Highlighted Portions Signify 2026 Changes

031- GSSB NSBF's Co-ed Slow-Pitch Softball Rules 2026

Section 1 – The Playing Field

1.1 The playing field is the area within which the ball may be legally played and fielded. There shall be a clear and unobstructed area between the foul lines and within the radius of the prescribed fence distances from home plate.

- Base distance – 60 feet (18.29 meters)
- Pitching distance – 47 feet (14.32 meters)
- Outfielders' line – 150 feet (45.72 meters)
- Recommended minimum outfield fence – *225 feet (68.58 meters)*
- Recommended maximum outfield fence – *300 feet (91.44 meters)*

1.1.1 If mandatory distances are found to be at the wrong dimensions during the game, correct the error with no penalty, and continue playing the game.

1.1.2 The umpire should make every effort to obtain the correct mandatory dimensions.

1.2 Batters' boxes are 3 x 5.5 foot, which is 6 inches from the side of home plate and approximately centered to the front of home plate.

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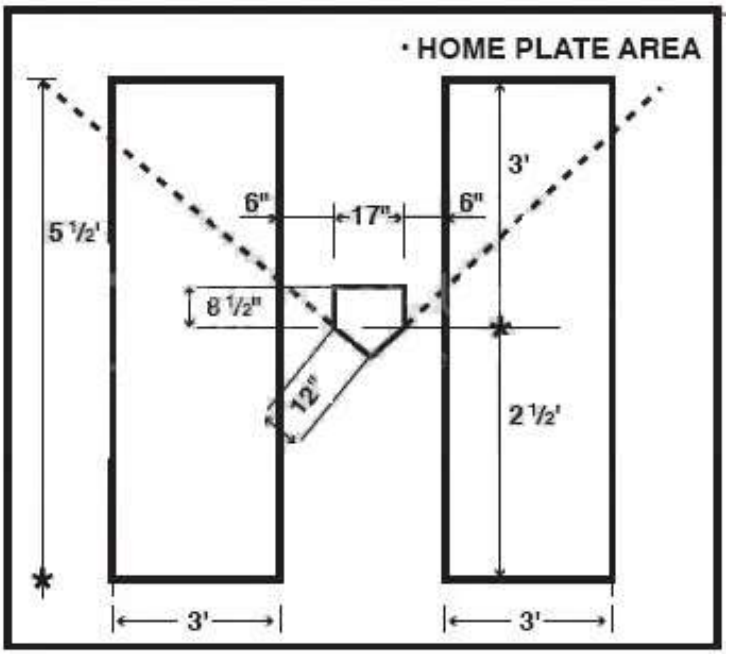

Section 2 – Host Team & Grounds

2.1 The host team/club is responsible for ensuring that the field conditions are in order. This includes bases, home plate, back-stop at least 2 meters high x 6 meters wide, field and line markings no later than 30 minutes before the scheduled start of first game.

2.2 Other responsibilities required:

- Use of a safety double base at 1st base.
- Providing approved game balls.
- Setting up a kiosk, providing toilet facilities, and scorekeeper facilities.
- Scorekeeping, or arranging of scorekeeper (s).
- Arranging competent official(s)/umpire(s).
- Arrange a drawing of available players for loaning to teams in need.

2.3 Failure to deliver on the hosting requirements will result in a financial penalty for the host club(s). The requirements will be considered on an individual basis. Failure to deliver on all criteria will result in a fine of kr 5,000.

Cancellations by the host(s) within 60 days of the tournament will result in a kr 5,000,- fine.

Please see the table below:

Failure to provide a safety base(s) at first base	Kr 500,-
Failure to provide NSBF-approved balls	Kr 500,-
Failure to provide a kiosk	Kr 500,-
Failure to provide required scorekeeper(s)	Kr 1 500,-
Failure to provide required umpire(s)	Kr 2 000,-
	Kr 5 000,-

2.3 The manager (leader) of the host team shall present to the umpire any ground rules believed to be necessary upon the playing field, batted or thrown balls, or any other contingencies. The umpire shall make and enforce any special ground rules he (or she) thinks are made necessary by the ground conditions, which shall not conflict with the official playing rules.

Section 3 – Equipment/Attire

3.1 All players on a team shall properly wear uniforms that are like in color. Uniforms must have numbers and remain visible during the game. Players without numbers will not be permitted to play. There is no penalty for a player wearing the wrong number or a duplicate number.

3.2 Athletic shoes are required and must be worn by all players. Metal cleats are not allowed.

3.3 Exposed jewelry, which is judged by the umpire to be dangerous, must be removed and may not be worn during the game.

3.4 A batting helmet may be worn by an offensive player at any time.

3.5 Umpires are not required to inspect all players before the game, as it is the Team Captain's responsibility to ensure that players comply with the rules. If a player is requested by the umpire to remove illegal shoes, jewelry, or illegal parts of the uniform and they refuse, the player will not be allowed to play. Umpire(s) may issue an out as a penalty to the team should there be a delay in the game or there is no substitution at that time to make the necessary correction.

3.6 Each team is responsible for bringing their own team equipment necessary for each game. All equipment shall be safe or will safeguard participants or spectators from injury.

3.7 Bats should be marked OFFICIAL SOFTBALL by the manufacturer and shall not be altered in any way that changes their characteristics.

3.8 Only NSBF-approved balls will be allowed for games. It is the hosting team's responsibility to provide game balls.

- Men shall bat with 12-inch balls
- Women shall bat with 11-inch balls

It is the hosting team's responsibility to provide. The umpire must always have both ball sizes available and is responsible for ensuring the correct ball is in play, depending on the batter at turn.

3.9 Women are permitted to use any type of ASA-approved bat.
Men are permitted to use single-wall bats. Any other type of bat is prohibited

The legality of a bat for men will be determined by the presence of an NSBF approval sticker. Any bat not possessing this sticker will be considered an illegal bat. The responsibility for checking a bat will be shared by the opposing coach and the home plate umpire.
The penalty for using an illegal bat is an automatic out.

Repeated infractions by the same player can result in ejection from the game. Multiple ejections from the same team can result in forfeiture of the game if the player minimums are not met. The legality of a bat must be questioned during or immediately following an at-bat (before the first pitch to the next hitter). Bats must be present on the list of approved bats. Bats that are not currently on the approved list, but comply with the rule, can be approved by application (with documentation proving compliance) to NSBF.

Applications may be sent to NSBF to add new bats to the list. Proper documentation (proof that the bat is single-wall) is required for the application to be considered.

It is recommended that a list of bats be submitted to NSBF for prior approval.

Section 4 Officials

4.1 Games must be officiated by at least one umpire. Umpires are representatives of NSBF, by which they may have been assigned to a particular game or tournament and, as such, are authorized and required to enforce rules. Umpires shall have the authority to make decisions on any situation not specifically covered in these rules, and as final rulings where approved.

4.2 Umpires have jurisdiction over play and may suspend or call off a game due to darkness, rain, field conditions, or other cause at the umpire's discretion.

Section 5 Player Eligibility & Registration

5.1 All players/participants must be registered on a team affiliated with NSBF and have a valid player license.

5.2 Players are eligible to participate in Co-ed Slow Pitch Softball starting from the calendar year when they turn **14 years of age**. When including players under the age of 18 in adult play, the following requirements and guidelines must be observed:

5.2.1 **Mandatory Safety Equipment:** All players aged 18 and under must always wear an approved batting helmet while batting or base running. Additionally, the use of a protective fielding mask is **mandatory** for all players 18 and under when playing any infield position.

5.2.2 **Responsibility of the Head Coach/Manager:** It is the responsibility of the Head Coach to ensure that players under the age of 18 possess the necessary technical skills and maturity to ensure their own safety when competing against adult players.

5.2.3 **Safety Recommendation:** It is strongly recommended that players under the age of 16 are primarily utilized in outfield positions.

5.3 A team is permitted to have a maximum of three (3) foreign players on the field at the same time. There is no limit to the number of foreign players that can be on the roster.

5.2.1 A foreign player is defined as someone who does **NOT** meet one of the following criteria

1. Has Norwegian citizenship
2. Has citizenship from an EU/EØS country
3. Can document residency in Norway for at least 1 year
4. Has permanent residency in Norway

5.2.2 Violation of this rule can result in disqualification from the game.

5.3 Teams must register for tournaments no later than two (2) weeks before the tournament starts. Teams not registered by the deadline may still be permitted to participate.

5.3.1 Exception must be granted by NSBF or approved by minimum 50% of softball committee members.

5.4 A team may withdraw from tournaments up to three (3) days before the tournament starts. Teams withdrawing after the deadline will be subject to a penalty by NSBF.

5.5 Players can only participate for one (1) team throughout a tournament unless the player is designated to another team as a borrowed or loaned player.

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5.6 A preliminary team roster (PTR) consisting of a minimum of ten (10) players must be provided two (2) weeks before the start of the tournament.

5.7 In accordance with NSBF regulations, players may be added to the final team roster (FTR) up to three (3) days before the start of the tournament.

5.7.1 A player may not appear on more than one team roster.

5.7.2 The roster may not exceed 18 players.

5.7.3 To be eligible for a team's FTR, the player must be a registered member of that club

5.8 After the start of the tournament, a team may borrow up to two (2) players per game

Section 6 Team Requirements & Line-ups

6.1 A team must have the required number of players present in the dugout or team area to start or continue the game.

6.2 Each team will have one Captain; the Team Captain will be responsible for the team.

6.2.1 Team Captains ensure all players bat in the correct line-up order.

6.2.2 Team Captains may request a conference with the umpire to ask for clarification on a ruling, or the rules in general.

6.2.3 Team Captains may protest a game if the umpire(s) have, in their view, applied the rules incorrectly.

6.3 The lineup shall consist of a minimum of 9 and a maximum of 10 players to start a game. It must always fulfill the minimum gender requirements of four (4) of each gender.

6.3.1 Should the minimum gender requirement not be met, players must be borrowed.

6.3.2 Teams that do not meet the minimum gender requirements may not begin a game.

6.3.3 Teams that field a minimum of 9 players to begin a game shall not be penalized with an out for the missing 10th player in the batting order.
If a player(s) or substitute(s) arrive(s) during the game, the player(s) must be inserted into the vacant spot(s) or at the bottom of the line-up, as long as the lineup gender balance remains intact.

6.3.4 Teams may finish a game with 8 players, so long as the gender requirements are met. Only the missing 9th player will be registered as an automatic out.

6.3.5 The umpire may grant a two-minute fair warning before the team will be required to forfeit the game.

6.3.6 If a team falls out of line with the minimum gender requirements during a game (i.e., injury, etc.), the game shall be ruled as a forfeit.

6.4 A team may borrow a maximum of three (3) players from other teams.

6.4.1 Notification of the intent to borrow players should be submitted to NSBF and the host team at least three (3) days before the competition.

6.4.2 Players from teams that are *NOT* registered to play in the tournament can be borrowed.

6.4.3 Other borrowed players will be drawn from a pool of available players from teams registered to play in the tournament.

6.4.4 On gameday, if a player(s) is physically unable to continue playing, the affected team will be allowed to borrow additional player(s), provided that the total number of borrowed players does not exceed four (4).

6.4.5 A borrowed player can never take the place of a capable player in a team's line-up.

6.4.6 Statistics registered as a borrowed player will never be used toward any personal league award.

6.5 Designated Player (DP), Designated Hitter (DH), or Extra Player (EP) positions are not allowed.

6.5.1 All players must bat and field.

6.6 Line-ups

6.6.1 Official NSBF Line-up cards will be used and presented to the umpire plate meeting and exchanged with the opposing team.

6.6.2 Line-ups shall contain the first and last name, defensive position, and uniform number of each player.

6.6.3 Lineups must alternate gender, with these lineup possibilities (signified by A and B);
9 Players (5 of one gender, 4 of the other): ABABABABA
10 Players (5 of each gender): ABABABABAB
10 Players (6 of one gender, 4 of the other): ABABABAABA

6.6.4 All available substitutes should be listed in the designated place.

6.6.5 Borrowed or loaned players are to be highlighted with an "L".

6.6.6 Line-ups are to be completed and submitted to the umpire and official scorekeeper at least five (5) minutes before the start of the game, and at the plate meeting The scorekeeper may prefer line-ups sooner if possible.

6.6.7 If a wrong uniform number is on the line-up, correct it and continue playing with no penalty.

6.6.8 Late players who are registered with the team may be added to the available substitute list. The umpire and scorekeeper must be notified of late players who are added to the line-ups.

Section 7 Defensive Positions

7.1 All infielders must be in fair territory until the ball is hit.

7.2 All outfield positions must remain behind the 150-foot (45.72 meters) Outfield Line until the ball is hit.

Any infractions to the above (1.-2.) can result in an out(s) being nullified.

7.3 Opposite genders do not have to alternate defensively in the field (infield, outfield, or pitcher/catcher.

7.3.1 Outfield requires one (1) position by opposite gender.
7.3.2 Infield requires one (1) position by opposite gender.
7.3.2 Pitcher and Catcher count as Infield position

Section 8 Pitching

8.2 All pitchers must wear protective facewear.

8.2 The pitcher may be replaced on the mound/plate once per inning.

8.3 The pitcher shall take a position with both feet firmly on the ground and with one or both feet in contact with the pitcher's mound/plate.

8.3 At least one foot shall remain in contact with the mound/plate until the pitched ball leaves the hand.

8.4 The pitcher shall not deliver a pitch until the umpire calls for the pitch.

8.5 The pitcher must come to a complete stop with the ball in front of the body and must face the batter.

8.6 Delivery of the pitch is to be a continuous, slow motion.

8.7 The pitcher shall deliver the ball toward home plate on the first forward swing of the pitching arm past the hip with an underhand motion and side of the body.

8.8 The pitcher shall not hinder or delay game time after the umpire calls for the pitch.

Any infractions to the above (8.1 - 8.7) can result in the following:

8.8.1 The ball is dead.
8.8.2 Illegal pitch, Ball is called on the batter.
8.8.3 Warning issued to the pitcher.

8.9 The pitch must reach an arc of at least 6 feet (1,83 m) in height but must not arc higher than 12 feet (3,65 m), or it will be called an illegal pitch by the umpire.

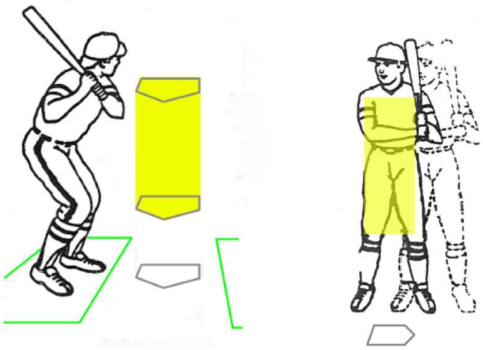
8.9.1 If the batter swings at an illegal pitch, it is in play, but with no swing, it is a called ball.

8.10 All At-Bats will start with a 1 ball and 1 strike count.

8.11 When a pitched ball is prevented from entering the strike zone by any actions of the batter other than hitting the ball, the ball will be declared dead, and a strike is issued to the batter.

8.12 A batter that is hit by a pitch will not be awarded first base. The pitch will be called a ball, and the at-bat will continue.

8.13 The strike zone is the space over any part of home plate between the batter's back shoulder and the knees when the batter assumes their natural batting stance.
A pitched ball that hits any part of the home plate is considered a "ball".
The strike zone shall be as illustrated below:



8.14 Calls of strikes and balls are an umpire's judgment and cannot be disputed.

Section 9 The Game

9.1 The home team is designated on the tournament schedule, normally indicated after the "@" sign. The home team will occupy the 1st Base dugout and will bat second.

9.2 Game times are indicated on the schedule and will be a regulation of 55 minutes or 7 innings, whichever comes first. Regulation time begins at the first official pitch.

9.3 Games can start before the scheduled game time if both team captains agree.

9.4 No new innings shall start after 55 minutes.

9.5 In the event of a tied game at the end of regulation time or 7 innings, shall be continued by playing additional innings. Each team will begin its half inning with a runner at 2nd base until one side has scored more runs than the other at the end of a complete inning, or until the home team has scored more runs before the third out is made.

9.5.1 Runner on 2nd base must be the last person who batted in the prior inning.

9.6 Official regulation time is monitored by the plate umpire.

9.7 If the plate umpire suspends a game due to injury or environmental conditions, it shall be resumed at the exact point where it was stopped.

9.8 The score of a forfeited game shall be seven to zero in favor of the team not at fault.

9.9 Mercy/Run Ahead Rule – A run-ahead rule must be used in all tournaments.

9.9.1 10 runs after 5 innings played
9.9.2 15 runs after 4 innings played
9.9.3 20 runs after 3 innings played

9.10 Home runs are limited in accordance with the "3-Up Rule" per gender for over-the-fence

home runs.

Example: Team A hits two (2) home runs in the first inning to go +2 in home runs. Team B will be permitted to hit up to five (5) home runs without Team A hitting another home run for a total of +3.

9.10.1 Teams may only hit a maximum of +3 home runs relative to the opponent's homerun total.

9.10.2 Any batter that hits a home run in excess for a team that is already "3-Up" will be declared out. The ball is dead, and no runner can advance.

9.10.3 Any fair fly ball touched by a defensive player that clears or has cleared the fence in fair territory should be declared a four (4) base award and shall not be included in the total of over-the-fence home runs.

9.11 A ball is in play until the umpire declares the play dead and calls time.

9.12 Leading off base and stealing are not allowed.

9.13 After a fly ball is caught, the runner must touch their original base (tag up) before running to the next base.

9.14 Runners must stay within the base path unless they avoid interference with a fielder making a play on a batted ball.

9.15 Runners illegally hindered by any fielder within the base path shall be safe at the base to which they are running (determined and ruled by the umpire).

9.16 A runner will be called out when they remain on their feet and crash into a defensive player who is holding the ball and waiting to apply a tag.

9.17 Fielders must stay out of the baseline if not in the act of fielding/receiving the ball.

9.18 Fielders attempting to make an out on a base may have their foot on base but must lean out of the baseline.

9.19 Catcher cannot block home plate without the ball. Runners get priority.

9.20 One (1) run shall be scored when a runner touches first, second, third base, and home plate. All bases must be touched in order.

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9.21 No run shall be scored if:

9.21.1 A batter-runner or any other runner is forced out, resulting in 3rd out. If a 3rd out is made (non-force play) before the runner touches home plate.

9.21.2 A preceding runner is declared out on an appeal play where the force out is determined when the appeal is made.

9.21.3 A runner who has scored has been determined, on appeal, to have missed a base or left too early.

9.23.3.1 Previous runners' runs count.

9.23.3.2 Following runners may not score if the third out was declared.

9.22 A count of three (3) outs by a team completes half of the inning.

9.23 An **OUT** is the following, but may not be limited to:

9.23.1 Any batted ball (fair or foul) that is caught before hitting the ground.

9.23.2 A fielder catching or holding the ball and touching any part of their body on the base to which a runner is forced to run.

9.23.3 A runner tagged by the ball in a fielder's hand or glove at any time while not on a base.

9.23.4 A runner off the base before the pitched ball hits the ground or is hit by a batter.

9.23.4.1 A dead ball will be declared by the umpire immediately.

9.23.4.2 Result of the play does not count, including a ball or strike against a batter or the result of the ball hit into play.

9.23.4.3 The result of the play does not count, including a ball or strike against a Batter or the result of the ball hit into play.

9.23.4.4 Result of the play does not count, including a ball or strike against a batter or the result of the ball hit into play.

9.23.4.5 Other runners remain at their original base.

9.23.4.6 A ball is hit when the batter steps out of the batter's box, whether the ball is fair or foul.

9.23.4.7 A dead ball will be declared by the umpire immediately.

9.23.4.8 Other runners remain at their original base.

9.23.4.9 An intentionally bunted ball or blatant "swinging bunt" attempt.

9.23.4.10 Running out of the base path to avoid a tag.

9.23.4.11 Interfering with a fielder making a play on a batted ball, whether intentional or unintentional, as well as intentionally interfering with a defensive player at any time.

9.23.4.12 Infield Fly Rule is in effect.

9.24 An Intentional walk is not allowed.

9.25 A foul ball counts as a strike.

9.26 A foul ball on a third strike is normally an out.

9.26.1 One (1) courtesy foul will be given. Second foul on strike three (3) will be considered a strikeout.

9.27 Foul tip and pop-up at home plate.

9.27.1 If directly tipped straight back with no designated arc in the ball flight, it is a Foul/Strike.

9.27.2 If the ball flight has a designated arc, and the ball is caught, the result is an Out.

9.28 Two runners may not occupy the same base at the same time.

9.28.1 The runner who first legally occupied the base is entitled to that base, unless forced to advance.

9.28.2 The other runner may be put out by being tagged with the ball.

Section 10 Substitutions/Injury

10.1 A substitution is defined as a player not currently in the game (on the bench) replacing a player that is in the game (on the field/in the batting line-up).

10.2 Defensive positions, other than pitcher, can freely shift or change positions if the following remains:

10.2.1 Outfield positions must stay behind the 150' outfielders' line.

10.2.2 Infield positions, excl. Pitcher and catcher, must stay behind the base line.

10.2.3 The minimum number of players, genders, and defensive position requirements must always met.

10.3 Reporting - Team Captain making the substitution shall notify the plate umpire at the time the substitute enters. The plate umpire shall then report the change to the score keeper.

10.4 Unreported – Failure to report a substitution can result in an illegal batter. An illegal batter can only be protested by the opposing team while the player in question is

batting, or before the first pitch to the next batter.

10.5 Any player who was substituted can re-enter but must be reported to the plate umpire.

10.6 A courtesy runner may be used for an injured player who successfully reached base after at-bat.

10.6 Courtesy runners are not considered substitutes.

10.7 The courtesy runner should first come from an available substitution.
10.8 If no substitution is available, the courtesy runner should come from the bottom of the line-up or last available at bat.

10.9 If courtesy runner is on base when their turn at bat comes, an out will be declared.

10.10 In cases of injury or illness, a time-out may be requested for player removal and replacement. If player later returns to play the same game, the player must be inserted in the same place in the batting order as previously held.

10.12 An injured or ill player can be removed from the batting order and will not be charged with an Out if the following is met:Team minimum of nine (9) players
10.12.1 Minimum of three (3) opposite gender
10.12.2 No more than three (3) players of the same gender bat in a row.

10.13 If a player is ejected during game, an out will be declared when the player is scheduled to bat if substitute is not available.

Section 11 Dugout and Field Conduct

11.1 Only Defensive players, Batter, On deck/Next batter, and Base Coaches are allowed outside the designated dugouts. Team Captain(s) is allowed on the field for a conference with umpire and time out is called.

11.2 Unsportsmanlike conduct and abuse of any kind is not permitted. Abuse can be and not limited to physical, sexual, emotional, and (or) verbal misconduct.

11.3 With any unsportsmanlike offense or act, a warning may be issued. Any repeat offense will result in the ejection of that team player(s)/participant(s).

11.4 Consummation of alcoholic beverages inside the dugout or on the playing field is forbidden. Players and participants will not use alcoholic beverages in the vicinity of the playing grounds.

11.5 Playing under the influence of alcohol or any other substance is not tolerated.

Any violations to the above will suspend game and player(s)/participant(s) will be ejected from the game, event, and area. Further action may be taken in accordance with NSBF Generelle Turneringsbestemmelser § 3.10 - 3.17, and NIF Penal Code Ch. 11.

§ 1.01 About Grand Slam Softball (GSS) Tournament Rules - Rules and regulations not explicitly covered in this document will revert to NSBF Generelle Turneringsbestemmelser (01 GTB).

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