

Over 35 Softball Additional Rules and Regulations June 11, 2025

All rules will be current Arlington with some of the below additions.

1. If a player is 35 years of age at the beginning of season, he or she is eligible to play. There can be NO players under the age of 35 on your team.
2. Steel cleats will not be allowed; the player must change shoes or will not be allowed to play (i.e. tennis shoes or rubber cleats are allowed).
3. The runner will cross a home plate line, which will be painted and clear to see. THE RUNNER IS NOT ALLOWED TO TOUCH HOME PLATE OR THE MAT. If the catcher has control of the ball and is touching home plate before the base runner crosses the line, the runner is out. The runner will be out if he touches home plate or the matt.
4. A commitment line will be placed 40 feet down third base line. If a runner advances across the commitment line, the runner is unable to return to third base. At this point, only a forced out at home is allowed.
5. Games will be played for 40 minutes or 7 innings with a 5 run per ½ inning limit. At the end of the 40 minutes the inning will be finished, and the buffet will start. The losing team will bat first. Extra innings will be played to determine a winner with last batter starting at 2nd Base. There are no ties.
6. There will be a 20-run rule after 3 innings of play. 15 runs after 4 innings of play and 10 run rule after 5 innings of play.
7. Game Times: Games will start at schedule times. A minimum of 8 team roster players is needed to start a game.
8. Home run Rule: 5 home runs are allowed during a game. Any home runs after that, will be ruled an out.
9. Courtesy Runner Rule: A courtesy runner is only allowed 1 per inning.
10. Any USSSA 220 or 240 bat will be allowed. In addition, any legal adult or senior stamped slow-pitch bat is allowed.
11. Home Plate strike zone mat shall be used 21' x 36' at a minimum (plan on a big mat)
12. Pitching Screen (mandatory) - Will be used (city supplied) for all senior divisions. The screen shall be limited to 4' by 7' and must be touching any part of the pitching rubber going towards first or third. It cannot be moved during the inning. The pitcher must toe the rubber or can start 3 feet back max from the rubber and retreat behind the screen and does not have the option to

field the batted ball except for the following exception... if there is an infield fly situation, the pitcher can catch a pop-up in the infield.

- **A batted ball hitting the screen shall be deemed a foul ball strike. A ball hitting the screen from a defensive player shall be considered "live".**