



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.

ALL 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*).
- Fast Pitch Bats (drop 10) are NOT allowed
- No metal spikes
- There will be ONE ump for all games – 2 umps for Championship Game
- All **Code of Conduct Rules** need to be adhered to – Respect for Others – Sportsmanship – Fair Play – Safety First – Accountability – Zero Tolerance – Specator Conduct & Social Media
- Schedules are **FINAL** – If inclement weather, games will be made up on either Fridays, Sundays, and possibly 9:15pm time slots.

CO-ED LEAGUE SPECIFIC MODIFIED RULES

Required Gender Amounts Per Team

- Minimum players on the Field: **9** / Maximum: **10**
- **NEW:** Must have at least 4 Women on the field at all times
- Player options are...
 - **5 Men & 4 Women**
 - **6 Men & 4 Women**
 - **5 Men & 5 Women**
 - **6 Men & 5 Women**
 - **7 Men & 5 Women**

- **Positions:** Can have 6 players in the in-field, and 3 or 4 in the outfield
- If you only have 3 female players on a given night, in order not to forfeit, you can borrow a rostered player from another team. *That player must be in the same division as yours or a lower division*
- **ASA Certified** restricted flight softballs are used
- Can modify positioning

Batting

- **Batting order** – Cannot bat more than two male batters in a row.
- If the pitcher walks a man with a woman on deck, the man that was walked advances to second automatically. Player **MUST** touch first base as advancing to second. If not, player is **OUT!**
- With 2 outs, if the male walks, the female has the option to hit or to walk to first.

CHURCH LEAGUE SPECIFIC MODIFIED RULES

Team & Player Eligibility & Roster

- All teams must be sponsored by a church (s), except for non-church affiliated “fellowship” teams that must be Bangor Parks and Recreation approved. Church sponsored may require a signed statement by a church leader that the church sponsors their team
- Players must play in a least **50%** of their regular season games to be eligible for playoffs (*showing up and not playing does NOT count*)
- No more than 4 of the teams TOTAL players can be non-church associated or “other league” players per team.
- If you don’t have enough players to play in a game, you may pick up another CHURCH player from another team for that game. All rosters are closed by the second game of the season.
- A team can bat an unlimited number of rostered players, if they are available.

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