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DEPARTMENT OF RECREATION

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Women's Softball Recreational Division - Rules of Play

The 2010 *Amateur Softball Association (A.S.A.) Participant Manual* will be used as the default rule set for any applicable rules not specifically addressed in the *City of Oneonta - Adult Softball - League and Playing Rules* document.

Pitching - The following pitching rule is adopted.

- A. Pitchers must have **BOTH** feet in contact with pitcher's plate at the start of wind-up.
- B. Pitcher must come to a full and complete stop with the ball in front of the body. The front of the body must face the batter. This position must be maintained for at least one second before starting the delivery.
- C. The pitcher must not make any motion to pitch without immediately delivering the ball to the batter. (Lifting of a foot from the pitching rubber and stepping back onto the rubber is considered to be rocking, and is illegal)
- D. The pitcher must deliver the ball toward home plate on the first forward swing of the pitching arm past the hip and with an underhand motion. The palm of the hand may be over or under the ball. The ball **MAY NEVER** be outside the pitcher's wrist at any time during the pitching motion.
- E. Pitchers elbow and wrist must be **LOCKED** during the entire pitching motion. This includes on the backward swing, forward swing and at the point of the release.
- F. The arm may only go as high as the shoulders' on the back swing (imagine 9:00 hand on the clock). The pitcher may not take the ball behind the back on the back swing.
- G. The shoulders and driving hip must be squared to home plate at the time of release.
- H. The release of the ball must be on the first forward swing of the pitching arm past the hip. The release must have a complete smooth follow through, with no abrupt stop of the arm near the hip.
- I. The pitcher **CANNOT** use a windmill or slingshot-type pitch or make a complete revolution in the delivery.
- J. The pitcher must not simulate a legal pitch while not in contact with the pitcher's plate.
- K. The pitcher must not pitch the ball behind the back or through the legs, nor will a pitch be delivered from the glove.
- L. The pitcher must not continue any pitching motion after the ball is released. (no ephus pitches allowed)
- M. The pitcher shall **NOT** attempt a quick return of the ball before the batter has taken a position in the batter's box or when the batter is off balance.

EFFECT: If any of above rules are broken (A - J, except K, L and J), a delayed dead ball, illegal pitch will be called. In the case of items (K, L and J) an immediate dead ball will be called, a warning issued and repeated action would result in the pitcher ruled illegal and removed from the pitching position.

ALL OTHER A.S.A MODIFIED PITCH REGULATIONS ARE IN EFFECT

Batter - Fast Pitch and Modified Pitch rules are adopted. Exceptions:

1. If a batter bunts or chops the ball the batter is out.
2. The effect of a legally pitched ball swung at and missed by the batter is a dead ball.
3. The effect for each foul tip is the ball is dead and the batter is out if it is the third strike.

Batter-Runner and Runner - Slow Pitch rules are adopted. Exception - The following courtesy runner rule will be adopted for the Women's Recreational Division.

1. The batting team may use one courtesy runner per inning
2. The courtesy runner will be the last member of the team to be put out.
3. If a courtesy runner's turn at bat comes while he is on base he will take his turn at bat and an out will be recorded.
4. Should an injury or disqualification occur to a courtesy runner and no substitute is available an out will be called.
5. A courtesy runner must be reported to both the umpire and scorekeeper upon entering the game. If a courtesy runner fails to report or violates the courtesy runner rule they are considered an illegal runner and shall be disqualified.