



ALSC LADY FASTPITCH SOFTBALL PROGRAM RULES AND REGULATIONS 2026

The American Legion Department of South Carolina

ALSC Lady Fastpitch Softball Program Subcommittee

Bob Scherer, Chairman

Brian Stockmaster, League 1

Jim Jarvis, League 2

Terry Greenfield, League 3

Ray McDowell, League 4

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RULES and REGULATIONS FOR
ALSC LADY FASTPITCH SOFTBALL PROGRAM

Revised January 5, 2026

*ALSC Lady Fastpitch Softball is part of the Americanism Pillar of
The American Legion Department of South Carolina*

Eligible Participants / Proof of Eligibility

1. Any player that is a rising 8th grader and **does not** turn 20 before September 1st of the playing year is eligible.
2. Each team must always maintain proof of age in their possession and is subject to inspection at any time.

Examples are as follows:

- a. **Birth Certificate:** Records of birth must be an original or a state certified document from the State Bureau of Vital Statistics or Department of Health or other government agency authorized to certify birth documents. (A state seal or appropriate government stamp shall be visible on the state certified document.)
- b. **Driver's License:** A state issued driver's license that complies with the Federal Real ID Law, or a state issued ID that is also in compliance with the Federal Real ID Law.
- c. **Foreign Birth:** In case of foreign birth, a player will present any certificate or document duly issued to the bearer by the U.S. Immigration and Naturalization Service or by the Department of State that shows the birth date of the bearer. Official birth certificates issued by a foreign country are acceptable when accompanied by a letter with an English translation, and such birth certificate must have an official seal.
- d. **Adopted Players:** A properly court certified copy of that portion of permanent legal adoption papers showing the place and date of a player's birth shall be acceptable in cases involving adopted players. Note: Parents or legal guardians should request out-of-state certificates. Many states limit access to birth records to parents or legal guardians.
- e. **Notarized photocopies of birth certificates, hospital records, baptismal records, school records or certificates ARE NOT acceptable proof of age and will disqualify a player and/or team.**

Proof of Residency

1. A player's domicile shall be her parents or permanent court-appointed guardian's permanent and legal domicile.
2. If the parents are divorced by a court order, that player may play for a team of either parent's legal and permanent domicile provided the player must declare, in writing, the team of her choice and file that declaration with the ALSC Lady Fastpitch Softball Committee Chairman prior to closing date of team sign-ups.
3. If both parents are deceased or incapable of caring for and supervising the player during minority, the player's domicile will be determined by the domicile of the permanent legal guardian appointed by the courts having jurisdiction to make such an appointment.
4. Only those players that are considered amateurs shall participate.

Make-up of Teams

1. All teams must have a base school. If additional school is required, one will be assigned by the ALSC Lady Fastpitch Softball Committee.
2. New teams must request and receive approval for a base school from the department softball committee at the time the team registers with the department softball committee.
3. If two or more teams are sponsored by the same American Legion Post, the department softball committee will assign the base school for each team after consulting with coaches involved.
4. Total Team Enrollment cannot exceed 7,500 students. We will use the enrollment figures for the School Headcount at <https://ed.sc.gov/data/other/student-counts/active-student-headcounts> (Exceptions-contact chairman)

Player Recruiting

There are two plans for recruiting, one is the use of Zones for large cities or areas and the other is where base schools are assigned. Either one of these limits the number of 10, 11, & 12th grade students to 7,500.

There are only three areas (as of now) that could use the zone method for recruiting and that would be Columbia, Darlington, and Sumter, the rest would use a base school closest to their post and if necessary, another school close to their post, not to exceed 7,500 students. No team should have more than two schools to draw from.

1. A post may select players whose parent's domicile was established in their base school zone on or before date, **May 1, 2026**. Any players whose parents have moved after **May 1, 2026** and established a new domicile in the base school zone before **May 29, 2026**.
2. Players not selected to play with the team in their base school zone may play for the nearest base school zone provided they have a written transfer (Form 5 – Team Declaration) from the team manager in the base school zone.
3. The ALSC Lady Fastpitch Softball Committee must approve all transfers prior to listing the player on the final roster. This request must be accompanied by the parent's affidavit stating that the move is permanent and listing the previous and present domicile addresses.
4. Players in their final year of eligibility whose parents have established a new domicile shall have the option of playing for their old team or playing for the new team of their parent's new domicile.
5. No team may recruit from another team's Base School. Your Base School cannot be changed without the approval of the ALSC Lady Fastpitch Softball Committee.
6. No out-of-state ball players will be allowed.

Home Schooled Players

A player who is home schooled may compete for the team nearest their parent's or guardian's legal domicile. To determine the nearest team, use the shortest driving distance as calculated by Google Maps. Exceptions for home schooled athletes will be considered on a case-by-case basis by the ALSC Lady Fastpitch Softball Committee.

Written permission for such competition must be obtained for and authorized by the ALSC Lady Fastpitch Softball Chairman prior to listing the player on the official roster.

Player Registration

All players, their parents or court-approved legal guardians must complete the Player Agreement and Parent's Consent Form. The team manager will retain the original form and have it available at all games. The copy must be filed with the department softball chairman. Any team or player who fails to complete and file the form shall be disqualified from any further play.

Transfer of Players

Any player wanting to transfer to another team must have Form 05 transfer form, filled out properly by the coach and submitted to the ALSC Lady Fastpitch Softball Committee for approval.

Players Per Team

A minimum of 9 active players is required with no more than 20 registered players. All players on the roster must have the necessary paperwork filled out and turned in prior to the first scheduled game of the season.

Rosters

1. Rosters must be filled out and turned in via email to the ALSC Lady Fastpitch Softball Chairman. The roster will not be official until the chairman approves it. All rosters must be legible and sent in a separate email with no other attachments to ensure receipt by the ALSC Lady Fastpitch Softball Chairman. This is to ensure rosters do not get lost in numerous emails. Please put the team's name and roster date in the subject line of the EMAIL so it will be easy for the chairman to track the rosters. All rosters will be shared with each team in the divisions.
2. Rosters must include the previous high school of a player who is listed as a college eligible player. I.e., post HS but still meets age requirement.
3. Rosters are received by ALSC Lady Fastpitch Softball Chairman, and no changes shall be made to player personnel after the first scheduled game of the season. The only exception for a player being added is a player not being able to play the rest of the year due to illness, injury, quitting, or moving away and the team would have less than 12 players. All changes must be approved by ALSC Lady Fastpitch Softball Chairman before a player(s) name may be added to roster.
4. Coaches / Managers after final team rosters are turned in. The only exception would be if a team has less than three coaches. All forms must be turned in for approval by the League Director and ALSC Chairman.
5. The Chairman will sign his/her approval and send roster back to the submitting team.
6. A revised roster with the Chairman's signature will then be sent out to all other team managers in the league of the submitting team.

Registration

All Teams must register and pay their registration fees in accordance with the supplement form.

Insurance

Each team must be covered by ALSC Fastpitch Softball League approved accident and liability insurance in compliance with National ruling. (Note: for the protection of Posts and team sponsors, it is mandated that this insurance be obtained **prior to the start** of practice or tryouts, whichever comes first.)

1. Apply for team insurance through Chappell, or any authorized company (**18- and 19-year-old players must be covered**).

Background Check Requirements

All coaches, managers, 18- & 19-year-old players, and any other supportive staff will have to pass an annual background check through Protect Youth Sports. (Resolution 17, Risk Management mandates for National Youth Programs, adopted during the Fall Meetings in Indianapolis, October 11-12, 2023, mandates a background check screening for coaches, managers, and volunteer staff). League Chairman will automatically receive information from Protect Youth Sports.

<https://opportunities.averity.com/ALSCLadyFPSC>

Sexual Abuse Awareness Course

All coaches, managers, 18- & 19-year-old players, and any other supportive staff must complete the Sexual Abuse Awareness course offered by The American Legion National Headquarters. This course is free. Upon completion of the course, email the certificate to the ALSC Lady Fastpitch Softball Chairman.

<https://baseball.legion.org/abuse-awareness>

Medical Aid

First Aid Kits will be furnished by each team and must be available at all practices and games.

Drug & Alcohol Policy Requirements

Each coach, manager, volunteer staff, and team members must successfully read and sign the mandated drug and alcohol abuse policy for each upcoming season. The ALSC Lady Fastpitch Softball Chairman will email required forms to be completed and returned.

Tryout Release Form

The ALSC Fastpitch Softball Chairman will email all the coaches the ALSC Lady Fastpitch Softball Tryout Release Form. These should be completed for each player and maintained by the team coach.

Sponsoring

All Lady Fastpitch teams must be sponsored by and American Legion Post in good standing. All teams are allowed to solicit funds from an outside sponsor(s). All sponsorship applications must be signed by the post commander and attested by the Adjutant with the attestation incorporating the corporate seal of the American Legion Post. The local legion post sponsoring a team will be identified on individual uniforms and any items or equipment representing the team. Teams are allowed to identify their supporting non-American Legion sponsor on the uniform if the character of the uniform is not an issue.

Uniforms

1. All players must be in uniform to play (matching jersey / t-shirts). Other uniform items can include pants and leggings. Ball caps/visors are at the discretion of the coach.
2. Any player, coach, or manager **who does not** have an approved ALSC Lady Fastpitch Softball patch on either the left sleeve or left chest of their uniform shirt, wind shirt, or jacket will be removed from the game. (Approved ALSC Lady Fastpitch Softball patches may be sewn, screen printed or sublimated).
3. Starting in 2026, approved ALSC Lady Fastpitch Softball patches may be sewn, screen printed or sublimated on the left chest only of the uniform. Any uniforms prior to 2026 will be grandfathered in.
4. No jersey sleeve is allowed to be rolled, pinned or affixed in a manner to which the league patch is not visible.
5. **Patches:** The department will furnish patches at a cost of \$2.00 per patch.
6. All uniforms must have the sponsoring Legion Post number on their jersey.
7. All uniforms must have a number on the back of the uniform.
8. The player's name or post number may be on the upper back of the jersey.
9. **Coaches/Managers:** Prefer to have them in the same type of jersey or t-shirt with post name and ALSC Lady Fastpitch Softball League official patch.

Equipment

1. All positions wearing a fielding mask or mouthpiece will be optional.
2. All bats must be legal and have all the necessary stamps and not on the non-approved list provided by USA Softball or USSSA. If a player is caught using a bat that is illegal after completing their time at bat, the batter is out. All outs count and all runners return to the base occupied at the time of the pitch and the player will be ejected from the game along with the head coach, no exception.
3. 12-inch fastpitch softballs will be used, .47 core and cannot exceed 400 compressions. (.47/375 or .47/400)

Scheduling

ALSC Fastpitch Softball Chairman to put out schedule for approval before finalizing schedule.

1. Schedule of games may be changed by mutual consent of competing teams. In such an event, the ALSC Lady Fastpitch Softball Chairman must approve the change.
2. The decision as to whether games can be played that day will be made by 4:30pm on game day. If the umpires are not notified in time and they show up, ½ of the total amount normally paid the umpires for the game (one 7 inning) or games (two 5 innings) will be the responsibility of the home team.
3. If a game is rescheduled, the home team will be responsible for notifying the umpires, and the League Director will notify the area Umpire Booking Agent (UBA) and the ALSC Lady Fastpitch Softball Chairman of the new scheduled date.
4. Postponed games **must be played the next day, available** to both teams, including Saturday and Sundays. If the games cannot be played within one calendar week, the League Director shall be notified and shall set a date for postponed games to be played and notify the ALSC Lady Fastpitch Softball Chairman. Failure to play postponed games as provided for in these rules may result in forfeiture.
5. Teams **MUST** complete the regular season schedule to be eligible for the post season.

Game Rules

1. A game will consist of one five inning game. Doubleheaders will be played in all games.
2. Regular scheduled games will be on Tuesdays and Thursdays. Make up games can be played any day.
3. Time between games shall be no more than **20 minutes**.
4. 3 ½ innings will constitute a complete 5 inning game.
5. Mercy rules for 5 inning games:
 - a. Ahead by **15** runs at the end of **3** innings
 - b. Ahead by **10** runs at the end of **4** innings
6. Seven (7) inning games will be allowed for tournament play.
7. 4 ½ innings will constitute a complete 7 inning game in case a full 7 innings cannot be completed.
8. All regular scheduled games will start at 6:00pm. Plate meeting at 5:45pm and all the announcements will follow. Rescheduled games between the coaches due to weather (etc.) should allow flexibility of starting time.
9. League Playoffs – top four teams play ranked by their won-lost record for each League.
2 – 5 inning games – 6:00pm
A tie breaker game can be played the week of July 06, 2026, one 7 inning game if needed.
10. State Championship – one 7 inning game – 6:00pm
11. All-Star game - 2- 5 innings – 6:00pm
12. Mercy rules do not apply for League Playoffs, State Championship, and All-Star Championship games.
13. The head Umpire of each game is responsible for stoppage of game play due to inclement weather according to the protocol with the high school rules. Likewise, the head Umpire can restart a game. All teams must remain at the field or otherwise forfeit the game if restarted.

Courtesy Runner

Teams have the option to use a courtesy runner for the pitcher or catcher at any time. For speed-up purposes, it is recommended that the courtesy runner be used with two players out in all games.

Re-Entry

Re-entry of the starting players will be allowed, may withdraw from the game and re-enter once, provided such players occupy the same batting position whenever they re-enter the lineup.

Mound Visits

Each team is allowed (1) mound visit per inning with no penalty. The pitcher **MUST** be removed on the second visit. Mound Visits are recorded when a Defensive Coach calls time and crosses onto the playing field. Defensive visits from players on the field are **NOT** counted as a Mound Visit.

Forfeitures

Teams must notify the opponent of cancellations within 4 hours of the scheduled first game or the game will be considered a **FORFEIT**, and the team cancelling **must** pay for the umpires within 7 business days. Failure to pay fines will result in disqualification from the post season.

(Except if the umpires can be notified in time, there is no fine/fee to be paid.)

1. League and Playoff games will be considered a forfeit 30 minutes after the scheduled start if either team is unable to take the field. (Exception being if something unforeseen comes up and both coaches agree, they can start later than what was scheduled.)
2. All **FORFEITS** will be recorded as a 0-7 loss.
3. Any team that forfeits **4** league games (2 nights) in a season will be disqualified from the post-season play.

Game Score Results

1. The **Home** team shall designate the place for each home game. It shall be the responsibility of the **Home** team to dispatch official notification to the visiting team in the event of any changes including cancellations within 4 hours of the scheduled first game.
2. The **Host** team will provide two new regulation or American Legion approved game softballs for each **Home** game.
3. **To avoid confusion and game result errors, All game results must be emailed by the HOME team the day after the game by 10:00 am to ALSCLadyFastpitch@outlook.com.** (No texts or phone calls). Any protest and or ejections should also be reported at this time.
4. Game results will be posted on the following day on the ALSC Lady Fastpitch Softball website: <https://playpass.com/ALSCLadyFastpitchSoftball>

Protests

1. Rules of Protest
 - a. All protests must be in writing to the ALSC Lady Fastpitch Softball Committee.
 - b. Protests must be signed by the Post Commander or a duly authorized representative.
 - c. Protests must be of a specific nature and must set forth definite evidence.
2. Protests involving judgement of umpires will not be considered.
3. Protests of Team School Enrollment of Enrollees as listed on team rosters must be reported to the ALSC Lady Fastpitch Softball Chairman immediately upon discovery, in writing using the official protest guidelines listed above.
4. In the event protest involves the actual play of a game, the Umpire-in-Chief must be advised before resumption of play. The team's authorized representative must state that the game is being played under protest. The grounds for which the protest is being made must be specific. The Umpire-in-Chief will file a written report with the ALSC Lady Fastpitch Softball Chairman immediately after the protested game is completed delineating the circumstances involved.
5. During league play, protests involving actual play of game must be filed with the ALSC Lady Fastpitch Softball Committee within 24 hours after completion of the game. Verbal protests will be accepted, but the written protest must be received by the Softball League Chairman within 48 hours of completion of the game.
6. Decisions of The American Legion Softball Committee will be final and are not subject to appeal to any other body of The American Legion unless it can be proved that the decisions are in direct violation of the National Rules.

Requests for interpretation of rules shall be made in writing to The American Legion Softball Chairman. The Softball Chairman will furnish interpretation in writing.

Sportsmanship

1. **CONDUCT:** Managers, coaches, or who, in the opinion of the ALSC Lady Fastpitch Softball Chairman or their representative, conduct themselves in an unsportsmanlike manner that would discredit this program may be removed by the department softball committee. The department softball committee's decision shall be final.
2. **HECKLING:** No player, coach, manager, or other party associated with an American Legion Softball team shall abuse, heckle, or make uncomplimentary remarks to opposing players, team officials or umpires. The umpire shall immediately eject from the game any individual violating this regulation.
3. **SPORTSMANSHIP:** Any player, coach, manager, or other party accompanying a team will be ejected from the game from the time of the infraction if they:
 - a. Use profane language.
 - b. Throw bats or other equipment.
 - c. Make unnecessary or obscene gestures to umpires, fans, or opposing players.
 - d. Commit unnecessary roughness on the playing field.
4. **EJECTION FROM THE BALLPARK:** Any player, coach, manager, or other party accompanying a team ejected by an umpire **must leave the playing field immediately.**
 - a. First time offense - cannot play or coach in the next ball game, home or away.
 - b. Second time offense - no longer can play or coach for the remainder of the year.
 - c. Home team must report any protest and or ejections to the ALSC Lady Fastpitch Softball Chairman at the same time with the game scores.

Umpires

1. Umpires may be obtained by going through an umpire brokerage.
2. Umpires shall not, without prior approval from the Softball ALSC Lady Fastpitch Softball Chairman, officiate in Legion Lady Fastpitch Softball, for games in which they have relatives playing.
3. All umpires participating in the ALSC Lady Fastpitch Softball Program will adhere to and be under the jurisdiction of the ALSC Lady Fastpitch Softball Committee. The ALSC Lady Fastpitch Softball Committee shall have power to replace or dismiss from the program any umpire for conduct or actions deemed detrimental to the operation, principals, rules, and function of the American Legion Lady Fastpitch Softball Program.
4. Umpire fees and mileage rates to be negotiated with each team. Recommended not to exceed \$80.00 per umpire per game.
5. Umpires shall be paid at the end of the games.
6. The host team is responsible for paying the two umpires for each home game. The State Championship and All-Star games will be covered by The American Legion Department of South Carolina.

Department Policies and Procedures:

It is the duty of the ALSC Lady Fastpitch Softball Committee to formulate rules and regulations that are not in conflict with National Federation High School rules.

1. Department recruiting policies may be more restrictive than National Federation High School rules.
2. Department policies will include procedure for protests. (The protection and stimulation of competition must be used in setting these regulations.)

Department Rulings

The ALSC Lady Fastpitch Softball Committee shall decide all questions, disputes, and protests within a department. The ALSC Lady Fastpitch Softball Committee shall have the authority to disqualify or suspend anyone violating a department policy or national rule.

Rule Book

In addition to these rules and regulations, the American Legion Lady Fastpitch Softball League will use the rule book "National Federation High School" now being used by the high schools of South Carolina.

Appendix A – Signature for Acknowledgment

**ACKNOWLEDGMENT AND UNDERSTANDING
FOR RULES AND REGULATIONS
ALSC LADY FASTPITCH SOFTBALL PROGRAM**

If you have any uncertainty or questions regarding the content of the Rules and Regulations, you are required to consult the American Legion Softball Program Chairman prior to signing and acknowledging this agreement.

“I have read and understand the ‘Rules and Regulations – Lady Fastpitch Softball Program’ and agree to abide by its terms and conditions. I understand that my failure to follow the terms of this policy could result in disciplinary action up to and including termination of serving as a coach, manager or volunteer staff of a The American Legion Department of South Carolina Lady Fastpitch Softball Program.

Printed Name	
Signature	Date

PROCEDURE FOR BEGINNING A BALL GAME

1. Coaches meeting at home plate with head coaches and umpires.
2. All players are introduced and take stance on their foul line.
3. Open with prayer (or moment of silence).
4. National Anthem
5. **Code of Sportsmanship** to be read and repeated by players and coaches.

I will:

Keep the rules

Keep the faith with my teammates

Keep my temper

Keep myself fit

Keep a stout heart in defeat

Keep a sound soul, a clean mind, and a healthy body

CHECK LIST FOR ALSC LADY FASTPITCH SOFTBALL PROGRAM

- Registration check should be mailed to ALSC Lady Fastpitch Softball Committee Chairman. Checks must be made out to “The American Legion Dept. of SC” (Please do **NOT** mail registration check to the SC Department).
- Proof of Insurance
- Team Roster (Form 4)
- Background Checks (online)
- Drug & Alcohol Policy (Form 1 for Team Members, Form 2 for Coaching Staff)
- Sexual Abuse Online Course Certificate
- Risk Management (Form 7)
- Team Photo

ALSC LADY FASTPITCH EVENT	DATE
Registration of \$125.00 ➤ Late registration fee will be \$200.00	May 1, 2026 May 2-16, 2026
Preliminary League Schedule	May 22, 2026
Final League Schedule	May 29, 2026
Required Forms Deadline	June 4, 2026
Player Roster Due	June 4, 2026
Start of Season for Games ➤ Make-up days can be Wed & Mon (i.e., rain)	June 8, 2026 thru July 3, 2026
Make up <u>week</u> for games	July 6-10, 2026
League Playoffs	July 13-17, 2026
State Tournament	July 20, 2026
All-Star Game	July 22, 2026