



GENERAL RULES & ADULT SOFTBALL RULES

(Updated 4/11/22)



General Rules and Regulations

I. Player and Team Eligibility

- a. Any Person 18 years of age or older and not currently participating in high school sports.
- b. Resident vs. Non-Resident
 - i. Residents will be those that live within the Valparaiso city limits on a permanent basis or those who own property within the Valparaiso city limits and pay city taxes on that property.
 - ii. Falsification of information may result in said player or team being declared ineligible.
- c. All players should be rostered and electronically sign the waiver on the Quickscores site
- d. Players may only be rostered on one team in the same league (i.e. one men's team or one women's team). The Sunday Coed Leagues and the regular Summer Coed Leagues are different, so a player may play on two (2) Coed teams in that case.
- e. In order for players to be eligible for league tournaments, a player must be placed on the team roster by the roster lock deadline. Extenuating circumstances might include, but not be limited to: injury, a player moves out of town, pregnancy, etc.
- f. Players who are lost for the remainder of the season (for whatever reason) may be replaced by another upon approval of the Adult Recreation Director, even after the roster lock deadline. Situations will be handled on a case by case basis.
- g. Games in which ineligible players participate may result in said players being suspended and/or game forfeiture.
 - i. If there is ever a question of eligibility, **this must be brought to the official's attention immediately.** If the game has not started, the player(s) in question will be given the opportunity not to participate and the team and player will be at no risk for penalty. If the player(s) has/have already been participating, the player(s) and team will risk forfeiture of the game and possible suspension if player(s) is/are determined to be ineligible. Player(s) in question will be asked to provide identification proving who they are as well as be required to sign their name on the official scoresheet. **THIS MUST BE ADDRESSED BEFORE THE GAME IS COMPLETE!**
 1. Exception to the rule outlined under Rule 3, Article 1d of the Softball Rules.
 - ii. Tournament Play – if the team in question has been found guilty of using an illegal player, they will receive a one (1) game forfeit. If this one (1) game forfeit is the team's first loss in a double elimination tournament, **the entire team will be required to show photo identification** prior to the start of their next game. Failure to do so will put the team at risk of another forfeit.
 - iii. Player(s) *must* be able to provide photo identification prior to the start of the next game.

II. Roster, Deposits and Entry Fees

- a. Rosters – teams should consist of enough players to field a team each week, there is no limit on rostered players. All players are required to sign the roster waiver.
 - i. **Teams which do not submit a roster prior to the roster lock deadline will not be permitted to participate in their division tourney.**
- b. Deposit – when a team submits a roster, a \$100 deposit must also be submitted.
 - i. If a team is accepted into the league, the deposit will be applied to the entry fee.

- ii. If the team is not accepted into the league or withdraws before the entry deadline, the deposit will be refunded.
 - iii. If the team withdraws from the league after the deadline, the deposit will not be refunded.
- c. Entry Fee – all fees are determined by the VPRD Administration with approval from the VPRD Park Board and must be paid prior to the specified deadline.
 - i. Team Entry fees must be paid before teams will be allowed to participate.
 - ii. No fees will be refunded if a team is expelled from the league.
- d. Teams will be accepted on a first come/first serve basis.

III. Adds and Drops

- a. Players being added/dropped from the team roster may do so without the captain or co-captain notifying the office; only when extenuating circumstance exist should they do so.
- b. Players are ONLY allowed to be on one (1) roster. Captain and/or Co-Captain of teams which have a player transferring between teams must notify the player to take his/her name off of the roster of the old team.
- c. The Adult Recreation Director or approved staff member must approve all roster changes if after the roster lock deadline (see Rule I f).
- d. Players transferring teams may do so only once during any one season.

IV. Captain and Co-Captain Responsibilities

- a. The financial responsibility of their team as well as an accurate roster and their players' signing of the roster waiver.
- b. General Rules and Regulations, as well as specific sport rules are expected to be known and abided by: team captains, co-captains, players and others associated with the team (i.e. spectators).
- c. Any matter not covered by the General Rules and Regulations will be left to the discretion of the VPRD administration. Rules not covered in each specific sport rules will be governed by the established sports governing body (i.e. USA Softball, IHSAA volleyball).
- d. Must attend or send in their place a team representative to all required meetings at which rules, regulations, schedules or league matters are discussed.
- e. Upon request, must assist VPRD staff in determining and making available any or all members of their team for inquiry or identification.
- f. When possible, shall notify Park Office before 4:00pm of forfeit or scheduled game prior to game time. If after office hours, please contact League Supervisor Mike Emerson (309-4927) or the game may go down as a double forfeit. If you are unable to speak to the League Supervisor directly, contact the other team and also email Dan Lukes at [dlukes@valpo.us](mailto:dluke@valpo.us)
 - i. If a team forfeits a game and then games are cancelled due to weather, it will remain a forfeit.

V. Protests

- a. No protests will be recognized in any VPRD League and all teams entering the league(s) do so with this understanding.

VI. Division Winners/Awards/Changes

- a. In the event teams are tied at the end of a half, division winners are determined by winning percentage and a series of tiebreakers, regardless of total number of games each has

played. Division Champions will receive a sponsor trophy or plaque along with individual Championship shirts. Champions of first or second half may decline to receive the trophy and/or shirt in lieu of a team credit for the next season's registration (no cash will be awarded).

- b. Softball teams that win the first half of any session (Summer, Fall, Sunday) will not move up a division if they change nights. Subsequently, the last place team of the lowest division on any night will not move if they would change nights.
 - i. The team that won the first half which does not move nights will be assigned to a division with similar teams to reflect their championship in the next season they participate.
 - ii. The team that finished last and did not move down will have the option to move down to a division of equal competition in the next season they participate.

VII. Alcoholic Beverages

- a. Alcoholic beverages shall not be permitted at the site of any activity organized or sponsored by the VPRD. This includes playing fields, bleachers, parking and picnic areas. Participants violating this policy are subject to forfeiting their game and/or be asked to leave the facility/field/park. Spectators will be subject to the same policy.
- b. Alcoholic beverages may not be sold, purchased or consumed by any person or team attending tournaments conducted at one of the VPRD parks/fields or facilities. The department reserves the right to immediately terminate any tournament or rental should this policy be violated.
- c. Furthermore, players, who by park staff, League Director or Official's judgment are considered under the influence will not be permitted to play in any games until it is proven they are sober.

4/11/2022

Men, Women and Coed Softball Rules

The USA Softball Association (USA) shall govern any rule or interpretation not covered in these rules. Some minor rule modification have been implemented for the leagues to encourage sportsmanship, to adhere to time restrictions and to enhance the safety and enjoyment for all involved.

RULE 1: Facilities, Playing Areas and Equipment

Article 1. Facilities – Old Fairgrounds Park, Four lit fields.

Pitching is 50' for all divisions. Base distance is 70' for all divisions.

Article 2. Playing Area – each field will have specific dead ball areas, which will be explained by the umpires in the pre-game conference with each team manager.

Article 3. Equipment

a) Ball. The VPRD will provide game balls for each contest. Teams are responsible for their own infield/practice balls. Men and Coed will use a 12" ball, Women will use an 11" ball. 2021 – We will again be playing with a 52/300 ball.

b) Shoes. No metal spikes are allowed, including screw-in cleats with exposed metal. Proper footwear will include shoes with a soft pliable rubber sole and/or cleats.

c) Jewelry. Rings, earrings, necklaces and bracelets are advised not to be worn.

d) Bats. Bats must be labeled "official softball" and may not be listed on any of the "banned" lists of USA, NSA or USSSA. Bats found to be altered will be removed from play.

a. In coed play, men must use bats provided by the VPRD OR teams may provide their own unaltered (up to) 31" bat. The barrel must be 2 ¼' and say softball or has the ASA/NSA/USSSA stamp. Bat must also be inspected and approved by an umpire prior to use. Teams may choose to share the bat with the other team but are not required to do so.

e) Uniforms. Teams are encouraged to wear similar uniforms (color and style). Players with inappropriate wording or messages on their person or attire will not be allowed to play until the inappropriate wording is covered or removed.

Umpires of each game will determine legality of all equipment.

RULE 2: Rights and Duties of Captains, Players, Team Personnel and Spectators

Article 1. Rules of the game. All team members and others associated with the team are required to know the rules of the game as well as abide by them.

Article 2. Team discipline. The team captain and/or co-captain are responsible for the discipline and proper conduct of team members and spectators.

Article 3. Team spokesman. The captain and/or co-captain are the only players who may address the umpires. **They may only address the umpires on matters of rule interpretations only!**

Article 4. Individual Sanctions. The following acts of team members are subject to penalties:

a) Addressing umpires concerning their decisions

b) Making profane or vulgar acts, gestures or remarks

c) Committing acts or gestures attempting to influence or intimidate umpires or players

d) Disruptive coaching or other actions by any team members designed to provoke or incite others

e) Distracting an opponent while the ball is in play

Article 5. Degree of Sanctions. Offenses committed by team members may result in the following sanctions by umpires:

- a) **WARNING.** For minor unsportsmanlike offenses such as “trash talking” to umpires, league officials, opponents or spectators; shouting or other outbursts or acts which disrupt the conduct of the game (i.e. fake tag, thrown bat). **Remember an umpire is not obligated to give a warning!** If an umpire feels the act is inappropriate or egregious enough, an ejection may result without warning.
- b) **EJECTION.** Extremely offensive conduct such as obscene or insulting words or gestures towards umpires, league officials, opponents or spectators results in ejection of the team member from the game in which the offense occurred. Ejected players must leave the playing area and possibly the park altogether. Further penalties including suspension may be assessed depending on the circumstances.
- c) **TEAM FORFEIT.** A second ejection from the same team during any one game; or any feigned, attempted or actual physical aggression towards an umpire, league official, opponent or spectator will result in ejection of the individual team member as well as game forfeiture for the entire team.

Article 6. Misconduct prior to, between and/or following games; sanctions for such misconduct will be administered in the game following such misconduct.

NOTES: TEAMS SHALL BE NOTIFIED AS SOON AS ANY SANCTION IS IMPOSED AGAINST THEIR TEAM. EJECTED TEAM MEMBERS WILL BE PERMITTED THE OPPORTUNITY TO REMAIN IN THE VICINITY OF THE FIELD PROVIDED THEY CAN REFRAIN FROM FURTHER MISCONDUCT. IF THEY ARE ASKED TO LEAVE THE FIELD/PARK, THEY WILL BE ALLOWED A MOMENT TO GATHER THEIR BELONGINGS AND DEPART PEACEFULLY. FURTHER DELAY WILL RESULT IN TEAM FORFEITURE AND POSSIBLE FURTHER SANCTIONS AGAINST PLAYER AND TEAM.

RULE 3: TEAMS

Article 1. Composition of teams and substitutions

- a) All players must have signed the appropriate league roster, including waiver, to be eligible. **PLAYERS ARE NOT PERMITTED TO PLAY ON TWO DIFFERENT TEAMS IN THE SAME LEAGUE DURING THE SEASON.**
- b) The minimum number of players required in order to start an official game will be seven (7). However, when less than nine (9) players are present at game time there will be an automatic out declared in each spot where no player exists (i.e. if only seven (7) players are present, spots eight (8) and nine (9) will be declared outs). Teams may add players as they arrive, up to 10, at the bottom of the batting order. They may not have an EH after game has started.
- c) Coed requirements. In coed there must be an equal number of males and females at all times or more females than males. At no time may there be more males than females.
- d) Shorthanded teams. If a team starts a game with less than 10 players and during the course of a game loses a player due to ejection the game will be forfeited. If players are removed from a game for any other reason than ejection (i.e. injury, leave for work) the game will be allowed to continue with outs being declared for any open spots under nine (9) players.
- e) Re-entry. Any player, including starters, substitutes and extra player may be withdrawn from the game and re-enter once, provided the players occupy the same batting positions whenever in the lineup.
- f) Substitutions may be made at any time during the inning during a dead ball. Subs must bat in the same spot in the batting line-up as those they replace. In coed, subs must be same gender subs only.

- g) Eligible roster members may be added to the available substitute list at any time during the game.
- h) Injury. If there are no eligible substitutes, an injured player may be replaced by a player who has lost their eligibility to return in a given game (i.e. A non-starter once removed from the game may not reenter. In this case however, due to an injury, this non-starter who has already been in the game and been removed would be eligible to reenter for the injured player).

RULE 4: Rules of Play

- Article 1. **Game Time/Forfeit Time.** The scheduled time for the game is the forfeit time. If a team has no players present at this time the game will be declared forfeit.
- Article 2. **Game Length.** Games will consist of seven innings or 60 minute time limit.
- Article 3. **Tie Games.** During a regular season game if the time limit has been reach and is tied, the game will be recorded as a tie. Tourney games will continue until a winner is determined.
- Article 4. **Scoring of Games.** Both teams are encouraged to keep score in the event there is a dispute, both teams' scorebooks may be asked to be presented.
- Article 5. No batting practice will be permitted on the field between games.
- Article 6. Pre-Game warm-ups will only be allowed in the outfield grass.
- Article 7. **Infield Fly Rule.** A fair fly ball (not including a line drive) which can be caught by an infielder with ordinary effort when first and second bases or the bases are loaded with less than two outs. The pitcher, catcher and any outfielder who position him/herself in the infield at the time of the pitch shall be considered infielders for the purposes of this rule.
- Article 8. **Home Run Limits.** In an effort to speed up play, the batter does not have to round the bases. Each team, regardless of field or division, will be allowed six (6) HR's to start the game. For any in excess, the ball is dead, the batter is out, and no runners can advance. If both teams have reached the limit of home runs, either team is allowed to hit an additional home run, to go one home run ahead of the opposing team. This can continue throughout the game until the bottom of the 7th inning; the home team can only then equal the number of visitor's home runs and not exceed.

This is a modified rule for the Valparaiso Parks Softball Leagues. The basis and majority of the wording is taken directly from USA/ASA Softball, Rule 5, Section 8, of the USA Softball rulebook.

RULE 5: Starting the Game

- Article 1. **Pre-game conference.** Each team captain will meet with the umpires before the game to go over ground rules and league modifications. **If a team is wanting to use their own (up to) 31" bat for men to use in Coed play, they need to have an umpire inspect it prior to league use.
- Article 2. At the beginning of the game and if a new pitcher enters the game, three (3) warmup pitches will be allowed. All other innings, pitchers will be allowed one warm-up pitch. The exception would be if a pitcher is injured, umpires may allow additional pitches.
- Article 3. **Home Team.** The home team will be determined by coin flip before each game by the umpire.

NOTES: ONCE THE DECISION HAS BEEN MADE TO PLAY BY THE VALPARAISO DEPARTMENT OF PARKS AND RECREATION STAFF, IT IS UP TO LEAGUE OFFICIALS/DIRECTOR OR UMPIRES AS TO WHETHER PLAY WILL BEGIN OR CONTINUE.

RULE 6: Ending the Game

Article 1. **Time Limit.** No new inning shall start after 60 minutes of play. If a new inning has begun within the time limit, it must be completed, depending on the weather. Any game called due to the time limit is considered official regardless of innings played.

Article 2. **Mercy Rule.**

- a) A 20 run mercy rule is in effect anytime after 3 innings of play (2 ½ if the home team is ahead). Away team bats a minimum of 3 times. If, at anytime after the away team has had their minimum at bats and the home team is up by 20 the game is over.
- b) A 15 run mercy rule is in effect anytime after 4 innings of play (3 ½ if the home team is ahead).
- c) A 10 run mercy rule is in effect anytime after 5 innings of play (4 ½ if the home team is ahead).

Article 3. **Weather Conditions.** If weather conditions warrant suspension or cancellation of play once play begins the league official/director and/or umpires will decide whether and when play should continue.

- a) Lightning will cause play to be suspended immediately
- b) After the game starts, league officials/umpires are the sole judges as to whether conditions are fit for play to continue.

Article 4. Season games and League Tournament games are to be seven (7) innings with the following exceptions:

- d) A game will be terminated and official if
 - o A game is called due to time limit regardless of the number of innings completed
 - o Games suspended due to weather conditions will be continued the same day if possible. If they are, games will be continued where they left off until either seven (7) innings of the time limit has been reached, whichever comes first. Any games that cannot be completed the same day, the following will apply:
 - If the losing team has batted five (5) times, the game shall be considered complete.
 - If the losing team has batted less than five (5) times, the game shall start over from the beginning at a time to be scheduled later.

RULE 7: Pitching Regulations

Article 1. **Arc Limit.** The pitch must be delivered, in the umpire's judgment, underhand with a perceptible arc of at least six (6) feet above the ground and no more than 10 feet above the ground.

Article 2. **Preliminary Movements.** While holding the ball in one or both hands the pitcher must come to a full and complete stop. The ball must be front of the body and the front of the body must face the batter. This position must be maintained at least one second and any movements prior are legal provided this requirement is met before delivery.

Article 3. **Delivery.** The pitcher must deliver the ball on the first forward swing of the pitching arm past the hip. The hand must be below the hip and the wrist shall not be farther from the body than the elbow during a legal delivery. The pitcher must release the pitch within 10 seconds after the receiving the ball or after the umpire indicates "play ball".

Article 4. **Excessive Speed.** The pitch must be delivered at moderate speed, which is left entirely to judgment of the umpire.

Article 5. **Intentional Walks.** No pitches need to be thrown, merely inform the umpire.

RULE 8: Batting Regulations

- Article 1. Each batter will begin with a one ball and one strike count. This is no ½, a foul ball with two (2) strikes is an out.
- Article 2. Any pitched ball which is declared illegal by the umpire will be an automatic ball as long as the batter does not swing at said pitch. If a batter swings at an illegal pitch the balls remains live.
- Article 3. The batter will be called out if they make contact with the ball (fair or foul) and step on, directly in front of or across the plate.
- Article 4. **Thrown bat.** Any player, coach or other team personnel who, in the judgment of the umpire, deliberately throws a bat will be called out (if not already) and possible ejected from the game.
- Article 5. Coed teams must alternate their batting lineup. If two males bat back-to-back there will be an out called between them, females are allowed to bat back-to back with no out.
- Article 6. If an extra player (EP) is used, all 11 (or 12 in coed) must bat and any 10 may play defense. Defensive positions may be changed but the batting order must remain the same.
- Article 7. If coed if a male player receives a base on balls (intentional or not), he is awarded two bases. He must touch first base on his way to second, if he does not touch first base, defense may appeal the play. The next batter (a female) will bat, **the exception being, with two outs the female batter has the option to walk or bat.**
- Article 8. In coed when playing with 12 players, if a female player is injured and has to leave the game and there are no subs available, an additional batter in the lineup must also come out of the game. If a male player is injured in the same situation, no other player is required to exit unless in violation of coed team makeup (Rule 8, Article 5).

RULE 9: Base Running Regulations

- Article 1. The batter/runner may turn either way after passing first base and return without liability to be put out so long as he/she makes no attempt in the judgment of the umpire to advance to second base.
- Article 2. Base runners are not allowed to run over the defensive player. The offensive player must make every effort to slide or avoid contact. Any contact that is forceful and flagrant in the judgment of the umpire will result in that player being ejected. *Players are not required to, but should slide when necessary to avoid contact.*
- Article 3. Interference on Offensive Player. Team personnel, spectator or umpire may commit an act which in the judgment of the umpire impedes or confuses a defensive player attempting to execute a play. Interference may be rules whether it is verbal, visual or physical. *Intent is not a factor when determining interference.*
- Article 4. The double base shall be used at first base in all divisions of play, the following rules should be enforced:
- a) A batted ball...over the white portion is fair.
 - b) A batted ball...over the orange portion is foul.
 - c) When a normal play is being made on the batter-runner, the defense must use the white portion and the batter-runner, the orange portion. **EFFECT:** the batter-runner is out when there is a play being made at first base and the batter-runner touches only the white portion, providing the defense appeals prior to the batter-runner returning to first base. Once the runner returns to the white or orange portion of the base, an appeal shall not be honored.
 - d) On any force out attempt from the foul side of the base, the defense and batter-runner may use either portion of the base.
 - e) On an errant throw, the defense and batter-runner may use either portion of the base.

- f) On plays at 1B when the batter-runner touches only the white portion and collides with the fielder about to catch the thrown ball while on the white portion of the base.
EFFECT: Interference, the ball is dead, the batter-runner is out and runners must return to the last base occupied at the time of interference.

Article 5. **Courtesy Runner.** Each team will be allowed one courtesy runner per inning. **In coed, two courtesy runners are allowed, one male and one female, must be of the same gender.** *In an effort to speed up the game, if the batter is walked, since the ball is dead, the batter does not have to touch first for the Courtesy Runner to enter the game. If there is a hit, then the player must call and be granted time before being subbed out for the runner.*

RULE 10: Defensive Regulations

Article 1. **Fake Tags.** A form of obstruction on a runner, while advancing or returning to base, by a fielder who neither has the ball nor is about to receive the ball, and which impedes the progress of the runner. The runner does not to slow down, stop or slide in order for this form of obstruction to be called. A player may be ejected from the game for a fake tag infraction.

Article 2. **Overthrows.** Each base runner will be awarded two (2) bases from their location at the time of the throw for a ball that enters a dead ball area.

Article 3. **Dead Ball Area.** If a player carries a live ball into dead ball territory, the runners) get one base without liability to be put out if done so unintentionally. Two bases are awarded if it is ruled the player intentionally carried the ball out of play to keep a runner(s) from advancing.

Article 4. **Obstruction.** As adopted from USA Softball Rule 8, Section 5B1

1. An obstructed runner may not be called out between the two (2) bases where obstructed unless properly appealed for: NEW a) when an obstructed runner, after the obstruction, safely obtains the base they would have been awarded, in the umpire's judgment, had there been no obstruction and there is a subsequent play on a different runner, the obstructed runner is no longer protected between the bases where they were obstructed and may be put out,
 - a. When properly appealed for missing a base,
 - b. When properly appealed for leaving a base before a fly ball was first touched,
 - c. When committing an act of interference, or
 - d. When passing another runner.

Comment: This change maintains an offense/defense balance that eliminates confusion on an obstruction play between bases.

Article 5. **Protests.** NO PROTESTS ARE ALLOWED! Teams enter the league with this understanding.

Article 6. **Appeal Play.** An appeal play is a play on which an umpire may not make a decision until requested by a manager, coach or player. The appeal must be made before the next pitch or before the defensive team has left the field. At the conclusion of the game, an appeal can be made up until the umpires leave the field of play. There are four 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, and
4. Attempting to advance to second base after making the turn at first base.

There will be no appeals on any decision of any umpire regarding whether a ball is fair or foul, a runner is safe or out, a pitched ball is a ball or strike or on any play involving accuracy of judgment; and no decision rendered by an umpire will be reversed except when he/she is convinced it is a violation of one of those rules.

- Article 7. **Coed Requirements – Infield.** When playing defense teams must have a minimum of three (3) females in the infield, this includes the pitcher and catcher, any other combination is legal.
- Article 8. **Coed Requirements – Outfield.** All outfielders must remain on the outfield grass until the batter hits the ball. The ruling for non-compliance of this rule will be a delayed dead ball call by the umpire with the offensive team choosing to accept the result of the play or allowing the batter/runner first base and the other runners advancing if forced.

RULE 11: Additional Guidelines

- Article 1. In case of inclement weather, it is the responsibility of the captain or co-captain to contact the Park Administrative Office or League Director for instructions regarding play and then to relay that information to their players.
- Article 2. Games canceled due to weather conditions will be rescheduled whenever possible. If rescheduled, they may be played on Friday of the same week or Friday of the following week. League officials may also work with teams to arrange for another agreed upon makeup date if there is an open time slot on the schedule.
- Article 3. If there is a cancellation of games for any reason, a revised schedule will be found on QuickScores. If you have a game cancelled and don't see the makeup game, try refreshing the app before contacting the park office. Ultimately, it is the captain and/or co-captain's responsibility to call the office to determine the exact day, time and location of the re-scheduled game.
- Article 4. **Cancelled games.** A message will be recorded on the Adult Recreation line at the park office, (219) 476-7960 following business hours (weekdays after 5:00 pm and weekends). Every effort will be made to update the VPRD website during office hours. Check the QuickScores app or www.valpoparks.org for game cancellations and reschedule dates (remember to refresh the app if you don't see any updates at first) and to sign up for text messages for your cell phone.

ILLEGAL BATS

All bats are legal so long as they have a certified stamp from USA/ASA, NSA or USSSA and are not on any of those governing bodies' non-approved lists. Those are bats that have been previously approved but have since been disallowed after further review. Those sites are:

- USA/ASA Softball listing
 - <https://www.teamusa.org/USA-Softball/~link.aspx?id=015F4358A30B44368FC142350D112FFF&z=z>

- NSA Softball listing
 - <https://playnsa.com/approved-equipment/>

- USSSA Softball listing
 - <https://www.ussa.com/slowpitch/slowpitch-bat-ball-equipment-info>