



Welcome to AHPD Adult Softball!

Our leagues are designed to meet the softball needs of Arlington Heights residents, offering options for a range of skill levels and experience. Whether you're here to compete or just enjoy the game, there's a place for you in our leagues.

While we offer both recreational and competitive divisions, we encourage all teams to prioritize fun, good sportsmanship, and a positive experience.

If you have any questions, comments, or suggestions about the program, please reach out to Athletic Manager Cameron Edelman at cedelman@ahpd.org or speak with a supervisor on game nights.

Have a great season, and thanks for playing with AHPD!

League Descriptions

Spring Season:

Begins the week of **March 31**. Teams will play an 8-game season. Most nights will feature doubleheaders, though some teams may play only one game per night. In the event of a rainout, we will attempt to reschedule. If we are unable to do so, teams will receive a refund for any games not played due to weather. *No awards are given for the spring season.*

Summer Season:

Begins the week of **May 4**. Teams will play a 10-game regular season followed by a single-elimination playoff. *Awards are given to the top two regular season teams and the top two playoff teams.*

Fall Season:

Begins the week of **August 17** (pending the conclusion of the summer season). Teams will mostly play doubleheaders, with a 10-game regular season and a single-elimination playoff. *Awards are given to the top two regular season teams and the top two playoff teams.*

League Divisions:

Competitive League – For more skilled teams whose main goal is to achieve a winning record.

Recreational / Co-Rec League – For teams more focused on having fun than on winning. Ideal for work, neighborhood, or casual teams.

AHPD reserves the right to bracket teams based on past season records or at the discretion of the Athletics Supervisor.

The AHPD, its employees, or appointed agents assume no responsibility for any personal injury or loss that any team member or spectator may incur as a result of this program. Individuals are encouraged to have their own personal health/accident insurance plan for any injuries that occur.

Contact Information & Facilities

Melas Park – 1500 W. Central Road, Mount Prospect (located on Central Road just east of Busse Road) This 35-acre park features four lighted softball fields, two sand volleyball court, playground, picnic area, walking trails, and a concession stand. The concession stand is open from 5:30–9:30 PM on most evenings when games are scheduled.

AHPD Administration Center

410 N. Arlington Heights Road, Arlington Heights

Hours: Monday–Friday, 8:30 AM–4:30 PM

Phone: 847-577-3000

Cameron Edelman, Athletics Manager

Email: cedelman@ahpd.org

Phone: 847-506-7132

Registration Information

Teams may register in one of the following ways:

- **Online:** Log in and register at ahpd.org.
- **In Person:** Register during regular business hours at the **Arlington Ridge Center, Camelot Park or Pioneer Park.**

Registration Procedures

- Only a team player may register a team.
- AHPD is not responsible for inaccurate information provided on registration or roster forms. To ensure you receive league updates, please notify **Cameron Edelman** of any changes to your contact information.
- Teams using ineligible players or submitting incorrect roster information risk the following:
 - **Before the season:** Forfeiture of their league spot.
 - **During the season:** Forfeiture of all games in which the ineligible player participated.
- Teams are registered on a **first-come, first-served** basis. AHPD does not hold spots for returning teams from previous seasons.

Official & General Rules

Rule Authority

AHPD in-house rules take precedence. For all other situations, **ASA Softball rules apply**.

Alcoholic Beverages

Alcohol is **strictly prohibited** in the parks at all times.

If a player or spectator is found consuming alcohol on-site before, during, or after a game:

- The **team risks forfeiting that week's game** and possibly the **following game**.
- Teams are responsible for informing their spectators of this policy.

Appeal Plays

An **appeal play** occurs when an umpire cannot make a ruling until a team initiates the appeal.

Examples:

- A runner missing a base
 - Leaving early on a caught fly ball
- Appeals must be made before the next pitch.**

Base Running

- **12" & 14" Leagues:** No lead-offs allowed.
- **16" League:** Lead-offs and stealing are allowed.
A runner may advance to another base (including home) **only when:**
 - Played on by the pitcher or catcher

- The next base is unoccupied
- The runner tags their current base before advancing
- Only **one base** may be taken
- Applies **only to the runner being played on**

Bats & Equipment

- **Footwear:** Only **rubber softball spikes or tennis shoes** may be worn. **Metal or removable cleats are not allowed.**
- **Bat Certifications (2025):**
 - **12" Softball:** Bats must display a stamp/seal from:
 - National Softball Association (NSA)
 - United States Specialty Sports Association (USSSA)
 - ASA/USA Softball
 - **14" & 16" Softball:** No certification required

Prohibited Bats:

- Senior league bats
- Baseball bats (barrels larger than 2.25")
- For **16" softball:** Chicago 6 and higher bats
- Any bat listed on the **non-approved list** by NSA, USSSA, or ASA/USA
 - An updated list will be provided to captains and available at the concession stand

Co-Rec League Specific Rules

Rosters

- At least **half of all players must be women**
- All players must be listed on the official roster
- If starting with only 9 players:
 - The 10th player may enter at any time
 - If there are 5 men and 4 women, **an automatic out is recorded** for the missing 5th woman

Courtesy Runners

- The **last out** is the designated runner (not necessarily the last *batted* out)
- Men must run for men; women for women
- Courtesy runners **need to be pre-approved before the game**

Batting

- Teams may bat up to **14 players** (2 more than 12" leagues)

- For every male batter, there must be a female batter
 - **Max male batters: 7**
 - **Max female batters: 14**
- **No batting order limitations**; men bat natural handed

Walk Rule (EXCEPTION):

- If a male batter is walked on 4 balls:
 - He **must** take first base
 - **EXCEPTION:** If a **female batter follows him** in the lineup:
 - He may choose to "bat again" with a **1-1 count** or go to first
 - If walked again, he goes to **second base**
 - The following **female batter must bat as usual**
 - **Note:** This exception only applies when a female batter follows the male in the order

Fielding

- At least **5 of the 10 players on defense must be women**
- No restrictions on who can play which position, including pitcher and catcher
- If a team starts with 9 players (5 men and 4 women), no defensive penalty—only the **automatic out** in the batting order for the missing 5th woman

Equipment

- **Only women** may use gloves

Courtesy Runners (General Rule)

- Courtesy runners must be designated **before the game**, unless due to injury during the game
- Courtesy runner is always the **last out** (not necessarily last batted out)
- Players with a designated runner may only:
 - Walk
 - Hit a single
 - Hit a home run
 - Make an out
- Courtesy runners who run for the designated player may advance as many bases as possible **before play stops**

Eligibility, Rosters & Protests

Captain Contact Info

Team captains must provide a **current phone number and email** when registering. Please notify AHPD of any changes to contact information to ensure you receive game and league updates in a timely manner.

Roster & Player Eligibility

- Players must be **18 years of age** by the first game of the season.
- Rosters may list up to **20 players**.
- Players may play in multiple leagues but **cannot play on more than one team in the same division**.
 - Example: A player may be on teams in Monday Rec 1 and Monday Rec 2, but **not on two Monday Rec 1 teams**.
- All players must:
 - Be listed on the official roster
 - **Electronically sign the waiver** prior to participating
- Roster additions are allowed **until the end of the second week of the season**. After that, all rosters are **locked in QuickScores**.
- AHPD is not responsible for inaccurate roster or registration info.

Batting & Lineup Requirements

- Teams must have **at least 8 players** present to start a game.
- Teams may bat a **minimum of 8** and a **maximum of 12** players.
- During the pre-game captain's meeting, captains must inform the umpire of how many players they are batting. Players do **not** need to be present at the meeting.
- If a player is listed in the lineup but not present at their turn to bat, **an out is recorded**.
- If starting with 8 players:
 - The 9th and 10th batting spots are **automatic outs** until those players arrive.
 - Once a 9th player arrives, the 10th spot automatic out is eliminated if a team is only playing with nine players.

Substitutes & Avoiding Forfeits

- **Picking up players from other teams at the field before first pitch is prohibited**, except in the case of avoiding a forfeit.
- Captains may ask players from other teams to sub **only if**:
 - The **opposing team captain agrees prior to the start of the game**
 - The subbed players are **already rostered and waived** in the league
 - Only **enough players are added to reach the minimum needed to play**

- If no agreement is made, the game will result in a **forfeit**.
- This exception applies only in real-time at the fields to avoid a forfeit just before game time.
- In normal planning situations, captains may use **subs from their own roster** if:
 - The sub is listed on the team's roster
 - The sub has electronically signed the waiver

Eligibility Protests

- **Rosters are due by the start of Game 1.**
- All players must **electronically sign the roster/waiver** before playing.
 - *If a player cannot sign electronically, a paper waiver may be made available.*
- Players must bring a **photo ID** to every game to confirm eligibility if needed.
- Protests must be:
 - **Player-specific, and made as soon as ineligible player is suspected**
 - Made **on-site before the end of the game, if not the game will be deemed final**
 - If a protest is upheld, the game will be **ruled a forfeit**
- If a player is found on multiple rosters within the same division or is otherwise ineligible, **suspension or further penalties may apply.**
- Suspended players **may not play on any AHPD softball teams** until the suspension is lifted.

Rule Protests

- Teams may protest **rule interpretations only** – not judgment calls.
- The protesting team must:
 - Inform the **umpire** before the next pitch
 - Notify the **opposing team and AHPD staff**
- If the protest cannot be resolved on-site, the team must:
 - Submit a **written protest** within 24 hours (or by the following Monday for Friday leagues)
 - Include a **detailed description** and the specific rule believed to have been violated
 - Include a **\$25 protest fee**
- Protests not following this procedure will **not be considered**.

Forfeits

- A game is an automatic forfeit if a team has **fewer than 8 players** at any time.
- The **umpire's decision is final** on forfeits (exception: see approved substitutions to avoid a forfeit).
- If you know in advance that your team must forfeit, contact **Cameron Edelman** at **847-506-7132** or **cedelman@ahpd.org** as soon as possible so we can inform the umpire and the opposing team.

- Teams that forfeit **less than 24 hours** before game time may be fined (see “League Fines and Suspensions”).
- Teams that **forfeit three games** in a season will be **removed from the league without a refund**.

Game Cancellations & Postponements

- In case of **inclement weather or poor field conditions**, games may be canceled and rescheduled if possible.
- On questionable weather days, a decision will be made by **4:00 PM**, and updates will be posted on the **weather hotline**:
847-577-3003, ext. 6
(Do not call the main AHPD number for weather updates.)
- Once a game is in progress, the **umpire has final authority** to cancel or postpone due to dangerous conditions.

If a game is **postponed mid-game**, every effort will be made to **reschedule and resume the game at a later date**. The game will **restart from the point of suspension**, maintaining the same score, inning, outs, base runners, and batting order.

The following should be documented before leaving the field:

- Current inning
- Number of outs
- Batting order and next batter
- Location of all base runners

This information must be reported to AHPD staff so that the game can be properly resumed.

Game Length & Rescheduling

All scheduled games are **7 innings** in length.

12” games: No new inning will begin after **65 minutes**.

14” and 16” games: No new inning will begin after **60 minutes**.

If a game is **tied after 7 innings**, extra innings will be played until a winner is determined.

- All extra innings begin with a **3-2 count**.
- The **last batter from the previous inning** will start on **second base**, with the batting order continuing as normal.

A game is considered **official** if:

- **5 full innings** have been completed
- Or **4½ innings** if the home team is leading

Mercy Rule:

- A team leading by **20 or more runs after 4 innings**
- **15 or more runs after 5 innings** (4½ if the home team leads)
- **10 or more runs after 6 innings**
...shall be declared the winner.

In the **playoffs**, there is **no time limit**.

- Starting with the **first full inning after 60 minutes**, all subsequent innings begin with a **2-2 count**.

During the **summer and fall seasons**, any **suspended or unofficial games** will be resumed from the exact point at which they were stopped—**at the discretion of the Athletics Supervisor**.

If a game is postponed mid-game due to weather or unsafe conditions, we will make every effort to finish the game at a later date. The game will resume from the exact point it was stopped. Umpires must record the current inning, number of outs, base runners, batting order, and who is at bat before leaving the field. This information must be shared with AHPD staff to properly resume the game.

Home Run Rule

Teams are allowed a maximum of **3 home runs plus 1-up**.

The **1-up rule** allows teams to exceed the 3-HR limit **only if they do not have more than one HR** over their opponent.

Example:

- If Team A has hit 3 HRs and Team B has hit 1, Team A cannot hit another HR.
- If Team B hits a second and third HR, Team A may then hit a fourth, and so on.

A home run hit in violation of the 1-up rule will be recorded as an **out**.

Infield Fly Rule

An **infield fly** is a fair fly ball (not a line drive or bunt) that can be caught by an **infielder with ordinary effort** when:

- **1st and 2nd**, or
- **1st, 2nd, and 3rd** base are occupied
- And there are **fewer than 2 outs**

The **pitcher, catcher, and any outfielder** positioned in the infield are considered infielders for

this rule.

The ball is **live**, and runners may:

- Advance at their own risk if the ball is not caught
- Or **tag up and advance** after the ball is touched

Interference

Interference is an act by an **offensive player** (batter, runner, on-deck batter, coach, or teammate) that **impedes, hinders, or confuses** a defensive player.

Defensive players must be given the **full opportunity to field the ball** anywhere on the field.

League Fines & Suspensions

1. Fighting

Anywhere on AHPD facilities or grounds during league events

Penalty: \$50 fine and **season suspension** for each individual involved

2. Alcohol Use or Possession

Being under the influence of or in possession of alcoholic beverages at the field

Penalty: \$25 fine and **one-game suspension**

3. Rough Tactics

Physical or aggressive behavior deemed unsafe or excessive

Penalty: \$25 fine and **two-game suspension** per individual involved

4. Threatening Behavior

Threatening an umpire, official, or supervisor in any way

Penalty: \$50 fine and **season suspension**

5. Game Ejections

1st offense: Minimum **one-game suspension**

2nd offense: \$50 fine and minimum **two-game suspension**

3rd offense: **One-year suspension** from all AHPD athletic programs (effective on the date of the offense)

If a player is ejected during a game, their spot in the batting order will be recorded as an automatic out and may not be filled or replaced

6. Team Forfeits (Less Than 24 Hours' Notice)

1st offense: \$50 fine (due before the next scheduled game)

2nd offense: \$75 fine (due before the next scheduled game)

3rd offense: \$100 fine (must be paid before registering for the next season)

Includes suspension from the league for the remainder of the season

7. Roster Violations

Using an unlisted player or a player who has not signed the waiver

Penalty: Minimum **one-game suspension** per ineligible player

Game Forfeited

8. Physical Contact with Officials or Staff

Touching, pushing, or striking an umpire or AHPD staff member

Penalty: \$50 fine and **two-year suspension** from all AHPD athletic programs

9. Playing While Suspended

Penalty: \$50 fine and **one-year suspension**

Note: Ejected players must leave the premises **immediately**. Failure to comply will result in a **team forfeit**. "*Premises*" refers to any Park District property where games or programs are taking place.

Obstruction

Obstruction occurs when a fielder, **not in possession of the ball and not actively fielding a batted or thrown ball**, impedes the progress of a runner.

The umpire will award the obstructed runner, and any affected runners, the base(s) they would have reached had the obstruction not occurred.

Official Scorebook

The **home team** is responsible for keeping the official score and managing any questions regarding score, outs, or innings.

Each team will receive **one scorebook** before the start of the season.

The **home team is listed second** on the schedule.

Overthrows

If a thrown ball goes **out of play**, the umpire will call time.

Base runners will be awarded **two bases** from the **last base touched** at the time of the throw.

Pitching & Gameplay Rules

Pitching Distances & Base Lengths

League	Pitching Distance	Base Distance
12" Softball	53 feet	70 feet
14" & 16"	38 feet	60 feet

Pitch Count

All leagues begin each at-bat with a **1 ball, 1 strike** count.

12" League Pitching Rules

The pitcher must start with **one foot firmly on the ground** and **one or both feet in contact with the pitcher's plate**.

The **pivot foot must remain on the plate** until the ball is released.

Pitches must have an **arc between 6 and 10 feet**.

The ball must **clear the white of the plate**.

A pitch is considered a **strike** if it lands:

- On the **white portion** of the plate
- On the **black edge** at the back of the plate and drops into the well

14" & 16" League Pitching Rules

The pitcher must start with **both feet firmly on the ground** and **one or both feet in contact with the pitcher's plate**.

Pitches must have an **arc between 6 and 12 feet** and be thrown with **moderate speed**.

A pitch is considered a **strike** if it hits the **black edge** of the plate and drops into the well.

Strike Zone Mats

A **strike zone mat** is placed directly behind home plate and is used by the umpires to determine balls and strikes.

If the pitched ball **hits the mat**, it is a **strike**.

If the ball **misses the mat**, it is a **ball**.

Strike zone mats are used in all AHPD softball leagues.

Substitution & Re-Entry Rules

A **starting player** may be withdrawn and **re-entered once**, as long as they return to their **original spot in the batting order**.

A **substitute player** may not re-enter the game once removed.

A starting player and their substitute may not be in the game at the same time.

Unsporting Conduct

Any **unsportsmanlike behavior** toward opponents, umpires, or AHPD staff—before, during, or after a game—may result in **game forfeiture**.

The **AHPD or umpire** may forfeit a game based on behavior, even if an in-game forfeit is not called.

Teams or individuals who do not meet AHPD's standards for conduct may be **suspended or removed from the league** for the season, year, or longer.

The Arlington Heights Park District reserves the right to update or change league rules at any time throughout the season.

Updated: March 29, 2025