

# CANADA POST HEAD OFFICE MIXED RECREATIONAL SOFTBALL LEAGUE

## RULES AND REGULATIONS – revised 2016

### UMPIRING

The team at bat is responsible for supplying one home plate umpire who will be responsible for all calls, including fair/foul balls and all base runners. The umpire's decision is FINAL. Any disputes should be resolved at the field between the two captains. Any appeals made to the Executive will be dealt with going forward only, we will not overturn any scores or decisions after the fact.

### PITCHING AND BATTING

All bats must be ASA approved.. Please go to the following website for legal and illegal bats:

<http://www.softball.ca/english/about/approved-equipment/bats.html>

Any player caught using an illegal bat will be asked to remove it from the game. Any repeat offenders will be dealt with by the Executive and could include discipline ranging from forfeiture of games to suspensions.

Teams pitch to their own batters. Three pitches for men and four for women players. If the last pitch is a foul ball the batter is out.

A ball accidentally hitting the pitcher is ruled as a dead ball and counts as a pitch. Runners return to their bases.

There is a limit of FIVE (5) runs per inning, with exception of the last inning, which is unlimited. Team captains should consult and determine the last inning and announce it to all players. If the away team is leading by TWENTY (20) at the end of any inning or the home team is leading by 20 at any time the game is considered complete. Teams can of course continue to play but for scoring purposes, the game is done

All players must bat in the order they are listed on the score sheet. No team may bat more than 3 males in a row. If a team has more females than males, the males may only bat once per cycle through the batting order. Batting out of turn results in the play being nullified and the batter declared out. Runners return to their original bases.

A team may play with less than 8 players providing two are female. A team may use guest players from other teams in the league; however, a team may not have guest players if they have sufficient players to field a team, either 8 players or 2 females.

All players in the batting line-up must play at least one inning of defence (pitching is NOT considered a defensive position) during the course of a game.

Teams may field a maximum of 7 men and 3 women. However, a minimum of 2 women must be on the field at one time. The infield consists of 4 fielders and a catcher, while a maximum of 3 outfielders and 2 rovers may be used.

No bunting is allowed. An intentional bunt is an automatic out.

The "match plus one" homerun rule will be in effect. Once a team hits a homerun they may not hit a second one until their opponents have hit one. This refers to over-the-fence homeruns only. Any subsequent homeruns will result in an out, and any base runners will return to their original bases. In the event of a female hitting a homerun, a second "match plus one" will be opened for females.

## **BASE RUNNING**

**NO SLIDING IS PERMITTED.** Any player who slides, standing or otherwise, or who is out of control running into a base will be declared out. Sliding simply defined is any part of the body other than the feet touching the ground. Players are responsible to be in control of their bodies. Remember the spirit of this rule is to prevent injuries.

**Runner or Fielder Interference** - A runner cannot impede an infielder from making a play: any runner doing so will be declared out. Equally a fielder cannot impede the progress of the runner. If they do so the runner will be allowed to safely advance to the next base. The basic "rule of thumb" is, the infielder has a right to make a play on the ball. It is the runner's responsibility to avoid contact with the fielder on a batted ball. Once the ball has reached the outfield or has been played by any fielder it is the fielder's responsibility to avoid contact.

Steel spike shoes are not permitted. Rubber spikes are allowed.

No leading or stealing of bases. **IF THE RUNNER LEAVES THE BASE BEFORE THE BALL IS HIT, THEY ARE DECLARED OUT!**

No stealing is allowed. A runner may tag up and advance once a fair or foul ball is caught. However a player may not score on a tag up **UNDER ANY CIRCUMSTANCES.** This includes any subsequent over-throws. Runners who begin the play on 3<sup>rd</sup> base do not, however, receive a free pass to return in the event of a caught ball. They are considered "live" and must return safely to the base.

A player may automatically advance one base (including reaching home from third base) on any ball that is overthrown and goes beyond the boundary marker. (with the exception of plays that originate with a fly out (see above). A ball hitting the fence is still in play, and runners may advance at their own risk. The exception is balls thrown from the outfield to first base (see below).

Any overthrow from the outfield at 1st base that gets past the 1st baseman and either strikes the fence or the runner or leaves the ball park will result in all runners being awarded one base. The batter will advance to 2nd, a baserunner who began the play on 1<sup>st</sup> will go to 3<sup>rd</sup>, all other runners will advance home. This rule does not apply to throws to first made in an attempt to double off a baserunner who began the play on first base. In the event of this type of play, normal baseball rules apply: ball over the fence or leaving the field of play would result in one base, if the ball stays in play, runner is "live" and may advance at his own risk.

**Courtesy runner rule** - A maximum of three courtesy runners per team shall be allowed per game. A courtesy runner can only be used once a batter has safely reached a base. Courtesy runners must be the same gender as the runner they are replacing. If the courtesy runner is on base when their turn at bat arrives, they will be declared out as a batter.

Runners attempting to score need only cross the line drawn at home plate. Players are not allowed to touch the plate. Touching the plate results in the runner being declared out. This rule is to avoid contact and possible injuries at home plate. Catchers may only touch the plate, they cannot tag the baserunner.

**The 20 foot line.** A line will be drawn 20 feet down the third base line as a point of no return. Once any part of the player crosses this line they are not allowed to return to third base. The defensive team need only throw to home and touch the plate before the runner crosses the home plate line.

## **IN THE FIELD**

**Encroaching:** All outfielders must line up outside the designated "infield" line prior to the pitch being thrown. For male batters they may encroach at the crack of the bat. For female batters, they must remain outside the designated infield line until either the ball passes the line or the ball touches the ground or an infielder.

When making the play at first base the runner must touch the **ORANGE** part of the safety bag only and the first baseman must touch the white bag only. Please make sure you line the bases up correctly- orange in foul territory, white in fair territory.

Defensive substitutions are not allowed during an inning with the exception of injuries.

## **RULES IN GENERAL**

These rules have been designed for FAIR PLAY, SAFETY and SPORTSMANSHIP. Any attempt to circumvent these rules is adverse to the mandate of the league. It is the responsibility of the team captains to ensure their players are familiar with the rules.