for all games after that there will be a 3 minute clock started right at game conclusion. All teams must be on the field and ready before the clock hits zero. The clock will start right when that timer ends (Or before if teams are ready)

If a team is running behind from another game, clock starts as soon as both teams are in the dugout. The team must be out in the field and ready to play with time on the clock to start a new inning. Game-ending 'run rules' are in effect after 3, 4, or 5 innings have been completed

(depending on who is home team). The run rule is listed below, and games will be declared over as follows: 20 after 3 innings – 15 after 4 innings - 10 after 5.

4. You can start a game with 9 players. Pickup Players must be approved by the other team and bat last and play in the outfield.

5. 8 runs per inning until the 4th inning. Once you reach the 4th inning it becomes unlimited runs the rest of the game.

6. A 1 ball and 1 strike count will be in effect for all batters in all divisions of play.

A. ONLY ONE FOUL ALLOWED (SECOND FOUL WILL RESULT IN A OUT).

B. The Pitcher Net Can only be hit once. (SECOND TIME WILL RESULT IN A OUT).

7. A Mat will be placed behind home plate. IF the ball hits home plate or Mat (Height 6 to 10 Feet) will be considered a strike.

8. The Church / Industrial Leagues may use a 2021 approved A.S.A. or U.S.S.S.A. bat. The Open leagues may choose to use 2021 approved A.S.A., U.S.S.S.A. or N.S.A. approved bats. Senior Bats are legal for people 52 years of age and older. (MUST BE BROUGHT UP AT THE PLATE MEETING). The approved bat list for each organization can be found at websites [www.teamusa.org](http://www.teamusa.org), [www.usssa.com](http://www.usssa.com), or [www.playnsa.com](http://www.playnsa.com)

9. Homerun Limits Per Division: Men's Church / Ind: - 6 homerun limit, then Outs. Once a team reaches their home run limit, no more home runs are allowed. If a team hits their 7th home run it will count as an out. ANY Player hitting an "over the fence" homerun within the limit is NOT required to touch 1st Base. He / She may go directly to the dugout and any runners on base

may also head straight for the dugout once the ball has cleared the fence to speed up the game; however, players are welcome to run the bases if they want to.

10. Courtesy Runner. Captains will agree to either have two courtesy runners per inning or unlimited courtesy runners.

## CO-ED

1. All Co-ed teams must consist of ten defensive players (seven male and three female) with the following positioning requirements: two males and one female in both the infield and the outfield, and one male and one female as pitcher or catcher. Teams may field a male pitcher & catcher if they need to. Coed teams may play with 6 males and 4 females or 5 males and 5 females as well.

2. The batting 7/3 order for Coed will be: 1) F, 2) M, 3) M, 4) M, 5) F, 6) M, 7) M, 8) M, 9) F, 10)M

3. All MALE COED players will hit the 12-inch softball. All FEMALE COED players will hit the 11-inch softball. FEMALES HAVE THE OPTION TO HIT 12-INCH.

4. If COED teams choose to list and bat all roster players present at game time, the following guidelines must be followed:

a) the batting line-up must alternate by sex after 10 players.

b) any 10, (seven male and three female), may play defense whereas players can be rotated in and out on defense each inning if the batting line-up and the required Co-Ed defensive positioning does not change.

5. A game may begin with 9 players, but when and if another player arrives (of correct sex missing), that player must be inserted into the line-up at the ninth or tenth batting position (depending on vacant spot by alternating sexes.). Pickup Players must be approved by the other team and bat last and play in the outfield. No out will be taken.

a) Playing with 9 you must at least have 2 females and 7 males. Batting order will go as:

F, M, M, M, F, M, M, M, M

6. Any walk (base on balls) to a male batter in Co-ed play shall be handled accordingly:

Scenario A - A male batter receives a base on balls. The following female batter options to receive a base on balls. The male batter advances to second base, and the female batter goes to first base. Scenario B - A male batter receives a base on balls. The following female batter options to take her turn at bat. The male batter receiving the base on balls will stay on first base.

7. Umpires will flip a coin to determine the home team at the pre-game manager's meeting.

Same team / Same day double-headers will alternate home and visitor status.

8. **60 minutes** FINISH THE INNING. 6 innings or time runs out. GAMES CAN END IN A TIE.

The clock starts right at game time for the 6:20 game, for all games after that there will be a 3 minute clock started right at game conclusion. All teams must be on the field and ready before the clock hits zero. The clock will start right when that timer ends (Or before if teams are ready)

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14. Courtesy Runner. Captains will agree to either have two courtesy runners per inning or unlimited courtesy runners. Male must run for Male; Female must run for Female