**Rules of Play**

**Nanaimo Seniors Mixed Slo-Pitch League** April 21, 2025

**Administrative Rules**

**Age:** A participant must reach the age of 55 by December 31 of the current year. The exception is a participant who has played in this League before but who will not reach the age of 55 by December 31. That person is welcome to return to the League.

**Attendance:** Participants are expected to inform their team Captain when they will be absent so that ample time is available to find a replacement player if required.

**Bats:** Players who are 75 years of age and older can use a bat with the 1.21 designation. They are responsible to ensure that the bat is not used by anyone else who is not eligible to use the 1.21 bat. The umpire must be informed when a player is using a bat with a 1.21 designation.

All other players will use a bat with a 1.20 designation.

**Balls:** A smaller ball is used when a woman is the batter. If a man 80 years of age or older is batting, they may request the use of the smaller ball as well.

**Captains/Manager:** Each team shall have one of its players designated as Captain, and one as Manager. The responsibilities of the Captain are to prepare the line-up for the game, ensure players are ready when it is their turn to bat, and run the dugout. The responsibilities of the Manager are communicating with the players on their team, communicating with the board members and be the point person for the team.

**Changing teams:** A player has the right to change teams. They should make this request to their Captain whenever possible, and the player, Captain and a member of the Board shall address this request, making every effort to accommodate the player’s request.

**Game sheets**: The score at the end of each game shall be reported to the designated person. Before being reported there needs to be mutual agreement of the score by the two Captains. It is suggested that after each at-bat the Captains confirm with each other the number of runs scored in that at-bat.

**Mercy Rule:** We will not be using this rule in our league.

**National Softball Association – Canada:** The NSA-Canada provides insurance for the League. All players must register with NSA-Canada before the first game of the season. Once registered, they do not need to register again for another season. Registration is free and is done through their website.

**Numbers of players:** Each team will consist of 13 or 14 players.

If both teams have 11 or more of their own players at the field for their game, they should have 11 players on the field defensively. If both have 10 players at the game, they should each play with 10 players.

If one team has 11 players at the game, and the other has 10, both teams should have 10 players on the field defensively.

**Protective equipment:** Catchers and pitchers are required to wear facial protection, which will be made available by the league if the players do not have their own.

**Playing Rules**

**Base running:** Batters running to first base must run in foul territory and, if a play is being made, touch only the orange (safe) base. If there is no play being made the runner may touch the white base, turn the corner and either proceed to second base or return to first base. If the latter, the fielder must vacate the area to avoid unnecessary contact/interference with the runner. Both the fielder and the runner share responsibility to avoid contact with each other.

When running home, the runner must touch the scoring plate. All plays at home are force outs. If the defensive player is touching home plate while in possession of the ball prior to the runner touching the scoring plate, the runner is out. Once one foot of the runner completely crosses the commitment line and touches the ground beyond the commitment line, the runner must continue to the scoring plate. They may not return to third base. If in the case of a fly ball that is caught, the player may return to third base even if they have passed the commitment line.

**Bunting:** Women are permitted to bunt, but they must run for themselves to first base. Men are not permitted to bunt. If, in the opinion of the umpire, they have then they are out and all on base runner return to whence they came.

**Infield encroachment line:** When a woman or a man over 80 is at bat, infielders cannot move closer to home plate than the 1st and 3rd base until the bat makes contact with the ball.

**Innings:** Games are 7 innings in length. Games shall begin at their designated time. No new inning starts after 1.5 hours have elapsed from the start of the game.

**Intentional walks:** If a player is walked on four straight pitches and the umpire deems it to be on purpose, they may award the batter second base. All other runners if necessary will also advance.

**Outfielder positioning:** Outfielders must start each pitch on the outfield grass. An outfielder may not attempt to throw out a batter running from home at first base. If this does occur the runner is safe regardless of whether they beat the throw or not.

**Pinch runners:** Pinch runners may be used when the batter is unable to run the bases. A pinch runner may only run for one other player on the team. If more than one player requires a pinch runner then a different pinch runner must be used. If it becomes the pinch runner’s turn to bat and they are still out running on the bases then they are considered out and miss their at-bat. Teams should take this into account when assigning pinch runners and preparing the line-up.

The umpire draws a line in the dirt where the pinch runner stands when the batter requires a pinch runner.

**Pitcher:** Pitchers are encouraged to wear other protective equipment such as shin guards in addition to the required facial protection.

The pitch is to have an arc between 6-12 feet.

Pitchers are entitled to a maximum of 5 warm-up pitches prior to the start of each inning.

**Sliding:** Sliding into a base is not permitted. If you slide, you’re out.

**Stealing**: Stealing a base is not permitted. If you steal, you’re out.

**Scoring limit:** During the course of the first 6 innings the scoring limit is 5 runs or catch up to the other team whichever is greater.

The 7th inning is an open inning in terms of the number of runs allowed to be scored. At the start of the 6th inning there needs to be a determination if this will be the final inning, and if so, it will be the open inning for both teams.

If the home team is ahead at the end of 6.5 innings, the game is over.

**Spares/Replacement players:** Spares are only to be used if less than 10 roster players are present. Spares must be of equivalent skill level as the player they are replacing and must be approved by the other team. Spares must be placed at the bottom of the batting order.

**Strikes:** When a pitched ball touches any part of the green home plate, it is a strike. The ball must touch the green home plate before touching any part of the ground to be called a strike.