

# 2026 Oak Bay Adult Softball League Rules

1. - Game time start is 6:15 PM
  - **Home Team** is first team listed, or as designated on schedule
  - A team must play with a minimum of four (4) females on the field and in the batting line-up and 6 males.
  - A team may play an official game with a minimum of three (3) females and ONLY 6 males, with an automatic out.
  - A team may play an official game with a minimum of two (2) females and ONLY 6 males, with 2 automatic outs.
  - A team may NOT play an official game with only one (1) female in the line up.
  - A team may play an official game with four (4) or more females, and males to equal at least 8 players
  - A team will lose by default if unable to field eight players (2 female and 6 male) within 15-minute grace period of the 6:15 start time. 0-10 score. (Regardless the game should be played for fun)
  - If a player is injured during the game and the team does not have substitute, then the team can default to the options above or will have to forfeit the game.
  - Teams are to keep their own score
2. The team at bat provides a home plate umpire who is responsible for calling strikes, foul balls, and no pitches. The out of bounds area is determined by the backstop and the cones on the field.
3. - Games will be seven innings in length and must end by **8:30pm**
  - No extra innings are played for tied games.
  - A maximum of five runs each inning with the seventh or last inning being open (as many runs as your team can get). Team Captains and league attendants need to watch the time to determine which inning will be the last, so the game is over by 8:30pm.
  - If the home team is ahead at the beginning of the bottom of the seventh, the game ends and the score is recorded.
  - Mercy Rule: the game is over when one team is ahead by fifteen runs after at least five full innings have been played. The score is recorded.
4. - Teams can have 14 players in the batting line-up for each game and 10 on the field.
  - Continuous batting order — all players bat with a maximum of three (3) men in a row.
  - Teams playing with a *Jane Doe* or an automatic out due to injury or missing players, must stagger the female batters in the line up and not allow 6 consecutive males up to bat.
  - All batters must play in the field for at least 3 innings. Players cannot just be rotated in the batting order as a “ringer” without playing in the field.
  - The Pinch Runner must be the last out of the same gender and start by touching the backstop in line with home plate.
5. Substitutions:
  - All players must be registered in the league. Players are registered when a team captain adds their name to the roster by emailing Ben at [borr@oakbay.ca](mailto:borr@oakbay.ca).
  - The number of players playing must not be greater than the number registered.
  - **Please submit rosters by April 6, 2026. Changes may be made after that date as required.**
  - Teams playing with illegal substitutions may forfeit game(s) at the discretion of League organizers.
  - A copy of every team roster will be given to the field attendant, and only players on your roster will be eligible to play. Teams may at anytime delete and add players to their rosters. This is done by contacting League Organizer and requesting such. At that time your roster will be updated.
  - During tournament play, players may be added to your roster before the tournament as required. Substitutes may be added during the tournament by contacting league organizers. However, substitutes may not come from other teams in the league.
6. - Base coaches call safe and outs on bases.
  - No leadoffs are to be taken. Runner remains on the base until the ball is hit or the batter swings. Leadoffs will be called out by the base coach.
  - No stealing bases.
  - Overthrow & Out of Bounds = If a ball thrown from one fielder to another goes into ‘out of play territory’ all base runners are awarded two bases. The base they were headed to + another base.
7. No bunting permitted in the League.
8. -Sliding is not allowed. Players who slide are out (including head first or diving back to a base).
  - The 20-foot home plate rule must be used (there will be cones indicating the line).
  - The runner on third base is committed to run home if he crosses over the 20-foot mark (commitment line).

- Home plate plays will all be “force plays” with home plate not being touched by the runner
  - Any base runner going home must run behind the mat/home plate, if the runner touches the plate the runner is automatically out.
9. - The pitcher must lob the ball with an underhand grip. To be legal, the pitch must have an arc of 6 to 12 feet in height; the pitch must be delivered with an underhanded grip and must not be delivered with a backhanded grip (to avoid excessive backspin). If the pitch does not have the required arc or is delivered illegally, the “acting umpire” will loudly call out ‘NO PITCH’ before the ball reaches the plate. If the pitch does not have the required arc or is delivered illegally, such a pitch is then a ball and may not be called a strike and **SHOULD NOT BE SWUNG AT BY THE BATTER**. It is still a dead ball if the batter does hit the ball.
    - Any legal pitch that hits the mat on the fly is a strike.
  10. The pitcher is replaced for that inning after throwing eight balls in a row to one batter. **TEAM CAPTAINS WILL MAKE THIS CALL**. The pitcher must pitch from the pitcher’s plate. There are no “walks”.
  11. - A batter is not out if he/she hits a foul ball not caught after two strikes.
    - Infield Fly rule is in effect and called by the “acting umpire”.
    - Foul tip from the batter, if caught (no matter how high) the batter is out.
  12. Outfielders stay in the outfield not crossing the arc made by the outfield cones until the ball is hit. ‘Rovers’ are exempt from this rule.
  13. Safety bag at first base must be used when there is a play at first base; otherwise, the runner may touch the inside of first base when advancing to second base.
  14. Any obstacles on the field will be addressed by the field attendant before each game. If the obstacle interferes with a play, the “acting umpire” will determine what the outcome will be at the time of the call and award the batter/base runner an extra base depending on where he or she is on the base path.
  15. - Catcher masks are provided to all players who play the position of catcher while a person is up to bat. Any and all foul tips, regardless the height if caught is an out.
    - Batting Helmets are provided to all players and are **MANDATORY** for all batters and base runners!
    - Pitcher masks will be provided and are **heavily encouraged** but are not mandatory.
  16. **Alcohol is not permitted** on the fields; please remember to be respectful of the space that we are using.
  17. No metal cleats may be worn. Plastic and rubber cleats and turf shoes may be worn.
  18. If it is raining hard and the attendant calls the game, the score is recorded if five or more full innings have been played.
  19. Game Day procedure for calling ‘Rain Outs’.
    1. The Sports Programmer will make the rain out call before 4:30pm the day of the game.
    2. The Sports Programmer updates out-of-office email response by 4:30pm daily communicating a Rain Out or Game Day as normal. It is the responsibility of the Team captains and/or individual league players to check email out of office response (borr@oakbay.ca) to confirm if a game is a rain out or not.
  20. At the conclusion of each game team captains will award sportsmanship points to their opponents to a maximum of three points. The points will be recorded on the score chits. There will be a separate competition for the most sportsmanlike teams in the league and tournament. ~ It is the responsibility of each team captain or team representative to give correct scores to the field attendant from Recreation Oak Bay at the end of the game.
  21. At the discretion of league organizers players may be suspended and/or banned from the league because of behaviour contrary to the good of the game.