

Cabarrus County Active Living and Parks Department
Frank Liske Park Adult Softball
Spring Season 2026 - Rules & Regulations

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ARTICLE 1 LEAGUE ORGANIZATION

- Section 1. The Park Program Supervisor will be in charge of the league and responsible for the organization and functioning of the league; will decide on all matters and policies pertaining to the league; and shall cooperate in every way to make the softball program successful.
- Section 2. Each team coach shall be responsible for the conduct of their players and fans for all games and is responsible for handling their team business.
- Section 3. The Park Program Supervisor, with assistance from the Field Supervisor shall keep all records of teams, players, and business handled by the league as a whole and is responsible for drawing up schedules, rules, and standings.

ARTICLE 2 ELIGIBILITY

- Section 1. Rosters containing all players' names must be registered with the Cabarrus County Active Living and Parks Department. Additionally, all team members must have CCALPD Waiver signed and turned into the softball press box prior to their first game. Completed rosters must be submitted before your first game to the field supervisor. **Penalty:** Forfeiture of game. Failing to turn in a roster by the first scheduled game will result in a forfeit. Failure to turn in a roster by the third scheduled game will result in games being terminated and forfeited until a roster is completed and on file.
- Section 2. The participant must be 15 years old by the date of the first league game.
- Section 3. There is a limit of 20 players on the team roster. Teams may add players through week 7 of games played. The players must sign the waiver before they play in their first game, which must be signed and turned into the field supervisor, prior to the 7 week time period as listed above. See the field supervisor at the field to have new players sign waivers. A player's name must be on the roster to be eligible to participate. **Penalty:** If a player is caught playing on a team without a signed waiver and/or their name is not on the official roster then the player in question will be ejected from that game AND must sit out for the next 2 games. If this is caught in a tournament game the team forfeits the entire tournament.
- Section 4. Players are allowed to be used as pickup player a MAXIMUM of 3 times in one season. Pickup players must be distinguished on the lineup card with a "PU" next to their name and **must bat at the bottom of the lineup.**

Tournament Games: Roster members only are allowed to play during tournament games. There will not be any pickup players allowed.

- Section 5. Players are eligible to play for the first team they participate in a game with if they are listed on two rosters within the same division. This rule does not affect pickup players. If a player quits one team and wants to join another team in the same division, the player must sit out the next two games of the new team before joining that team.

- Section 6. Pickup players MUST complete a waiver before playing their first game (this only applies if they are not a current player from another team in that league.)
- Section 7. Players caught playing under an assumed name and/or a coach playing a player under an assumed name will face the following penalty: **First Offense** – both coach and player must sit out 2 games; **Second Offense** - suspension for remainder of season. All games in which ineligible player played in will result in a forfeit.
- Section 8. The Spring Season will be a 10 game regular season with a single elimination tournament. If a team is ejected or drops out of the league, the remaining games against that team will be counted as wins for the scheduled opponents, therefore, still counting as games in the 10 game schedule.

ARTICLE 3 UNSPORTSMANLIKE CONDUCT / DISQUALIFICATIONS/SUSPENSIONS/EJECTIONS

All Unsportsmanlike conduct/disqualifications/suspensions/ejections are subject to review by Cabarrus County Active Living and Parks Department staff as well as Carolina Umpire Assoc.

- Section 1. A player or coach will be disqualified from a game for unsportsmanlike conduct (arguing, throwing equipment, etc.) and will be suspended for the teams following game as well. Two disqualifications during the course of a season will result in a player being suspended for the remainder of that season. Disqualified players cannot participate on any team in any division during this time.
- Section 2. Any player, coach, or official caught using profanity toward other players, officials, scorekeepers, coaches, park staff, etc. before, during, or after a game will be suspended for the next 2 games that your team plays. A second offense will result in an indefinite suspension from all Cabarrus County Active Living and Parks Department sponsored programs. Suspended players cannot participate on any team in any division during this time.
- Section 3. A player or coach ejected from a game for fighting, threatening, or striking an opposing player, coach, staff member, park employee, officials, or other league personnel will be suspended from the league indefinitely.
- Section 4. If a team shows continued unsportsmanlike conduct during the progress of a game, before a game, after a game, or during the season, the game and seasons remaining games will be forfeited to their opponent(s) without a refund.
- Section 5. All players, coaches, league personnel must abide by the rules and regulations of the park during the use of the park facilities or face dismissal or suspension by authorized park personnel. This includes speeding, parking violations, etc. Park citations and fees are listed on park signage.
- Section 6. **If any player is caught using an altered or illegal bat or bat from the non-approved bat list** both the player and the coach will be removed from the game and the game will be forfeited. The coach and player will then serve a two game suspension.

If any player *49 years of age* and under is caught using a senior stamped bat that player and coach will be removed from the game and the game will be forfeited. The coach and player will then serve a two game suspension.

Section 7. If a player (batting or throwing) intentionally or with malicious intent as determined by the umpire hits an opposing player, the player and the coach of the team will be ejected from the game. Ejected players/coaches must be replaced in the lineup or a forfeit will be granted to opposing team.

Ejected players must leave the softball complex at the time of ejection.

ARTICLE 4 PROTEST

Section 1. All protests will be handled at the site when protest occurs. The coach should notify the home plate umpire before the next pitch is made. The home plate umpire will then stop the game. The umpires and the field supervisor will then discuss the protest and make a ruling based on the league rules and USSSA governing body rules and regulations. Their decision is final. A \$100.00 protest fee must be submitted and it is refundable if the protest is upheld.

The \$100.00 protest fee **will not** apply to a bat or player protest. Only rule protest will require the \$100.00 protest fee.

Section 2. A game cannot be protested on an umpire's judgment call. Only **rule** interpretations will constitute a legal protest.

Section 3. To protest an illegal or ineligible player you will need to make that protest official with the plate umpire **before the end of the 2nd inning**. The 2nd inning is considered done when the 3rd out is made while the home team is batting. After the 2nd inning if a player is subbed in, who you want to protest as illegal/ineligible, you must protest that with an official before the last out of the inning in which they subbed in. All decisions made by umpires on the field are final and cannot be argued regardless of the call. When the protest is taking place the player must present a Photo ID to confirm who they are.

****All Players are expected to be able to provide identification at the game. If identification cannot be provided the player will not be allowed to participate in the game until identification is provided. ****

****If the team can't keep appropriate team roster requirements, then game will be declared a forfeiture. ****

Section 4. If an umpire fails to allow a coach the opportunity to protest a rule, then the coach should notify the field supervisor. The field supervisor will notify the Park Program Supervisor.

ARTICLE 5. Equipment

Section 1. Teams must supply their own bats and equipment.

Section 2. Softball – All softballs must have one of the following: USSSA Classic M or Pro M logo or “Classic W” stamped ball for coed league. If a team is caught playing with a non-approved ball, there is no penalty other than to correct it at that time. If a team is unable to provide an approved softball for the game, then the game will be forfeited to the opposing team at that time. Women will have the choice to hit an 11” or 12” ball and men will hit a 12” ball. Umpires will have final decision on whether a softball is legal. All game balls must go through the umpire before play begins. If a homerun is hit new game ball must go back through umpire before play resumes.

Section 3. Bats - Any approved softball bat that has the USSSA, ASA, NSA or SSUSA certification label affixed to it. **As of the Spring 2026 Season only 240 bats will be allowed.** Refer to Article 3 Section 6 for clarification on penalties.

*SSUSA bats MUST have a league sticker identifying them as a senior bat.

NON APPROVED BAT LIST---- <https://usssa.com/slowpitch/slowpitch-licensed-softball-bat-ball-manufacturers>

- **Any player caught using a bat on the non approved bat list**

Section 4. For the Spring 2026 Season we will not be testing every single bat. If an Umpire, Coach, or Field Supervisor suspects that a bat has been tampered with the bat will immediately be pulled by the Field Supervisor and tested at the field. If the bat fails the compression test AND shows signs of being tampered with then the bat will be deemed illegal and will not be allowed to be used in any Cabarrus County sponsored leagues.

Penalties:

First Occurrence – If a bat is questioned and fails the compression test then the bat will be removed from the game. The owner will receive a documented warning and the bat will be recorded. If the owner is not identified, then the bat will be confiscated.

Second Occurrence – If the same bat is discovered **IN PLAY**, then the owner will be immediately disqualified for that game PLUS 2 additional games.

Third Occurrence – If the same bat is discovered **IN PLAY**, then the owner will be immediately disqualified and banned from CCALP Adult Athletics for two full years.

Refusal of testing results in bat being considered illegal. If anyone is found tampering with stickers on bat's (i.e. removing and putting on a different bat) that player may be subject to a one calendar year suspension.

Section 5. Home Plate

- Extension Mat-The League uses a home plate extension mat. Any legally pitched ball that hits the extension mat is called a strike (a ball that hits home plate will not be called a strike, ball must hit the extension mat).
- Scoring Home Plate- The Scoring Home Plate will be in play for ALL games. The second home plate (scoring plate) will be located eight feet from the back tip of home plate on an extended line from 1st base. Defensive players touch the original home plate and runners touch the scoring home plate. All defensive plays at home plate are force outs. There will be a commitment line on the scoring third base runner's line. Once a runner crosses the commitment line they must go home and may not return to third base. If a player touches the original home plate then it is declared an automatic out. There will be a two week grace period at the beginning of the season for this rule to be implemented.

ARTICLE 6. PLAYING RULES – Local League Exceptions

Section 1. The Park Program Supervisor may add to and alter existing rules to keep the program goals and objectives attainable.

Section 2. Cabarrus County Active Living and Parks Dept. will provide a scorekeeper for all games.

Section 3. The following run lead shall be in effect for all games:
20 runs after 4 innings
15 runs after 5 innings

Section 4. A batter will have a one and one count when they enter the box.

Section 5. There is a 10-minute grace period for first game only. Once starting players arrive game will begin with 1-hour time period starting.

For games with a 7:30PM/8:30PM start time: Game play can start earlier than 7:30PM/8:30PM if **BOTH COACHES** agree to that. Otherwise 7:30PM/8:30PM is designated start time.

Lineups are to be turned in to the scorekeeper 10 minutes prior to each game. Lineups must have first and last names and numbers on it. A coach is allowed to make changes to the lineup before the first pitch without any penalty. If lineups are not turned in, game time will start at umpire's discretion.

If a player arrives after the game begins, they need to check-in with the scorekeeper to be added to the lineup card and be deemed a legal player.

Section 6. Games will last 7 innings or one hour in duration. **Time begins when the first pitch is thrown.** When the time expires, the inning you are in must be completed - unless the home team is batting and winning then the game is called at that point. A new inning begins when the final out of the previous inning is made.

Section 7. All games that are tied after the completion of their 1-hour time limit will complete their game in a 1-Pitch format. 1-Pitch is played the exact same as a normal game except you receive a 1 pitch per at-bat (with 1 good foul). If that pitch is a strike, you are out, if it is a ball you are walked.

****The International Tie Breaker rule will be in effect for all games tied after the completion of their 1-hour time limit or 7 innings played. At the start of each inning, a runner is placed on second base – this runner is the last batter to make an out in the previous inning. At least one full inning is played, if the score remains tied the same process is used in each inning until one team scores more runs than the other at the end of a complete inning.**

****The runner who is placed on second base to start the inning cannot be replaced with a courtesy runner until one batter has completed their at bat.**

Section 8. Home Run Limit will apply to the following divisions:
Men's **Comp** - 7 HR per game, with option to bid before the game (both coaches must agree, in front of umpire).

Comp Team vs. Rec Team – 5 HR limit, with same option to bid as above.

Rec – 5 HR limit, with no option to bid

Co-ed Limit of 4 home runs per game.

*****You do not have to run the bases on a home run.*****

SECTION 9. Pitcher's Protective screen purpose: The pitching screen is for the pitcher's protection only. The pitcher must use the screen in the manner in for which it was intended, the pitcher's protection.

There will be a line striped from the center of the pitching rubber extending towards home plate that will be 6 feet long. The screen may be moved right or left to accommodate pitcher preference, but the inside leg must be positioned on the center line. There will also be a line 6 feet in front of the pitching rubber. The screen must be placed on this line and may not be moved any closer or further from home plate.

If the screen is not placed in the correct position and the ball is pitched it is an illegal pitch which will result in the call of a BALL. After the ball is hit the pitcher may move and become an active defensive player.

Any batted ball that hits the screen counts as a foul against the batter. Any ball that is thrown from a defensive player and hits the screen the ball will remain live, and runners can advance until the play is stopped by the umpire.

Screen DOES NOT have to be on the pitcher's glove side.

Section 10. There will be no base stealing.

Section 11. If a runner on first or third base chooses to stand off the base due to safety concerns, they may position themselves adjacent to the fence in foul territory. However, the runner **must retouch the original base** before advancing to the next base once the ball is put into play.

Section 12. Coaches and players are encouraged to use the weather hotline (704-920-3359) when calling about cancellations. The weather hotline is updated at 4:00 PM in case of bad weather. Players and coaches will also receive an email and text of weather cancellations from our automated system.

Section 13. **Men's Open**

- Teams must have eight (8) roster players in order to avoid forfeit. You can pick up a maximum of two (2) players to start a game with ten (10) and avoid forfeiture.
- A team can never drop to or below 7 players. If so, the game will be declared a forfeiture.
- **Pickup players must bat at the bottom of the lineup.** Pickup players in Men's division must be male.
- If and when their 8th, 9th, or 10th player arrives, they must drop their pickup player(s) and add their roster player(s).
- You can add a 10th player at anytime without a penalty.
- You can add an 11th or 12th player after the game begins.
- If a team starts with 11 or 12 players and a player(s) and has to drop down, the team may continue to play as long as 9 players remain in the line-up. However, an out will be declared whenever the missing player(s) turn at bat comes around in the batting order. The game may end on an automatic out. If a player exits due to an injury an out WILL NOT be declared.
- You cannot add players to the lineup after you lose players.
- You can bat 12 players.
- You cannot replace pickup players with pickup players with the following exception: a pickup player gets injured you may then pick-up a player to replace the injured pickup player.

Coed:

- Coed teams must have at least three (3) women to play if playing with 8-9 players. If a team is playing with 10 players, the team must have 4 women.
- You can bat 12 players with one (1) man and one (1) woman or two (2) women.
- No more than 2 males may bat back to back in the lineup.

- Teams must have seven (7) roster players in order to avoid forfeit. You can pick up a maximum of three (3) players to start a game with ten (10) and avoid forfeiture.
- A team can never drop to or below 7 players. If so, the game will be declared a forfeit.
- Pickup players must bat at the bottom of the lineup.
- Teams cannot pickup players to make 12.
- You cannot replace pickup players with pickup players with the following exception: a pickup player gets injured you may then pick-up a player to replace the injured pickup player.
- You can add your 11th and 12th player after the game begins.
- Teams that start with 12 players must finish with 12 players. There is no penalty to those lineup spots. Once you drop to 10 players you cannot add players at any time.
- Players may play any defensive position.
- A male player receiving a walk automatically goes to second base, via first base, and the female hitter has the option to hit or to walk. Runners only advance if forced to do so. IF a female player is walked, and a female follows in the batting lineup (only when playing with more females than males) then the second female must hit.
- A disqualified or ejected player must be replaced by a roster player or that spot in the lineup is deemed an out when it comes up to bat. **Note:** The team can replace the ejected player if a substitute is available. If not, then that spot is an out when it comes up in the lineup. If it is a female that is ejected, then a male must be removed from the lineup to keep the male/female ratio as required. If the team cannot meet the roster requirements, then game will be declared a forfeit.
 - In the first 4 innings, teams are allowed to score a maximum of 10 runs per inning or score more than 10 runs to go ahead by no more than 10 runs if they are trailing.
 - Example: The bottom of the 2nd inning. Team A has 12 runs and team B has 2 runs. Team B can score a MAX of 20 runs in that inning to go up by a maximum of 10 runs.
 - In the 5th inning and beyond, scoring is unlimited.

Section 14. Teams are required to have jerseys with numbers by the third week of the regular season.
***Penalty:** If a player is caught wearing a jersey that doesn't meet these standards, game play will not begin until the player(s) in question puts the correct jersey on. If the team can't produce enough players to field a team they will then forfeit.

Section 15. A game will be an official game after four innings has been completed or 3 and ½ innings if the home team is ahead and the game is canceled because of inclement weather. Regular season games suspended before an official game status will be replayed from the beginning.
 **The Semi-Final Game will have a 1 hour and 15 minute clock with the run rule still in effect.
 **The Championship Game will have a 1 hour and 30 minute clock with the run rule still in effect.

Any semi-final or championship game that does not meet either of these guidelines will be replayed from the beginning

Section 16. Awards will be presented to the first and second place teams in the regular season and tournament. Tournament champion will also receive 15 championship t-shirts.

Section 17. Games will not be rescheduled due to conflicts with other activities. However, if emergency situations arise (deaths, work related incidents, etc.) please contact the Program Supervisor at 704-920-2702 or JDPOOLE@CABARRUSCOUNTY.US and every effort will be made to accommodate these situations.

- Section 18. Teams may practice on a field if a game is declared a forfeit.
- Section 19. Any team forfeiting three games because of a lack of players will be suspended from the league. No entry fee will be returned.
If a team knows for sure they will have to forfeit a game, a call should be made to the Program Supervisor making them aware of the forfeit. The opposing team will have the choice of using the field space for practice or not showing up at the field. If the opposing team chooses not to show up at the field, a call should also be placed to the Program Supervisor.
- Section 20. If a coach has a question over the score, batter, etc. they should approach the umpire with the concern who will then confer with the field supervisor/scorekeeper.
- Section 21. Teams will be allowed free substitutions. Players must enter and reenter into the same batting lineup each time. The only stipulation is that a player must come in and play a FULL consecutive inning before being subbed out. Substitutes must be reported to the plate umpire when they bat.
- Section 22. **Courtesy Runners**
(Coed) A team may have one courtesy runner per gender per inning– the courtesy runner must be on the roster and lineup card. A male must replace a male and a female must replace a female for courtesy runners. If a player is on base as a courtesy runner and their time comes up for them to bat, they are out.
If the same batter, who previously used a courtesy runner, comes back up in the same inning then the same player, who previously filled in as the courtesy runner, will be allowed to step in as the courtesy runner. In this situation, there will be no limit to the number of times that courtesy runner is used.
(Men's Open) A team can have two courtesy runner per inning. The courtesy runner must be on the roster and lineup card. If a player is on base as a courtesy runner and their time comes up for them to bat, they are out.
If the same batter, who previously used a courtesy runner, comes back up in the same inning then the same player, who previously filled in as the courtesy runner, will be allowed to step in as the courtesy runner. In this situation, there will be no limit to the number of times that courtesy runner is used.
- SECTION 23. **Injuries:** Contact Emergency personnel at the participant's request. All injuries requiring first aid assistance must be reported to the Cabarrus County Active Living and Parks Field Supervisor. The Field Supervisor or Park Ranger will be filling out a report and may ask the injured player questions regarding the injury. Please cooperate with them and give them the information needed.
If a player gets injured, then the coach can pickup a player to replace the injured person. Once a player comes out, due to injury, they will not be allowed to re-enter that game nor any other game that evening (in cases where a team is playing a double header.)
- Section 24. If there is a tie in the standings at the end of the regular season the following will be used as means of determining the tie breaker:
- 1) Head to head record of the teams tied
 - 2) Comparison of the RUNS SCORED in total for all regular season games played.
 - 3) Comparison of the RUNS ALLOWED in total for all regular season games played.
 - 4) If teams are still tied, a coin flip will decide standings.

- Section 25. There will be no penalty for any player that has to leave the game due to injury or emergency. (i.e. no out in batting order, no forfeit if it puts team below 8 players)
- Section 26. All communication with the Program Supervisor should be done from the Coach and/or the Team Captain.

Weather Word Cancellations 704.920.3359

Coaches and players are encouraged to use the weather hotline when calling about cancellations.

Coaches will receive an email of weather cancellations from our automated system.

Before 4:00 pm on game days:

A decision will be made by 4:00 pm on game days when there is inclement weather. Once that decision is made, it will be posted on the Weather Word and emailed and texted to rostered players.

If heavy rains or inclement weather occurs after 4:30 pm then you will receive the same notification as above as quickly as it can occur.

After 6:30 pm

If games are cancelled after the first game begins the Weather Word will be updated at that time. If the first games are cancelled, then all games scheduled that night are cancelled.