

## SOOKE SLO-PITCH LEAGUE RULES 2026

RULE	DESCRIPTION
Conduct	<p>Please ensure all players, coaches and fans are aware they must demonstrate appropriate conduct and behaviour. This includes respectful discourse and treatment of umpires particularly, as well as any players on the opposing team or fans. There is absolutely no excuse for the abuse of an official and such instances will not be tolerated.</p> <p>In the event of inappropriate conduct or behaviour, Officials (umpires and/or tournament committee personnel) will take the following action:</p> <ul style="list-style-type: none"> <li>• Ask the coach to remove any player/fan whom the Official feels is undermining his or her authority, or is in violations of league rules (eg. Alcohol);</li> <li>• Officials will not restart games until the offending party has removed themselves, or has been removed; and</li> <li>• If the offending party refuses to leave, the Official will abandon the game. The coach of the team with an offending player will be called to the tournament/league committee and have the teams' eligibility to participate further in tournament/league play reviewed.</li> </ul>
1    6/4 co-ed rules	<p>We are a 6 and 4 league. 6 men and 4 women on the field at one time. A minimum of 9 players are required to field a team. If a team is unable to field 10 players (with a minimum of 4 women), the 10th spot in the lineup will be an automatic out.</p>
2    Spares	<p><b>All teams must use players from their roster and player pool whenever possible. Only in the event of an imminent forfeit (less than 9 players with less than 3 females) can a spare from another roster be considered. Team Reps must contact the opposing team to clear any players used as spares from other rosters. Players can not spare for a team in a Division lower than their designated division, but players can sub for a Division equal or higher to their designated division.</b></p> <p><b>***NOTE*** the purpose of this rule is to ensure teams don't need to forfeit when in need, but also to discourage teams from bringing in "ringers", or players from subbing for multiple teams to play as many games as possible.</b></p>
3    Player age	<p>All players must be 16 years of age, or turn 16 during the season. Players under the age of 18 require a waiver to be filled out and signed by a parent or legal guardian.</p>

RULE	DESCRIPTION
4 Helmets/Masks	Proper baseball/softball helmets that offer full head and ear protection are required to be worn by all players while batting and running the bases. No hockey helmets, hard hats, bike helmets, etc. are to be worn in place of a proper baseball/softball helmet. Pitchers are to wear appropriate masks or helmet with mask while pitching.
5 Batting Order	Batting Order is unlimited, however, no more than 3 men may bat consecutively at any time in the batting order, including the transition from the bottom to the top of the order.
6 Game times	Games will start promptly at 6:30pm if 9 players or more are present for each team. A delay until 6:45pm is <b>only</b> permitted if one team has less than 9 players present.
7 Innings/Time Limit	Single games will consist of 9 innings. Select double headers on Fridays will consist of two 7 inning games that will be governed by a 1 hour 15 minute time limit (B-Division only). For double header games, no new inning shall commence after 1 hour and 5 minutes of play, but all innings started before the time limit will be completed.
8 Run limit	Teams are limited to scoring 5 runs per inning <b>unless they are behind by 5 or more runs</b> . If they are <b>behind by 5 or more runs</b> , they will be allowed to <b>"catch up plus 1"</b> . <b>If they are down by 4 runs or less, they will be limited to the 5 run maximum.</b>
9 Mercy Rule	For 9 inning games a mercy rule will apply if a team is up by 15 or more runs after the 7th inning. There will be no mercy rule for 7 inning games as they are governed by a time limit.
10 Big ball/small ball	Women will be pitched the small ball (11 inches). Men will be pitched the big ball (12 inches).
11 Walks	A walked male batter that is followed in the line-up by a female batter will advance to 2nd base. A walk is considered any 4 balls. The female that follows must present herself on deck. If the male batter is walked on <b>4 consecutive pitches (or granted a walk without any pitches thrown)</b> , the following female batter will be <b>given the choice between taking her turn at bat OR advancing to first without batting</b> . This decision must be made prior to the female batter commencing her turn at bat. <b>If the male batter is walked on greater than 4 pitches the following female batter must take her turn at bat.</b>

RULE	DESCRIPTION
12 Pitching	The ball must be delivered with an arc and reach a height between six (6) and twelve (12) feet from the ground.
13 Cleats	Only rubber or nylon cleats may be worn.
14 Runner substitutions	<p>Runner substitutions at first base are “unlimited” although <b><u>a player may only be used as a pinch runner once per inning</u></b>. A player may only be substituted at 2<sup>nd</sup> base for the following reasons:</p> <ol style="list-style-type: none"> <li>1) Ground rule doubles</li> <li>2) A male batter awarded 2<sup>nd</sup> base on walk ahead of a female</li> <li>3) Players 50 years of age or older</li> <li>4) Runners designated to start on 2<sup>nd</sup> for Intl. tie break rule</li> <li>5) If an injury occurs to the runner between 1<sup>st</sup> and 2<sup>nd</sup> base</li> <li>6) On the Turf Field for a ball hit between the mesh and fence resulting in a ground rule double</li> </ol>
15 Injuries	<p>An injured batter must make it to at least 1st base and then may call for a substitute runner.</p> <p>An injured player that is in the batting order may leave the game. However, if there are not enough remaining players available to meet minimum roster and batting order requirements (see rules 1 and 3), an auto out will be called for that player for the remainder of the game.</p>
16 Out of play	Out of play boundaries for each field will be discussed between umpires and team coaches before the game.
17 Ejections	In the event that a player is ejected from a game, he or she will leave the park, not just the playing field. It is the responsibility of the coaches to ensure the player leaves. Ejections will be made at the umpire’s discretion. The spot in the order will be governed in accordance with rule 12.
18 Suspensions	Suspensions will be considered on a case by case basis.
19 Beer	No beer will be allowed on the field of play. All beer must be in plastic cups and remain on the sidelines or stands.

RULE	DESCRIPTION
20 Game Cancellations	Games may be canceled at the discretion of the league due to weather conditions without penalty (normally games are played rain or shine). For all other cancellations, the canceling team will be responsible to organize a make up game between team reps and the head umpire to arrange an umpire. If the game can not be rescheduled for any reason, the cancelling team will forfeit the game 7-0. If you must cancel a game, ensure to contact the opposing team rep, and more importantly the head umpire, no later than 3 pm so that umpires can receive notice. Cancellations later than this could result in extra charges for umpires.
21 Diamond 3 (Turf Field)	<p>Smoking, drinking (anything other than water) or eating (especially sunflower seeds) on the turf field or in the dugouts is strictly prohibited. Offending parties may be subject to a fine and suspension from the league.</p> <p>In addition, the following rules are in effect at Diamond 3:</p> <ul style="list-style-type: none"> <li>- the ball is live within all fenced areas but will be deemed out of play if it enters either dugout.</li> <li>- a fair ball hit over the netting in left field, to the left of the yellow tape (right end of the Otter Point Collision sign), will be a home run</li> <li>- any ball hit into the netting left of the yellow tape that falls between the net and fence will be deemed a ground rule double. If it re-enters the field after hitting the netting or netting support pole, it is live.</li> <li>- any ball hit over the fence in fair territory anywhere to the right of the yellow tape will be a home run.</li> <li>- if a <b>batted ball</b> strikes the uprights along the left field foul line, it will be deemed a dead ball. The batting count will remain the same as before the pitch and all base runners will return to the base they occupied before the pitch.</li> <li>- if a <b>ball thrown</b> by a fielder strikes the uprights along the left field foul line, it will be considered a live ball and play will continue.</li> <li>- if a ball is hit into a soccer net and is not playable by a fielder, "time" will be called and all base runners (including the batter) will be awarded the base in progress +1 from the moment "time" is called.</li> </ul>
22 Art Morris	If any games need to be played at Art Morris, there will be a 1-up rule for home runs.

RULE	DESCRIPTION
23 Rosters	Rosters must be submitted to the league at the beginning of the season and again prior to the playoffs. This process includes the requirement for <b>ALL PLAYERS</b> to be registered on the NSA website <b>AND ACCEPT THE 2026 WAIVER PRIOR TO BEING ELIGIBLE TO PLAY IN ANY LEAGUE GAME OR TOURNAMENT</b> . This is important for insurance reasons with NSA, as well as ensuring that players have played a minimum of 5 games to be eligible for playoff play. Scoresheets from all games must be kept and submitted to the league before the playoffs so the 5 game minimum can be verified.
24 NSA Rules	All rules not specified here will adhere to NSA rules.

## **TOURNAMENT SPECIFIC RULES**

<b>RULE</b>	<b>DESCRIPTION</b>
25 Home Team	Home team will be decided by a coin toss. Home team will be the official scorekeeper.
26 Score sheets	Both teams will be responsible to turn in score sheets at the concession. Games that do not have score sheets dropped off or reported will be considered a draw.
27 Alcohol	Alcohol will be sold at tournaments. All alcohol must stay within the boundaries of the outer fences at Fred Milne Park. There is to be no alcohol at Stan Jones, Art Morris, or Edward Milne High School.
28 Maximum +/-	Maximum +/- for tournaments will be 10 runs.
29 Innings Time Limit	Round robin/seeding games will be 7 innings with a time limit of 1 hour 15 minutes. No new innings will start after 1 hour and 5 minutes. Any inning started before the cut-off time will be completed.  Elimination games will be 7 innings with a time limit of 1 hour 30 minutes. No new innings will start after 1 hour and 20 minutes. Any inning started before the cut-off time will be completed.
30 Run Limit	Teams are limited to scoring 5 runs per inning if they are tied or winning. If they are behind they will be able to score catch up plus 5. This rule only applies to timed games such as in a tournament.
31 Mercy Rule	Mercy rule for tournament games will be 10 runs after 5 innings. If a team is ahead by 10 or more runs at the beginning of the 5th inning or any subsequent inning the game will be over.
32 Tie Breakers	Any round robin/seeding finishing in a tie will be scored as such. For elimination games, international tie breaker rules will apply. The last player out from the previous inning will start as a runner on 2nd base and teams will begin with 1 out. This procedure will follow in each inning for each team until a winner is decided.
33 Abuse	No verbal or physical abuse toward any other person attending the tournament, as a player or fan, will be tolerated.

**HAVE FUN AND PLAY SAFE!  
LET'S HAVE A GREAT 2026 SEASON!**