

Metro Leagues Softball

Game Format

- Games last **7 innings or 1 hour**, whichever comes first.
 - No new inning starts with less than **5 minutes** left on the clock.
 - If the home team is winning after the top of the final inning, they don't bat.
 - **Ties stand** during the regular season.
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Team Setup

- **10 players** on defense (max **6 men** on the field).
 - Minimum **2 women** must be in the lineup to play.
 - A team can play with **8 players** to avoid forfeit (must include 2 women).
 - Batting order should **alternate genders as much as possible**.
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Batting & Base Running

- Everyone bats in the set lineup — **no gender-specific rules on where you hit**.
 - **No bunting or stealing** bases.
 - Runners must stay on base until the ball is hit.
 - **Overrunning first base is allowed**, but turning toward second makes you live.
 - **Tag-ups** required on fly balls.
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Pitching

- Slow-pitch style: **underhand pitches with an arc between 6–12 feet**.
- No fast pitching or curveballs allowed.
- A count starts at **1 ball and 1 strike**.

- **3 strikes = out, 4 balls = walk.**
 - Foul ball on the 3rd strike = out.
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Fielding

- Standard softball outs: **force outs, tags, caught fly balls.**
 - Outfielders must stay behind the dirt until the ball is hit.
 - **Infield fly rule is in effect** (automatic out on pop-ups with runners on base and fewer than 2 outs).
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Equipment

- Game balls provided.
 - Bring your own gloves and bats.
 - Metal cleats are **not allowed.**
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Sportsmanship

- Be cool. This is a rec league. Trash talk and bad vibes will get you tossed.
- **Rock-paper-scissors decides home team.**