



G&T ATHLETICS SUBURBAN CHURCH LEAGUE GENERAL LEAGUE RULES 2026



- 1) All players (parent or guardian for minors) must electronically sign the team roster prior to playing. Players (or parent/guardian) assume liability for injury by signing.
- 2) All games are governed by USSSA rules, except where noted below
<https://cms.ussa.net/wp-content/uploads/sites/2/2024/01/USSSA-SP-rulebook.pdf>
- 3) The umpire and both managers will establish ground rules before each game begins.
- 4) The league will use the three balls, two strikes rule outlined in USSSA rules for all games. (book rule)
- 5) Foul Out: there will be one foul to waste after two strikes. (book rule)
- 6) Catchers and pitchers are strongly recommended to wear a facemask and protective gear.
- 7) A 10-minute grace period is granted for late arrivals for single games, and for 1st game of double headers, after which the offending team must forfeit the game. Games that start late WILL NOT have extra time added to the end. There is NO grace period for the 2nd game of a double header. A team with a minimum of eight players present, must start the game. Additional players may be added to the end of the lineup as they arrive, without penalty, up to ten (10) players total.
- 8) Double headers- When two games are scheduled on a field, the first game has a hard stop at 70 minutes from scheduled start time for the month of May. If an inning is incomplete, the score reverts back to the last full inning, or ½ inning if the home team is leading. For June and July, no inning can start after 7:15.
- 9) A full game is 7 innings. (book rule)
- 10) Once the game starts, the umpire assumes control of the game. The umpire may call the game any time after the first pitch if conditions warrant. A minimum of four (4) innings are required for an official game, 3 ½ innings if the home team is ahead. (book rule)
- 11) A starting player may reenter the game once after being substituted for, but must re-enter into the same position in the batting order. (book rule)
- 12) Run rule (Men's only) - If one home team is ahead by 12+ runs after 5 at bats by the trailing team, the game is over by mercy rule. Umpires may use the flip-flop rule (see USSSA book) at their discretion.
- 13) Run Rule (Coed) - 6 run maximum per team innings 1-5, the 6th and 7th inning will be unlimited for both. If one team is ahead by 15+ runs after 5 at bats by the trailing team, the game is over by mercy rule. Umpires may use the flip-flop rule at their discretion.
- 14) There is one "out of park" homerun allowed per team, per game. Further fair balls hit out of the playing field will result in a dead ball and the batter being called out.
- 15) A team forfeiting three (3) games shall be suspended from the league for the remainder of the season. Any team fees paid are non-refundable in the event of a suspension.
- 16) Protests- You may protest any game for a fee of \$20 within 48 hours after the game. Protests may only be based on interpretations of the rules, **NOT** on judgment calls (safe/out, ball/strike.) If upheld the protest fee gets refunded.
- 17) Postponements- In the event of excess rain, or adverse conditions, Grace and Truth Athletics is solely responsible to determine if fields are unplayable. The umpire assignor should be contacted two **(2) hours before game time**, in order to allow time to notify the umpire of the cancellation. The league may use the website, email, and/or group text to notify team managers/captains of cancellation.

18) Designated hitters- Teams can use as many additional hitters in the lineup as they wish, providing they have enough players to start. Coed has to add an extra female before an additional male if playing with the minimum number of females. (see chart for sample lineups)

19) Pitching- The mound is 50 feet from home plate. (book rule) A pitcher can throw from up to 6 feet behind the rubber. Pitch arc must be between 3 to 12 feet from the POINT OF RELEASE. (umpires judgment)

20) Bases- Mens and Coed bases are 70 feet. (book rule)

21) COED- In Coed play, when a female is batting, all 4 outfielders must remain in the outfield until the ball is hit. The outfield is defined as the area 30 feet behind the bases, in the umpire's judgment. Further, an outfielder may not be the first fielder to touch or field a ball in play within the infield, unless: A) the ball continues to travel into the outfield by its own momentum, or B) an infielder makes an attempt to field the ball first. The penalty for violating this rule shall be a dead-ball with a single awarded to the batter, and any base-runners will advance one base from their current position.

22) COED- Must have a minimum of 3 women in the field of play at all times (4 in the lineup if the extra hitter is used) If playing with the minimum lineup of 7 men and 3 women you must add a woman to the lineup before an additional male. see sample lineups for safe examples.

Sample Lineups

Min Players	1 EH	2 EH	3 EH	4 EH
1) Female LF	1) Male P	1) Male P	1) Male P	1) Female LF
2) Male SS	2) Female C	2) Female C	2) Female C	2) Male EH
3) Female 1B	3) Male 1B	3) Male 1B	3) Male 1B	3) Female 1B
4) Male 2B	4) Female 2B	4) Female 2B	4) Female 2B	4) Male 2B
5) Female C	5) Male 3B	5) Male 3B	5) Male 3B	5) Female EH
6) Male SF	6) Female SS	6) Female SS	6) Female SS	6) Male EH
7) Male P	7) Male LF	7) Male LF	7) Male LF	7) Female P
8) Male CF	8) Female EH	8) Female EH	8) Female CF	8) Male CF
9) Male 3B	9) Male CF	9) Male CF	9) Male RF	9) Female 3B
10) Male RF	10) Male RF	10) Male EH	10) Female SF	10) Male RF
	11) Male SF	11) Male RF	11) Male EH	11) Male SF
		12) Male SF	12) Male EH	12) Male C
			13) Male EH	13) Male SS
				14) Male EH

23) Coed batting order- Male and female batters must alternate starting from the first batter and continuing until no longer possible to alternate

24) Coed cont'd- When a male batter is given a walk, if he is followed by a female batter, he takes first then second base, and the female batter shall be given the option of batting or taking a walk. When followed by a male batter he takes only first base.

25) Rosters- Rosters are due to the league president no later than May 16th. Up to 5 additional players can be added to the roster until the end of the season. Electronically signed [HERE](#)

26) All players must play in at least 4 regular season games over 4 separate weeks to be eligible to play in the playoffs.

27) If a church has multiple teams on the same night, they can share up to 5 players between its rosters; however, players can only play on one team during the playoffs. Playoff rosters are due no later than July 4th for churches with multiple teams.

28) Age- Players must be 13 by May 1 in order to play in the league.

29) Courtesy Runners- Teams are allowed one courtesy runner per inning. In coed play, the runner must be the same sex.

30) Tie breakers for playoffs will be: 1. Head to Head W/L 2. Strength of schedule 3. Head to Head Run differential 4. Coin toss