



Senior Softball Rules
Official Senior Softball Rules Adopted, Published and Distributed by

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PLAYING RULES
(UPDATED 3/1/2026 12:01AM EST)

1. GENERAL

- 1.1. These rules are sports specific to USSSA Senior Softball & GSL Senior Softball. Any rule not covered in these rules, will be covered in the USSSA Slow Pitch Rule Book. Found at seniorssp.usssa.com
- 1.2. These General Rules apply to Men's & Women's Senior programs. A separate document will be provided with rules regarding the Mixed Senior program (TBA).
- 1.3. Current Rules can be found at seniorssp.usssa.com
- 1.4. **USSSA Senior Softball Team & Player Registration**
 - 1.4.1. \$75 annual team registration fee @ usssa.com/login
 - 1.4.2. \$25 annual player registration fee @ usssa.com/login

2. EQUIPMENT

- 2.1. **Balls**
 - 2.1.1. **MEN'S** - Approved brand USSSA or GSL stamped USSSA Senior Softball, stamped Pro-M, stamped Classic-M balls.
 - 2.1.2. **WOMEN'S** - Approved brand USSSA or GSL stamped Classic-W ball.
- 2.2. **Bats**
 - 2.2.1. Age groups 40+ and Above may use any bat Stamped 1.21 BPF Senior. It does not have to be USSSA stamped until they are available. However, it must be from a USSSA licensed manufacturer. May also use the 220 or 240 USSSA stamped bats. Both 220 & 240 USSSA stamped bats must pass 220 compression. Bats must be on the USSSA Approved Manufacturers List. WITHDRAWN AND/OR NON-COMPLIANT SOFTBALL BAT MODELS will not be allowed.
 - 2.2.2. The 35 age group ONLY will be required to use the USSSA 240 stamped bats including 40+ years old players on a 35 age group roster and 40+ age group teams participating in a 35 age group event. Bats must be on the USSSA Approved Manufacturers List. WITHDRAWN AND/OR NON-COMPLIANT SOFTBALL BAT MODELS will not be allowed.
- 2.3. **Pitching Screen** - If used, any brand I-Screen can be used with dimensions up to 7ft height by 4ft wide at the base.
- 2.4. **Safety Base (1st Base)** - Only if provided by the park/complex.
- 2.5. **Home Plate Mat** - Mat specs are 36" long x 21" wide and will cover or surround a standard 17-inch home plate. Plate and mat are one unit used for the purposes of balls and strikes and the force out at home.

3. TEAM AGE/CLASSIFICATIONS

- 3.1. **Age Divisions** - 35+, 40+, 50+, 55+, 60+
- 3.2. **Classifications** – Major Plus, Major, AAA, and AA in each age division. No AA division for all Women's age groups.

4. **PLAYING FIELD**

4.1. **Base Distance**

- 4.1.1. Bases shall be set at 70 feet. 65 feet is allowed if a park cannot set bases at 70 feet.

4.2. **Commitment Line**

- 4.2.1. A minimum six (6) foot commitment line shall be marked across and perpendicular to the foul line and placed thirty feet from home plate. Once a runner has crossed the commitment line he/she cannot return to third base and must continue home, can no longer be tagged out by the defensive player, and the defensive player must touch the Home Plate Mat. The ball remains live.

4.3. **Pitching Area**

- 4.3.1. The pitching area is the width of the pitcher's plate up to six (6) feet behind the back edge of the pitcher's plate.
- 4.3.2. Pitchers using a pitching screen must toe the pitching plate when delivering the pitch.

4.4. **Scoring Plate/Line**

- 4.4.1. A base runner's foot down on or down past the scoring line or down on the scoring plate prior to the ball being received by a defensive player touching the Home Plate Mat results in the scoring of a run.

4.5. **Batters Box**

- 4.5.1. A player crossing any part of the batters box while attempting to score will be an out (umpire judgement).

5. **PLAYING RULES**

5.1. **These rules are intended for NIT and World Series events. Local events (Qualifiers) may have local area specific rules that must be approved by the USSSA Senior Softball National Committee.**

5.2. Batter Starts with a 1-1 count. After two strikes, the batted ball must be fair. There is no courtesy foul.

- 5.2.1. **Pitching Screen (only when screen is used)** - Any batted ball that hits the pitching screen will be treated as a foul ball. If a batter has one strike and hits a batted ball into the pitching screen, the strike total is now two strikes with no foul ball to waste. If a batter has two strikes and hits a batted ball into the pitching screen, the batter will be declared dead ball out due to the **"must be fair after two strikes"** rule.

5.2.2. **Illegal Pitches** – Umpires shall verbally and visually call illegal pitches.

5.3. **Game Time Limits**

5.3.1. **Pool Games** - A 50-minute time limit will be in effect for all pool games. After 50 minutes the teams will complete the inning they are in and play one more inning. If tied, the game will end in a tie only if the format allows for a tie.

5.3.2. **Bracket Games** - A 60-minute time limit will be in effect for all bracket games. After 60 minutes the teams will complete the inning they are in and play one more inning. If tied after the Open inning, the game will continue with the last batter of the previous inning starting on 2nd base. Extra innings will begin with a 5-run (Major/AAA/AA) or 7-run (Major Plus) run limit with 1 out. Runner on 2nd cannot be substituted or run for until the next batter completes their at-bat.

5.3.3. **Qualifier Championship Games** - A 60-minute time limit will be in effect for Championship and IF necessary games. After 60 minutes the teams will complete the inning they are in and play one more inning. If tied after the Open inning, the game will continue with the last batter of the previous inning starting on 2nd base. Extra innings will begin with a 5-run (Major/AAA/AA) or 7-run (Major Plus) run limit with 1 out. Runner on 2nd cannot be substituted or run for until the next batter completes their at-bat.

5.3.4. **NIT & World Series Championship Games** - The championship games and IF necessary games will not have a time limit. **The flip-flop rule will be in effect.**

5.3.5. **Home Team when Seeding into Bracket Play (NIT & World Series ONLY)** - When pool play is used to seed teams into bracket play, in each Winner bracket game ONLY, the highest seeded team from pool play will be the home team with the exception of the Championship and IF games. Loser bracket games will determine the Home Team with a double coin-toss. **(EVENT DIRECTOR DISCRETION)**

5.3.6. **Championship Game** - In the championship game, the undefeated team from the winner's bracket will be the home team.

5.3.7. **IF Game** - In an If Game is needed, home team will be determined by a double coin-toss.

5.4. **Home Plate Mat** will be used. It is a strike if the ball lands on the Home Plate Mat.

5.5. **Courtesy Runner**

5.5.1. Any legal player on the team's roster can serve as a courtesy runner up to **THREE** times per inning.

5.5.2. A maximum of **THREE** courtesy runners may be used per inning.

5.5.3. Once the courtesy runner occupies the base, the selected courtesy runner may not be exchanged for any other desired

courtesy runner. Penalty for violating this rule is the base runner will be an out.

- 5.5.4. If the courtesy runner is still on base at the time his/her turn at bat comes up, that spot in the batting order will be an out.

5.6. Run Limit Per Inning prior to the OPEN Inning

- 5.6.1. Major Plus=7, Major=5, AAA=5, AA=5

5.6.2. If divisions are combined, the HR rule will be split between the higher and lower class Home Run limit. The team granting the equalizer will be HOME TEAM.

- 5.6.3. Last inning (OPEN INNING) after time has expired, unlimited runs are allowed.

5.7. Reentry Rule - A starting player removed from the lineup may reenter the game one time. A substitute may not reenter the game after being removed.

5.8. NO Mercy Rule – (ALL DIVISIONS) Games will be completed but Flip Flop Rule will be enforced.

5.9. Flip Flop Rule - The flip-flop rule will be invoked in any game when there is a **10-run (Major/AAA/AA) / 12-run (Major Plus)** differential in favor of the visiting team at the start of the **"OPEN INNING."** If the visiting team is ahead by ten or more runs, the home team will remain at bat and start a new at-bats (beginning their seventh or last inning at-bats), meaning all runners on base will return to the dugout. It will be an open inning. If the home team fails to tie or go ahead of the visiting team, the game ends and the visiting team wins. If the home team ties or goes ahead, the visiting team takes its turn at bat. If the game is declared a completed game due to a mercy, flip-flop rule will not apply since there will be no open inning.

5.10. 1st Base Safety Base will be used when available and provided by the park.

- 5.10.1. On a force out the defender is required to tag the white base. The runner is required to tag the Safety Base.

5.10.2. Blocking the runner's path to the Safety Base is considered obstruction and the runner is awarded the base.

5.10.3. If a ball deflects foul on the 1st base side the Safety Base and Regular Base, the rule will be reversed and previous rules will apply. The runner is required to tag the Regular Base and the defensive player will be required to tag the Safety Base.

5.11. Sliding or Diving

5.11.1. Players may not slide or dive into 1st base, Home Plate Mat or Scoring Plate/Line. If they do, they are called out.

5.11.2. Sliding or Diving into 2nd base or 3rd base is NOT an out.

5.12. Commitment Line will be used. See Rule 4.2.

5.13. Scoring Plate or Line will be used. See Rule 4.4.

5.14. Pitching Rules

- 5.14.1. Pitching arch will be a minimum of (six) 6 ft and a maximum of ten (10) ft from the ground. Faking/juking/windmill motion(s), pitching behind the back or between the legs **will not** be allowed.
- 5.14.2. Pitchers may pitch up to 6 ft behind the pitching plate and must keep one foot within the width of the pitching plate, behind the front edge of the plate and within the 6 ft limit behind the plate.
- 5.14.3. A pitcher's area will be utilized.
- 5.14.4. If no pitching screen is used, pitchers are encouraged to wear a protective face mask that covers, at a minimum, the area of the face from above the eyes to the lower part of the chin while pitching. All pitchers must wear the mask consistent with the manufacturer's intended usage of their product.
- 5.14.5. **A pitching screen will be team optional.** Team must furnish their own screen only if the event director cannot provide a pitching screen.
- 5.14.6. **If a pitching screen is used** - Pitchers using a pitching screen must toe the pitching plate when delivering the pitch.
- 5.14.7. **If a pitching screen is used** – The pitcher can't touch the batted ball until another defensive player touches the ball first with the exception of a pop fly (umpire judgment). Once another defensive player touches the batted ball, the pitcher may engage on defense.
- 5.14.8. **If a pitching screen is used** - If the pitcher interferes with the batted ball, dead ball will be called, the batter will be awarded first base and runners will advance to the next base. **(exception: pitcher is allowed to field a pop fly)**
- 5.14.9. **If pitching screen is used** - Any batted ball hitting the screen will be a dead ball foul.
- 5.14.10. **If pitching screen is used** - Screen placement may not be moved for the entire inning once the first pitch of the inning is thrown with the exception of the screen being moved during a defensive play. Pitching Screen leg must touch the front edge (towards home plate) of the pitcher's plate and center/edge of the pitching screen must cover half the pitcher's plate "left to right" or "right to left" on the pitcher's glove hand side. **SEE DIAGRAM.**
 - (EXCEPTION) A new pitcher enters the game.
 - (EXCEPTION) The screen is hit by a batted ball and it moves and needs to be readjusted.
 - (EXCEPTION) The screen is moved by a defensive player during a play and needs to be returned to the original placement.
 - (EXCEPTION) If the screen leg interferes with pitching (some brands have long legs), the pitcher may adjust the screen away from the pitching plate towards home plate. Umpire will determine how far is acceptable.

5.15. Safety Equipment

- 5.15.1. All players, including pitchers, are encouraged to wear the recommended additional protective safety gear, consisting of head gear (NOCSAE approved), heart/chest protection and shin guards. Players are not required to wear the recommended protective gear.
- 5.15.2. USSSA makes NO warranty/guarantee as to the protective qualities of any mandated or recommended safety equipment when used in softball, which may have inherent risks as an impact sport. USSSA does not make any specific claims as to any safety equipment's performance and will not accept any liability for personal injury. Players can still suffer serious injury while wearing any type of protective gear.

5.16. Defensive Players

- 5.16.1. Age 70+ will be allowed to have eleven (11) players on defense.

5.17. Extra Players in Batting Lineup

- 5.17.1. Teams may have unlimited batters, but cannot drop below the number on the starting batting order. All players must be listed on the lineup sheet/card before the game begins including substitute players.
- 5.17.2. Should an offensive player become injured, causing the team to drop below the original batting lineup and there is no substitute player available, the team will not be forced to forfeit the game, and an out will be declared only the first time the spot in the lineup comes to bat. **The injured player will not be allowed to re-enter the rest of the game.**
- 5.17.3. If a player is ejected and there is no substitute player available, an out will be recorded each time the spot in the lineup comes to bat.

6. HOME RUN RULES

- 6.1. **Major Plus=DHH+9 HR's, Major=DHH+7 HR's, AAA=DHH+5 HR's, AA=DHH+3 HR's**
- 6.2. **If divisions are combined, the HR rule will be split between the higher and lower class Home Run limit. The team granting the equalizer will be HOME TEAM.**
- 6.3. Home runs over the limit are an out.

7. DESIGNATED HOME RUN HITTER RULE

- 7.1. A team has the right to designate a batter in the lineup that can hit as many home runs as they can without any of his home runs counting towards the team limit allowed. If the HR batter is walked intentionally or unintentionally, the next batter that hits a home run will not count against the team's total until the HR batter comes up to bat again.

- 7.2. If a DHH is substituted or removed from the game for any reason, the team loses the DHH. The DHH spot will be reinstated for the game if the DHH returns to the lineup.

8. EQUALIZER RULES

- 8.1. When a lower-class or older age group team is playing a higher-class or younger age group team, lower or older team will have one of two options:
- 8.1.1. OPTION 1 - Five (5) runs per game (Awarded one (1) run an inning for the first 5 innings)
 - 8.1.2. OPTION 2 - 11th defensive player
 - 8.1.3. When there is a 2 (or more) classification or age group difference in the opposing teams, the tournament director reserves the right to implement both Option 1 and Option 2 to make the game competitive.
 - 8.1.4. Local Senior programs may offer alternative options as equalizers to assist with local program growth.
 - 8.1.5. If divisions are combined, the run limit per inning rule will be the lower classification. The team granting the equalizer will be HOME TEAM.
- 8.2. The tournament director reserves the right to not grant an equalizer when the older age group team is classified higher than the younger lower classified team.
- 8.3. Points Awarded - All lower-class teams playing up in class, will be placed in the order they finish with all similar class teams in the event. (example: The highest finishing team in each class will receive first (1st) place points for the event regardless of their actual finish.)

9. TEAM & PLAYER CLASSIFICATION GUIDELINES

9.1. TEAM CLASSIFICATIONS:

9.1.1. Most players have at one point participated in USSSA during their softball playing history. We have a database of players and their playing history, so we will leverage the information to assist us with classifying teams appropriately following the guidelines below.

9.1.2. Even though teams are allowed to register a team at their desired team classification, the team classification is not official until all players are entered to the online roster, ONLINE ROSTER is reviewed by your State Director and the team is approved at their registered classification prior to an event by your State Director. It's the manager's responsibility to confirm your State Director has approved your ONLINE ROSTER at the current classification prior to an event. If the USSSA Senior Softball National Committee determines a team is incorrectly classified, we will correct the classification when discovered.

9.1.3. Players with no USSSA player history will be added to the database. A picture of the player ID, cell number, and email address is required for new players added to the database and must be sent to the State Director.

9.1.4. DIRECTORS: Review USSSA Senior Softball playing history using the Player Classification Guidelines below. (use the competitor's team/player class as a reference if no USSSA Senior Softball playing history exists)

9.1.5. DIRECTORS: If a new team's players have ZERO USSSA Senior Softball playing history, classify the team based on player PRV(s). Must reference Player Classification Guidelines below to ensure established USSSA Senior Softball player classifications are accounted for prior to assigning a classification.

9.1.6. DIRECTORS: Teams should never start at AA, with the exception of a team reclassification due to bad performance in AAA.

9.1.7. DIRECTORS: Must play a minimum of FOUR events to be considered for a team reclass.

9.1.8. DIRECTORS: Directors reserve the right to adjust a team's classification based on skill set, performance, and playing history information at any point of the season. Team reclassifications and exceptions must have the approval of the USSSA Senior Softball National Committee.

9.1.9. DIRECTORS: If a Director does not feel comfortable classifying a team, please ask the USSSA Senior Softball National Committee for help.

9.1.10. USSSA Senior Softball National Committee reserves the right to reclassify a team/player at any point of the season if an incorrect classification is identified. The committee will consult with the State Director prior to adjusting an incorrect classified team with the exception of a team not coming close to meeting the classification guidelines. The team will be reclassified immediately.

9.1.11. DIRECTORS: Teams requesting a division drop must show sub .500 winning %, sub 1000 power rating, and -5 average run differential in the current team class (must meet ALL three criteria). All team reclassifications must be approved by the USSSA Senior Softball National Committee. The committee keeps a list of reclassified teams/players.

9.1.12. PLEASE REVIEW CLASSIFICATION ADDENDUM IN SECTION 13

9.2. PLAYER CLASSIFICATIONS:

9.2.1. DIRECTORS: Please review USSSA Senior Softball playing history FIRST.

9.2.2. DIRECTORS: Please review the player's current PRV and playing history if they have no PRV. If the player has playing history but no PRV due to years of inactivity, assign an appropriate PRV based on past history and current skill set.

9.2.3. DIRECTORS: Players with a USSSA Slow Pitch PRV of B ELITE or higher will be classified a Senior Major Plus player.

9.2.4. DIRECTORS: Senior Major Plus – no player rating limitations.

9.2.5. DIRECTORS: Senior Major – a maximum of three established Senior Major Plus players rated B or lower allowed. Players reclassified Senior Major Plus due to finishing top 10% at the USSSA Senior Softball World Series will not be allowed to serve as a dropdown until they participate in their new class for a minimum of one year.

9.2.6. DIRECTORS: Senior AAA – a maximum of three established Senior Major players rated C or lower allowed. Players C Elite or higher are not allowed to serve as a drop down. Players reclassified Senior Major due to finishing top 10% at the USSSA Senior Softball World Series will not be allowed to serve as a dropdown until they participate in their new class for a minimum of one year.

9.2.7. DIRECTORS: Senior AA – a maximum of three established Senior AAA players allowed. Players D Elite or higher are not allowed to serve as a drop down (AA is reserved for teams that have proven with stats they cannot compete at the AAA class.). The only exception would be if the State Director feels the player will have ZERO impact in Senior AA.

9.2.8. DIRECTORS: How to ESTABLISH a player's USSSA Senior Softball classification.

- Player has been established in other Senior National organizations. May use information if the player has no USSSA Senior Softball history.
- Player was rostered on a State or World event Senior roster. Higher class rosters will take precedence.
- Player was rostered on a team that finished top 10% at the USSSA Senior Softball World Series. These players will be required to play in their new class for a year before they will be allowed to serve as a drop down. An appeal cannot be submitted if the player made no attempt to play in their new class.
- Player was rostered THREE or more events on a USSSA Senior Softball roster. Higher class rosters will take precedence.
- Player was rostered for THREE or more months on a USSSA Senior Softball roster. Higher class rosters will take precedence.

- Player was actively playing USSSA Senior Softball within a THREE year period on a USSSA Senior Softball roster. Higher class rosters will take precedence.

9.2.9. DIRECTORS: If a player was inactive for more than THREE years, reassess the player and designate a USSSA Senior Softball class.

9.2.10. DIRECTORS: If a Director does not feel comfortable classifying a player, please ask the committee for help.

9.2.11 PLEASE REVIEW CLASSIFICATION ADDENDUM IN SECTION 13

10. ROSTER GUIDELINES

10.1. The age a player attains on his birthday in any particular year is considered to be his age for that entire calendar year.

10.2. A player must meet the minimum age of the group in which he competes, but may play in any younger age group(s).

10.3. All players participating in an event must be listed as ELIGIBLE on the team's online roster. A penalty can be imposed for not complying by the event director.

10.4. Teams with less than 10 players listed online (ELIGIBLE & PENDING combined count) prior to the event game schedule being released will be either removed or placed in the highest division for the event.

10.5. The player and team manager are responsible to ensure that a player's name does not appear on more than one qualifying tournament team roster per age group. Maximum two age groups except for Senior Challenge Cup. Senior Challenge Cup only allows players to participate on one team as long as they meet the eligibility requirements.

10.6. Players participating in two age groups in the same event can only participate in the same division AND both age groups CANNOT be combined in the same pool or bracket. (example: 55 Major and 50 Major are approved. 55 Major Plus and 50 Major is not approved. 55 Major and 50 Major in the same combined pool or bracket is not approved.)

10.7. There are no Bordering or Out of State player restrictions.

10.8. Teams are restricted to THREE drop down players with an established USSSA Senior Softball playing history participating on teams one level higher and player must meet the Player Classification requirements above. State Directors are allowed to make roster exceptions with approval from the USSSA Senior Softball National Committee.

10.9. After the USSSA Senior Softball World Series, a team may use players that qualify for an age group the next calendar year.

11. USSSA SENIOR SOFTBALL WORLD SERIES INFORMATION

- 11.1. Teams can find USSSA Senior Softball World Series information @ seniorssp.usssa.com
- 11.2. We do not offer a AA World Series. AA Men's teams must play as a AAA team if they want to participate in the USSSA Senior Softball World Series.
- 11.3. We will do everything possible to run age groups and classes separately. There will be instances we can't avoid combining with an equalizer.

12. LIVE STREAMING POLICY

- 12.1. United States Specialty Sports Association, Inc. ("USSSA") as the governing body for its tournaments and sanctioned events is the only body which can broadcast or permit the broadcast of any sanctioned event via television, internet, radio or otherwise (collectively "Broadcasts"). All video recordings of any USSSA sanctioned event remain the sole property of USSSA and cannot be used by any local league or team for commercial purposes. No Broadcast rights are available until a formal agreement is completed and approved with USSSA National Office at least ten(10) business days prior to an event. USSSA reserves the right to grant or deny Broadcast rights in its sole discretion.

13. 2026 CLASSIFICATION ADDENDUM

- 13.1. Senior AA - Team with a winning percentage of 35% or less (min 20 games) would be eligible to drop to AA. New teams to our Senior program will not be allowed to start at AA without approval from the USSSA Senior Softball National Committee.
- 13.2. Senior AAA - D/E PRV classed players with no Senior class - Max 3 C PRV and/or Senior Major players would be allowed to play AAA. Major players with a B PRV or higher would not be allowed to play AAA.
- 13.3. Senior Major - B/C PRV classed players with no Senior class, Major division would be allowed max 3 Major Plus players
- 13.4. Senior Major Plus - B Elite PRV and higher open to all players over 40 without geographic restrictions.
- 13.5. Additional State Bump Criteria - Teams with a winning percentage of 63% and above in class record is subject to being bumped (25 game min)
- 13.6. 50 Major players would be bumps for 40 AAA
- 13.7. 50 Major would not be a bump for 40s Major
- 13.8. 50 Major Plus would not be allowed to play AAA 40s
- 13.9. 50 Major Plus would not be a bump for 40 Major
- 13.10. 55 Major could play 40s AAA not as a bump.
- 13.11. 55 Major Plus could play 40s AAA as a bump
- 13.12. 55 Major Plus would not be a bump on 40s Major
- 13.13. 60s-70s Major Plus/Major can play 40s AAA without being a bump
- 13.14. **No player classed Major or Major Plus can play AA 40s at any age.**
AA is meant for Rec level skill set.