



*Recreation & Community
Services Department*



*Spring 2016
SOFTBALL HANDBOOK*

Schedule's, Standings, Banned Equipment
www.vistarecreation.com

City of Vista
Recreation & Community Services Department

Friends, Family & Fun it's all found at the ballpark.

Welcome to the City of Vista Recreation & Community Services Department Adult Softball Program. We are pleased you have selected our league for your recreational enjoyment. We here at Vista take great pride in our recreation programs and facilities. This booklet is designed to acquaint and inform participants, managers and sponsors of the rules, regulations and guidelines of the program. Should you ever encounter a problem, have a question on a rule or would just like to talk about the program, please feel free to contact me. I look forward to a great new season with all of you!

Rob Anderson
Recreation & Community Services
Program Manager

Recreation Staff

Rob Anderson-Recreation & Community Services Program Manager
Justin Thomas-Park Director
Javier Hernandez-Park Director
Kim Crawford—Recreation Coordinator
Santos Callejas - Facility Reservationist

Umpire Staff

Margarita Officials Association
www.moal.org

Adult Sports Division

M-F 8am-5pm (760)643-5264 or 5275
City Hall 200 Civic Center Dr.
10:30am-5pm Monday– Friday

Rain Out Hotline (760)726-1340 Ext. 3244
Updated after 4pm on days of inclement weather

League Fees

- ◆ Team league fees cover cost of staff, softballs, scorekeepers, official assignment fees, field preparation equipment, field maintenance and any other costs associated with running the program. The City of Vista offers a 12 week season as compared to other agencies with a 10 week season.
- ◆ *Please note that the City of Vista does not include ASA Insurance fees with the team registration.*
- ◆ ***Resident/Non-Resident Fee**
Teams with three (3) or more non-residents on their roster must pay the \$527.00 non-resident fee. Non-resident teams may add players at a \$4.00 cost by using an add form and are not required to submit any proof of residency when submitting a roster or add slip. Resident teams may at no time contain more than two (2) non-residents on their roster and must pay a fee of \$440.00. For resident teams they must also pay a \$4.00 fee for player additions. Proof of residency must be provided for all rostered and added players. If at any time the roster contains more than (2) non-resident players, the team must pay the \$87.00 fee difference. All teams are required to pay a \$30.00 forfeit fee however, this fee is refundable if the team goes through the entire season without forfeiting a game.
***Unless discounts apply, for questions concerning discounts please contact the league Director.**

League Format

- ◆ Teams are placed into leagues according to their skill level. Teams will select a preferred night, however, the final decision as to what night and/or division a team will play is the discretion of the league coordinator.
- ◆ Games will be played Sunday through Friday nights at Brengle Terrace, Breeze Hill & Buena Vista Fields. Once placed in a league, a team will play on the same night for the entire season. Exception: Unforeseen circumstances may require make-up games to be played on other nights. In this case, the department will give the teams one-week notice.
- ◆ The season will consist of a possible placement games, 12 league games (in two halves of six), a playoff between the top teams in each league (number of teams in playoffs is dependent on the number of teams in the league). Please note, effective the Fall 2012 season the playoff and championship game will all be one night! The 6:15pm and 7:30pm games will be the playoffs (consisting of up to 4 teams) and the 8:45pm game will be a one game winner take all championship!
- ◆ At the conclusion of the first half, the top and/or bottom team(s) in each division **may** be moved to a higher or lower division. New league standings will be kept for each half.
- ◆ The playoffs and championship games will be held on one night and will be played the week following the last game of the 2nd half (unless a holiday or extenuating circumstances prevents it). Teams are expected to play on those dates or they will forfeit. **Please note, we no longer offer a championship series!**

Awards

- ◆ Awards will go to the top two (2) teams in each division. The top two (2) teams will be determined by the championship series. Thirteen awards are given to each respective team
- ◆ The number of awards given to a team is based on the number of players eligible for the championship series (i.e.-played in half of the league games) not the number of players on the roster. ***Please note, trophies are no longer awarded!***

Line-Ups

- ◆ Teams are responsible for providing the scorekeeper with a team line-up (consisting of the batting order and first & last name of all players participating) at least 10 minutes prior to game time. Any player who is not on the roster or has not filled out a player addition sheet with the \$4 fee as well as approved by the league coordinator is prohibited from participation. All players must be 18 years of age to play.
- ◆ All rostered players who are present and physically able must bat. They do not have to play the field.
- ◆ In the event of an injury to a player that results in the player no longer being able to bat, their name will be removed from the line up (they cannot bat again in the game) without penalty. If a player is removed from the line-up for any other reason their next turns at bat will be recorder as an out unless that person is substituted for.

Sport Specific Rules

- ◆ The league will be governed by ASA rules. All teams will receive a ASA rulebook (annually) prior to the start of the season. The following are modifications of ASA rules or are rules that are particular to Vista:
- ◆ Courtesy runners shall be the last recorded out made by the player of the same sex, if no player of the same sex has recorded an out, the player of the same sex listed last in the batting order shall be the courtesy runner. Teams are allowed one male and one female courtesy runner in each inning.
- ◆ After the game has started, all additions and/or changes to the batting line-up must be made by notifying to the plate umpire/scorekeeper.
- ◆ **Effective the Spring 2015** There is a one up home run rule in City of Vista Men's B, C and all Coed Leagues. *After a team has hit a home run, they may not hit another home run until the opposing team has hit one or it will result in an out.* Example, if team A is the first team to hit a home run then they can not hit another home run until team B matches their home run. Remember, a team can only go up by one home run. *Any ball hit over the fence before the opposing team matches it will be ruled an out.* The Upper Men's A division will have an unlimited Home Run rule without count.
- ◆ Effective the Fall 2012 Season there is now a 6 foot safety zone around the pitcher
- ◆ **Effective Fall 2012** A "pitchers box" will be in use in all divisions. A box is drawn extending from the pitcher's plate 24" in each direction for (6) feet. The "pitchers box" has a dimension of 6ft x 6ft. The pitcher may deliver the pitch from anywhere inside the "pitchers box" without penalty.
- ◆ **Effective the Fall 2012**—Upon the discretion of the umpire, any line drive hit by the batter that enters or passes through the pitcher's box no higher than the pitcher's head will be declared an OUT, dead ball. Hit balls that in the discretion of the umpire are over the head of the pitcher at full height regardless if it passes through the "pitcher's box" will be declared a fair ball and in play. If the pitcher has one or more feet in the box including on the line and is struck by a batted ball that has not hit the ground an OUT will be declared, ball will be dead.
- ◆ There are 3 major appeal plays (1) Missing a base (2) Leaving a base on a caught fly ball before the ball is first touched (3) Batting out of order.
- ◆ All Vista Adult Softball leagues begin with a 0-0 count.
- ◆ A batter-runner carrying his/her bat to first base does not in itself constitute interference, and an automatic out should not be called unless the batter-runner commit interference in some other way.
- ◆ Teams may flip-flop home and visitor designations if they are short players at start of the first inning. Teams may also choose to play with eight players if short.

Slide or Avoid

- ◆ All players must slide or avoid contact at plays at the bases or home plate. "Take out" slides and/or sliding with your leg raised or to the right or left of the bag is illegal.
- ◆ Players who do not slide or avoid may be called out or even ejected from the game. In addition, other runners may be called out as well. Decision as to this call is at the discretion of the umpire.
- ◆ Sliding can be a hazardous aspect of the game. It is recommended that the novice or inexperienced players do not attempt to slide into bases. Furthermore, sliding is by no means required. It is better to concede an out and "avoid" the player, then to slide risking injury.

Courtesy Runners

- ◆ To be used for injured players only. The courtesy runner will be the last out of the same sex recorded that inning.
- ◆ Courtesy runners are limited, but once a player has a courtesy runner they must have one for the entire game.
- ◆ Any player with a disability has the right to a courtesy runner beginning at home plate. This rule applies only to a disability which affects the player's ability to run. If a player feels that he/she qualifies for this rule they must contact the league director prior to implementing this rule. Please note that an injury i.e. sprained ankle, pulled hamstring does not qualify as a disability. The courtesy runner must abide by all rules while he/she is waiting to run and is part of the game. He/she may only leave the plate after the hitter has hit the ball., leaving early will result in an automatic out.

Four Foul Rule

- ◆ A player with two strike count is allowed only one (1) foul ball. A second foul ball after two strikes and foul ball will result in a strikeout for the batter an out will be recorded.

Insurance

- ◆ *The City of Vista will no longer provide a secondary form of insurance with the league fees, however if a team is looking for a secondary form of insurance it can be purchased through ASA or Bollinger USA. More information can be found online at <http://www.bollingerasa.com/site/>*
- ◆ In the event a player sustains an injury, please make sure that the on-site staff is aware and document events.

Umpires

- ◆ Umpires will be assigned at every league game (not placement games) scheduled by the department. The cost of the umpire is \$15.00 per team.
- ◆ The umpire is in complete charge of the game at the game site. They have the ability to cancel games (due to unsafe field conditions) or forfeit games for player conduct situations (including fans).

Softballs

- The department will provide one (1) new softball and one (1) used softball per game. It is the team's responsibility to retrieve foul balls and home runs. Softballs lost or not retrieved will not be replaced. If both department balls are lost, the teams are responsible for providing the game ball.

Tie Breakers

- ◆ If at the end of a half, two or more teams are tied in the league standings the following tie breaking system is used: 2-Way Ties: 1) head to head season games during the half of tie 2) head to head point differential 3) overall point differential (offensive-defensive). 3 (or more)-Way Ties: 1) overall point differential (offensive-defensive) 2) most offensive points.

Playoff/Championship

- ◆ The typical playoff will consist of the top (4) teams in each league; the top two (2) teams from each half. To ensure that 4 teams compete in the playoffs a team that places 1st or 2nd in both halves will only be considered for one half (the better placement of the two). The other team(s) will be decided by the best overall (both halves) record. The 1st place team from the first half will play the second place team from the second half and the 1st place team from the second half will play the second place team from the first half. In the event a team places 1st or 2nd in two (2) different leagues, they will qualify for the playoffs in the higher league (I.e.- qualify in both "B" & "C" would play in "B"). Playoff/Championship games will have a 1 hour 10 minute time limit and a 12 run rule. Playoff times will be at 6:15pm and 7:30pm with the championship game on the same night at 8:45pm

Playoff/Championship Player Eligibility

- ◆ Only players who have played in half of the league games will be eligible for the playoffs/championship series. Placement or playoff games do not count towards eligibility. **All players are required to bring picture ID to the championship games in the event it is needed for verification.** The department will furnish an eligibility list only upon the request of the teams. With this rule in mind, teams should carry enough players on their roster (and play enough players in six games) that in the event of injury or other extenuating circumstance they have enough eligible players for the playoffs. **All player eligibility protest must be done at the time a player is disputed. Any protest done at the conclusion of the game will not be valid. At the conclusion of the bottom of the 4th inning no protest will be excepted.**

Men's Limited Arc & Wood Bat Divisions Only

- ◆ Pitching height in this division is limited to the no lower than 6 feet and no higher than 12 feet.

Coed

- ◆ A coed team may start and play the entire game with 5 men and 4 women. However, if a 5th women is present she must play the field. If a team only has eight players, they must field 4 men and 4 women or the game is forfeit (no exceptions). Players must always bat in alternating order by sex

- ◆ A minimum of three outfielders must remain behind the outfield restriction line (160 foot arc line) until the batter swings while a female batter is up. In addition, the rover position may only be played by a female when a female is up.
 - ◆ A male batter walked on four consecutive balls without a strike being pitched will be awarded second base. Any female batter following a male batter that has been walked on four consecutive pitched balls has the option of batting or taking first base automatically.
- The pitching height is limited from 6 feet to 12 feet for women and unlimited to male batters

Home Plate Mat/Bases

- ◆ All games will be played using a plate extension for pitching purposes only. The mat is not an extension of the plate for scoring.
- ◆ Please be aware that the bases may become damp and slippery. A wet bag rule is never to be used during game play. If bags become to slippery for play the game will be suspended.

Uniforms/Equipment/Bats

- ◆ Teams are not required to have uniforms of any type. Cleats are highly recommended but not required; no metal spikes.
- ◆ Titanium bats are not allowed in any Vista adult softball game. Double wall (and all multi-walled) bats use is prohibited in the coed division. All bats used must have a BPF rating of 1.20 ratio (usually found on the barrel of the bat) or less and be approved by ASA/SCMAF. In addition, the department is currently investigating the use of other “high performance” bats and reserves the right to ban the use of any bat for any reason at any point of the season. Teams may want to consult the league director prior to the purchase of a new bat.

Warm-Ups

- ◆ Please be considerate and safe when warming up prior to the start of your game. At Brengle Terrace please do not warm up by throwing the ball in the direction of the bleachers in between field #1 & #2. The best spots to warm-up is the grass area above field #2 and on the infields and outfields.

Player Eligibility

- ◆ Team rosters are limited to 16 players for all men’s divisions and 18 for all coeds. All players must have signed the original roster or an add form prior to participating. No player will be allowed to compete who has not signed the roster or add form. All players must be 18 years of age or older to participate. NO EXCEPTIONS TO AGE REQUIREMENT.
- ◆ A player may play on as many teams in Vista as he/she wishes. However, a player may not play on two teams in the same league (i.e. two Men’s Monday “A” teams) and no team’s roster may contain 50% or more of the same players as another roster.

Player Conduct

- ◆ Good sportsmanship is expected to be maintained at all times. A player may be ejected from a game, without warning for any of the following player conduct infractions:
 - Vulgar or profane language; taunting, derogatory or racial remarks directed at the official, city personnel, spectators or players.
 - Throwing of equipment and/or destruction of equipment.
- ◆ Any player ejected from a game will automatically be suspended for the next regularly scheduled game (or more depending on the severity). There are no appeals to this suspension. If a player is ejected a second time the same season, he/she may be suspended for the remainder of the season, the same penalty will apply and be assessed the next season. All suspensions will be carried-over to the playoffs if the suspension was not served during the regular season
- ◆ Fighting or physical abuse will not be tolerated. Any player involved in a physical confrontation will receive an automatic three game suspension (regardless of the severity) up to expulsion from the league. The decision as to the extent of the penalty is solely at the discretion of the City of Vista and is not subject to appeal.
- ◆ Upon ejection from a game, the umpire may eject the player from the field as well. If ejected from the field, the player has two minutes to leave the park or his/her team will forfeit the game. Teams are allowed to finish a game with 8 players after an ejection has occurred.
- ◆ Player’s who have been ejected and/or suspended from play for severe disciplinary problems in other cities, may be forbid to and/or suspended from play in the City of Vista program.

The Manager

- ◆ The manager as established by the team will be responsible for all league fees and paperwork including a signed roster form all participating players on the team.
- ◆ The dispersal of all league information relayed to the team by the department. This will include, but is not limited to: game times and dates, schedules and schedule changes, rainouts and cancellations, forfeiture charges, player suspensions, memos and awards. In the event the manager cannot be reached, the assistant manager will be contacted. After that point, it is the responsibility of the team to obtain the information from the department.

The conduct of his/her team before, during and after a game. He/she will serve as spokesperson during the game and should be the only player who discusses discrepancies with the official. In addition, the manager (and team) are responsible for the action of their fans. Fans are bound by the same code of conduct as players as players and subsequently the same penalties. Fan misconduct may result in removal of a fan(s) up to game forfeiture

Time Limits/Tie Games/Run Rule

- ◆ The game shall consist of seven innings or one (1) hour and (10) ten minutes; whichever comes first. No new inning will be started after one (1) hour and ten (10) minutes. Once a new inning has been started it will be finished.
- ◆ If after the completion of seven innings a game is tied and the time limit has not expired, the team will play extra innings until the time limit has expired or the tie is broken. If the game is tied at the expiration of the time limit, the game will be considered a tie and each team will receive a half win and half loss in the standings.
- ◆ The game will be considered legal and complete if the Visiting team is ahead by 12 or more runs after 5 innings or the home team is ahead by 12 or more runs after 4 ½ innings.

Schedules

- ◆ Each team will receive a game schedule for each half of play. This schedule is to be followed as scheduled unless modified by the department. If your team cannot make a regularly scheduled game, please contact the league coordinator at least 24 hours prior to the start of the scheduled game to forfeit. No make-up will be scheduled and a loss will be recorded in the standing, but no forfeit will be charged.
- ◆ **It is managers responsibility to acquire game times.** This can be done by our website or a call to the Sports Office. Staff will attempt to make calls if time permits. If ever you do not receive a call please contact staff immediately.
- ◆ Schedules are also available 24/7 online at www.vistarecreation.com
- ◆ The department will **only** reschedule games due to inclement weather, light failure or other extenuating circumstances (associated with department not being able to provide a safe, playable field). Games will not be rescheduled because a team cannot field enough players, is missing players or other conflicts related to the team.
- ◆ The City of Vista will attempt to accommodate request made by teams if prior notice is given before schedules are made. Any request made are just that and are not to be interpreted differently until told by the City of Vista.

Rain-Outs/Cancelled Games/Make-Ups Games

- ◆ The department and/or official at the site may cancel a game due to inclement weather, light malfunction or other extenuating circumstance. Games cancelled by the department will be made-up at the end of the half/season ***if they have a bearing on playoffs.***
- ◆ Games called on site that have completed 5 or more innings will be considered legal and complete. If the game has not reached the 5th inning, a new game will be rescheduled and a new umpire fee will be due at that game. The umpire's fees for that game will not be refunded.
- ◆ On rainy days or days after heavy rains, it is the responsibility of the teams to contact the rain-out at 726-1340 x.3244 for ball field conditions and decisions and decisions on the cancellation of games. Decisions as to the cancellation of games will be made after 4pm each day and updated as needed after that time.

Alcohol/Glass Bottles

- ◆ Consumption and/or possession of alcohol is strictly prohibited at all Vista organized sports activities. Any player or manager found to be in possession of or consuming an alcoholic beverage would be ejected from that game. In addition his/her team will forfeit that game. **This ruling applies to before, during and after all games.** In short, there is no reason to have alcohol in the park at any time. The alcohol rule applies to fans as well.
- ◆ Any player found to be intoxicated while participating in a City sponsored game will be ejected from that game, ask to leave the park and suspended for one (1) additional game. **City Staff and Umpires have the authority to make the decision on the playing ability of any player on the field at any time during course of play. Spectators may also be asked to leave as the same conditions apply.**
- ◆ Glass containers are not allowed at any City of Vista park.
- ◆ Smoking is banned at all City of Vista Parks and is publicly enforced.
- ◆ Please be aware that the department is not liable for league information not retrieved from answering/message machines or relayed incorrectly by a message taker. If the manager has a preferred place of contact, please inform the league director. In addition, if the established manager is not a good contact person please provide an alternate contact. Most of all, if you have questions or need clarification, ask it, by calling the Sports Office.

Addition/Deletion of Players

- ◆ Players may be added to and/or deleted from the team roster by completing an Add/Drop form furnished by the department. This form must be returned by 6pm to the league coordinator the day prior to a game in order for the player to be eligible to participate along with **\$4.00**. In addition, if the team is a resident team they must provide proof of residency for the player.
- ◆ After the sixth league game, a team must receive permission from the league coordinator to add a player. Players will only be allowed to be added in cases of injury or other extenuating circumstances.

Protests

- ◆ The following steps must be taken in order to file a valid protest:
- ◆ **Protest must be filed at time of incident which is being protested. Any protest filled after the bottom of the 4th inning will not be accepted.**
- ◆ At the time of the incident, the manager of the team filling the protest must inform the umpire, scorekeeper and opposing team of the intent to file a protest. This must be done before the next legal pitch.
- ◆ Only rule misinterpretations and player eligibility can be protest. Protests on judgment calls will not be reviewed.
- ◆ In the case of protests regarding player eligibility, the player in question must sign the score sheet and provide a valid picture ID.
- ◆ It is the managers responsibility to file a protest not staff.
- ◆ All protests must be filled in writing along with a \$30.00 refundable protest fee within 24 hours of the incident. If the protest is denied, the \$30.00 fee will be forfeited.
- ◆ All valid protests will be replayed from the point of protest regarding rules will be play at the end of the season and only if it affects 1st or 2nd place in the standings of the protesting team. If it is determined a team is using an illegal player (non-roster) it will result in an automatic loss pending if the team has filled the protest prior to the completion of 4 innings.
- ◆ Breeze Hill: additional parking can be found at Breeze Hill Elementary with access via the sidewalk on Melrose Dr.
- ◆ Our parks are a popular destination and host many activities, because of this we thank you for your patience and encourage teams/player to carpool.

The City of Vista Recreation Division is very proactive in dealing with concussions or signs of, to help identify symptoms the information below is provided.

CONCUSSION FACTS

A concussion is a brain injury that affects how your brain works.

A concussion is caused by a bump, blow, or jolt to the head or body.

A concussion can happen even if you haven't been knocked out.

If you think you have a concussion, you should not return to play on the day of the injury and not until a health care professional says you are OK to return to play.

CONCUSSION SIGNS AND SYMPTOMS

Concussion symptoms differ with each person and with each injury, and they may not be noticeable for hours or days. Common symptoms include:

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or "down"
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

During recovery, exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

DON'T HIDE IT. REPORT IT. Ignoring your symptoms and trying to "tough it out" often makes symptoms worse. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. Don't let anyone pressure you into continuing to practice or play with a concussion.

GET CHECKED OUT. Only a health care professional can tell if you have a concussion and when it's OK to return to play. Sports have injury timeouts and player substitutions so that you can get checked out and the team can perform at its best. The sooner you get checked out, the sooner you may be able to safely return to play.

TAKE CARE OF YOUR BRAIN. A concussion can affect your ability to do schoolwork and other activities. Most athletes with a concussion get better and return to sports, but it is important to rest and give your brain time to heal. A repeat concussion that occurs while your brain is still healing can cause long-term problems that may change your life forever.

HOW CAN I HELP PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times

We ask you follow these steps and please remember to notify city staff if you suspect a concussion!

(1) An athlete who is suspected of sustaining a concussion or head injury in an athletic activity shall be immediately removed from the athletic activity for the remainder of the day, and shall not be permitted to return to the athletic activity until he or she is evaluated by a licensed health care provider who is trained in the management of concussions and is acting within the scope of his or her practice. The athlete shall not be permitted to return to the athletic activity until he or she receives written clearance to return to the athletic activity from that licensed health care provider.

(2) On a yearly basis, a concussion and head injury information sheet shall be signed and returned by the athlete and the athlete's parent or guardian before the athlete initiates practice or competition.

The city of Vista Recreation & Community Services Department is responsible for all phases of the program and has jurisdiction and control over all aspects of the program. The City of Vista Recreation & Community Services Department and League Coordinator/Director reserve the right to adapt, change, modify or interpret any of the rules, regulations and guidelines described in this handbook and/or the ASA rulebook at any time. In addition, we reserve the right to rule on any rule or regulation not specifically defined in this and/or the ASA rulebook. All decisions by the department are final.

City of Vista Recreation Website

www.vistarecreation.com

Activenet.com Web Address

<http://activenet.active.com/VistaRecreation>

City of Vista Fall 2015 Winners

Monday Night Winners

Men's A – Herb Weston Atty.

Men's B— Cerveceros

Tuesday Night Winners

Coed A – Justice League

Coed B – One Hit Wonders

Wednesday Night Winners

Coed A – Seaside Properties

Thursday Night Winners

Men's A/B – Seaside Properties

Men's B/C – Them Boys

Friday Night Winners

Men's A/B— Bean's n Dip

Men's B/C – Menace To Sobriety

Standings, Schedules,
League Information,
Certified Equipment

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