

SENIOR RULES –Slo-Pitch (adapted for Coed Teams)	
BASE DISTANCE 60'	PITCHING DISTANCE 45 '

The Interleague rules apply to the Senior Division and outline basic safety standards, codes of conduct and expected behaviour, proper use of equipment and championship play.

New Interleague rules for 2016

No player is to sit more than 1 consecutive inning. Coaches will ensure that every player sits out one inning before any player sits out two innings.

If a game is called by an official due to inclement weather, two complete innings played will constitute a full game played.

Contact with coaches and umpires to reschedule cancelled or rained out games must be made within two weeks of the cancellation/rain out.

Slo-Pitch is intended as a game of hitting, base running, and fielding conducted in friendly, sportsmanlike competition.

The playing rules shall be in accordance with the Softball Canada Rules with exceptions as noted below. The following procedures do not constitute all of the rules of the game; they highlight some differences from fastball as well as some of the basic concepts of the game of slo-pitch.

Playing Field

- Pitching Box – An area 2 feet wide by 10 feet long. The front edge of this box shall be centered on a direct line from home plate to second base and 60 feet from the rear corner of home plate. A pitching rubber is not used in slo-pitch.
- Batters' box is 7 feet by 3 feet
- Strike Mat/ Home Plate: A 2' by 3' mat. When the ball hits the mat, it is a strike.
- A safe line at home plate and a commitment line 21 feet from home plate shall be used.

Equipment

- Gloves may be worn by any player. Trappers may be worn by the catcher, pitcher and first base player only.
- Metal cleats are not allowed.

- Players must wear a team jersey as issued by their association in order to play. Players may be removed from the game at the discretion of the umpire if not wearing a team jersey. Ball caps are optional and if worn must face forward and cannot display vulgar or offensive logos or messages. The player will be required to remove the ball cap if the umpire determines it to be offensive. If the player refuses to remove the cap, the player will be ejected from the game.
- Helmets: Approved helmets must be worn by all players. Face guards and chin straps are not mandatory.
- Catchers must wear a face mask. Catcher's helmet is optional.
- The pitcher may wear a face guard with/without a helmet if he chooses.

Pitching

- Before each pitch, the pitcher must stand with one foot (pivot) within the pitcher's box, facing the batter with the ball held in one hand. This position must be maintained for 1 - 5 seconds.
- The delivery starts when the pitcher makes any motion of his windup after the required pause. A step may be taken in any direction simultaneous with the release of the pitch provided the pivot foot remains in contact with the box until the pitch is released.
- The pitch shall be delivered with an underhand motion and at a moderate speed. The pitch must be between 6 and 12 feet arch to be considered a legal pitch. If the batter does not swing at an illegal pitch it will be called a ball, if the batter swings at an illegal pitch than the call will be the result of the swing(hit or strike)
- Windmill pitching motion is not allowed.
- Any infraction of these rules shall constitute an illegal pitch.

Batting

- If a player is unable to continue in the game then he is declared out of the lineup and play continues with the next batter in the batting order. No out is noted for a player removed from the lineup. **Once the player leaves the game they cannot re-enter the game.**
- A team may drop to the minimum of (7) players to finish the game.
- Seven (7) run mercy in effect for all innings except the "open" inning which will be the final inning of the game. **All games will consist of 7 innings. The final inning will be unlimited runs with no mercy rule in effect.**
- An illegally batted ball occurs when the batter steps on the mat or has his foot on the ground completely in front or behind the mat when the bat contacts the ball.
- The batter will be called out if the 3rd strike is a foul ball.
- No bunting allowed.
- Batter must have one strike before they can walk(this eliminates any intentional walks from the defensive team)

Running

- **The batter may proceed around the bases:**

when he hits a fair ball
 after four balls (with at least one strike)
 after interference by the catcher

- Base runners may not leave the base unless the bat hits the ball. If the runner anticipates and leaves the base and there is no contact with the ball, the runner will be called out for a lead off. No stealing of bases.
- When the batter runs to first, he may overrun first base and safely return to the base provided he does not try to advance to second base.
- Use of the double base at first base: if there is a play being made or attempted to be made at first, the runner must touch the outside red bag, or they will be called out; the defensive player must touch the inside white bag or the runner will be called safe. If there is not a play being made at first base the defensive player must move out of the way and cannot interfere with the runner. The runner may touch the inside white bag whether advancing to second or staying on first.
- **A runner may run the bases:**

when a fair ball is hit
 when a caught fly ball is first touched
 when the ball is overthrown and remains in play

- **A runner is advanced:**

when a fair batted ball goes out of play (2 bases awarded from the time of the pitch)
 if forced when the batter is awarded a base on balls(after at least one strike)
 when the ball is overthrown and goes out of play (two bases awarded from the time of the throw/
 when a defensive player obstructs the runner as he progresses around the base path;
 the umpire will award the placement he felt the runner would have made had there been no obstruction

- **A runner must return to the base:**

when the pitcher is ready to pitch (If he is not in contact with the base, he is declared out for a leadoff)
 when a foul ball is hit
 when the ball is batted illegally
 when a fly ball is caught; he may advance when the ball is first touched by a fielder

- Courtesy runners may be used in the event of injury or illness: the courtesy runner must be the last out /last available batter in the lineup.

Dismissals

- A batter is out. The ball is dead and runners cannot advance if:

he illegally bats the ball

he bunts or chops downward on a pitch.

with less than two out and at any time a runner is on first base, a fielder intentionally drops a fair fly ball(including a line drive)that could have been caught by an infielder with ordinary effort.

- A batter is out. The ball is alive and runners may advance if:

his fly ball (fair or foul) is legally caught.

his foul tip is legally caught.

on a fair ball not caught on the fly, the ball is held by a fielder while touching first base before the batter touches first base.

he hits an infield fly with less than two out and runners on first and second or first, second and third. If an infield fly is ruled, it has precedence over an intentionally dropped ball.

- A runner is out, and the ball is dead if:

on a pitched ball, he leaves the base before the ball has reached the plate, hits the ground or is swung at by the batter.

he fails to return to his base following a halt in play.

while off the base, he is hit by a fair batted ball before it has passed an infielder and no other fielder is in a position to make a play. (this is an interference call)

he deliberately runs into a fielder who has the ball and is waiting to tag him.

he interferes with an attempt to field a ball or with a thrown ball.

- A runner is out, and the ball is alive if:

he runs more than 1m outside the established base path to avoid a tag.

a coach physically assists him.

- A runner is not out if:

he runs outside the baseline to avoid interfering with a fielder fielding a ball.

he is unintentionally hit by a batted ball while on a base.

when a fair batted ball strikes an umpire or a runner after having passed a fielder other than the pitcher and provided no other fielder had a chance to make an out.

Explanations:

When a fair ball strikes the runner:

If the runner is hit with a fair ball while touching a base, he is not out.

If the contact is made:

after touching a fielder(including the pitcher), the ball is in play.

After passing a fielder, other than the pitcher, and no other fielder had a chance to make an out, the ball is in play.

Before passing a fielder, excluding the pitcher, without being touched the ball is dead.

If the runner is hit by the ball while off base he is out, and the batter-runner is entitled to first base without liability to be put out.

Exception: If, in the umpire's judgment, no fielder had an opportunity to make an out, the runner is not out but the ball remains dead.

If the runner is hit while in contact with a base, the ball remains dead or alive depending on the position of the fielder closest to the base.

Commitment Line - A line in foul territory is drawn 21 ft from the back of home plate and perpendicular to the third base line. When a runner crosses this line by touching the ground beyond the line but does not reach home plate, he shall be called out when the ball is legally held by any defensive player in contact with home plate. Once the player has touched or crossed the commitment line, any attempt to return to third base will be a called out except if returning to tag up on a fly ball.

NOTE: A base runner may not be tagged out between the commitment line and scoring line.

Safe Line - A line in foul territory is drawn starting at the top left-hand corner of home plate perpendicular to the third baseline. A runner attempting to reach home must do so by touching the ground in foul territory on or beyond the SAFE line. Sliding into home plate is not allowed. The runner is out if he touches the home plate whether or not a play is being made. A runner is not out if the plate is touched in an attempt to avoid a collision.

Championship & Playoff Games

All championship and playoff games will be 7 inning games. The open inning will be the 7th inning. In playoff games, the home team bats in the bottom of the last inning, even if ahead (in case tie breaker is needed). For championship games, the home team does not bat in the bottom of the 7th, if ahead.