



RULES & REGULATIONS

1. League Overview

- The league offers a competitive, yet friendly environment for players to enjoy the game of slow-pitch softball.
- This is a competitive league. Team captains will make decisions with the goal of winning games.
- A draft system is used to form balanced teams at the beginning of each season.
- Players are expected to have prior softball experience. No player evaluations will be held prior to the draft.

2. Eligibility

- Open to men ages 18–60.
- 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.
- Bangor Parks and Recreation reserves the right to remove a player from the league, with a refund or partial refund, when removal is deemed necessary for safety reasons.

3. Registration & Draft Process

- Players register individually (not as a team).
- There will be a waitlist for registrants if the league reaches its registration capacity.
- Team Captains draft rosters – draft will be conducted on Facebook Live.
- No pre-draft player evaluations will be held.
- Prior softball experience is required.
- Draft held mid to late April.
- Trade deadline will be within 48 hours after the draft ends. All trades must be approved by the team captains.
- Board of Directors determine player “Rank.”
- Rankings are done before the draft, and possibly at the end of the season for the next season.

4. Team Composition

- Each team roster will include 11 players.
- Teams will play with 10 players when possible.
- A team may play with a minimum of 9 players. If a team has only 9 of its rostered players available, it may pick up one player from another team.
- Teams are expected to carry a balance of skill levels to maintain competitive parity.
- When a substitute is needed, the substitute must be of the same RANKING or lower ranking as the player who is missing.
- Team players MUST be played before any “pick up player” substitutes, unless due to an injury.

5. Game Rules

- Governing Body: Bangor Parks and Recreation.
- ASA Senior Rules.
- Double Headers each week (10-game regular season plus double-elimination playoffs).
- Game Length: 7 innings or 1 hour, whichever comes first.
- Pitching Style: Slow-pitch / softball needs to be at least 6’ high, no higher than 12’.
- Slow Pitch: One/One count.
- Batting Lineup: Continuous batting order is required; everyone bats (up to 11 batters).

- No base stealing.
- Pinch Runners: Unlimited, but cannot run twice in an inning.
- Minimum Players: 9 players to start a game.
- Extra Innings: Will start with a runner on 2nd.
- Pitching net is not mandatory.
- Sub Stats do not count for the substitute. For example, if Joe Shmo is subbing in for the “Red Sox” and bats 4/4 with 4 home runs, those stats do not count for Joe Shmo since he is not playing for the team he was drafted by. Those stats will be recorded as “Red Sox Sub.”

6. Equipment & Softballs

- Official 12” ASA softballs will be provided.
- To reduce the loss of softballs, each team will be given one dozen labeled softballs at the start of the league.
- The team coach is responsible for the team’s dozen labeled softballs.
- Umpires are not responsible for providing game balls or balls for warm-ups.
- The team that is batting will use its team softballs during the game.
- If a batted ball goes foul or over the fence, the batting team is responsible for finding and retrieving the ball.
- Bats must be ASA certified (cannot be USSSA) and are not provided by Bangor Parks and Recreation.

7. Season Format

- Regular season consists of 10 games plus playoffs.
- Playoffs are double elimination.

8. Stats

- Stats will be kept by each team’s coach and submitted to the Board of Directors after each game.
- The Board will delegate someone to update stats online, including a league leaders board, updated standings, and other ways to keep players engaged.

9. Player Conduct

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

10. Rainouts & Cancellations

- Games canceled due to weather will be rescheduled if possible on a weeknight that is available.
- League and captains will notify players at least 2 hours before game time, (*unless unforeseen weather circumstances*).
- Cancellations will be emailed to all participants by Bangor Parks & Recreation.
- Team captains will be notifying players by their means of communication.
- Unplayable field conditions will be determined by the field provider or umpires.
- A \$20 cancellation fee will apply to player cancellations.

11. 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.

12. Uniforms

- Team jerseys/shirts will be provided (with sponsor name on the back).
- Players should wear athletic pants or shorts; no metal cleats allowed.