



**ROCKY MOUNT PARKS & RECREATION
ATHLETIC DIVISION
CO-REC SOFTBALL RULES**

1. Five male and five female players must be in the line-up at all times.
2. There will be a DH.
3. There will be a re-entry rule.
4. Male and female players must alternate positions in the infield and outfield.
5. Male and female players must alternate batting positions.
6. Male batters will have to bat "opposite side" of their normal batting stance. (Honor System!)
7. Male batters cannot bat "cross handed".
8. New ball provided by the home team.
9. If a male batter walks (intentionally or not) he automatically goes to second base, the next female batter can then choose to walk or bat.
10. All participants must be on the roster by mid-point of the season (date to be determined each season) to be eligible for post season play.
11. A team will be allowed a maximum of five (5) runs per inning. Once this is achieved, sides will change regardless of the number of outs. This rule will be in effect for the first five (5) innings—after that starting with the top of the sixth inning this rule will be waived and regulation softball will resume (multiple runs, three outs, etc.).
12. All other rules will be governed by USSSA rules.

For more information, please call the Athletic Office – 972-1161.