

FOREST GLADE BASEBALL LEAGUE

CO-ED ADULT LEAGUE RULES

This is a FUN league! Safety and fun for all is our primary concern! Any serious competition is discouraged!

Diamond Lay-Out

- a) Base lengths are 65 feet
- b) The pitching rubber is placed at a distance of 40 ft. The pitcher must pitch from there.
- c) A fair hit line is drawn with an arc of radius 15 ft. from home plate.
- d) A home plate line is drawn from home plate to the back stop.
- e) A commitment line is drawn 15 ft. from the home plate line.

League Rules

1. A game consists of 9 innings or 8:00 pm. for early games, 10:15 for late games, whichever the teams agree upon.
2. Home team is listed 2nd on the schedule. Home team must set up the diamond, supply the game balls and sit on 3rd base line.
3. There should be a minimum of 3 women on the field at all times.
4. Each team will pitch to their own batters. All players must bat in a continuous batting order.
5. Each batter is allowed 3 pitches. Fouls and balls that do not cross the fair hit line count as pitches. If a pitcher gets hit by a batted ball, it is a dead ball and counts as a pitched ball. If the batter does not hit after 3 pitches, he/she is out. While batting if you hit a fly ball over the backstop in the dead ball zone, it is treated as a foul ball even if knocked into fair territory after it has been touched while trying to catch.
6. Each team may score a maximum of 5 runs per inning or 5 runs more than the opposing team's total runs, whichever is greater. For example, the 1st team up to bat in the 1st inning may score 5 runs max. If they score 5, the home team may score 10 in the 1st inning. If the visitors score 2, the home team may score 7 runs. If after the 1st inning, the score is 7 – 2 for the home team, the visitors may score 10 runs in the 2nd inning. If after 1 ½ innings the score is 7 – 2 for the home team, the home team can only score a maximum of 5 runs that inning.
7. Each team shall supply a coach at 1st and 3rd base when they are up to bat. The 1st base coach will call outs at 1st and home. The 3rd base coach will call outs at 2nd and 3rd base. The catcher will be responsible for calling fair and foul balls. If there is no coach at a base to umpire, the runner is automatically out. There is no arguing with the base coaches' calls!!
8. To avoid contact at home, the runner must cross the home plate line prior to the ball being caught on home plate. The runner cannot touch home plate or he/she is out. There is a 15 ft. commitment line. Once a runner crosses this line, he/she must continue to run home.
9. At no time can any infielder other than the catcher make the play at home. (Other infielders can only back-up the catcher.)
10. No leading off or stealing a base at any time. No sliding is allowed.
11. No double plays in the infield except to a **base and then home plate**. **Double plays are allowed on a fly ball caught and then thrown to any base for runner not tagging-up or trying to advance after tag-up.**
12. Players may play the same position 2 innings in a row, after which they must sit or play a different position for at least 1 inning.
13. Steel spikes are **NOT** allowed.
14. Only bats listed on the current A.S.A. approved bat list, (see A.S.A. website), are eligible to be used in this league. If a player is found using an illegal bat, he/she will be ejected from the game and suspended for the next game. A second offense will result in suspension for the remainder of the year.
15. Cell phones or electronic devices are **NOT** permitted on the playing field.
16. Physical or verbal abuse will not be tolerated. There is “zero tolerance for the “aggressor” in any physical assault. Depending on the severity of the situation, the aggressor will be suspended between 1 game, up to the entire season, to be determined by the Dispute Resolution Committee.
17. **ABSOLUTELY NO ALCOHOL IS ALLOWED AT THE DIAMONDS AT ANY TIME!!**
18. **SMOKING IS NOT ALLOWED** on the playing field, in the dugouts, or players' bench area. If you have to smoke, please do so at a **distance of 60 feet** from all players and fellow spectators. This is a city Bylaw and is enforced.
19. Forest Glade Baseball League's Philosophy and Code of Conduct as outlined on our website (www.forestgladebaseball.com) will be followed at all times.

FOREST GLADE ADULT LEAGUE PLAYOFF RULES

1. **HAVE FUN!!** This is and always will be the number one rule of this League. Also, Safety First! (Casual Baseball)
2. There must be a minimum of 3 women on the field at all times or else the game is forfeited.
3. Allow all players to play different positions. Players may play the same position 2 innings in a row, after which they must sit or play a different position for at least one inning. Rotate who is sitting at each inning fairly.
4. A coin toss will determine home team for each game. Home team supplies game ball.
5. Umpires will be making the calls. All calls are final. Any arguing with the umpire will result in the person's removal from the game.
6. A game consists of a maximum of 9 innings **or 1 hour & 45 min.**, unless tied, and then extra innings will be played until there is a winner. **If team is short players 10 minutes after scheduled start time they will forfeit the game.**
7. To avoid contact at home, there will be a line drawn from home plate to the backstop. The runner must cross the home plate line prior to the ball being caught on home plate. There is a 15 ft. commitment line; once a runner crosses this line they must continue to home. The runner cannot touch home plate. If he/she does then he/she is automatically out.
8. When in doubt remember rule #1.

"NO ALCOHOL AT DIAMONDS"