

YORKTOWN RECREATION & PARKS
MEN'S 40 & OVER SOFTBALL LEAGUE RULES
2026

LEAGUE STRUCTURE

Leagues are modified pitch and are designed from least competitive to the most competitive (A-League). Regular season consists of 12-14 games on Sundays and a league championship playoff is held to determine the champion. Season operates from April to mid-August (Exact Date TBD). Depending on the number of teams, the league administrator may combine all teams into one league.

I. ELIGIBILITY

All players are required to show proof of eligibility to the Recreation and Parks Department prior to becoming an active/legal player. The Recreation Department reserves the right to request original copies of photo identifications and all supporting documents (bill, pay stubs, and statements) **must** be an original copy.

- a. To participate (actively play), players must be 40 years of age prior to the conclusion of the season (Appx. August 28).
- b. All players must submit a photo ID (Valid Driver's License, or Yorktown Pool Pass), and with the exception of 1-5 nonresidents per roster, must submit proof that they reside in the Town of Yorktown. Acceptable proofs are as follows:
 - o 2026 Town of Yorktown: Town property tax bill.
 - o 2026 telephone (ground line) or utility bill such as gas, electric, fuel, cable reflecting a recent monthly statement with player's information on it (PO Box is insufficient). Bank statements (No custodial accounts), or a pay stub can also be submitted.

Players with the same name as a parent/guardian may be subject to providing more than one form of proof.
- c. Sign-In Waivers: All players must sign a waiver and include their full name (in print) on the form prior to being eligible to play.
- d. Players may participate on one (1) team in one (1) league only. If a player is 40 or older, he may play on one team during the weeknight and one team on Sundays in the 40 & Over League.
- f. Players are not eligible/legal until approved by the Recreation Department regardless of whether their name is on the roster. Any player(s) in violation of the rules on eligibility are at risk of being banned from league competition, suspended, and/or the team found in violation will forfeit the game(s) the player(s) participated in.
- g. Any approved resident player who moves from Yorktown during the season will remain an eligible resident player as long as he moves after **July 1, 2026**.

II. ROSTER

All rosters must be submitted along with the Captains Information sheet to the Recreation Office by **March 31st**. The rosters must be completed in full and must also be accompanied by the league registration fee.

- a. Rosters have a maximum of 25 spots.
- b. Up to 5 of the 25 positions on the roster can be occupied by a nonresident.
- c. All roster changes must be submitted to the Recreation Department prior to any player(s) becoming eligible for participating in any games. This must be done no later than 3:30pm on the Friday prior to the game and before the deadline for roster changes.
 1. Teams found to be violating the 5-player nonresident rule after the season starts will risk being dropped from the league and will forfeit all team fees.
 2. Teams found playing player(s) not pre-approved and/or on their roster (Recreation Department copy) by the Recreation Department, opposing manager (challenge), or an umpire will forfeit the game. Any subsequent playing of "ineligible" players will result in the team's removal from the league without refund (Includes players playing under assumed name).
- d. No player changes and roster modifications are permitted after **May 31st**. In hardship cases this rule can be relaxed with approval from League Officials and input from managers (if necessary).
- e. With permission from the Recreation Department, players may switch teams up until the conclusion of the second week of play.

III. ASSUMPTION OF RISK

Participants in recreation activities sponsored by the Recreation & Parks Dept. are not covered in any manner for personal liability or property damage. This means that players are competing in this program at their own risk.

- a. Failure to sign the waiver prior to taking the field as part of the eligibility process will result in a two-game suspension for the player AND manager of the team in violation.

IV. GAME DURATION

During regular season, games will begin at 8:30am, 9:00am, 9:45am, 10:15am, or 10:30am depending on field assignments. **Earlier games may be needed to accommodate all programming on fields.**

- a. Games have a 10 minute grace period. Following 10 minutes, team(s) with insufficient players will forfeit.
- b. **Playoffs:** Game time is FORFIET TIME.
- c. Games are to be 90 minutes in length. No inning will start after the 90-minute mark. Some games may have a shorter time limit if fields are needed for other programming.
- d. Make Ups: will be assigned to vacant timeslots on Sundays during or at the end of the season.
- e. 2nd Foul 3rd Strike Rule: On a two (2) strike count when the batter fouls the second time he is automatically out.

V. RAIN-DARKNESS

Games postponed due to rain and/or other unforeseen circumstances will be played as assigned by League Officials. Four and one half or five innings constitutes a legal game during the regular season (Games are 7 innings).

Games that take place where 4 ½ to 5 innings are not completed will be reassigned by League Officials and will be replayed from the start of the game.

Playoffs will play the complete 7 innings. Playoff games that do not complete the full 6 ½ to 7 innings and playoff tie games will be resumed from the point where the games were postponed on a date assigned by the League Officials.

If a game is postponed due to inclement weather, a contact person will be contacted no later than 8:00am on the day of the scheduled game.

VI. TIE GAMES

Regular season tie games will be recorded on each team's won/lost record as a tie. These games will not be replayed. Playoff games will be played until there is a winner.

VII. SLAUGHTER RULE

-After the 5th inning or 4 ½ inning, if the home team leads, a 10 run rule will be in effect for all regular season games.

-12 run rule will be in effect for all playoffs.

VIII. PLAYING TEAM

- a. The standard playing team consists of 10 eligible players. A minimum of 9 players are required to start. A team unable to field 9 players will automatically forfeit the game at the designated forfeit time. If both teams are unable to field 9 men at forfeit time, than the game will be rescheduled at the discretion of League Officials depending on the circumstances involved if the schedule allows for a make-up. Otherwise, both teams will receive a loss (double forfeit).
- b. Both teams must submit a team "game card" indicating players present at the field. This must be provided to the plate umpire prior to the first pitch.
- c. **Playoff Eligibility:** Players must have attended a minimum of 4 regular season games in order to be eligible for the playoffs.
- d. Each team may use the option of having a batting order of 10-15 players. Players do not have to be present at the field. However, upon arrival, teams must place players at the bottom of the order. At any given point in the game, any 10 players can take the field. Team may make substitutions to the batting order. However, players removed from the batting order are no longer eligible to take the field.
- e. There is no re-entry or designated hitter permitted in this league.

- f. If a player leaves the game for any reason other than an ejection and the team does not have a substitute to be placed in the line up immediately, his turn at bat will be an automatic out for the first time the batting order gets to his position. Thereafter, there is no further penalty.
- g. If a team cannot replace an ejected player with a substitute, than the ejected player's turn at bat is an automatic out **EACH** time it comes up in the batting order.
- h. Loss of a player (9-player roster): A team that loses a player after starting with only 9 players can finish the game with less than 9 provided that the player(s) is out due to an injury or other unforeseen, legitimate reason. Dropping below 9 players due to ejections will cause the team to forfeit and the umpire to call the game immediately.
- i. If a team begins a game with 9 players and the 10th player arrives, the player must be added to the 10th position in the batting order regardless of where a team is in the batting order.
- j. Each team will be able to use one DH per game for a Designated Player in the field (DP). The DH must bat in the same order for the entire game. If the DH becomes injured or must leave the game, the Designated Player in the field must bat in the DH spot for the remainder of the game. Each team must designate to the umpire and other team which two players are being used as a DH and DP for the game.

IX. COURTESY RUNNER

- a. Each team will be permitted to have two (2) designated players to receive a runner as a courtesy. The courtesy runner is to be the last batted out.
- b. Players who become injured during the course of the game cannot have a courtesy runner if the team has already designated two (2) players to be replaced by a runner.

X. DOUBLE FIRST BASE

A double first base will be used in an attempt to reduce the risk of collisions between the batter-runner and the first baseman. The following rules will pertain to the double first base:

- a. A batted ball hitting the orange portion of the base will be declared a foul ball.
- b. Whenever a play is being made on the batter-runner, the defense must use the white portion of the base and the batter-runner uses the orange portion (only on extra base hits or balls hit to the outfield when there is no play being made at the double base, the runner is permitted to touch the white portion).
- c. The batter-runner must use the orange portion of the base on their first attempt through the bag. However, should he reach and go beyond first base, he must return to the white portion.
- d. Should the batter-runner round the base on a hit to the infield/outfield, he must return to the white portion.
- e. When tagging up on a fly ball, the white portion must be used.
- f. On an attempted pick-off play, the runner must use the white portion.

XII. PITCHING

Pitchers will adhere to the modified pitching rules (10-player) with emphasis on the following:

- a. The pitcher shall hold the ball in both hands for not less than one second and no more than 10 seconds before releasing it, and **one** foot must remain in contact with the pitching plate at all times prior to the forward step.
- b. The pitcher must not make any motion to pitch without immediately delivering the ball to the batter.
- c. The pitcher must not use the windmill or slingshot-type delivery pitch or make a complete revolution in the delivery.
- d. The ball must not be outside the pitcher's wrist on the back swing, at the top of the back swing, on the downward motion, or during the complete delivery.
- e. The delivery must be an underhand motion with the hand below the hip and the pitcher's palm may be pointing downward.
- f. On the forward swing of the pitching arm, the elbow must be locked at the point of release, and the shoulders and driving hip must be squared to home plate when the ball is released.
- g. 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.
- h. In the act of delivering the ball, the pitcher must take one step simultaneous with the release of the ball. The step must be forward and toward the batter and within the 24-inch length of the pitcher's plate.

- i. The stepping foot must be pointing toward home plate and must not touch the ground in front of, or cross over a straight line between the pivot foot and home plate. It is not a step if the pitcher slides the pivot foot across the pitcher's plate, provided contact is maintained with the plate. Illegal Pitch:
- Raising the foot off the plate creates a rocking motion and is an illegal pitch.
 - Pushing off the pivot foot from any place other than the pitcher's plate is illegal.
 - A pitch delivery not within 6-inches of the leg constitutes an illegal pitch.
- j. Pitches declared illegal will become a ball on the batters ball/strike count unless swung and hit, in which case the following ASA Rule will be implemented. Umpire is to give a delayed dead ball signal.
1. If batter hits the ball and reaches first base safely, and if all other runners have advance at least one base (on the batted ball), the illegal pitch is nullified.
 2. Otherwise the manager has the option to take the result of the play, or the illegal pitch is enforced by awarding a ball to the batter (fourth ball will result in an advance to first base and other runner advance accordingly).
- k. Players that pitch in another league, mainly weeknight, cannot pitch in the 40 & Over League.

XIII. STRIKE ZONE

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XIV. WARM UP

Pitchers will be allowed 5 pitches before the first inning and 3 pitches at the beginning of each subsequent inning. Infield/outfield ball will be allowed between innings provided using the ball does not delay the start of the game and is within the timing of the pitcher's 3-pitch warm up. Umpires will move the game along in order to improve game efficiency.

XV. NO STEALING RULE

A player may leave his base when the pitcher releases the ball. If he leaves before the release, the runner is out. If the catcher throws to a base to pick off a base runner, the base runner must return to his original base before advancing to the next base on an overthrow. This is a force play. Other base runners may advance at their own risk after retouching the base they occupied at the time of the pitch.

After the pitch, when the catcher returns the ball to the pitcher, the ball is dead and the runners cannot advance. This is true, even if the ball is thrown past the pitcher or briefly mishandled by the pitcher.

XVI. SLIDE RULE

Rule 8 Sect. 7-Q: When a defensive player has the ball and is waiting for the runner and the runner remains upright on his feet and deliberately crashes into the defensive player, the runner is declared out.

Effect: The ball is dead and the runner is out. All other runners must return to the last base touched at the time of the interference.

Note: If in the judgment of the umpire that the act is declared flagrant, the offender shall be ejected.

XVII. MISCONDUCT BY PLAYERS & SPECTATORS

Teams shall conduct themselves in a sportsmanlike manner at all times. Managers are responsible for controlling the behavior of their players, coaches/manager, and spectators at the field. The Recreation and Parks Commission reserves the right to exclude any player or team that does not act in a manner befitting the high standards of the Recreation and Parks Commission.

A. Umpires have the authority to eject, without warning, player(s) from the game for unsportsmanlike conduct. This includes:

- 1-Verbal abuse (cursing, taunting, misconduct) at other players, umpires/league officials, and/or spectators.
- 2-Any physical altercation, or unsportsmanlike action between players, and/or spectators.

3-Verbal abuse (cursing, taunting, and misconduct) at umpires/league officials - player will be ejected from the game and may be suspended for **up to the next three (3) games**, including playoffs.

4-Touching/Bumping Umpire/League Official - player will be ejected from game and suspended **for a minimum** of the next 3 games, including playoffs.

5-Fighting - player will be ejected from game and suspended for remainder of season including playoffs.

6-Striking/Pushing/Shoving Umpire/League Official - Charges will be filed against player with local police and banishment from Yorktown Recreation Leagues will result.

XVIII. NO METAL SPIKES

No metal spikes are allowed in the league. Players may be ejected from the game if caught violating this rule.

XIX. THROAT PROTECTORS

All catchers are required to have a throat protector attached to their mask.

XX. BATS

All wood bats must be clearly marked as an official softball wood bat and should be 2 ¼ inch barrel in diameter (not exceeded 34" length). Chicago Style Softball Bats and Baseball Bats are illegal.

XXI. SOFTBALLS

All teams will use the supplied Softballs from the Recreation Department only. Any other balls put into play by a team will cause that team to forfeit the game.

XXII. ALCOHOLIC BEVERAGES

The consumption of alcohol and possession of alcoholic beverages at games and in the parks is **strictly prohibited**. Teams violating this rule risk forfeiting one (1) game per infraction. If a player(s) appears to be under the influence of alcohol and/or drugs, umpires reserve the right to not allow the player(s) to participate.

XXIII. SCOREBOOK

The Home team is responsible for keeping the scorebook. However, it is recommended that both teams keep a book.

XXIV. PROTESTS

Protests will follow Rule 9 of the ASA Rules and will involve protests of misinterpretation of a playing rule, illegal players, and ineligible players. If done correctly at the field, the protesting team must file an official protest in writing and submit it to the Recreation Office within one (1) business day. The league will only accept protests from the team Captain/Manager

XXV. FIELD GROUND RULES

Umpires will be available to explain any ground rules prior to each game.

a. 202 #2 (lighted) Field : Fair batted ball rolling down the left field line and crossing over the out of play line past the indicated line/reference point will be a ground rule triple. Batted ball crosses out of play before this point remains a ground rule double.

b. Harrison Apar Field: If batted ball hits a tree limb in fair territory, the ball is in play, and the normal rules apply as they pertain to fair and foul balls. If the ball is caught before it hits the ground, the batter is out.

c. All fields: Any ball hitting a tree limb in foul territory will be declared a foul ball.

XXVI. AWARDS

Individual t-shirts or a team trophy reflecting the League Champions will be awarded after the end of the season. Championship winner must notify Recreation Department the day after the championship game which award they would prefer.

2026 Changes to Rules:

NONE