

SLOW PITCH RULES FOR
Willowdale Sports Club Adult Mixed Slo-Pitch League
(2022 Season)

Code of Conduct for Players:

1. No member of the league shall use unnecessarily rough tactics during league activities.
2. No member of the league shall engage in an abusive physical or verbal attack or promote hostility by using profanity, sexist comments or trash talk toward any other person during league activities.
3. No player shall consume alcohol or drugs during a game and may be ejected if impaired.
4. Smoking will not be allowed on the playing surface or in the dugout. This includes e-cigarettes. And as a reminder, smoking of any kind is outlawed in any city park
5. The umpire has the right to warn or eject players during a game.
6. The captain of a team may also warn or eject a player on his/her own team for misconduct.
7. The executive may warn, suspend or expel league members for misconduct but will not do so during a game unless all other authority has stopped functioning.
8. Any player ejected from a game by the umpire will automatically be suspended for 1 additional game.
9. League members may ask their captain(s) for a team meeting or file a complaint with the executive on matters of league rules and misconduct.
10. Captains must notify the executive if players quit the team during the regular season.
11. Players are expected to notify their captain if they are unable to play in any scheduled game.

Rules of Play:

1. At least 3 of 10 fielders must be women.
 - At no point during the game should any male player have sat out more than one inning more than any other male player. At no point during the game should any female player have sat out more than one inning more than any other female player.
 - Defensive team must always play with a catcher. Other positions can be left vacant, but there must always be a catcher.
 - Should a team have only 2 women players, only 9 fielders can take defensive positions. There is no penalty while batting.
 - Should a team have only one woman player, only 8 fielders can take defensive positions. In addition there will be an automatic out recorded every sixth batter.
 - Should a team have no women players, the game is lost by forfeit.
 - Each team in the league is required to accept players on the roster up to the minimum of 10 men and 5 women.
2. Man-man-woman batting order.
 - At least 2 women in batting order or: 1 woman every 6th batter out
 - A man walked on 4 pitches before a woman - the man goes to 2nd - woman must bat unless 2 are out in which case the woman has option to take first.
 - No outs for batting out of order. During at-bat: correct player must be inserted and inherits count. After at-bat: missed batter(s) must bat immediately.
 - All players in the game are in the batting order. Players who arrive late are added to the end of the batting order. No penalty for a player leaving the game.
3. Games are 9 innings with a 1.75 hour time limit.
 - 5 run mercy rule per inning except for the last inning which is open.
 - 5 innings for complete game.
 - Only the umpire can call a game off. Neither the executive nor the captains can cancel a game because of weather. (Only exception is flooded fields)

- No new inning after 15 minutes before time limit.
- Regular season games start at 5:30 pm and 7:15 pm

4. Other rules

- No jewelry.
- Catchers must wear face mask.
- No metal spikes are allowed.
- A play at home must be made by the catcher, unless the catcher is fielding the ball.
- A play at home requires the fielder to touch the plate (not the mat).
- Outfielders may not come onto the infield before contact is made with the ball. The penalty is the batter is awarded 1st base.
 - Once a batted ball makes it past the infield, no force out is possible at first base. This applies to male and female batters.
 - No infielder may come inside the base line before contact is made with the ball. The penalty is the batter is awarded 1st base.
- No more than 6 defensive players (including the pitcher and catcher) are allowed in the infield before the ball is hit.
- No sliding. No lead offs.
- A runner tagged between home and commit line is still in play (not safe and not out).
- Courtesy runners are allowed because the league wants every player to be given every chance to play as best they can. A courtesy runner is therefore made available to allow an injured player to bat, even if the player cannot run DUE TO INJURY.

A courtesy runner from home plate will start with one hand on the corner of the backstop on the first base side. The runner may not leave that position until there is contact with the ball.

Any courtesy runner must be the last player of the same sex who made an out. Should that not be possible for some reason, we expect the two captains to arrive at a solution in the intended spirit of the rule.

There is no limit on the number of courtesy runners in a game.

- Home team is responsible for scorekeeping. (Note: the best practice is to confirm score between the teams at each half inning change)

5. Pitching

- Home plate is part of the strike zone.
- The arc of a pitch must be at least 6 feet high and no more than the height of the back screen (approximately 12 feet).
- The pitcher must be on the pitching mound or within one step behind the pitching mound when beginning the pitching motion.

6. Default if less than 7 players 20 minutes after start time.

- Only 2 subs are allowed in a game. Any player who is not on the team list is a sub player. Only players from other teams may be used as subs.
- Captains must inform the other team captain and the umpire when subs are used and mark the sub player(s) on the score sheet.
- Subs cannot be removed (if regular players turn up).
- Subs are not allowed in playoff games.

7. Metal bats only.

- No personal bats are allowed. Bats supplied by the league must be used.
- The penalties if any player comes to bat with an illegal bat are:
 - o The batter is out
 - o The batter is ejected from the game

- o The person who owns the bat is suspended for one game
- o The captain of the team is suspended for one game

8. Playoff games will be decided by extra innings unless they are round robin format.

- Any extra inning will start with the last out at 2nd base and will be open.

9. Supporting membership:

- This membership to be a supporting membership is available to returning players who for some reason cannot play during that season. The cost will be \$40 and the supporting member will be eligible to play as a substitute only if the team is short of players. A supporting member may attend the banquet and may hold positions as captain or on the league executive.