

Regina Senior Mixed Slo Pitch League (Non Official In-House Rules)

2021 REV 1.0

- 1 Pitching – a legally delivered ball with an arc of 6 feet minimum to 12 feet maximum from the ground, striking any part of the home base plate before it touches the ground is a strike. Wooden home base plate size is 24” by 36”. The pitching distance is a range from 50 to 60 feet.
- 2 Female batters are allowed to bunt, infielders must remain outside the 1st – 2nd and or 2nd – 3rd baselines until the ball is contacted. Outfielders are to maintain normal playing positions. Rover(s) may position themselves anywhere in the outfield. Coaches and Umpires are encouraged to monitor this more closely.
- 3 If a male batter is walked he is awarded first base, but if followed in the batting order by a female batter, the male batter is awarded 2nd base. The ball is dead. The female should be in the on deck circle and must bat. Existing base runners advance only if forced to do so.
- 4 **A.** The batter is out on any foul ball or foul tip that is caught by a defensive player. On caught foul balls, base runners may tag up and advance at their own jeopardy. Caught foul tips need **NOT** be of a certain height as a prerequisite to being an out.
B. The batter is out on any third strike foul or foul tip whether or not it is caught by a defensive player.
Note: on a third strike foul ball that is caught and which does not retire the side, base runners may tag up and advance as per [4. A].
5. **A.** A commitment Line will be drawn between 3rd base and Home Base at a distance of 20 feet from Home Base. A base runner who touches or goes past the Commitment Line must continue towards the Scoring Line. If the base runner, having touched or crossed the Commitment Line and attempts to return to 3rd base, he or she will be called out.
B. There is to be no tag on the runner by the catcher or other defender, between the commitment line (as described above) and the home scoring line. If the baserunner is tagged, they will be considered safe. The catcher or other defender must be touching/standing on the home base plate with the ball before the runner crosses the line at home to register an out. Tagging runners in all other situations is allowed.
6. A base runner over-running 2nd or 3rd base is liable to being tagged out.

7. Sliding into bases is not permitted. Runners may slide or dive, when returning to a base. Runners sliding, when advancing to a base, shall be called out.
8. Runners shall be called out for contact with a defensive player, while he/she is making a play on a batted ball.
9. If the umpire rules deliberate contact on the part of a defensive player, the runner shall be called safe.
10. Courtesy Runners shall be allowed if required due to injury or inability to run, and must be the last out.

A. A Courtesy Runner, which is the last out (or next previous out) will be permitted. It is recommended that team managers and umpires shall agree before the game commences, which batters require a runner from home. (This is in addition to the Courtesy runner in rule 10).

B. A Courtesy Runner from home must start 6 feet behind the extension of the 3rd base line toward the screen.

Note: while not a change, emphasis to be placed on the start line being 6 feet behind the extension of the 3rd base line.

C. A Courtesy Runner from home who runs before the ball is hit shall be called out.

D. A Courtesy Runner will be called out [and the ball is dead] if the batter crosses a perpendicular line 12 feet from home base on the first base line. All commitment lines are to be drawn by the home team prior to the start of each game.

11. (See also 10A) If the 'last out' would have had a courtesy runner then the next previous out shall be the Courtesy Runner.
12. A game can be started/played with less than 11 players subject to discussion/agreement of both teams' coaches. If a player is injured and there is no substitute available, that player can be removed from the game without penalty. The game may continue with the injured player's name scratched from the batting line-up.
13. If a runner steps off the base after the pitched ball crosses the plate or hits the ground, and no contact of the bat with the pitched ball is made, the runner is NOT called out. If the base runner steps off any base PRIOR to the pitched ball being hit or crossing the plate or hitting the ground he/she shall be called out.
14. All players **MUST** wear appropriate footwear (running shoes or rubber/plastic cleats, [NO metal cleats, sandals or flip-flops]).

15. We will be using the girls bases this year which are 60' instead of the past seasons 65'. These bases are higher and harder **BE CAREFUL**.
16. All base runners attempting to score a run must do so by touching the Scoring Line or by placing one foot on the ground past the Scoring Line in foul territory. The base runner should run on an angle from 3rd base to the Scoring Line (away from home plate) to avoid a collision with the catcher. Runners will be called "out" if the touch home plate or cross over the home plate in fair territory. Discretion or a Warning MAY be given for first offence or on an "over the fence" home run.
17. Each team umpires their own team when at bat.
18. The umpire shall call TIME when the base runners cease to try to advance and a fielder has control of the ball in the infield. It is not necessary to return the ball to the pitcher for TIME to be called. If a ball is no longer alive and in play as determined by the umpire having called TIME, base runners must return to the last base touched prior to TIME being called.
19. Substitute players are allowed to be picked up if a team does not have a minimum of 11 players or a pitcher. Any substitute players must be placed at the bottom of the batting order.
Note: When picking up players, every effort should be made to pick up a player of similar ability as the missing player, including a female for a female if possible.
20. There will be no Home Run limit rule in place. Any ball hit over the fence in the air in fair territory on any diamond will be ruled as a Home run.
21. We play using the Infield Fly rule which, for clarity, is repeated below:

An Infield Fly is a fairly batted fly ball (not a line drive) which can be caught by an infielder with ORDINARY EFFORT when first and second, or when first, second and third bases are occupied with less than two out. Any defensive player, who positions him/herself within the infield area, will be considered an infielder for the purpose of this rule. If a fairly batted ball is declared an infield fly by the umpire, the batter is out. The ball is alive and the base runners may advance at their own risk but are in jeopardy and must tag up if the ball is caught.

GUIDELINES & RECOMMENDATIONS

1. This is a mixed league with both male and female players. We need to be mindful of our language and actions around other players, as we don't want to make other players uncomfortable in any way.
2. Coaches have authority from the league to implement batting orders and to place players in the best positions available based on ability and safety concerns. Safety is of paramount concern.
3. Protective Equipment - any player who has a concern about an injury occurring from being struck with a ball should address that concern by the use of protective equipment, including, but not limited to batting helmets, face masks and shin pads. It is **STRONGLY RECOMMENDED** that players use batting helmets while batting and running the bases and that pitchers use safety protection gear including masks.
4. As this is a City of Regina Property, smoking is not permitted on the grounds. As well, our hosts (the Girls' Softball League) prohibit Sunflower Seeds in the Dug Outs among their participants and have asked us to apply the same guideline to our league members. We should leave the site in the same or better shape than it was upon our arrival each day.
5. The goal of the RSMSPL is to provide an opportunity for men aged 55 or over and women aged 50 or over to continue to play ball in a relatively non-competitive atmosphere. The league is designed to provide equal opportunity for players of all skill levels. It also provides an opportunity for some exercise and team fellowship as well as meeting some new people with the same interest in playing ball.
6. It is recommended that players do a little work to prepare for the upcoming season. It is suggested that players also do some warm up followed by stretching prior to the games as this helps to prevent those nagging aches and pains and pulled muscles. The intent is for all players to enjoy themselves, meet some new people and stay healthy.
7. We should also remember that this is a mixed league with both male and female players. We need to be mindful of our language and actions around other players, as we don't want to make other players uncomfortable due to our language or actions.