Co-Ed Slow Pitch Softball
National Intramural and Recreation Sport Association (NIRSA) rules are in effect with a few modifications.

Roster:
1. A maximum of 14 players may be on a team roster.
2. A maximum of ten players (at least 5 females) may be on the field.
3. A maximum of eleven players (at least 5 females) may be in a batting order.
4. Eight players (at least 4 females) are needed at minimum to start the game.

Attire:
1. Metal cleats or spikes of any type are not allowed.

Equipment:
1. Softball bats and game softballs will be provided by Central College Intramurals.
2. ASA official softball bats that are free of rough or sharp edges may be used.
3. Game Softballs provided must be used by teams.
4. Participants need to bring his/her own glove to play.

Field Size:
1. Bases will be 65 feet apart.
2. The pitching mound and home plate will be 50 feet apart.

Game Format:
1. The game will end after 7 innings or one-hour has elapsed from start time.
2. No new inning may be started, unless the score is tied, after 55 minutes have elapsed from the start time. The Intramural Student Worker will keep time.
3. If the score is tied after 7 innings or 55 minutes has elapsed, extra innings will be played until after both teams have batted, one team can be determined the winner.
4. A 15-run rule will be in effect after 3 innings and a 10-run rule after 5 innings.
5. Play-off matches will include the top 6 teams.
   a. A tie for seeding will consider, in order: overall record, head to head results, total points scored.

Game Flow:
1. Coin Toss:
   a. A coin toss will determine who bats first and last in an inning.
2. Pitching:
   a. One or both feet must be on the pitching rubber to begin.
   b. Pitcher has 10 seconds to deliver the ball.
   c. Pivot foot must remain in contact with the plate.
   d. Arc range must be between 6' minimum and 12' maximum (be generous with this range).
   e. A pitch is not counted if a runner leaves the base too soon during a pitch or if the ball slips from the pitcher’s hand during the wind-up.
   f. A pitch is illegal if not within the arc range or is considered a quick pitch.
3. Batting:
   a. Teams must alternate batting order by sex.
   b. Players start with a one strike, one ball count (“1 – 1”) when at bat.
   c. If a male batter is walked, all base runners, including the male batter, will advance to the next base. The following female batter can choose to bat or have an automatic walk.
   d. Bunting or chopping down on the ball is not allowed, and will result in a dead ball with the batter being called out.
   e. The strike zone is between the batter’s front knee and back shoulder (generous strike zone used).
   f. Homeruns:
      i. After a team scores 5 homeruns, each following homerun will be counted as one out.
   g. Fair Balls:
      i. A ball that touches or bounds on or over first or third base
      ii. A ball that leaves the playing field while in fair territory
   h. Foul Balls:
      i. If no lines are on the field, balls will be called at the discretion of the team and/or intramural staff.
      ii. A foul third strike is an out.
      iii. A foul tip (a ball batted that is hit directly from the bat and is caught by the catcher) is considered a strike not an out.
      iv. A batter is allowed one courtesy foul per at bat. (example: if the count is 1 – 1 and a foul ball is hit, the foul can count as a strike. The count is 1 – 2 and a foul is hit, the foul is the given courtesy foul ball. If another foul ball is hit in this sequence, the batter is out.)
   i. Infield Fly:
      i. A fair fly ball which can be caught by an infielder when first and second, or first, second, and third bases are occupied and there are less than two outs.
      ii. Ball is alive and runners may advance at their own risk.
4. Baserunning:

Additions/adaptation credited to: University of Nebraska Campus Recreation Department
a. Base stealing is not allowed. Runners can leave their bases when a pitched ball has reached home plate or is hit. If the batter does not hit the pitch, base runners must return to their bases immediately.

b. If a batter runs outside of the imaginary line three feet on either side of the line between the bases, he or she is automatically out.

c. If a runner over runs or slides any base other than first, he or she is in jeopardy of being tagged out.

d. Runners may advance on a fly ball once the ball is touched by the fielder.

e. If a ball is overthrown, a runner may advance two bases from the original base.

5. Interference by offensive players and obstructions by defensive players are not allowed.

6. Scoring:
   a. A run is scored when a runner touches home plate.
   b. A run shall not be scored if the third out is a result of a batter or runner being forced out.

7. Substitutions:
   a. May occur at any stoppage of play.
   b. Any substitutions must be reported to the Intramural Student Worker.

8. Timeouts:
   a. Each team may use two 30-second timeouts per game.