



Trumbull's Men's Sunday Softball League

2026 General Rules

The purpose of the Trumbull Men's leagues is to provide wholesome recreational activities for Trumbull residents interested in participating in organized softball programs. This league conforms to USA Softball standards and general rules.

USA Softball Rules:

Games will be governed by USA Softball rules, except where local rules and regulations drawn up by the Department of Parks and Recreation apply. USA SOFTBALL Rulebook Rule 12 "The use of all or part of such rules is strictly a local matter and such rules may be altered as league officials deem appropriate or necessary to conduct Non-Championship play."

League rules and regulations will be enforced in their entirety. These rules and regulations are for your safety, and in order that there be no misunderstanding among managers, players and game officials. All games will be officiated by certified USA SOFTBALL umpire.

The Department of Parks and Recreation has final authority as to the conduct of the league, the use of the facilities and any other league issues.

Organization and League Play:

1. The Trumbull Men's Sunday softball program is composed of one league, with each team playing once a week, unless otherwise scheduled.
2. Team rosters may carry up to twenty (20) players, ages 18 years and up. All rosters and fees must be turned into the Recreation Department no later **April 18, 2026. NO EXCEPTIONS.**
3. Eligible teams must be comprised of 70% Trumbull residents, employees of a Trumbull-based company or graduates from Trumbull High School. The league representative can ask for verification of any of these.

Player, Team & Game Information

1. All teams must file a roster of not less than 12 players and not more than 20. Playing managers and coaches must be counted on the playing list as players. Photo copies of a players' driver's license must be attached to the team roster. Teams may challenge validity of any roster with proof or verification in writing to the League Director or Recreation Department. A player must participate in regular season games to be eligible to participate in league play-offs.
2. No additions may be made to a roster after June 1, 2026. Only managers and coaches listed on the official team roster are allowed to make additions or deletions and these have to be made at least 24 hours before the game in which the players will participate. Roster changes will not be taken verbally at the ball field or anywhere else EXCEPT BY TELEPHONE AT THE RECREATION DEPARTMENT.

Re-entry -- refer to USA SOFTBALL Rules.

3. Players will not be allowed to transfer from one team to another without written permission of the manager of the team for whom they played in a regular season game. They are considered on the roster of the first team they play for during the regular season.
4. Rule Amendment: In the event of rain or any cause which interrupts a game, the game must be resumed at the exact point where it was stopped, using the same line-up or using legal substitutes. If the game is official (4- 1/2-5 innings, depending if the home team is winning) and interrupted, the game is official and complete and will not be resumed, excluding playoff games.
5. Blood Rule. Refers to player, coach or umpire who is bleeding or who has blood on his uniform and treatment is required. If at any time an umpire sees blood on the uniform or the body of a player, a coach, or an umpire, the game should be stopped and someone from the dugout should treat the wound by cleaning and covering the area. If the uniform has blood on it, have the player exchange that item regardless of jersey, pant, or undershirt color. There will be no violation for a wrong color. The umpire does not have to determine whether a uniform is saturated or not with blood - just have the player change the clothing. The amount of time it takes to treat the wound is entirely up to the umpire. If the umpire feels it will take too long, he should have the player leave the game and re-entry and substitution rules will apply. A team can be shorthanded (slow-pitch) and the player who was bleeding can re-enter. The league is looking forward towards the safety and protection of all.

6. It is mandatory for each team to keep an official scorebook. Scorers should compare scorebooks after each half-inning and, in case of unresolved discrepancies, the home team scorebook is considered official. Absolutely no protests will be considered on any scorebook or player substitution matter. Any discrepancy must be settled on the ball field. If the home team does not keep a scorebook, the umpires can assign the visitor's book as official. Scorebook is key for monitoring re-entry of player. Rev. 4/04.
7. Age Requirements: All players must be 18 years old or older by the first game.
8. In the case of rain postponement where neither team has kept an official book, the Recreation Department may declare the game official at that point, regardless of the inning.
9. MANAGERS OF HOME TEAM ARE RESPONSIBLE FOR REPORTING SCORES TO THE RECREATION DEPARTMENT NO LATER THAN 24 HOURS AFTER A GAME. This will assure proper record keeping. Failure to comply can result in a forfeit of the game.
10. All games shall be played as scheduled or re-scheduled by the Trumbull Recreation Department. Due to a shortage of fields, games may be scheduled on as little as 24 hour notice and on weekends.
11. Any game with a score differential of 12 runs or more after the fifth inning will be terminated by the umpires after four and one-half innings, if the home team is winning. (Rev. 4/03). If losing, home team should have last at bat in any inning, always. If up by 12 or more after 5 (home team) or more innings, game is over- including the playoffs.
12. In case of inclement weather, a decision regarding cancellations of games will not be made until after 8:00am. In some instances, this will be the only notification a coach will receive regarding rescheduled games. Any written notification serves only as a reminder but in most cases, will not be mailed out. For any games, especially weekends, please check our [Parks and Rec Facility Status](#) page.
13. Sunday Games start at 9am, 10am and 11am.
14. The official league ball shall be restricted flight type softball (Core 52/300). Any violation results in automatic out as determined by the umpire.
15. On any close play at the plate, player must slide or be called out by umpire. No running into catcher will be allowed or runner will be ejected. Also, catcher may not block base line while waiting for throw. Both are safety issues all must adhere to. Rev 4/02.
16. UNINTENTIONAL CONTACT RULE: THE RUNNER IS NOT OUT WHEN HIT WITH A FAIR UNTOUCHED BATTED BALL THAT IN THE JUDGEMENT OF THE UMPIRE NO

INFILDER HAD A CHANCE TO MAKE AN OUT. Sec USA SOFTBALL rulebook for the full story.

17. Re-entry shall be allowed for league play. Refer to rule 4; section 5 of USA SOFTBALL rulebook for full explanation. Violation is handled as a protest when brought to attention of umpire. It is important that scorebooks be accurate for both teams and both should exchange line-ups. Home team is considered the official book.
18. Note: There is a three (3) home run rule, over the fence, in effect at Indian Ledge Park and Long Hill field. After 3 homeruns by any team any subsequent HR's will be outs.
19. Courtesy runner- The courtesy runner in any inning shall be the last batted out or the previous inning. Exception is the first inning where the courtesy runner will be the last batter in the line-up. One (1) runner allowed per inning. One (1) additional injury runner is permitted, must be the same runner each time.
20. There will be a 1-1 count to start for every batter. This is done only to speed up the game (Rev. 3/11).
21. Team Manager is responsible for reporting any game where only one or no umpires reported to the game, so that the league coordinator may make the umpire chief aware and credit issued.

Conduct

1. Profanity Rule: Rev. 4/04. A player using profane language, which is heard by the umpire, shall result in the next hitter on offense to be called out. If it is a defensive player using profane language, the lead-off batter in the next inning will be declared out. If a runner uses profane language, the next batter will be declared out. All decisions will be left to the careful discretion of the umpire.
2. Only team manager or coach may enter playing fields to discuss a play. Any other player entering the field will be ejected from the game.
3. Any participant (player, coach, etc.) or fan making disparaging or insulting remarks, jesters, or threats towards an umpire, player, coach, fan or recreational official, before, during, or after a game, will be ejected from the game. Second offense will result in expulsion from the league. If this violation, in the umpires or Recreation Department representation, is considered flagrant, it will result in multi-game suspension or expulsion from the league, depending upon the severity of the incident, with further disciplinary measures to follow pending investigation.
4. Anyone physically approaching, threatening, or belittling a Recreation Department representative will be indefinitely suspended from all Recreation Department programs pending investigation.

5. Teams are responsible for their fans. Abuse by fans can result in forfeiture of game and further disciplinary actions.
6. Any player, manager, coach or fan will be ejected from ball field if his/her action are judged to be the result of alcohol consumption or use of an illegal or controlled substance. Anyone ejected for an aforementioned reason will be automatically suspended from the league with further disciplinary measures to follow, pending an investigation.
7. An umpire or recreation official may terminate a game at any time if, in his discretion, the ideals of recreation play are not being observed.
8. A participant may be ejected from a game without warning if, in the mind of the umpire or recreation representative, a person's behavior warrants expulsion. This includes fighting or rowdiness.
9. In all of the above instances, the person in question must leave the grounds immediately. Failure to comply will warrant forfeiture of the game and further disciplinary action from the Department of Recreation, pending investigation.
10. Anyone ejected from a game for any misconduct reason will be suspended from the league for at least one game and placed on probation for the remainder of the season with possible disciplinary measures to follow, pending investigation by League Director. Rules are based upon the discretion of the League Director.
11. Any person expelled for flagrant misconduct will be indefinitely suspended from all Recreation Department activities based upon severity of incident and pending investigation by League Director.
12. If not described by in the League Rules and Regulations, the League Director may take any disciplinary measures he/she deems necessary against player, coach, manager or fan. The Recreation Department reserves the right to make any final decision.

Game Information

1. Leagues will be governed by the USA SOFTBALL rules and Regulations, except where local Trumbull Recreation Department rules and regulations apply.
2. A forfeit allowance time of 15 minutes will be in effect for the 9am games only. Exception: to avoid forfeit, a team may start with nine players (Rev. 4/ 10).
3. Each team is required to furnish one new official USA SOFTBALL stamped restricted flight (52- core) slow-pitch softball per game.

4. Each team is required to furnish a set of thrown down bases. Teams must use the double- sided first base for safety reasons.
5. Only players, managers and coaches and batboys will be allowed to sit on the bench. All managers and coaches must be listed on the official team roster. A team may finish a game with less than ten (10) players (both offensively and defensively) but only in the case of injury and a missing player will be an out. Teams can start with 9 players.
6. No metal cleats allowed!! Umpires will enforce this rule.
7. Wooden bats are governed by the approved bat list as directed by Trumbull Recreation Department effective 2005. No Composite or titanium bats. No corndog bats. Umpires have right to inspect each bat at their discretion and will make spot checks periodically throughout the season. Again, wood bats only will be used in league play.
8. No stealing is permitted in Trumbull Men's Softball play.

Forfeitures and Protests

1. No protests will be considered except in the case of an umpire misinterpretation of a playing rule or in the case of ineligible players. (See USA SOFTBALL rules on correct procedure) Both types of protests must be filed in writing with the Recreation Department within 24 hours of the end of the protested game. All protests must be accompanied by a \$50.00 protest fee and failure to comply will render the protest as void.
2. In the case of an ineligible player protest, it must be made before the end of the game and it is the responsibility of the team submitting the protest to prove the questioned player's ineligibility.
3. The decision of the protested game may result in one of the following:
 - a. The protest is found invalid, the game score stands as played and the protest fee reverts to the Town of Trumbull Treasury.
 - b. The protest is found valid, the game is replayed from the point at which the incorrect decision was made, with the decision corrected and the protest fee returned to the team.
 - c. When a protest for an ineligible player is allowed, the game will be forfeited. Flagrant ineligibility will result in the offending team being expelled from the league or determined appropriate discipline.

- d. Any person illegally playing will be ejected from the league and the team penalized accordingly. League Director has final determination made it in the best interest of the league.

Important General Information

1. The Trumbull Recreation Department reserves the right to make any decisions it feels to be in the best interest of the league, the Town of Trumbull and/or the Trumbull Recreation Department.
2. The Trumbull Recreation Department and the Trumbull Umpires Association operate under mutual cooperation and the Trumbull Recreation Department will enforce any decision made by the Umpires Association. Teams are urged to bring a copy of the rules to all games.
3. An extra player, referred to as an EP is optional, but if one is used, it must be known prior to the start of the game, and be listed on the scoring sheet in regular batting order. If the EP is used, it must be used the entire game. The EP must remain in the same position in the batting order for the entire game. If an EP is used, all eleven players can be changed, but batting order must remain the same. As of 1991 rule amendment. Two EP's are now optional.
4. STANDARD GROUND RULES WILL BE ESTABLISHED FOR EACH FIELD SEE ATTACHEMENT THESE WILL BE USED BY ALL TEAMS AND UMPIRES SHOULD BE SHOWN BEFORE GAME. DO NOT DECIDE THE GROUND RULES WITH UMPIRE EXCEPT IN UNIQUE SITUATIONS. READ YOUR RULES.
5. Games begin at 9:00am with a 15-minute leeway on 9:00am game only. In playoffs and 1 championship series start times are subject to change.
6. Season begins on May 3rd weather permitting and games will be played on Indian Ledge and Long Hill Fields. Friday night make-up games will be announced as required.
7. Rev. 4/04: NO ALCOHOLIC BEVERAGES ALLOWED IN ANY TOWN PARK AND PROHIBITED ON ALL BOARD OF EDUCATION FIELDS PER 1996 ORDINANCE. EXCEPTION TO THIS RULE WAIVED ONLY BY PARK COMMISSION APPROVAL.

Park Rules and Regulations

Please abide by all park rules and regulations. Park in designated parking spots only and do not bring alcoholic beverages in the parks as they are prohibited. A full list of park rules is available on the Parks and Recreation website, www.trumbull-ct.gov. Click on 'Parks & Rec' then scroll to

the bottom of the page where you will see a pdf titled "[Athletic Field Use Policy](#)". A full list of rules and regulations are contained within that document.

Trumbull Softball 2026 Ground Rules

Indian Ledge Field:

As this field is an enclosed fenced facility the entire field is in play. Foul poles or ultimately the lightning poles are in place and umpires will use consistent foul line markers as in the past. **Over the fence is an automatic homerun.** After 3 homeruns are hit by a team the 4th and subsequent round trippers will be outs. This applies to each team.

Any ball going under the fence must be brought to Umpire's attention by raising of hand. It will then be deemed a double.

Tashua/Madison:

Due to limited usage on a case by case basis. Umpires will determine ground rules on the field with respective team managers.

Long Hill Field:

Umpires will determine consistent ground rules.

Any ball going under the fence must be brought to Umpires attention by raising of hand. It will then be deemed a double.

Islandbrook Field:

Umpires will determine consistent ground rules.

Nothnagle Field:

Umpires will determine consistent ground rules.

THS JV Field:

Umpires will determine consistent ground rules.

Trumbull Men's Sunday Softball League Rules

Schedule:

Sunday Game time are 9:00AM 10:00AM and 11AM

No games played on May 10, May 24, July 5, September 6.

Season Start Sunday, May 3, 2026.

Every team makes play offs. Seeded by season long record.

Every team gets one forfeit. If a second forfeit occurs team is ejected from the league for the year.

Equipment:

Solid wood bats only

No composites

Bats no larger than 2.25 inch in diameter

.52 core softballs

No metal cleats

Team Makeup:

Must have a minimum of 9 players

All players must be 18 years or older.

All men's league

70% Trumbull Resident

Alcohol:

No alcohol on any on Town of Trumbull property, the fields, or adjacent areas. Anyone caught with alcohol results in a league ejection.

Plays at the plate:

Every player must slide into home if there is a play at the plate. If player fails to do so will be called out. Umpire makes the decision of whether there was a play at the plate or not.

