

**TORRINGTON PARKS AND RECREATION DEPARTMENT
MEN'S AND WOMEN'S SOFTBALL RULES – 2020 – Updated 5/20/2020**

ELIGIBILITY RULES

1. Residency
 - a. All players to play in the league must have full time employment in Torrington or reside in the City of Torrington or reside in the Town of Harwinton.
 - b. Players may also own Real Estate property in assessed value of \$1,000.00 or greater. Vehicles or motor vehicles registered in Torrington are not considered eligible.
2. Resident Teams will be allowed up to 6 NR players at a fee of \$25 per NR player in addition to the regular team fee. Up to 6 out of town players who do not reside or work in the City of Torrington or the Town of Harwinton may play on a team. All fees for out-of-town players will be due at the time of registration.
3. Exception to Residency Rule: Non-Resident Teams are allowed to play in “A” Division for both Men's and Women's Softball Leagues. The number of Non-Resident players in this league is not limited, as long as it meets the criteria outlined under #4 of ROSTERS AND SCHEDULES. Non-Resident Teams will be required to pay the Non-Resident Fee specified on the roster.
4. The Torrington Parks and Recreation Department and the Parks and Recreation Commission's Sports Committee will enforce all eligibility rules.
5. Each manager must sign the team's roster, certifying that all information is complete and accurate. Any fraudulent information given on a submitted roster and/or violations of the eligibility rules at any time will result in a suspension from the league and possible expulsion.
6. All rosters are subject to auditing and verification of employment or residency may be requested if questions arise. Rosters may be audited at the start of the season or during the season as deemed necessary. At any time a request may be made for a player to provide information to verify eligibility. The player will have 48 hours to show proof of eligibility, or the team will face suspension and forfeit each game until eligibility is verified.
7. Make sure your players are eligible and legally qualify to play in Torrington. **DO NOT RISK A SUSPENSION OR EXPULSION.**
8. Any team found playing illegal players will be issued up to a 10-game suspension and \$30.00 fine for both the manager and player(s) for the current season for first time offenses. If there are less games remaining in the season, then the number of games issued with a suspension, the remaining games of the suspension will carry into the next season. If a manager and/or player are found violating this rule more than once, the manager and/or player will be subject to expulsion from the league. The Parks and Recreation Commission's Sports Committee reserves the right to issue the final decision on the terms of the suspensions and fines. Fines must be paid before reinstatement.
9. All games that the illegal player played in will be forfeited.
10. The Parks and Recreation Commission's Sports Committee reserves the right to issue the final decision on any player's eligibility.

ROSTERS AND SCHEDULES

1. Full payment must accompany the roster prior to the registration deadline. **The deadline to register a team for the 2020 season is Friday, June 19, 2020. Waivers must be completed and returned by July 2, 2020. – updated 5/20/2020. These dates are subject to change.**
2. All rosters must be legible and filled out completely or they will not be accepted. All rosters shall include complete and accurate address, phone number, and place of employment must be listed for each player. All players must sign the waiver.
3. The team's choice of division must be on the roster.
4. Each team is allowed to carry 20 players and a playing manager. Team Rosters are required to have 14 players on the roster to be accepted.
5. Roster changes must be made IN PERSON at the Parks and Recreation Department. Once divisions have been created a player add-on form will be required to be submitted. All requests for roster changes will be inspected by a review committee.
6. No roster changes by phone, fax, or email will be accepted.
7. There will be a waiting period of approximately one week pending a review of any new players added to team rosters after teams have been placed in divisions.
8. Until the new player is approved, the player is not allowed to play in any league games.
9. **The Men's and Women's League's should both start tentatively July 6, 2020 (subject to change) – updated 5/20/2020.**
10. **Rosters will be frozen after August 21, 2020.**
11. A player can play on only one team in the league each year. Once a player plays for one team, that player cannot join another team.

SCHEDULE CHANGES

1. Special Requests – There will be absolutely no special scheduling requests accepted. All teams must be able to field a team for all the available time slots on the rosters.
2. Once the schedule is completed for the season, including make-ups and playoffs, there will be no changes to the schedules. **No Exceptions Allowed.**
3. All teams are responsible to have enough players for all scheduled games, make-ups, and playoffs.

JEWELRY RULE

1. No exposed jewelry will be allowed. Jewelry must be removed, taped, or covered in some manner. Medical alert ID's and religious medals may be taped to the body under the uniform.
2. The first player in the game that is found to have exposed jewelry on will be allowed to make it legal. The next player in the game from either team that is found to have jewelry on will be ejected from the game.

3. If another player from the same team is found to have jewelry, the game is over and that team will forfeit the game. Neither of these violations will result in fines or suspensions.

BATS – MEN’S LEAGUE:

1. Torrington Parks and Recreation Department will provide bats for all divisions in the Men’s Composite League. Only league provided bats will be permitted for use. No other bats will be allowed. The bats supplied by the department will be ASA Approved.

BATS – WOMEN’S LEAGUE:

1. Bats that are not approved by ASA will not be allowed to be used in a game.
2. The Park and Recreation Department and its designated representatives reserve the right to confiscate any illegal and/or altered bat.
 - a. The illegal and/or altered bat will be tested. If this bat is found to be illegal and/or altered, the player will be banned from softball for one year.
 - b. The game that the illegal and/or altered bat that was used in will be forfeited.
3. If that player is found to be using an illegal and/or altered bat a second time he/she will be banned from the league with no reinstatement.
4. This is an extreme safety issue. The Park and Recreation Department will not tolerate illegal use of any softball equipment.
5. Little League bats are prohibited.
6. The approved bat list can be found in the news and notes section on www.torringtonsoftball.com.

SOFTBALL – MEN’S LEAGUE

1. The Men’s Composite League will use a 52/300 Composite softball.

SOFTBALL – WOMEN’S LEAGUE

1. The Women’s League will use a 52/300 Synthetic softball.

EJECTIONS AND PROPER CONDUCT

1. PARTICIPANT BEHAVIOR POLICY Any form of discrimination, abuse, and/or unacceptable behavior will not be tolerated. Unacceptable behavior includes, but is not limited to, the following:
 - a. Any violation of federal or state law, or city ordinance.
 - b. Deliberate or reckless disruption of any park activities or programs.
 - c. Failure or refusing to obey park ordinance or park rules as directed by city staff or sign.
 - d. Threatening or intimidating others through verbal abuse, profanity, obscene gestures, or other means.
 - e. Intentionally or recklessly damaging or defacing any park property or equipment, or personal property of others.
 - f. Fighting or other assaultive behavior.

2. SPORTS BEHAVIOR POLICY – Torrington Parks and Recreation seeks to promote and maintain a fun, safe, and family-friendly environment. As a result, all players, coaches, spectators, staff, and officials are expected to act in a respectful and courteous manner towards one another. This policy extends to anyone at the playing site either before, during, or after a game.
3. Team Manager’s Responsibilities –
 - a. While each individual is responsible for his/her own actions, Team Managers will also be held responsible for the conduct of their team members, coaches, and spectators. Team Managers are expected to assist the game officials to maintain a positive playing environment. To aid in this, only the Team Manager (or Acting Team Manager) is permitted to confer with game officials.
4. Prohibited Behavior:

The following actions are grounds for ejection, game forfeiture, and/or suspension:

 - a. Inappropriate behavior
 - b. Unsportsmanlike behavior
 - c. Obscene language or gestures
 - d. Verbal abuse
 - e. Physical assault
 - f. Verbal threats
 - g. Threatening behavior
 - h. Other violations of the Torrington Parks and Recreation Department
5. EJECTIONS, GAME FORFEITURES, AND SUSPENSIONS The game officials have the authority to eject any individual from the playing site and/or forfeit a game in response to violations of the rules or policies. The Superintendent of Parks and Recreation and Parks and Recreation Sports Committee will review each case and levy additional suspensions against individuals and/or teams as deemed appropriate based on the severity of the violation(s). Suspensions may vary from one game to a lifetime ban.
6. A player ejected from a game may be asked to appear before the Parks and Recreation Commission’s Sports Committee if deemed necessary.
 - a. Players ejected from a game will automatically receive a 2-game suspension and \$20 fine. The Parks and Recreation Commission’s Sports Committee reserves the right to issue additional suspension days and/or fines.
 - b. Fines will be set according to incident; suspensions and fines may carry into the following season.
7. The umpire will report all ejections in writing on the designated Ejection Report Form with 24 hours of the ejection to the Superintendent of Parks and Recreation. All decisions on ejections will be posted on the softball website. The Recreation Department will notify the manager of the suspended player. The Parks and Recreation Commission’s Sports Committee reserves the right to issue the final decision on the terms of the suspensions and fines.
8. Fines must be paid before reinstatement.
9. Any player ejected from a game must leave the playing field and if misconduct continues, officials may order the player to leave the complex or his/her team risks forfeiture of the game and/or expulsion from the league.

10. A player who violates his/her suspension will be suspended for a minimum of 5 games. The game that the player played in will be forfeited. Second infraction will result in the individuals' suspension for entire season.
11. Umpires and managers will be responsible for conduct of players during the softball game. If player or players are found to be acting in an unsportsmanlike manner including swearing or taunting; the manager may be given 1 (one) verbal warning by the umpire. The second offense in game will result in the ejection of the player or players plus fines as stated in rule #3. If the umpire cannot determine which player on the bench said something, the manager will be ejected. At the discretion of the Superintendent of Parks and Recreation and Sports Committee, a player that is ejected for profanity, taunting, or physical/verbal altercations may be subjected to a longer suspension or possible expulsion, depending on the severity of the situation.
12. There will be no contact with an umpire. Any participant that makes contact with an umpire will have a hearing with the Parks and Recreation Commission's Sports Committee about the incident before fines will be imposed.
13. Anyone serving a suspension is not allowed on the playing field at any time while serving their suspension.
14. No alcoholic beverages on city owned or leased property. If a player is found with alcohol on the playing field or with the softball facilities, the player is subject to an ejection from the game. No smoking on playing field or player benches. Motorcycles must be parked in the parking lots.
15. All Torrington Park and Recreation staff, officials, employees and umpires are considered to be retained from the time they leave home until they return home following a game. Physical and verbal abuse at any time will not be tolerated. Fines and suspensions will be assessed against the individual(s) or team(s) involved.

SUBSTITUTE UMPIRE

1. If the scheduled umpire does not show up and both teams are in agreement to use a substitute umpire, both scorebooks must be signed by the opposite team's manager at the end of the game and the winning team must call the score into the Parks and Recreation Department (telephone #: 860-489-2274) within 24 hours.

PROTESTS & FORMAL COMPLAINTS RE: PLAYER ELIGIBILITY

1. All protests must be made on the field to the umpire prior to the first pitch (legal or illegal) following the protest. Protests may only be made for rule interpretations; an umpire's judgement call will not be considered. Both team managers and the umpire must sign both scorebooks, when a game is protested, in order for it to be reviewed. In order for any protest to be reviewed, the manager of the team protesting, must submit their protest in writing, along with copies of the scorebook with signatures to the Superintendent of Parks and Recreation no later than 2 business days following the game in question. Protests must include a \$25.00 protest fee. Any protest that is sustained, the protest fee will be refunded. The Sports Committee and the Umpire Association will make the determination on rules.
2. Any complaint regarding player eligibility must be made in writing, no later than 2 business days, to the Superintendent of Parks and Recreation along with copies of the scorebook with signatures from representatives of both teams as soon as there is a question regarding a player's eligibility.

Complaints regarding illegal players must include \$25.00 fee. If a complaint of an illegal player is confirmed by the Sports Committee, the fee will be refunded.

3. Protests/Formal Complaints may only be made by the Team Manager or Alternate Team Manager listed on the team's roster.

BALLS AND SCOREBOOKS

1. The Parks and Recreation Department will supply all softballs and scorebooks.
2. Teams must use the softballs given to them by the Parks and Recreation Department. They must be picked up at the Parks and Recreation Department.
3. Any team unable to produce a new, clean ball to the umpire at the beginning of the game will be fined \$10.00, which must be paid at the office before the next game, or the game will be forfeited.
4. Each game will start with two new balls.
5. The second ball is to be inserted in the middle of the fourth inning.

RAINOUTS

1. Games that must be postponed because of rain will be posted on the Parks and Recreation Department's website (www.torringtonct.org) or you can call the Recreation Department's Hotline at 860-489-2270 after 4:00 PM.
2. The umpire will make all decisions about games after 4:30 PM.
3. If the first game of the day is cancelled due to rain or other unforeseen circumstances, all the following games that day will be cancelled.

RAINED OUT AND SUSPENDED GAMES

1. If the game has completed the top half of the 5th inning and the home team is ahead, the game can be deemed an official game. The home team is declared the winner, and the game officially counts in standings.
2. If the game has completed the bottom half of the 5th inning the leading team is declared the winner and the game officially counts in standings.
3. If the game does not complete the above two criteria, then the game will be considered "No Game" and be started over from the beginning.
4. In the event of a rain shortened or suspended game when the score is tied, the game will start over from the beginning.
5. During the Playoffs, the Rain out Rules revert to the Official ASA/USA Rules.

COURTESY RUNNERS

1. If a team needs a courtesy runner it will be stated before the start of the game. Two players from each team may have a Courtesy Runner to start the game. The last player out becomes the courtesy

runner for the current batter. If a courtesy runner is needed at the beginning of the game and no player has made an out or scored, the last player in the lineup becomes the courtesy runner. If the last player in the lineup is recognized as also needing a courtesy runner, the player next to last in the lineup will become the courtesy runner.

2. If a courtesy runner is needed at the beginning of a new inning, the last player out running the bases will be the courtesy runner if the base runner was the third out to end the inning.
3. If an injury occurs during the game, then the injured player can also have a runner for the entire game. Only one injured player is allowed a Courtesy Runner per game on each team.

7 PLAYERS

1. A team may start the game with 7 players.
2. The line-up will include ten players and the vacant positions will be counted as outs (up to 2 automatic outs, see #4) when due up in the batting order.
3. These vacant positions can fall anywhere in the batting order.
4. When these positions in the line-up come up and the players have not shown up, the spots will be an automatic out, up to two (2) automatic outs. The third vacant spot is just skipped over and does not count as an out if playing with only 7 players.
5. When the eighth, ninth and tenth player shows up he/she must be inserted into the line-up immediately.
6. A team may finish a game with as few players as possible.
7. If the line-up goes below 10 players after starting with 10 or more, each vacant spot in the line-up will be an out.
8. If the line-up goes from 10 to 9 players because of an injury, the spot in the line-up will be an out.
9. If the line-up goes from 11 to 10 players because of an injury, the spot in the line-up will not be an out and will just be skipped over. Same applies going from 12 to 11 players.

TEAMS MAY USE 2 EXTRA HITTERS

1. Both extra hitters are considered position players and can move between defensive positions and the EH spots.
2. The batting order stays the same when extra hitter becomes a defensive player and they switch.
3. If any extra hitter leaves the game and cannot be replaced by a player that has not played in the game that spot in the lineup becomes an out, unless the player is injured.
4. Teams may bat 11 or 12 batters in their lineup, only if it is designated so at the beginning of the game.
5. Once the game starts, teams may not add an extra hitter or hitters to their line-up.

SCOREKEEPERS

1. Each team will supply a scorekeeper. The scorekeeper will meet with the umpire between innings to agree on the score. Scorekeepers must record each player's first and last name in the scorebook for each game in order for the scorebook to be considered official.
2. The Umpire is responsible for reporting the scores of all games.

CLEATS AND SHOES

1. Only rubber spike cleats will be allowed; no metal spikes at all - NO EXCEPTIONS.

DOUBLE FIRST BASE

1. All fields will be using a double first base.

BATTING PRACTICE

1. No batting practice near home plate.

GRACE PERIOD

1. A 10-minute grace period is allowed for 6:15 PM games only on Monday through Friday.

BASERUNNER INTERFERENCE

1. When a defensive player has the ball and the runner remains on his/her feet and crashes into the defensive player, the ball is dead and the runner is out.
2. Each other runner must return to the last base legally touched at the time of the interference.
3. If the act is determined to be flagrant, the offender shall be ejected.
4. An errant throw drawing the defense into the path of the runner and contact is made, the runner is not out.
5. To prevent the out ruling, the runner may slide, jump over the defender holding the ball, go around the defender, or return to the previous base touched. If the runner slides, it must be a legal slide.
6. When the ball, runner, and defensive player arrive at the same time and place, and contact is made, this is neither interference nor obstruction. If the umpire determines the contact to be flagrant, the offender shall be ejected. This applies to both the runner and the defensive player.
7. If the defensive player is not in possession of the ball and impedes the progress of a runner legally running the bases, obstruction shall be called. When play is over, time shall be called and base(s) awarded that in the umpire's judgment would have been obtained had there been no obstruction. Interference supersedes the obstruction rule.

APPEAL PLAY

1. Once the ball has been returned to the infield and time has been called, any fielder, including the pitcher and catcher, with or without possession of the ball, may make a verbal appeal on a runner missing a base or leaving a base too soon.

2. The plate umpire should then make a decision on the play.
3. Base runners cannot leave their bases during the period, as the ball remains dead until the next pitch.

RE-ENTRY RULE

1. Any player may be substituted or replaced and re-entered once, provided players occupy the same batting positions whenever in the lineup.
2. Players may not re-enter a second time.
3. The starting player and their substitute may not be in the line-up at the same time.

MERCY RULE

1. A team leading by 25 runs or more after any inning will be declared the winner.
2. After 3 1/2 innings of play, a team leading by 20 runs will be declared the winner. The home team, if losing, will always have a chance to bat.
3. After 4 1/2 innings of play, a team leading by 15 runs will be declared the winner. The home team, if losing, will always have a chance to bat.

SPEED UP RULE

1. The pitcher will be allowed three (3) warm-up pitches only, no matter when he/she enters the game.
2. The pitcher has 10 seconds to pitch the ball. If the pitcher is not ready to pitch within 10 seconds, the batter will be awarded a ball every 10 seconds until pitcher is ready. If the batter is not ready within 10 seconds, the pitcher will be awarded a strike every 10 seconds until the batter is ready.

THROWING A BAT

1. If a Player throws a bat, that player, at the discretion of the umpire can be ejected from the game.

FIRST PLACE TEAMS

1. If a team comes in 1st place in the regular season, the next season the team will move up a division. In some cases, other teams may also move up.

ASA RULES

1. The Leagues are governed by the Official ASA/USA Slow Pitch Softball Rule Book and all rules within said rule book are superseded by any rule outlined within this text.

INJURIES

1. The City is not responsible for any injuries of players or game officials.

HOME RUN RULE

1. Walk Off Home Runs - All home runs hit over the fence will be a walk off home run. Players do not need to touch first base. If a player who hits a home run chooses to run the bases they are allowed to do so.

MENS LEAGUE RULES

1. The ball, when pitched, must be delivered with a perceptible arc and reach a height of at least 6' from the ground while not exceeding a maximum height of 10' from the ground.
2. Pitchers have a pitching zone that allows them to pitch up to 6 feet further behind the pitching rubber if they choose to do so. If the pitcher chooses to pitch behind the pitching rubber which is 24" wide, they must be directly behind it and not off to either side.
3. Warm up pitches are to be underhand, slow pitch style. No excessive speed allowed on warm up pitches. Penalty for first offense team warning. Penalty for any further offense will be removal from the pitching position for the remainder of the game.
4. Batters will start with a 0 - 0 count. A foul ball on the third strike, the batter is out.
5. Men must be 16 years of age or older to participate.
6. Home Run Limit Rule - A team will be allowed to hit 5 home runs in a game. Any home runs after 5 will result in an out.

PLAYOFFS

All teams in each division will make the playoffs, with the exception of any team that has two forfeits during the regular season.

All games leading up to the Semi-Finals will be a single elimination format in the playoffs with the higher seed the home team. There may be some instances where the two or three lowest seeded teams play each other at the beginning of the playoffs for seeding placement in the bracket.

First and Second place teams will get a bye until the Semi-Finals. The Semi-Finals for the playoffs will be a best of three series and the winners of the semi-finals advance to the best of three championship series.

In the Semi-Finals, the First place team will play the winner with the lowest seed and the second-place team will play the winner with the higher seed.

If only 3 teams qualify for the playoffs, the 2nd and 3rd seed will play each other in a best 2 out of 3 and the winner plays the 1st seed in a best two out of three. If only 4 teams qualify for the playoffs, the 2nd and 3rd seed will play each other in a best 2 out of 3 and the 1st place team will play the 4th place team in a best two out of 3 and the two winners advance to the best of three championship series. If only 5 teams qualify for the playoffs, the 5th seed plays the 4th seed then move to the Semi-Finals.

WOMENS LEAGUE RULES

1. Women have to be 14 years of age or older.
2. Each team will play 14 regular season games.

3. The allowable form of pitching will be a 10 Man Modified Pitch. There will be no third strike foul out rule.
4. The batter hit by pitch rule will be in effect.
5. All women catching must wear a catcher's mask with a throat protector.
6. All batters must wear a NOCSAE approved helmet with double ear flaps when at bat. Players under the age of 18 must wear a NOCSAE approved helmet with double ear flaps, face mask/guard and chin strap. Helmets are at each team's expense. Helmets must be worn until the batter is retired or the batter/runner is safely on base and the play is over and time is out to remove the helmet. One warning pertaining to this rule will be issued for each team during the game, followed by an automatic out.
7. All game will have a 105-minute (1-hour, 45 minute) time limit. No new inning will start after the 105 minutes (1-hour, 45 minute). The game will be played to a winner. The time starts at the end of the captain's meeting. The umpire will keep the time on the field. If the home team is batting and is leading when the time limit is reached, the game will be ended at that point. If a player is injured and cannot be moved off of the field, the umpire, will stop the game clock until such time as the player can be safely moved. The time limit rule will **not** be used during the playoffs.

PLAYOFFS

All teams in each division will make the playoffs, with the exception of any team that has two forfeits during the regular season.

All games leading up to the Semi-Finals will be a single elimination format in the playoffs with the higher seed the home team. There may be some instances where the two or three lowest seeded teams play each other at the beginning of the playoffs for seeding placement in the bracket.

First and Second place teams will get a bye until the Semi-Finals. The Semi-Finals for the playoffs will be a best of three series and the winners of the semi-finals advance to the best of three championship series.

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If only 3 teams qualify for the playoffs, the 2nd and 3rd seed will play each other in a best 2 out of 3 and the winner plays the 1st seed in a best two out of three. If only 4 teams qualify for the playoffs, the 2nd and 3rd seed will play each other in a best 2 out of 3 and the 1st place team will play the 4th place team in a best two out of 3 and the two winners advance to the best of three championship series. If only 5 teams qualify for the playoffs, the 5th seed plays the 4th seed then move to the Semi-Finals.

8. Designated Player/Flex Rule:

- a. The designated player may be listed in any of the batting positions in the batting order. The FLEX is listed in the last position of the batting order and only plays defense for the DP.
- b. The DP and any substitutes for the DP must remain in the same position in the batting order throughout the game. The FLEX and all substitutes for the FLEX must enter the game in the same last position in the batting order.
- c. The DP may be substituted for, at any time, by a pinch hitter or pinch runner. The substitute become the DP and has all the options of the DP position. The DP and the substitute for the DP may not be in the game at the same time.

- d. The FLEX may be substituted for, at any time. The substitute becomes the FLEX and has all the options of the FLEX position. The starting FLEX and the substitute for the FLEX may not be in the game at the same time.
 - e. The starting DP and their substitute may be replaced by the FLEX as the hitter or as a runner. This reduces the number of players in the game by one. The DP and the FLEX may not be on offense at the same time.
 - f. The FLEX may be replaced on the defense by the DP. This reduces the number of players in the game by one. The DP and the FLEX may be on defense at the same time.
 - g. The starting DP may re-enter the game one time but only in the original DP position in the batting order. If the DP re-enters and the FLEX is batting in the DP position, the FLEX must;
 - i. Return to the original FLEX position, last in the line-up card, or
 - ii. Leave the game.
 - h. The starting FLEX may re-enter the game one time and must;
 - i. Return to the original FLEX position, last in the line-up card, or
 - ii. Take the position of the starting DP in the batting order. If the FLEX re-enters and the DP is playing defense in the FLEX position, the DP must continue to bat in the DP position in the batting order, play offense only or play defense for another player. This is not considered to have left the game.
 - i. The DP may play defense for any player at any position. Should the DP play defense for a player other than the FLEX, that position player continues to bat and does not play defense. That player is not considered to have left the game.
 - j. The role of the DP/FLEX is never terminated.
 - k. If the DP replaces the FLEX or the FLEX replaces the DP, the change must be reported to the umpire. If not reported, it is treated in the same way as an unreported substitute.
9. Home Run Limit Rule - A team will be allowed to hit 5 home runs in a game. Any home runs after 5 will result in an out. This pertains to games played at Joe Ruwet Park only.

Adoption of Pitching Rule from 2005

A pitcher cannot have their hand, or elbows go above the shoulder during the windup, otherwise this will be considered an illegal pitch. Also, the hips and shoulders should remain square to the plate during delivery of the ball. The ball cannot be delivered in an arc that exceeds 10 feet in height. The penalty for an illegal pitch will be a ball called on the batter. If the batter hits the ball and all base runners and the batter advance at least 1 base, the illegal pitch is ignored. If all runners and the batter do not advance at least 1 base, the team has the option of taking the result of the play or the illegal pitch.

Pregnancy Rule

Pregnant women will be allowed to participate in the program upon providing a written letter from their doctor stating that there is no risk of injury as a result of their participation, and at what point they are not safely allowed to play. The Torrington Parks and Recreation Department recommends that pregnant players do not play in a game for their own safety.

THE TORRINGTON SOFTBALL WEBSITE

The website is an online resource for all players, managers, sponsors and anyone else interested in the city's recreation softball program. The website includes updated information on schedules, standings, scores of games, make-ups, rules, photo galleries, plus a message board forum discussion area. Please visit the website at: www.torringtonsoftball.com.