



CITY OF BANGOR
PARKS & RECREATION

ADULT SOFTBALL GAMEPLAY RULES & MODIFICATIONS 2026

DISCLAIMER: ALL RULES HAVE BEEN DERIVED FROM THE 2026 USA SOFTBALL RULEBOOK – ANY QUESTIONS REGARDING GAME PLAY SHOULD BE RESOLVED BY REFERENCING THE AFOREMENTIONED RULE BOOK. THE FOLLOWING RULES ARE EXCEPTIONS AND ADAPTATIONS MADE BY BANGOR PARKS & RECREATION TO ENSURE LOCAL LEVEL GAMES ARE OFFICIATED WITH THE INTENTION OF CONSTANT GAME PLAY, PARTICIPANT ENJOYMENT AND FAIR JUDGEMENT.

LEAGUE GAMEPLAY RULES

Counts & Base Running

- These GamePlay Rules are for: **Men's – Men's Draft - CoEd – Church – Men's 40+ Draft and Women's Draft Leagues**
- 1 - 1 Count (*all players begin with a 1 – 1 count*)
- The 20, 15 & 10 runs ahead rule: The game is over and won by the team that is leading by 10 runs or more at the end of 5 innings (*4 ½ if the home team is ahead*). 15 runs or more after 4 innings (*3 ½ if the home team is ahead*) or by 20 runs or more after only 3 innings (*2 ½ if the home team is ahead*).
- No base stealing
- Home run limit - Ladder Rule 4 plus 1 (*Each team is allowed 4 home runs per game. After 4, the LADDER rule is in effect*).

CO-ED SPECIFIC MODIFIED RULES

Required Gender Amounts Per Team

- 9 Person minimum roster
- 5 Men & 4 Women (*minimum*)
- **New:** You must have at least 4 women in the field at all times. (*For 10 players on a field, **must** be 5 men and 5 women – **NOT 6 men & 4 women***)
- **Positions:** Can have 6 players in the in-field, and 3 or 4 in the outfield
- **ASA Certified** restricted flight softballs are used
- Maximum 10 players playing defense
- Minimum of 4 women playing on the field
- Can modify positioning

Batting

- **Batting order** – Alternating male/female (*exception for last batter & 1st batter if only 9 players on the field*)
- If the pitcher walks a man with a woman on deck, the guy that was walked advances to second automatically.
- With 2 outs, if the male walks, the female has the option to hit or to walk to first.

RULE BOOK LINK: [Official Rulebook - USA Softball](#)