



**2022 Spring House League
Rulebook**

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SUMMARY OF BASIC RULES - HOUSE LEAGUE

The rules summarised in this booklet are based on the standard softball rules issued by Softball Canada. No attempt has been made to list all the rules covered in the Official RuleBook. Those quoted are the most likely to be encountered in day-to-day games. We have changed or adapted some rules to fit the age level and physical capabilities of the girls involved, and to ensure equal participation by all players.

WHERE THE SOFTBALL CANADA RULEBOOK AND HOUSE LEAGUE RULEBOOK ARE DIFFERENT, **THE HOUSE LEAGUE RULEBOOK SHALL BE CONSIDERED AS CORRECT.**

The rules and their interpretation are reviewed and revised yearly between seasons by the Executive of the LGSA. Anyone wishing to discuss rule modifications may do so by submitting them to the Executive at the end of the season.

OF GENERAL INTEREST TO PARENTS AND PLAYERS:

1. Home team has the last infield practice; the players stay at their practice position to start the game, and only the extra players return to the bench.
2. Home team has the first base side bench. Visitors take the third base side.
3. In the event of poor weather, the game may be postponed by agreement between coaches prior to game time. Coaches will then contact players to let them know that the game is postponed. If the coach does not contact them, then players should assume the game would be held. All players must show up for the game or forfeit. At the park, only the umpire can cancel the game, but only after waiting 15 minutes after the start time to see if the weather clears up. (See rules A-6, D-2)
4. In the event a game is postponed, the coach should contact the SCHEDULER (see Appendix) to arrange a makeup game. to be scheduled for the next Home team's practice slot. The umpire scheduler should be contacted as well to arrange to have umpires for the makeup game.
5. No jewellery should be worn. Medic alert bracelets must be taped. No pins are allowed in pants at games or practises.
6. Games are to START ON TIME, whether the coaches feel that sufficient practice time has been given or not.
7. Time is determined by the umpire's watch only. When the game begins, the umpire should announce "The official start time is..."

8. Rule 4 Section 10 of the 2003-04 official softball rules states

"In the event of any player bleeding during the game, that player must be withdrawn from the game if the bleeding cannot be stopped within a reasonable amount of time or if the uniform becomes covered in blood. The withdrawn player shall not return to the game until all bleeding ceases, the area has been cleaned and covered and, if necessary, the uniform replaced."

The umpire may choose to have a substitute take the place of the injured athlete until the bleeding stops. If no substitute is available and a reasonable amount of time has been given for the injured athlete to be treated or meet the requirements to return to the game, the game is considered forfeiture.

A player shall be given permission to play in an undershirt if no spare uniform is available.

SECTION A - THE PLAYING FIELD

1. The Playing field is the area within which the ball may be legally played and fielded.

2. Ground rules and out of bounds are to be established by the umpires with the opposing coaches before the start of the game.

3. Distance between bases:

Intermediate	60 ft.	U-13	60 ft
U-17	60 ft	U-11	45 ft.
U-15	60 ft	U-9	45 ft.

4. Distance of pitcher's plate from home plate:

Intermediate	43 ft.	U-13	38 ft
U-17	43 ft.	U-11	35 ft.
U-15	40 ft.	U-9	30 ft.

5. All measurements are to be made by the home team and checked by the umpire.

6. Poor weather: Home team coaches (before official starting time) or umpire (after official starting time) may cancel a game (see rule D-2).

- Borough Parks and Leisure may ask that the fields not be used. Chief Umpire may deem fields unfit to play.

SECTION B - EQUIPMENT

1. The league provides the official bats. A player may use her own personal bat as long as it conforms to Softball Canada specifications.
2. Game Ball: the home team for the start of each game shall supply a new ball.
3. Gloves are to be worn by all players but catcher and first baseman may use trapper mitts. The girls are encouraged to use only quality leather gloves, not plastic.
4. Footwear should consist of athletic shoes only (softball / soccer cleats, running shoes). No metal spikes are allowed.
5. Face-masks must be worn by all pitchers (provided by the league).
6. Masks, chest protectors, and shin guards must be worn by catchers (provided by the league).
7. Uniforms - team jerseys/shirts are to be worn by the players.
8. Helmets are to be worn by batters, base runners and catchers. Helmets must have double ear flaps, and be Softball Canada approved.
9. Batting helmet chin straps must be fastened from the on-deck circle to the player's return to the dugout. Consequence: automatic out.

SECTION C - PLAYERS

1. Each players must have registered with the League before playing any games. If a team plays with an ineligible player, that game result will be recorded as an automatic loss. After the registration deadline the registrar will place late registrants on the teams needing players.
2. Players positions are as follows: Pitcher, catcher, 1st baseman, 2nd baseman, 3rd baseman, shortstop, rover, right fielder, left fielder, centre fielder. Maximum of ten (10) defending players on the field.
3. No player shall be on the starting lineup unless she is at the park. Late arrivals may be added to the end of the lineup at the beginning of the next inning.
4. A game can be played with a minimum of seven (7) players. If the game starts with 7 players and one of the players is injured or leaves during the game, the team loses the game by default.
5. Except for disciplinary reasons, no player is to sit out an additional inning before every other player on the team has sat out for the same amount of innings.

6. A coach may bench (discipline) a player for the following reasons:
- I. Non-attendance at practice or games without notice or adequate reason;
 - II. Inappropriate attire or lack of equipment (eg. Improper footwear or no glove);
 - III. Unsportsmanlike behaviour (eg. making disparaging remarks to officials, opposing players or coaches).

A benched player is to be scratched from the batting order. The opposing coach should be informed of the reason why the player will not be playing the required number of innings.

7. All players bat (excluding C-6)

8. No coach may make disparaging remarks to officials, opposing players or coaches.
Result: expulsion from the park.

9. There shall be no more than three coaches for each team at bat. One shall be positioned near first base and one near third base. A third coach may be present on the bench. "Substitute" coaches to those on the official team roster may be used if any of the regular coaches are absent.

SECTION D - THE GAME

1. The home team has the last bat.

2. The fitness of grounds for play shall be decided solely by the plate umpire after the game has started (see also rule A-6). If the grounds are known to be in poor condition, the home team should contact the Scheduler to try to find an alternate location (see Appendix of coaches manual for Scheduler).

3. Time limitations (2 hours) or the following maximum number of innings for each age level will determine the number of innings played:

Intermediate	7 innings	U-13	6 innings
U-17	7 innings	U-11	5 innings
U-15	6 innings	U-9	5 innings

The minimum number of innings for an official game is 4 innings for a 6 & 7 inning game and 3 innings for a 5 inning game (½ inning less if the home team is ahead).

- 4.
- No new inning to start after 1h 40m of play.

- The umpire is empowered to call a game at any time because of darkness, rain, fire, panic, or other causes that put the patrons, umpires, or players in peril. If the inning is incomplete, the score reverts to that at the end of the last completed inning. Example: if the home team is ahead in the bottom of the inning (is at bat) then the home team wins the game (if the minimum number of innings has been met (Sect D-3)).
- An inning is considered to have started when the preceding inning has ended.

5. Tie games can/will constitute a completed game.

6. One run shall be scored each time a runner touches 1st, 2nd, and 3rd base and home plate before the third out of the inning, unless the third out is a force play. In this case a run would not count, regardless of whether or not it had crossed the plate prior to the recording of the out.

7. A run shall not be scored if the third out of the inning is the result of:

- I. The batter being put out before legally touching first base (force play);
- II. A base-runner being forced out because of batter becoming base-runner (including on an appeal play);
- III. A base-runner leaving base before the pitched ball reaches home plate or before the pitched ball is batted;
- IV. A preceding runner being declared out.

8. There shall be only one conference between the coach and the pitcher in an inning. A second visit will result in the removal of the player as a pitcher for the balance of the game. For categories of U-13 and younger, there is no limit on conferences.

9. If a base runner is called out for leading off base, and it is the third out, then the batter at the plate shall start the next inning.

10. PLAY BALL shall be the term used by the plate umpire to indicate the beginning of play.

SECTION E -PITCHING REGULATIONS

1. A pitcher in House League may pitch:

- A. U-9: 1 inning
- B. U-11/U-13: 2 innings (no A/AA pitchers in their own level)
- C. U-15/U-17/Intermediate: 3 innings
- D. One pitch in an inning shall constitute an inning pitched.

2. The pitcher shall take a position with both feet firmly on the ground and in contact with, but not off the side of the pitcher's plate (line). The feet need not be parallel.

- I. Before each pitch, the pitcher must come to a full and complete stop facing the batter with the hips in line with first and third base, and the ball held in both hands in front of the body.
 - II. This position must be held for at least one (1) second and not more than ten (10) seconds before starting the pitch.
3. The pitch starts when one hand is taken off the ball or the pitcher makes any motion that is part of her wind-up. In the act of delivering the ball, the pitcher must not take more than one step, which must be forward, towards the batter and simultaneous with the delivery of the ball to the batter; the pivot foot must remain in contact with the ground.
4. A legal delivery shall be a ball delivered to the batter with an underhand motion.
5. The pitcher may use any wind-up desired provided she does not:
- I. Make any motion to pitch without immediately delivering the ball to the batter;
 - II. Does not use a rocker motion, i.e. takes a forward-backward swing and then returns the ball to both hands in front of the body;
 - III. Use a wind-up in which there is a stop or reversal of motion;
 - IV. Make more than one revolution in the windmill pitch motion;
 - V. Continue to wind-up after taking a step forward which is simultaneous with the release of the ball.
6. In the first inning, or when one pitcher relieves another, no more than one minute may be taken to deliver a maximum of five pitches to the catcher or other players. (See also Rule F-8 part iv.) In each subsequent inning, pitchers will be given three warm-up pitches.
7. The pitcher shall not throw to a base after she has taken the pitching position unless she first steps backwards off the rubber.
8. NO PITCH shall be declared when:
- I. The pitcher pitches during a suspension of play;
 - II. The pitcher attempts a quick pitch before the batter is ready;
 - III. The runner is called out for leading;
 - IV. The pitcher pitches before the base-runner has retouched her base after a foul ball has been declared and the ball is dead.
9. If the ball slips from the pitcher's hand during her wind-up or her back swing, a ball is declared on the batter, and the ball is in play and the runners may advance at their own risk. (Intermediate, U-17, U-15 & U-13 only as per Section G).
10. The catcher shall return the ball to the pitcher immediately after each pitch except when she is holding a base-runner on base.
11. If a pitcher hits 3 batters in any given inning, she must be removed from pitching further in that inning. The replacement shall be allowed the usual 5 warm-up pitches. The replaced pitcher may return in another inning provided that she has not used her pitching allotment of two innings. The inning that she was removed counts as one inning.

12. All pitchers are required to wear a league or personal face-mask.

SECTION F - BATTING

1. The batter shall take her position within the lines of the batting box.

2. Each player of the side at bat shall become a batter in the order in which her name appears on the score sheet.

3. The batter shall not hinder the catcher from fielding or throwing the ball by stepping out of the batter's box or intentionally hinder the catcher while standing within the box. Penalty - The batter is out and any base runners shall return to their previously occupied base.

4. Members of a team at bat shall not interfere with a player attempting to field a foul fly ball.

5. The batter becomes a base-runner when a pitched ball, not swung at, touches any part of the batter while she is in the batter's box IN SPITE OF HER TRYING TO AVOID THE BALL. It does not matter if the ball touches the ground first. If the ball hits part of a player or player's uniform that is over the plate, no base is awarded. A BALL or STRIKE will be called.

7. The umpire shall call a STRIKE:

a) When a legally pitched ball enters the strike zone, before touching the ground and at which the batter does not swing;

b) For each pitched ball that is struck at and missed by the batter;

c) For a foul tip, the batter is OUT if it is the third strike and held by the catcher; a first or second strike foul tip caught by the catcher is in play (i.e. base-runners may attempt to steal).

d) For each foul ball not caught on the fly when the batter has less than two strikes;

e) For each pitched ball swung at and missed that touches any part of the batter;

f) When any part of the batter is hit with her own batted ball when she is in the batter's box and has less than two strikes;

g) When a ball delivered by the pitcher hits the batter WHILE the ball is in the strike zone.

8. The umpire calls a BALL:

I. For each pitched ball that does not enter the strike zone, or touches the ground before reaching home plate, or touches home plate and is not swung at by the batter;

II. For each illegally pitched ball;

- III. When the pitcher fails to pitch within twenty (20) seconds;
- IV. For each excessive warmup pitch.

9. A FAIR BALL is a legally batted ball that:

- I. Settles, or is touched, on or over fairground;
- II. While on or over fairground, touches the person or clothing of an umpire or player;
- III. First falls on fairground beyond first or third base;
- IV. Lands on the foul line beyond first or third base.

10. A FOUL ball is a legally batted ball that:

- I. Settles on foul ground between home and first base, or home and third base;
- II. Bounds past first or third base on or over foul ground;
- III. First touches the foul ground beyond first or third base;
- IV. While on or over foul ground, touches the person or clothing of an umpire or player, or is blocked;
- V. Immediately rebounds up from the ground or home plate and hits the bat a second time while the batter is in the batter's box.

11. A FOUL TIP is a batted ball that goes directly from the bat, not higher than the batters head, to the catcher's hands and is legally caught. The ball is in play and the umpire calls a strike.

12. The batter is OUT under the following circumstances:

- I. When the third strike is swung at and missed, regardless as to whether the catcher catches the ball or not (i.e. the dropped third strike rule is in effect for only U-13/U-15/U-17/Intermediate levels);
- II. When a foul ball is legally caught (i.e. before it touches the ground or other object);
- III. When the batter throws her bat (a team may receive a warning at the discretion of the umpire). NOTE: if not the third out, the ball is still in play.
- IV. When the batter leaves the box and is hit by the ball outside the batter's box.

13. A batter may have a pinch runner as long as the other team and the umpire have been informed. The batter must be able to get to first base and must be able to field. Pinch runner must be the previous out for the batting team.

14. With the exception of U-7 and U-9 (please see Section K & L), in any individual ½ inning a maximum of four (4) runs will be allowed to count. The LAST INNING (U-11, U-13, U-15) will be open (no maximum number of runs) and the umpire must declare the inning OPEN at the end of the prior inning. THE LAST INNING will automatically be declared once the 5th inning (U-11) or the 6th inning (U-13 and U-15) is reached, or an inning starting just before the 1hr 40 min of play. If the LAST INNING is not completed within the two hour time limit, the score will revert to the score of the prior inning. The 6th and 7th inning (U-17 & Intermediate) will be open, unless limited by time in which case only the final inning will be open as decided by the umpire.

SECTION G - BASE RUNNING

1. Base Stealing rules for each level are:

- A. U-7 and U-9 – No Stealing
- B. U-11 – once a pitched ball crosses the plate. No stealing home ever. A base runner may only cross home plate on a bases-loaded walk or from a hit ball from a batter (regular base running rules apply).
- C. U-13/U-15/U-17/Intermediate– once a pitched ball leaves the pitcher's hand

2. The base runner must touch the bases in legal order:

- I. Two base runners may not occupy the same base;
- II. No runner may return to touch a missed base or one left illegally after a following runner has scored;
- III. No runner may return to touch a base or home plate after she has left the playing field.

3. The batter becomes a base runner when:

- I. She hits a fair ball;
- II. Four balls are called by the umpire;
- III. She is hit by a pitch that is not a strike (Rule F-7)

4. A runner may advance one base when the ball goes out of bounds.

5. On an overthrow other than out of bounds, a base runner may advance at her own risk, as many bases as possible.

6. Batter/base-runner may overrun first base but must return immediately. NOTE: if she makes a motion toward second base she is then liable to be put out. A simple turn towards second base does not constitute motion or intent, but it is open to interpretation. Teach your runners to turn right instead of left to remove interpretation by the umpire.

7. The batter/base-runner is out under the following conditions:

- I. She is legally tagged (touched) with the ball before reaching first base;
- II. The ball is held by a fielder touching 1st base before the batter/base-runner reaches 1st;
- III. When a fly ball is caught;
- IV. When she breaks her baseline by more than three feet in trying to avoid a tag;
- V. When she interferes with a fielder attempting to field the ball
- VI. When she interferes with a batted ball before it passes a fielder, excluding the pitcher (unless touched by the pitcher).

8. The base runner is out when:

- I. She breaks her baseline by more than 3 feet trying to avoid a tag;
- II. She is legally tagged off base;
- III. She leaves her base (leading) either:
- IV. U-11: before the pitched ball crosses home plate;
- V. U-13/U-15/U-17/Intermediate: before the pitched ball leaves the pitcher's hand.
- VI. In this case the play is dead, the pitch does not count, and the runner is declared out.
- VII. A fielder holds the ball while touching the base that the runner is forced to advance to;
- VIII. She fails to tag up (return and touch the base she started from) after a caught fly (fair or foul) before proceeding to the next bases, providing the defensive team makes an appeal play; i.e. touching the last occupied base while in possession of the ball.
- IX. She overruns first base and attempts or begins to move towards second base and is tagged off base;
- X. She is hit by a fair ball before it passes a fielder, excluding pitcher, or interferes with a fielder.

SECTION H - UMPIRES

1. The league tries their best to supply two umpires at each game. If an umpire fails to appear, the coaches should make every attempt to find a suitable replacement from the spectators present. NOTE: The game is to be played with only one umpire if necessary.

- U-7 does not have an umpire
- U-9 only has 1 umpire

2. The umpires are to be respected by players, coaches and spectators. The penalty is ejection from the game. At the umpire's discretion, the offender may be warned for the first offence, but for the second offence the offender shall be asked to leave the field. The offender shall not participate in any way after the dismissal. NOTE: The penalty for not leaving is forfeiture of the game by the offending team.

3. It is the plate umpire's decision at the field, whether the field or conditions are playable.

4. Before each game, the umpires shall discuss the ground rules (out of bounds) and divisional rules with the coaches and captains.

5. No umpire shall be asked by coaches, players or spectators to reverse a judgement call. A reversal may be requested based on rule application or interpretation.

6. Permissible reasons to ask an umpire for time out include:

- I. A call that has not been heard;
- II. Too many players on the field;
- III. An injured player on the field;

IV. Substitution of players.

NOTE: A time out shall be requested only on COMPLETION of a play.

7. If, in an umpire's opinion, a serious injury has occurred, the umpire may immediately call time and award bases to runners or declare outs on a judgement basis. The call of TIME by the umpire creates an immediate cessation of play.

SECTION I - SCORING

1. A run shall not be scored if the third out of the inning is the result of:

- I. The batter being put out before touching first base (force play);
- II. The base-runner being forced out due to the batter becoming a base-runner;
- III. The base-runner leaves the base before the pitch crosses home plate (leading).

2. The score shall be kept by a person from each team (the home team scorekeeper is the official scorekeeper for the game).

3. The scorekeepers shall consult at the end of each half inning.

4. Home team needs to submit the score on the website.

SECTION J - RESCHEDULING / STANDINGS

1. In case of rescheduling (because of rainout, lack of players due to school grad ceremonies or exams) the HOME TEAM coach has to send an e-mail to softball.lgsa@gmail.com

2. Coaches will receive information as to how to send in scores.

3. Standings will be determined as follows: Win 2 points, Tie 1 point, Loss 0 points.

Defaulted games are counted as a loss (7-0). Un-played games are counted as a loss for both sides. The individual records involving only those teams will break a tie in the final standings. If the point totals (for tied teams) are still equal, then the final standings will be determined by point

SECTION K - T-BALL RULES (U7)

1. A team shall have a minimum of seven (7) players on the field at one time.
2. Two coaches are allowed on the actual playing field to give directions.
3. The base paths shall be forty five (45) feet.
4. The pitcher's position shall be thirty (30) feet from the point of home plate.
5. The ball shall be batted from a batting tee placed on top of home plate.
6. There shall be no base stealing.
7. A base runner must not leave a base until the ball has been batted.
8. All players are to bat every inning. The number of outs per inning does not matter. Each team must have an equal number of batters; i.e. the first batter bats again for a team with one less player.
9. The coach must notify the opposing team when the last batter comes up to bat.
10. Last batter: A fair hit ball must be returned to the catcher who must touch home plate to end the inning. The pitcher is the only other player permitted in the home plate area to assist the catcher. The ball must be thrown to the catcher.
11. Players are to rotate positions so that no player occupies the same position for more than one consecutive inning.
12. Running shoes are recommended. No shoes with metal cleats may be worn. Rubber cleats are acceptable.
13. The home team shall be responsible for:
 - Providing the batting tee
 - Providing the game ball (new)
 - Properly placing the bases on the field
14. The visiting team shall be responsible for providing a back-up ball (in good condition)
15. The coach shall remove the tee from the plate whenever its presence may endanger anyone and immediately after the last batter.
16. The batter, catcher and all base runners must wear helmets.

17. A dead ball line must be drawn across the diamond between the first and third base lines in an arc with a 15-foot radius from home plate.

18. To start play:

- The batter or coach shall adjust the height of the tee and the batter will take a practice swing.
- The at bat coach shall then place the ball on the tee and call 'Play Ball'.
- Base runners may advance while the ball is in the outfield or loose in the infield, but there shall be no further advance once the ball is in control of an infield player, except on a batted ball where the batter has not yet reached the base she is being forced to advance to.
- Time is called and the play is finished when an infield player has the ball under control or holds the ball above her head.

19. One base shall be awarded on an overthrow.

20. Dead ball:

- Any batted ball in fair territory, which does not have momentum to cross the dead ball line, is called a 'dead ball'
- If the ball is in foul territory, it shall be called a foul ball.

These simple rules provide a mere guideline. Good judgement and fair play should be the main guiding principles.

Basic Set-up for T-ball (U7)

Field Positions and lines:

1 is an imaginary line, halfway between the bases. It is used to determine runner advancement at the end of a play. Make an actual mark with your heel to assist you in making your calls.

2 is the dead ball line. It is drawn across the diamond in an arc, from the first base line to the third base line, 15 feet in front of home plate. The pitcher's position prior to the ball being hit is at the midpoint between 1st & 3rd. Do not allow the Pitcher to leave this centre point until the ball is hit. It helps to mark the place on the infield where the pitcher should stand.

No player, other than the catcher is allowed on the home plate side of the dead ball line before the ball is hit. After the ball is hit the pitcher may back up the catcher on plays to the plate.

The players' positions are as marked with an X although the "Rover" may be positioned anywhere outside of the dead ball area. The Rover is usually considered an outfielder.

The batter is put out:

1. On a force play at first base;
2. If tagged before reaching first base on a successfully hit ball;
3. On a third strike.

Strikes are called:

1. If the ball is knocked off the tee - use judgement.
2. A foul ball counts as a strike, but the batter cannot be put out on a foul. If the ball is hit in fair territory but is not going to reach the dead ball line, the attempt should be called a "Dead Ball" as soon as possible - runners return to the bases where they started. No third strike can be called on a dead ball.
3. If a batter swings and misses the ball. This can result in a called third strike and the batter is out.

Outs are recorded in the usual ways: tagged runner, force out, strike out, caught fly ball, etc. There is no maximum number of outs and no mercy rule limiting the number of runs scored.

The batting order is continuous and all players bat in every inning. You need to have the same number of players coming to bat in each inning. For example, if team A is short two players, then in the first inning team A would send the first and second batter to bat a second time. In the second inning the third and fourth batters would start off the inning at bat and they would bat twice.

SECTION L - U-9 RULES

OBJECTIVES OF THE PROGRAM

The U-10B program, 7 against 7 is the logical continuation of the Learning to Play Program. In order to make the practice of softball more attractive, we are convinced that this new way to play for this age category will allow young athletes to progress while having fun.

Here are some goals we believe we can achieve through this program:

- Promote the game
- Increase the opportunities to hit, to score and to play defensive
- That the player is in constant motion
- Increase the pleasure of athletes (and parents)
- Increase the % of retention - athletes who return the following year (interest of the player)
- Decrease competitiveness and the concept of victory-defeat

- Learning basic techniques and introduction to traditional softball

In addition to playing more, the athlete will have better coaching support in her development because the number of players per team is limited to 10. Coaches must provide training periods so that players learn the different basic rules of softball. These fundamental principles of the sport will have to be developed:

- Hitting
- Pitching
- Catching
- Running
- Throwing
- Defensive game play

PRINCIPLES OF GAME

- Minimum of 6 players - maximum of 10 players per team
- Game of 5 innings to finish or time limit (1h30)
- Three and a half innings of play form a regulatory part game
- Pitchers plate at 30 feet
- Bases at 45 feet
- 11 inch balls
- No maximum points per inning, it is the hit of the 7th batter that determines the end of the inning
- No point differential, the goal is to let the athletes play.

Defensive play:

- 7 players maximum in defensive position on the field, of which:
- 1 player maximum in defensive at pitcher position (when pitcher coach in play)
- The 7th player is placed behind the baselines (1 to 2 or 2 to 3)
- Other players in the infield on or inside the baselines including the catcher

- Two coaches maximum allowed on the field to facilitate understanding of the game
- After a full inning of play, players are rotated on the field of play so that a player cannot be inactive for more than one round
- A player cannot field at the same position for more than 2 innings per game (including pitcher-player). In case of non-compliance with the rule, the situation should be rectified before the next throw.
- Surplus players can use the turf space in the field to have learning workshops.

Pitcher:

- Coach-pitcher (innings 2, 4 & 5): maximum 5 pitches per batter
- The pitching coach pitches to his team
- Player-pitcher (innings 1 and 3):
 - maximum 1 inning per pitcher
 - maximum 7 throws per batter

Equipment:

- Wearing a mask is highly recommended for all players in the infield.

Offensive play:

- All players are registered on the starting line up to a maximum of 10.
- At each inning, 7 batters will appear on the plate regardless of the number of outs made in this inning.
- The inning ends when the 7th batter has finished his batting turn and the defensive play is finished (ball returned to the infield).
- If the team has more than 7 players, in the next inning, the at bat continues with the player next in the starting lineup, and returns to the first batter until 7 hitters.
- If the team only has 7 players, we start the next inning with the 2nd batter of the previous round.
- No stealing bases

- No base on balls (walk)
- No bunts
- No infield fly rule will be called

When player-pitcher in action:

- Player is out after 3 strikes as called by the umpire
- Maximum 7 throws. After 4 balls, the pitcher-coach completes the presence up to 7 throws (maximum 3 throws).
- If the batter was unable to put the ball into play and made a foul ball during this 7th throw, an extra throw will be awarded which will determine the fate of the batter.

Runner advances on bases:

- Runners do not have the right to advance on an error
- Runners are not allowed to leave their base until the ball has been hit or the batter swings. If there is an infraction, the runner is returned to his base and the ball is dead.
- On a ball hit by the 7th hitter of the inning and during a run towards home plate, of a runner coming from 3rd base, the point does not count if there is an out on bases.

Ball hit:

- A ball hit directly over the infield (imaginary line connecting goals) without touching the ground will be considered a maximum of two bases. Runners present on the bases may advance a maximum of 2 bases.
- A ball hit on the ground through the infield and piercing it, will give access of up to 2 bases for the batter and the runners at their risk.
- A ball hit on the ground at the infield, will give access to one base only. The runners will be able to go only to the next base they were trying to, at their risk.
- A ball hit directly over the infield by the 7th batter will allow this batter to run until he is stopped by the defensive or that he scores a point (only for the last batter).

Outs:

- No out limit per inning (7 batters coming to the bat)
- The catcher needs to receive the ball and make the play to get the 3rd base runner out.

Batter hit by the pitcher-player's thrown ball:

- The batter is awarded 1st base if the referee judges that a minimum effort of clearance was attempted by the batter

- If 3 batters are hit by the ball in the same inning, the replacement of the pitcher is then mandatory. In this case, a pitcher that has already thrown can be used to finish the inning.

Rule for counting points:

- We count the runs scored in each inning by each team but only to determine who wins the inning

- The team with the most runs in the inning wins the inning and 1 point will be awarded to them

- A tie does not give any points to either team for the inning

- An unfinished inning gives no points to either teams

- If only 4 innings are played, the game is declared a tie if the score is 2-2

- Maximum 5 points per game for the winning team

- This method avoids big final score discrepancies

- Allows a team that, for example, has lost an inning 7-0 to still have the chance to win the game