Progress Days Co-Ed Softball Rules

Players on the field – 5 guys, 5 girls (teams can have more girls than guys).

Can only play for 1 team (roster must be turned in prior to start of game).

Batting order must be guy, girl, guy, girl. Fielding can be any order.

Cheater line cannot be crossed until contact.

65’ Bases

6’-12’ limited arc.

Strike zone is mat and home plate.

3 balls & 1 strike (swinging or dropped). No phantom swings. 2 foul balls is an out.

If a guy walks, then a girl walks.

NO METAL SPIKES allowed.

Must slide or get out of the way if play is being made or an out will result.

No leading off.

One hour time limit (no new innings will begin after 55 minutes of played game time).

10 run rule after 5 innings, 15 run rule after 3 innings (this does not apply for money games).

Courtesy runner may be used for injury only – Girl runs for guy, guy runs for girl.

Extra hitter may be used but no DH.

NO vulgar language will be tolerated.

ASA Rules will be followed.

Any questionable bats will be deemed illegal (tournament director discretion).