

GRSA MIXED SLOW PITCH RULES – 2015 SEASON

The normal rules of Fast Pitch softball will apply in this competition if not specifically covered in these rules.

Bunting – Using the bat to just block the ball without following through with the swing is not permitted. *Penalty* – Batter is out. Runners may not advance.

Chopped Ball – A ball at which the batter strikes downward with a chopping action of the bat so that the ball bounces high into the air. This is not permitted. *Penalty* – Batter is out. Runners may not advance.

Commitment Lines – These are marked perpendicular to the baseline, halfway between second and third base, and third base and home plate. Once a runner's foot touches the ground on or past this line, the runner may not re-cross it, but must continue to the next base or home plate. *Penalty* – Runner is out.

Double Base – This is used at first base. If there is a play on the batter going to first base, the batter must touch the orange part of the base, and the fielder must touch the white part of the base.

Force Play – All plays at bases in Slow Pitch softball are force plays (i.e. no tagging)

Inning – An inning is completed when either three (3) outs have been achieved or seven (7) runs have been scored.

Safety Zone – These are circles (3ft radius) around second and third base and a semi-circle marked on the fair territory side of first base. The circles are used to remove sliding and tagging from the game. If a play is made on a runner, the runner must have a foot within the circle before a fielder, in possession of the ball, contacts the base to which the runner is advancing. If no play is made on a runner, the runner must touch the base.

Scoring Line – An 8ft scoring line shall extend from 2ft from the corner of home plate closest to third base into foul territory at a 90-degree angle to the third base line. To score a run, a runner must have a foot on or beyond the scoring line before a fielder, in possession of the ball, contacts home plate.

Sliding – There is no sliding in Slow Pitch softball. *Penalty* – Runner is out.

Stealing Bases – Stealing is not permitted. Runners may only advance to the next base when the ball is hit, or when forced by the batter. A runner may not leave a base before the ball is hit. *Penalty* – the ball is dead, no pitch is called out by the umpire and the base runner is out.

Strike Zone Mat – The mat is 48.28cm (17 inches) wide and 102.77cm (40 1/2 inches) long, and includes the home plate marked on the mat. A strike is called by the umpire when a legally pitched ball hits any part of this mat.

Tagging – There is no tagging in Slow Pitch softball. *Penalty* – Runner is awarded the base to which he was running.

THE GAME

A regulation game is seven innings or ninety minutes, whichever occurs first. No innings shall start within ten minutes of the scheduled finishing time. All games are timed games.

The choice of first or last bat in a game shall be decided by a toss of a coin at the beginning of the game.

An inning ends when 3 offensive players are declared out or 7 runs are scored, whichever occurs first.

A run is scored each time a runner legally rounds all three bases and crosses the scoring line.

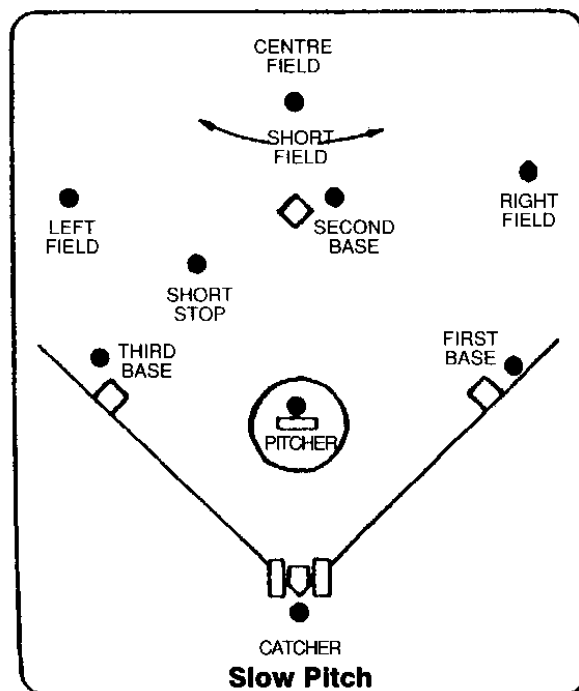
PLAYERS AND SUBSTITUTES

All players must be thirteen (13) years of age or older.

A team shall consist of up to ten (10) players, with a minimum of three females on the field / in the batting line up. A minimum of seven (7) players are required to start a game. Teams may borrow up to 2 players from another team.

The designated player is not used in Slow Pitch.

The players' fielding positions are Pitcher, Catcher, First Base, Second Base, Third Base, Shortstop, Left Outfield, Centre Outfield, Right Outfield, and Short Field.



At the start of each pitch, the defensive players may be positioned anywhere on fair territory, with the following exceptions;

- The catcher must be in the catcher's box.
- The pitcher must be in a legal pitching position.
- Short field must be behind the baselines between first and second base, or second and third base.
- The left fielder, centre fielder and right fielder must, at the time of the pitch, be outside an imaginary line that shall arc from the foul line at left field to the foul line at right field a distance of 30 (thirty) metres from home plate.

There is no limit to the number of substitutions that can be made during a game; however, a player must occupy the same position in the batting order whenever he is in the team.

PITCHING

When pitching, the pitcher must have at least one foot in contact with the pitcher's plate.

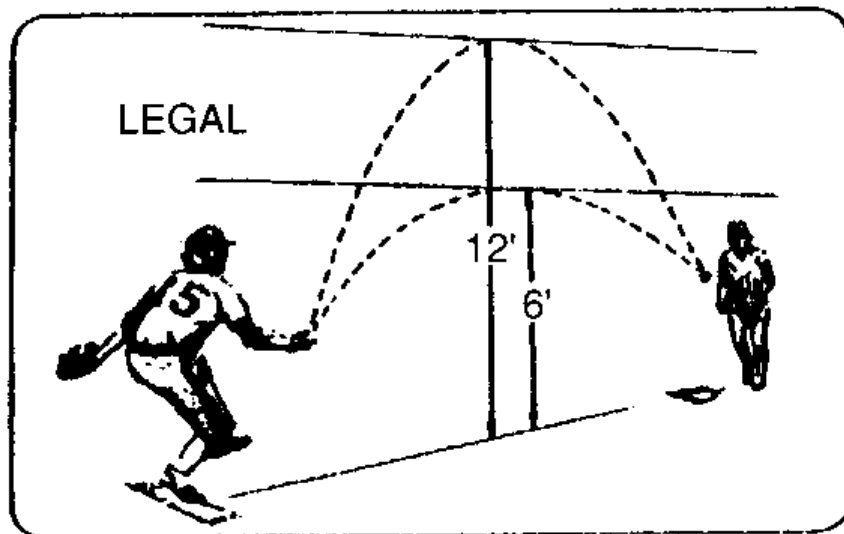
The pitcher is not required to take a step when delivering the pitch. If a step is taken, it can forwards, backwards, or sideways.

The pivot foot must remain in contact with the pitcher's plate until the ball leaves the pitcher's hand.

The ball must be delivered in an underarm motion and released at a moderate speed. The pitcher can release the ball with his palm on top or under the ball.

The ball must be pitched in an arc, and during the arc, the ball must reach at least 1.82m (6ft) above the ground, but not higher than 3.64m (12ft).

The pitcher must release the ball on the first forward swing of the arm past the hip.



The penalty for an illegal pitch is a ball on the batter. If a batter swings at an illegal pitch, it is a strike, and there is no penalty for the illegal pitch.

The catcher must remain in the catcher's box until the pitched ball is hit or reaches the strike zone mat.

The ball is dead after each pitch, unless the pitch is hit.

BATTING

A strike is called:

- For each legally pitched ball that hits any part of the strike zone mat.
- For each pitched ball that is swung at and missed.
- For each foul ball.

A ball is called:

- a) For each pitched ball not swung at that does not land on the strike zone mat.
- b) For each pitched ball not swung at that is not the correct height.
- c) For each pitched ball that hits the batter when not striking at the pitch.

If the pitcher pitches 4 balls to a batter, the batter is awarded first base. All runners forced by the batter also advance one base.

The batter is out:

- a) When the ball is bunted or chopped downward.
- b) When the third strike hits the strike zone mat.
- c) When the third strike is struck at and missed.
- d) When the ball is batted foul on the third strike.
- e) When the ball is hit in the air and caught, in fair or foul territory.
- f) When the ball is hit and the defensive team gets the ball to a fielder standing on first base, before the batter touches the safety base at first base.
- g) If he stands on home plate at the time he hits the ball.
- h) If his full foot steps over the front line of the batter's box at the time he hits the ball.

BASERUNNING

Runners must remain in contact with the base until the ball is hit. Penalty – Runner is out.
Runners may not advance on a foul ball.

There are circles (3ft radius) around second and third base and a semi-circle marked on the fair territory side of first base. The circles are used to remove sliding and tagging from the game. If a play is made on a runner, the runner must have a foot on or within the circle before a fielder, in possession of the ball, contacts the base to which the runner is advancing. Otherwise, the runner is out. If no play is made on a runner, the runner must touch the base. The semi-circle around first base is only used when a runner is returning to first base.

The runner is not to touch any of the bases while running the diamond (except 1st base). A runner who does not comply will be given 'out'. The runner must step on or inside the safety circle line at each base but must not touch the base itself when running to or through that base. However, when the play is over the runner must return to have his foot in contact with that base.

On balls hit into the air and caught, runners must remain on the base until the fly ball has been touched. The runners may then advance to the next base at their own risk. If a runner leaves a base before a fly ball has been touched, he must return to the safety zone before the defensive team gets the ball back to that base. Penalty – Runner is out.

When a runner overruns second or third base, he may be put out by a fielder, in possession of the ball, touching the base before the runner returns to the safety zone.

There are commitment lines marked halfway between second and third base and third base and home plate. If a runner places a foot on or over this line, he is committed to the next base. He may not re-cross the line. Penalty – Runner is out.

Should a runner leave a base and cross a commitment line on a fly ball before it is touched, and the ball is subsequently caught, the runner is automatically out.

A run is scored each time a runner legally touches all three bases and crosses the scoring line, before a fielder, in possession of the ball, touches home plate.

The runner must not touch or step over any part of the strike zone mat. Penalty – Runner is out.

EQUIPMENT

Only official softball bats may be used. No baseball bats are permitted. *Penalty* – Batter is out.

Enclosed footwear must be worn by all players. Metal cleats and shoes with detachable cleats are not permitted.

Gloves must be used by players.

Batters and runners must wear a helmet.