

2026 SENIOR LEAGUE RULES

SENIORS

Updated 1/16/2026

PMSA League Rules

Rosters ~

ID Checks will be done the first week. Bring your roster, if done online one will be provided.

- Each Season will have a deadline to submit your team roster. You must have a roster submitted before you can play. **NO ROSTER, NO PLAY. This will be strictly enforced.**
- If your players signed up through the website they have signed the roster. You may print off for your records, but nothing else needs to be turned into the sports office. Paper Rosters are still acceptable, if needed. **ALL PLAYERS MUST BE 40 OR OVER WITHIN THE CALENDAR YEAR.**
- **NEW-Players must play at least 3 weeks in the Season with a 20 player Maximum per team.**
- **NEW- Rosters will be frozen August 1st for Playoffs.**

Uniforms ~

- Uniforms are not required for league play, but if used they should have 6" number on the back of the shirt.
- Metal Cleats are not allowed.

Balls/Bats

- Teams are responsible for providing balls. 2 dozen balls are provided before league begins.
- Each team will provide 2 new balls.
- Each team will retrieve any HR balls, unless they provide more new balls.
- Male -12-inch optic .44 cor/375 compression ball. **BADEN FIRE SENIOR BALLS ONLY**
- Only Legal SSUSA Senior Bats will be allowed for Senior League Play only.

Line Ups ~

- Line ups must be submitted to the opposing team's scorekeeper prior to the start of the game.
- Home team is responsible for keeping the book.
- Umpires are responsible for reporting the final score to the Sports Office
- Teams may add players to the bottom of the lineup at anytime if they arrive late, providing they meet all other league rules.

Game Format ~

- Senior play, you will come to the plate with a 1 ball and 1 strike count , with an extra foul ball. If you have a 2-strike count and you hit the net this will be considered your foul ball so as to not penalize you as the rule was previously.
- Senior softball limits: Five (5) runs will be allowed per inning until the last inning where an open inning will be allowed and unlimited runs will be allowed. An Open inning must be allowed.

Pitching ~

- Pitchers will have the option of pitching from either 50 ft. to a maximum of 60 ft. Pitcher must have one foot inside or touching the pitching box. All other pitching rules apply. Fields will be lined with 10 foot lanes, starting at the pitcher's mound and going back towards 2nd base
- Pitching Arc is to be between 6 ft. and 12 ft from the ground
- Pitching Screen will be used in Senior League Play

Game Time ~

- Games are scheduled every 1 hour and 5 minutes.
- Game times are 6:30pm & 7:35pm. Game time will start when the 1st warm up pitch is thrown.
- Game time is forfeit time. Games will start on time unless previous game runs long. Please encourage your players to get to the field 15 minutes prior to your game time.
 - Exception to Game time- 1st game slot will be allowed a 10-minute grace period. The grace period is included in the scheduled playing time and the clock will be started at game time as usual.
- An open inning will start after 50 minutes or the 7th inning whichever comes first.
- Changed- Drop dead time is 1 hour and 15 minutes. There will not be additional time added to game time for teams “warming up”, if you do not warm up prior to game time any warm up time is part of your game time.

Tied Score at the End of Time Limit ~

- If the game is tied and time limit is up, the game will end in a tie.

Run Rule ~

- **NEW-10 after 5 innings.**
- The 5th inning will be an open inning.
- When a 50 & Over Team plays a 60 & Over team they can choose to spot 5 runs or can have an 11th player defensively, if you choose the runs you would get 1 run for innings 1-5.

Forfeits/No Shows~

- Call, Text or Email the Umpire Assigner, TBA_____, so they can let the Umpire know.
Email _____ \ Text or Call _____
so the assigned umpire can be notified.
- Email Opposing Team Manager
- TEXT CALL OR EMAIL the Sports Office so they know as well.

Rainouts ~

- When weather is questionable call the Rainout Line 503-823-3020. This will be updated by 3:30 on weekdays

Senior Game Rules

Bat your Roster ~

- Teams will be allowed to bat their rosters.
- If players show up after the game has started, you may add the late comers to the bottom of the batting order after notifying the Umpire and both scorekeepers.
- If an injury occurs with more than 10 players, the injured player shall be removed from the batting order, without taking an out in his spot.
- Players arriving late can be added to the bottom of the lineup with no penalty, even if everyone in the lineup has already had a turn at bat.

Substitutions ~

- Free Substitution is permitted for all League games, when batting your entire roster. A player may enter and re-enter in any defensive position at any time, BUT they must keep their same positions in the batting order.
- Normal substitution rules apply if a player is not in the batting order.

Short Handed ~

- Teams will be allowed to start and/or finish a game with a minimum of 9 players.
- An out will not be recorded for the 10th batter when a game is played with 9 players.
- If the 10th batter shows, that player must be placed in the 10th position in the lineup immediately.
- Players from another Senior Team may be used to complete a legal lineup until the late player(s) arrives; at which time a non rostered player can be replaced with the roster player OR can be added to the bottom of the line up.
- NON rostered player can continue to play out the games

Home Run Rule ~

- Home runs 6 HR (over the fence) per game, any additional will be recorded as dead ball out.

Flip Flop Rule ~ Open inning only

- If the HOME team is down by at least 10 runs at the beginning of the open inning, they will bat first in the top of the inning. (This is MANDATORY, not optional).
- **NEW-Flip Flop rule cannot change in the middle of an inning**

Courtesy Runner ~

- Any eligible player in the line up including available substitutes may be used as a courtesy runner.
- Unlimited courtesy runner's may be used per inning with a courtesy runner being able to be used multiply times in the same inning (league ONLY).
- If you sit out and have a Courtesy Runner for you, you cannot be a Courtesy Runner for a player in the same inning. A courtesy runner whose turn at bat comes while on base will be declared

out. The courtesy runner will be removed from base and take his turn at bat. A second courtesy runner CANNOT be substituted at this time.

Halo Rule~

Halo Rule not needed due to Pitching Screen being used.

NEW-Batter's Box

Batter must take an initial position with his back foot no further forward than the line defining the front edge of home plate. The batter will be called out if they hit the ball when the back foot is completely further forward than the line defining the front edge of home plate.

Always Force at Home Plate/Commitment Line ~

- A commitment line will be pre-chalked or drawn by the umpire 2/3 between third base and home plate.
- Once a runner crosses this line they MUST proceed home
- A runner may be tagged if he has not crossed the Commitment Line
- A Home line will be pre-chalked or drawn by the umpire roughly 1 foot out from the left edge of the batter's box and extend 6-8 ft. out towards the fence.
- In order to be called safe, the runner must cross this line at home and have his foot down on or past the line prior to the defensive player having possession of the ball while touching home plate.
- A defensive player with the ball must merely touch home plate (MAT) for a force out, no matter how many runners are on base.
- Tagging a runner going home past the commitment line is not permitted.
- If the runner re-crosses the commitment line, the runner will be declared out and the ball is still 'live' for other defensive plays.
- If the runner steps on home plate or runs through the batter's box for any reason the runner will be called out.

Rundowns ~

- A player may be tagged out, during live play, between bases except as noted when the runner has passed the commitment line and forced to advance home.

Sliding ~

- Sliding is allowed with the exception of Home Plate and when going to first base from home after batting.

Player Ejection Rule ~

- If a player is ejected from a game, that player will be required to sit out a minimum of 2 more games (league only), not including the game they are ejected.
- This player will be on probation for the balance of the year
- If a player gets ejected from another PMSA Sanctioned league game they may be suspended from the PMSA program for a minimum of 1 year

Profanity/Hate Speech/Unsportsmanlike Conduct-

- Profanity or threatening language, including Hate Speech, or actions from one Player or Spectator to another Player, Umpire, or Staff member, will result in an automatic ejection from the game and the park. The player/spectator will be subject to probation or suspension from all PMSA, or USA Softball play for a minimum of one full year.
Appeals- The Player /Spectator would need to appear before the board before they would be allowed to participate after the year's suspension has been served.

Altered Bat/Acts of Suspension ~

- A Player found in possession of an altered bat and found guilty shall be suspended for 5 years.
- A team that is discovered to have within its possession or control of an altered bat may be suspended for 2 years

Illegal or Altered Bat/Acts of Suspension ~ (PMSA League Policy)

The following policy applies to Non Championship Play in all USA SOFTBALL events played within Portland Metro Softball Associations boundaries.

Any time during a game that a Manager wishes to protest one or more bats that their opponent has used in that game, they may do so using the following procedure.

1. Notify the umpire or if playing at the WVO Complex you may notify the Site Supervisor.
2. Identify the bat(s) being protested
3. Umpire or Site Supervisor takes possession of the bat(s) and has the bat tested as soon as possible.
4. Protesting Manager provides a \$40.00 per bat Protest Fee to the Site Supervisor or Umpire within 24 hours or the next business day

If the owner of the bat does not permit Portland Metro to test the bat, the owner will be suspended immediately from USA SOFTBALL play and must appear before a hearing panel for possible further suspension.

If the bat proves to fall within the guidelines of a legal bat the \$40.00 will be forfeited and the bat returned to the owner, if the bat is found to be illegal the \$40.00 will be returned to the protesting manager.

If the bat proves to be illegal by the standards set by USA SOFTBALL, then the bat will be marked as illegal by the Site Supervisor and the player will be told he cannot use that bat again. Should this bat be

Illegal or Altered Bat/Acts of Suspension ~ (PMSA League Policy)-Cont'd

seen on the field of play again the player in possession of the bat will be suspended until the appropriate board can hold a hearing.

If the bat is suspected to be an altered bat, PMSA shall ask the bat(s) owner for permission to ship the bat(s) to the USA SOFTBALL National Office for testing. If permission to test the bat is given the bat

owner is allowed to continue playing USA SOFTBALL until a decision is rendered as to whether or not the bat has been altered. If the bat is declared legal and it has been destroyed by the testing process, which often happens, Portland Metro shall reimburse the bat owner the cost of the bat or \$300.00 whichever is less. If it is determined that the bat has been altered, the bat will not be returned to the owner and the owner will not receive any compensation. Additionally, the owner is automatically suspended and must appear before a hearing panel with respect to the use of an altered bat

Alcohol / Tobacco/Marijuana/Vape~

- **NO ALCOHOL IS ALLOWED TO BE BROUGHT INTO THE COMPLEX. ALCOHOL PURCHASED FROM CONCESSIONS MUST STAY INSIDE THE COMPLEX**
- **ONLY** Coolers with water or sports drink are allowed inside the complex.
- **NO** Tobacco products of any kind are to be used on Parks Property per City of Portland Code. This includes vape, chew, cannabis of any kind.

Any team or player caught violating these rules may be asked to leave the complex and the team may be put on probation. BOTH the player AND team may be subject to suspension.

Standings ~

- Standings are posted at www.portlandsoftball.com by noon the following morning
- Missing Scores/Incorrect Scores please email Angie at angie.pickron@portlandoregon.gov

Sports Office Contact Information

- Scott Miller- Senior Rep – 360-521-6011; miller0909@comcast.net
- Angie Pickron- Call/Text (360)440-3928; angie.pickron@portlandoregon.gov