



CITY OF BANGOR
PARKS & RECREATION

MENS'S 40+ SOFTBALL DRAFT LEAGUE

Rules & Regulations

1. League Overview

- The league is recreational and inclusive, aimed at promoting sportsmanship, fun, and skill development.
 - A draft system is used to form balanced teams at the beginning of each season.
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2. Eligibility

- Open to all men 40+
 - Players must register before the posted deadline to be eligible for the draft.
 - Players must sign a waiver and agree to the Code of Conduct.
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3. Draft Process

- Teams are drafted by designated captains or a committee.
 - Pre-draft player evaluations will be held (skills assessments, past season performance, etc.).
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4. Team Composition

- Team rosters will include 11–15 players.
 - Each team must have at least two pitcher.
 - Teams are expected to carry a balance of skill levels to maintain competitive parity.
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5. Game Rules

- **Governing Body:** Bangor Parks and Recreation
- **Game Length:** 7 innings or 1 hour 15 minutes (whichever comes first).
- **Run Rule:** Innings are a max of 5 runs scored on innings 1-6. The 7th inning is open. Only run rules is 10 after 5 innings.
- **Pitching Style:** Slow-pitch / Softball needs to be at least 6', no higher than 12'
 - **Slow Pitch:** One/One count
- **Batting Lineup:** Continuous batting order is required; everyone bats.
 - **No base stealing**
- **Pinch Runners:** Unlimited but cannot run twice in an inning.
- **Balls:** Teams will be given 3 brand new balls each Sunday. Pitcher uses opposite teams' balls.
- **Minimum Players:** 8 players to start a game; automatic out for 9th spot if short.
- **Extra Innings:** will start with a runner on 2nd
- **Substitutions:** Free defensive substitutions; batting order must remain consistent.

- **Pitching net is MANDATORY**
 - **Batter** is out if strikes the NET twice in a at bat.
 - **Pitcher** cannot be the first player to touch the ball unless it's an infield fly rule.
 - **Home plate and the plate extension** are considered the strike zone. If the ball hits either of those, it is considered a strike.
 - **Commit line** and **scoring line** used instead of traditional home plate (runner crosses line, not plate).
 - **Every player must play at least 2 innings of defense and all bats a continuous line-up.**
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6. Equipment

- Official 12" senior softball
 - Any bat can be used that has not been altered.
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7. Season Format

- Regular season consists of 8 games + playoffs
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8. Player Conduct

- Good sportsmanship is mandatory. No arguing with umpires, taunting, or profanity.
 - Ejections result in automatic suspension for the next game.
 - Three conduct-related infractions in a season may result in expulsion from the league.
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9. Rainouts & Cancellations

- Games canceled due to weather will be rescheduled if possible on a weeknight that is available.
 - League & captains will notify players at least 1 hour before game time.
 - Unplayable field conditions will be determined by the field provider or umpires.
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10. League Governance

- A League Committee and Bangor Parks and Recreation will handle disputes, rule changes, and disciplinary matters.
 - All decisions by the committee are final.
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11. Uniforms

- No team shirts – Teams will need to coordinate on own.
- Players should wear athletic pants or shorts; no metal cleats allowed.