



South Jersey Recovery League 2025

By-Laws

(Items with red numbers have been added)

League-

1. The Spring season will start the 1st Sunday of April, the Fall season will start the 2nd Sunday of September. Season length, holidays and rain-outs will be determined by amount of teams and the consensus of the team Captains.
2. If teams have played an uneven number of games, we will use winning percentage in the standings.
3. A rained out make-up game can be rescheduled at the end of the season if it affects positioning in the standings.

Commissioners -

1. Starting April 2025, the commissioners will form a committee, consisting of two players and one non-player.
2. Phil G., Bob W. and Steve S. will be co-commissioners starting April 2025.
3. The committee will act as trusted servants to the league. Never to dictate, but to offer guidance to the league.
4. The commissioners do not get a vote in league meetings unless there needs to be a tie breaking vote.
5. In matters of discipline, the commissioners will meet and make decisions considering what is best for the league. Their decisions will be final.

¹ Captains-

- 1) Any captain playing someone who is not sober will receive, along with the player, a lifetime league ban. If there are questions regarding this, talk to a commissioner **prior** to the person playing.
- 2) When a captain adds any new player to his team that didn't play last season, the commissioners must be notified **before** the player takes the field. If a commissioner is not notified, any game the player played in is a forfeit.
- 3) Any captain receiving a player who is changing teams between seasons or during the season must notify a commissioner. The captain of the old team must be compensated with a player of equal value. If the captains aren't in agreement of the trade the player returns to his original team or does not play.

¹ Added 9/23



Players–

1. Must be 18yrs. of age to play.
2. Must be clean & sober 14 days before start of game.

Teams–

1. Please remember, this is a recovery league, police your players.
2. All teams should have the same color shirt by the 2nd week of the season.

Umpires –

1. Umpires are used in all league games.
2. Umpires shall be paid \$60 per team for both games (*if playing with foul outs*).
3. Umpires shall be paid \$70 per team for both games (*if playing with unlimited fouls*).
4. Whether you play foul outs or unlimited fouls has to be agreed upon before the game.
5. Teams are still required to pay umpire fees for forfeited games.
6. It is up to the Umpires discretion on interpreting these rules, if a team has a complaint about an umpire, please contact a commissioner.
7. Arguing balls/strikes or Umpire rulings, using profanity and/or threats of violence are prohibited. An Umpire may give a warning to a team who violates this rule at his discretion.
8. ² A 2nd warning results in:
 - 1) Both games being forfeited.
 - 2) The person committing the foul being suspended for the remainder of the season.
 - 3) If this person returns to the league in future seasons, any warning received results in permanent ban.

Games–

1. All teams must have a scorebook before the start of a game.
2. All captains must sign opposing team's scorebook at the conclusion of games.
3. All games start at 9am and games will consist of 7 innings.
4. There will be extra-innings if needed to determine a winner, there will be no ties.
5. The pitcher pitches at a 6-12 arc and the plate and mat are a strike.
6. Per captains' agreement, teams may use the provided wooden plate. The Umpire will incur no liability at all from any injury resulting in the use of the wooden plate.
7. The Umpire may use his discretion to ask a pitcher to move back or up regarding his delivery point.
8. The batter will start with a 1-1 count and fouls are agreed upon before the start of the game.
9. 10 players take the field in the following positions: Pitcher, Catcher, 1stBase, 2nd Base, Shortstop, 3rdBase, Left Fielder, Left-Center, Right-Center, Right Fielder.

² Added 9/23



10. If a team needs to borrow players, the game can still be played, but both teams must agree prior to start whether it is a forfeit or not. The umpire should be present during this agreement.
11. Co-ed Requirements
 - Must have 1 woman and 8 total players minimum to start the game.
 - Must have 2 women in game at all times and the 2 women must bat in the top 10 of the line-up.
 - If you have only one woman at the start of the game, you can play with 8 men 1 woman and take 1 out in the 10th position of the line-up.
 - If the 2nd woman arrives late, she will bat 10th after playing the field.
 - If you have no girls, your team will forfeit.
 - girls must pinch run for other girls
12. Players may be added while game is in progress. They will be added to the end of the line-up and must play the field prior to batting.
13. All players maintain their position in the lineup, whether or not they played in the field the previous inning.
14. The pinch runners must be last batted out, and are unlimited per inning.
15. When a woman is batting all outfielders play behind the 200' cones and the infielders stay in the infield, players maybe moved by the Umpire at his discretion.
16. No-contact Requirements
 - No contact on playing field you must slide or veer.
 - If there's a play at first the runner must use the safety base or it's an out.
 - If there's a play at second the runner must slide or veer or it's an out.
 - If there's a play at home the runner must use the safety plate or it's an out, the play at home acts as a force out, the runner cannot slide home or it's an out.
 - If a runner rounds 3rd base and passes the commit line, it is a force-out at home.

Mercy Rules—

1. If one team scores 10 runs in a single inning, that half of the inning is over.
 - Exception: If a team is behind by 15 or more runs in the 5th or 6th inning, they may score as many runs in as it takes to tie the score or take the lead counting all runs until the completion of the game-tying play.
2. If one team is losing by 10 or more runs by the end of batting position in the 5th inning, the game shall be called.

Equipment—

1. No shaved bats ,bats must be tested and stamped at Sports Outlet. Any captain may ask to check opposing teams' bat stamps. If any of the bats aren't stamped, they will not be used.
2. Non-metal cleats or sneakers must be worn at all times.
3. Every team must use ASA 12"(.52) 300lb. Slow-Pitch, Composite Cover softballs.



Fields–

1. Cones will be placed at 200ft., on the foul line, for women batters.
2. There will be a safety base next to 1st base.
3. There will be a safety plate 6' off home plate on the 1st baseline.
4. A cone will be placed 20ft. up the 3rd baseline as a commit line.
5. Bases are 65' apart.

Playoffs –

1. All teams make the playoffs.
2. To qualify for the playoffs a player must have played in at least half of all played games.
3. Captains must bring every score sheet from the season to the playoff game. A captain may request an audit of the opposing team's scorebook at any time.

Weather–

1. In case of inclement weather, the commissioners will check-out the fields on Saturday, and give an update to the captains. As long as fields aren't flooded too bad, we will play.
2. If the Umpire cancels a game during play due to inclement weather and five full innings (4 ½ if home team is ahead) was played, it will constitute a full game.
3. If the full five innings (or 4½innings) are not complete, the game will be rescheduled, if possible, or canceled.

Website–

1. There will be no captains group text.
2. All captains text/call **results** of game and **scores** to the commissioner.
3. All schedules, results, standings, bulletins, **permits** and a copy of the rules will be posted on the website.
4. The website can be accessed at: <http://nbcaa.org/> and clicking on the softball or directly at: <http://nbcaa.org/league/home.html>
5. A link to this site will be sent to all of the Captains.

'Please remember, even though the games get competitive, the primary purpose is to help these younger players stay clean & sober.'