

Sandy Parks & Recreation Rules

Friday Recovery League **Updated April 2025**

1. USSSA rules are in effect unless otherwise noted in Sandy City Rules or the URSA Eligibility, Rules & Procedures. **USSSA rules are at www.ussa.com.**
2. **ROSTERS/WAIVER**--Must be turned in to the Recreation Office by your first game OR to your scorekeeper at your first game. **FIRST AND LAST NAMES MUST BE LISTED ON THE ROSTER/WAIVER.** Roster changes can be made at the field with your scorekeeper. All players must sign the roster/waiver completely to be eligible to participate. Roster changes can be made the entire season (see 9,10 in URSA Eligibility, Rules & Procedures). **All players must be 18 or older.** All rosters and line up cards need to be legible, (no nicknames). Bat boys/girls under the age 18 are not allowed on the field or in the dugouts. The captain is responsible for making sure all of this is done. There is no limit to the number of people allowed on your roster.
3. **BATS: Must have the 1.20 BPF marking regardless of association stamp**
4. **Batting Line-Up:** There is a limit of 15 people that may be listed on your line up. First and last name need to be listed on the line-up card.
5. **BLACK MAT** will be used for balls and strikes. If a legally pitched ball hits any part of the white home plate, it's a ball. If the ball or circumference of the ball hits any part of the black/mat, it's a strike. If the ball hits the white home plate and black mat at the same time, it will be a STRIKE. **See page 2 for diagram.** To be considered a LEGAL PITCH, the pitch/ball must be released within five seconds after it is presented and shall not be delivered less than FIVE (5') feet and no more than TEN (10') feet from the ground.
6. **PITCHING RULE:** The pitcher may pitch from the pitching plate or from the pitching area, which is the width of the plate and up to 6 feet behind the pitcher's plate. **See page 2 for diagram**
7. **SCORING & COMMITMENT LINE:** shall begin 1' from the batter's box and extend eight feet. The scoring line shall be situated on the imaginary extension of the 1st base foul line. Runners must touch the scoring line or the ground over it before the catcher touches the WHITE HOME PLATE while holding and controlling the ball, either in their hand or glove. If the runner touches home plate, the black strike mat, goes in the batter's box or slides or dives headfirst, the runner is automatically out. The defensive team must always touch the WHITE home plate for the out. If there is an attempt by the defensive team to tag the runner past the commitment line, the runner is automatically safe. Once a runner touches the ground past the commitment line, the runner must go home. **See page 2 for diagram (not to scale).**
8. **Female encroachment line:** If a visible arc is present in the outfield, the outfield players must stay behind the arc until the ball is hit by a female batter. Clarification: Any defensive player (up to 4) who is on the grass must be behind the arc. The arc will be 60' from the bases. Penalty: A single and runners advance when forced. Batter has the option to decline the penalty. Note at LONE PEAK the "arc" will be where the grass and dirt meet.
9. **GAME TIME & TIES:** Games will be 7 innings with no new inning to begin after 55 minutes. However, to keep games on schedule, if either team is leading by 15 runs at the end of 55 minutes, the game ends as is. This means no last ups for the home team, no flip flop rule or other run rules. If a game is tied at the end of regulation (7 innings or time expired) the next full inning will use the following tie breaker rule: the last out becomes a base runner on 2nd base. Both teams do this and if the game is still tied, it will be posted as a TIE.

- 10. TOURNAMENT SEEDING:** Winners/tournament seeds will be determined by win/loss record through win percentages. If there is a tie for 1st place, we will go off who beat who and if there is still a tie, we will use the point spread against each other, if there is still a tie, we will use the point spread for the entire season. Ties for 2nd place on down will be broken by 1-who beat who 2-point spread of the teams' games against each other. If there is still a tie, then whoever beat or came closest to beating the 1st place team will be used to break it. The highest seed will be the home team throughout tournament play. (The highest seed is # 1 with the lowest seed being # 9.)
- 11. ELECTRONIC EQUIPMENT:** Due to safety concerns, at no time can a camera, audio or video device be worn or used by an umpire, player, or coach on the field of play. **No LOUD music playing in or around the dugouts during the games.**
- 12. PITCHING MASK:** One will be at each field if a player chooses to use it during their game.
- 13. Sandy City Sportsmanship Rules** will be followed. **PLAYER, COACH AND SPECTATOR CODE OF CONDUCT** No one will threaten, incite, or try to incite, provoke, insult, abuse, trash talk or taunt by word gestures or signs any opponents, spectators, coaches, officials/referees/ umpires, or staff before, during and after the game. No one shall at any time lay a hand upon, shove, strike or physically attack anyone at the games. No one will use the "F" word, or other profane and abusive language. No vandalism of playing equipment or facilities will be tolerated.
- Minimum Penalty** is warning from the official or staff; **Maximum Penalty:** Immediate ejection from the game and playing facility, Suspension from the next scheduled & played game. (If a second occurrence should happen during the season the penalty will be suspension for the remainder of the season).

Example: Mat, Commitment, Scoring Line, Pitch Area

