

Preseason Softball Rules

C.P. Softball rules with these exceptions:

- Free substitutions. Players can enter and re-enter pre-season games at any time.
- For non-runners at bat: only designated non-runners who entered the league before 2009 can have substitute runners when batting.
- For base running: a substitute runner can be used to replace a runner more than three times per game but no more than once per inning.
- Pitchers must use face masks & shin guards (preferred) or pitching net
- Count starts at 1-1 with one courtesy foul
- One hour games, (**strictly enforced**) Monday and Wednesday.
- Last team listed is home team with white shirts; visitors wear blue shirts
- Five runs per inning maximum in ALL innings; no mercy rule