

# WIFFLEBALL

## League Rules



EDMONTON SPORT & SOCIAL CLUB

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## 1. FACILITIES

The ESSC rents all indoor turf facilities from private operators and the City of Edmonton recreation department. As tenants, players must respect the standards and rules of each facility:

- Alcohol and drugs are strictly prohibited inside any facility and in the parking lots
- Facility Operators and Caretakers should be treated with respect
- Outdoor footwear should be removed at the entrance
- Players are expected to clean up after themselves
- Players are responsible for any deliberate property damage within a facility
- When the permit time is up, players must leave the building promptly

**Any player who causes the ESSC to receive an official complaint regarding a facility rented by the ESSC will receive a \$100 fine and may be ejected from the League.**

## 2. COORDINATORS

A Games Coordinator (GC) is a part time employee hired by the ESSC to facilitate games. **The GC is not a trained referee.** Players are expected to respect the GC, their opponents and the rules of the sport.

### ROLES OF THE GC

- **Facility Liaison**
  - Act as the onsite contact, set-up and take-down required equipment
- **Game Facilitator and Mediator**
  - Start and end the game on time
  - Help enforce the rules of the sport
  - Ensure both teams are abiding by the Sportsmanship policy, mediate disputes
- **Player Liaison**
  - Represent the ESSC and act as a link between the players and the league
- **Game Reporter**
  - Record the score and report back to the ESSC
  - Collect a sportsmanship rating at the end of the game from each team

### GC NO-SHOWS OR ABSENCES

Although the ESSC strives to have a GC present and on-time for all games, there could be rare instances where a GC is unexpectedly late or does not show up to their shift. If this occurs;

- Work with the facility manager or caretaker to find the required equipment
- Start, play, and end the game as scheduled
- Ensure that the facility is left tidy and unharmed
- Email the score and sportsmanship ratings to [info@edmontonsportsclub.com](mailto:info@edmontonsportsclub.com)

### 3. SPORTSMANSHIP

The ESSC encourages a fun-first, winning-second attitude in all leagues. All players are expected to abide by the ESSC sportsmanship policies, including:

- Controlling emotions and actions at all times
- Treating the field, equipment, staff, and other players with courtesy and respect
- Avoiding retaliation under any circumstance
- Providing feedback in a constructive manner to the opposing team captain, and being open to feedback

#### ZERO TOLERANCE POLICY

The ESSC requires Games Coordinators and Team Captains to remove players from a game if they are involved with any of the following acts:

- Swearing directly at another player or the Games Coordinator
- Displaying disrespectful or threatening behaviour
- Intentionally pushing, shoving or making physical contact with another player
- Making comments to instigate an altercation with another player

If a player is ejected from a game, they must vacate the field immediately. The offending player will be subject to further follow-up from the ESSC, including possible suspension/expulsion from the League.

#### SPORTSMANSHIP RATINGS

- Spirit points are handed out by the opposing team at the conclusion of every game
  - **Recreational Division** – Spirit points are added to a team's points earned from wins and ties, factoring into a team's total points
- Each team will be given a single rating from the opponent, combining two categories:
  - **Accountability** – how responsible the other team was with regards to rules and calling fouls
  - **Spirit** – overall attitude and fun-first mentality of the team
- Teams can receive a maximum of +1 or -1 spirit points in any given game

Rating	Explanation
(+1)	The team was a lot of fun and made a genuine attempt to call their own fouls
(0)	The team was okay. There are two scenarios: (1) they were average in both fun and accountability; (2) they were strong in one area but weak in the other
(-1)	The team was too intense or aggressive, generally did not follow the rules or call their own infractions/penalties, and showed a low-level of ownership

## REPORTING SPORTSMANSHIP CONCERNS

- If at the end of the game a team has an unresolved concern with respect to the other team's sportsmanship, report the details of the issue to the ESSC using the online complaint form
- **If a team submits a sportsmanship rating of -1 for their opponent, the team is required to fill out a formal complaint form online by 5:00pm the day after their game, or the rating will be changed to a '0'**
- The ESSC reserves the right to change a rating if the GC believes a rating is not warranted and/or an appropriate representation of a team's play

## 4. ROSTERS

League	Ideal Roster Size (F) = Female	Total # of Players Required on the Field	Total # of Females Required on the Field
Standard 7's	8-11 (3-4 F)	7	2

## 5. SUBS

For all ESSC Leagues, players are responsible for finding their own subs, it is not the ESSC's responsibility to find and/or provide subs for teams.

### WHO CAN SUB?

- Anyone 18 years of age or older

### REQUESTING A SUB

Recruiting a sub can be done in one of two ways:

1. ESSC Subs Lists: 'Request a Sub' online through your MyESSC account to access players who have voluntarily signed up as subs
2. Team Invites: Invite a player not on the subs list to the online team roster, through the MyESSC account function (e.g. friends, family, co-workers, etc)

## SUB POLICIES FOR REGULAR SEASON

- Subs should be of a similar skill level to the player that they are replacing. Bringing out ringers could result in follow-up action from the ESSC
- All subs must know the rules, understand the level of play, and abide by all ESSC policies

## SUB POLICIES FOR PLAYOFFS

- Teams that have qualified for a shot at the championship can only bring in subs who have played at least one regular season game with the team
- All teams who are not playing for the championship can bring in subs regardless of how many games they have played with the team
- Prior to the first playoff game, teams must have all players who are playing in the playoff game(s) displayed as part of the confirmed roster in MyESSC, otherwise they could receive an automatic loss and will not be eligible for the championship

## 6. DEFAULTS

### WHAT IS A DEFAULT?

A default occurs when, at the scheduled game start time, or at any time during the game, a team has fewer than the minimum number of required players. If a team chooses to leave early and quit the game for any reason, including a lack of players, the team will also be subject to the default rules.

The chart below outlines the minimum players required for each specific league in order to not default:

League	Minimum Players to Avoid Default	Default Score
Standard 7's	5 (1 Female)	0-20

### WHAT HAPPENS WHEN A TEAM DEFAULTS?

- When a default occurs, the opposing captain must choose one of the following options:
  - Enforce the default fee and mercy score
  - Waive the default fee and enforce the mercy score
  - Waive the default fee and play a regular game, not enforcing the mercy score
- In all above scenarios, the team being defaulted against is responsible for stating to the GC and Team Captain of the defaulting team, which option they have chosen prior to the playing of any fun games

## 7. LEAGUE SPECIFIC RULES

### GAME FORMAT

- Players should arrive 15 minutes prior to the scheduled game time
- Teams will play one 75-minute game per night:
  - Maximum of 9-innings in length
  - **Teams may not start a new inning with less than 10 minutes remaining in the timeslot**
  - If a game is called due to time, the final score will stand as of the last completed inning
- **Regular Season:** Ties are allowed
- **Playoffs:** Ties are not allowed

- If a game is tied at the end of 9-innings, an extra-inning(s) will be played
  - The extra-inning(s) will be played using the **'International Scoring Rule'**
    - Teams will start each half-inning with a runner on 2nd base
    - The runner will be the player who was the final out in the previous inning

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## SCORING

- Mercy is called and the score freezes if a team gains a 20-run lead

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## EQUIPMENT

- **Cleats** are permitted, as long as they do not have metal spikes
- Wiffleball bats and balls will be provided by the Games Coordinator / ESSC, players may not bring their own
- Bases, cones and other field set-up equipment will be provided by the Games Coordinator / ESSC
- Gloves are not allowed in Wiffleball, fielders are required to use their hands only

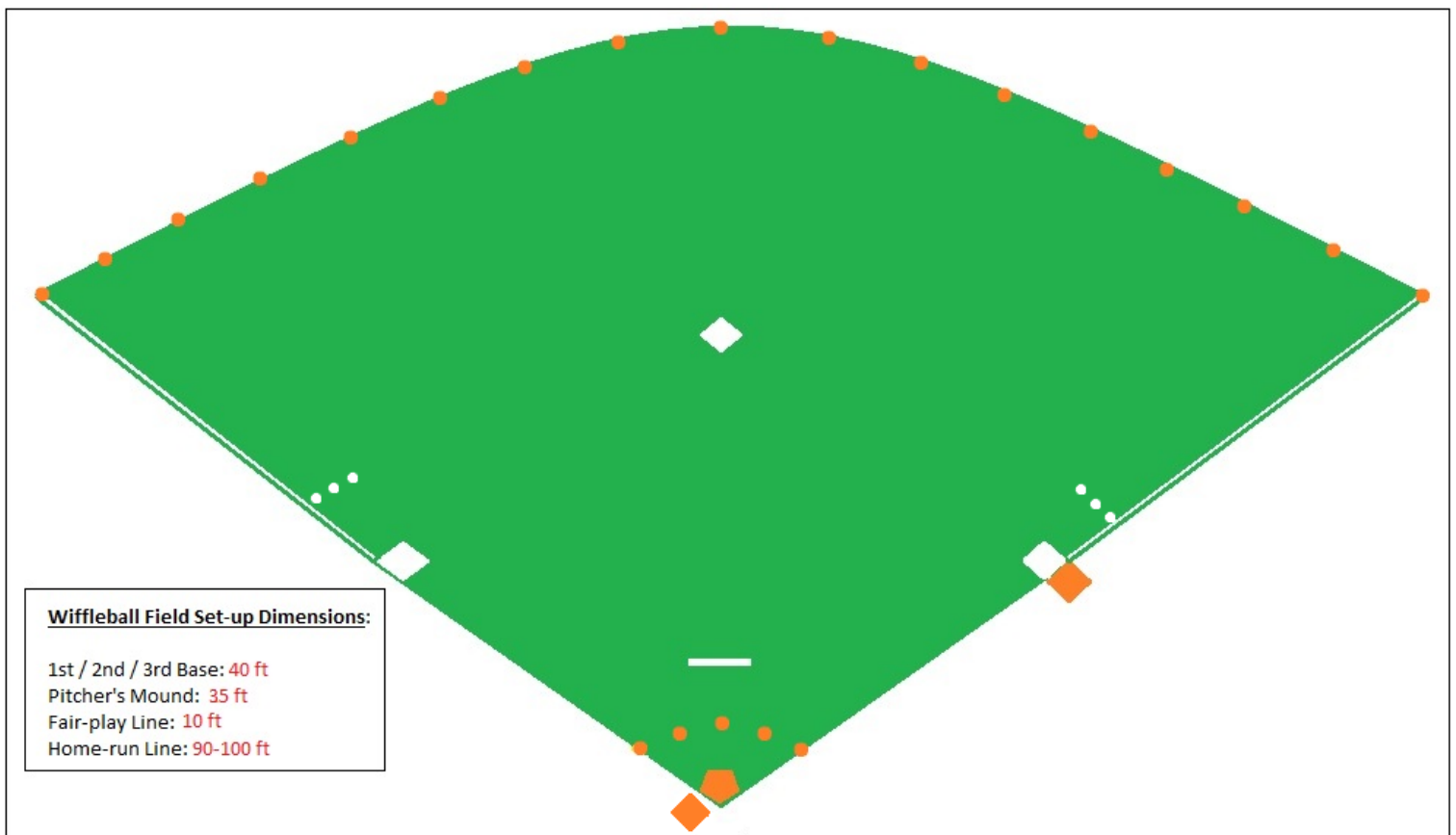
## 8. GENERAL PLAYING GUIDELINES

### STARTING THE GAME

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### FIELD SET-UP

- The Games Coordinator will set-up the field using the following **ESSC Field Set-up Diagram:**



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## KEEPING SCORE

- **Regular Season:** Teams may use any suitable means to determine who is the home team; receiving the choice to field or bat to start the first-inning
- **Playoffs:** The higher seed is the home team, choosing to field or bat to start the first-inning
- Teams will track individual batter results each inning for their own team, as well as total runs scored by the opposing team
- **A team can score a maximum of 7-runs in a single-inning**, with the exception of the final inning where a team can score an unlimited number of runs
- **The score should be confirmed at the end of each half-inning to avoid any discrepancies**

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## BATTING ORDER

- All players playing in the game must be listed in the batting order
  - A player cannot play in the field during the game if they are not part of the batting order
  - A player can be part of the batting order, but not play in the field during the game
- Any additions or changes to the batting order after the start of the game (due to players arriving late, etc) must be approved by the opposing team
  - Teams are allowed to sub or replace a player mid-way through a game, but once a player is removed from their spot in the batting order, they cannot return to the game
- 2 females must appear within the first 7 players in the batting order
  - If only 1 female is present at the game, every 2<sup>nd</sup> female spot results in an automatic out
- 3 male batters in a row may occur only one-time in the batting order, including the carry-over from the bottom of the order to the top
- There is no limit to the length of the batting order
  - A team can have more than 6 players listed in the batting order as long as the male to female ratios remain in intact
    - If a team doesn't have enough females to keep the above ratio intact, they may construct the batting order using the word 'female' in the appropriate spots in the order, and rotate all present females evenly through these spots

### Batting Order Examples:

# of Players in Batting Order	# of Female Spots Needed	Suggested Legal Batting Orders
7	2	M-M-M-F-M-M-F or M-M-F-M-M-F-M
8	3	M-M-F-M-M-F-M-F or M-F-M-M-M-F-M-F
9	3	M-M-F-M-M-F-M-M-F or M-M-M-F-M-M-F-M-F
10	3	M-M-M-F-M-M-F-M-M-F or M-M-F-M-M-M-F-M-M-F



## PITCHING

- The pitching mound will be 35 feet from home plate
- Teams will pitch to their opponents:
  - The pitch must be an overhand or sidearm toss
  - One of the pitcher's feet must remain in contact with the rubber pitching plate upon delivery
  - Each batter will receive up to 3 strikes and/or 4 balls
  - A strike occurs:
    - On a swing and a miss, or on a foul ball
    - If the batter takes the pitch and the ball contacts the middle portion of the strike-zone target (the frame does not count)
  - If a male batter is walked with four straight balls (no strikes) and a female batter is on-deck, the male batter will automatically advance to 2nd base on the walk
    - The female batter will have the option to bat, or to take an automatic walk, and travel to first-base
    - Previous base-runners will only advance if the walk(s) force them to the next base
  - There are no balks
- **Recreational Division:** Pitchers should not be throwing with maximum overhand velocity, but instead should be pitching to the level of the batter / opposition
- **Recreational Division:** A player can pitch a **maximum of 3 innings** per game before they must be replaced
- Once a pitcher is replaced on the mound, that player may not pitch again for the duration of that game

## BATTING

- Swinging with one-hand is not permitted
- A player hit by a pitch does not receive an automatic walk, instead the pitch counts as a 'ball'
- There is no bunting allowed in ESSC Wiffleball, the batter must make a full-swing or attempt at the ball
- When a player makes contact with the ball, it must pass the "fair-play line" in order to be live, otherwise it is considered foul and counts as a strike
- A batter who hits a foul tip/ball with two strikes is 'out' (similar to Slo-Pitch)
- A ball that travels/rolls over the home-run line after landing in fair territory will be deemed a ground-rule double
- A ball that hits the roof, rafters, or other obstruction (that is not a home-run) is a foul ball
- If the batter touches the ball in fair territory while running to 1st base after making contact, the batter is out

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## FOUL BALLS

- A foul ball (any height) caught by the catcher is an out
- If the batter makes contact with the ball and it touches any part of their body (including clothing) the ball is a foul-tip (dead ball) and is considered a strike
- A ball can travel over the foul line and return into play before it passes 1st or 3rd base as long as it has not been touched by a defender in foul territory

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## OUT OF PLAY

- Extends 6-feet past the first and third base line, running parallel to the lines
- Also includes any area that is not on the artificial turf field of play (walkways, doorways, rafters, etc)
- A fielder may not travel past the 'out of play' lines to make a play on the ball or to record an out
- A ball that lands fair but travels 'out of play' or is caught in an obstruction will be ruled a ground-rule double

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## INFIELD FLY RULE

- There is no 'Infield Fly' rule in Wiffleball

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## HOME RUNS

- Each team is allowed **seven (7)** over-the-line home-runs per game:
  - Any additional home-runs over 7 are deemed an **out**
  - **Plus-1 Rule:** If both teams reach the 7 home-run limits;
    - Either team may hit additional home runs; however, no team may ever go more than one home run up on the other team, or the home-run results in an out
  - Only balls that travel over the home run line while in the air will count towards the limit
  - An inside-the-park home run, or home run resulting from a defensive error will not count
  - If a ball passes the home run line in the air, it automatically becomes a dead ball and cannot be fielded
  - A fair ball caught by a fielder who then goes over the home-run line, even maintaining control of the ball, will be deemed a home-run
    - Fielders must catch the ball and remain in the field of play to record an out

## BASE RUNNING

- Lead-offs or stealing bases are never permitted in ESSC Slo-Pitch Leagues
  - The runner is 'out' if they leave the bag before the batter makes contact with the ball
- When running to 1st base:
  - The runner may only contact the orange safety base beside 1st base
    - If the runner touches any part of the white 1st base then they are out
  - The fielder may only contact the white 1st base
    - If the fielder touches any part of the orange safety base, the runner is safe
  - The exception is if the runner is rounding 1st base on a multi-base hit:
    - In this case the fielder must move out of the base path and allow the runner to round the base unobstructed and the runner can make contact with the white 1st base
- A runner may not run out of the baseline to avoid a tag, or they will be called 'out'
  - **Exception:** When running from 3rd base towards home plate the runner is to keep outside of the baseline and is considered safe if they pass the home-plate line (one foot on the ground past the line) before the catcher has the ball while touching home plate
    - If the base runner touches the home plate while attempting to score it is an automatic out
- There is no commitment line between 3<sup>rd</sup> base and home plate, a runner may return to 3<sup>rd</sup> base at anytime
- **Sliding is not permitted into any base!**

- Tagging up and running on fair or foul a fly ball is permitted
- If the third out occurs on a fly-ball the inning is over; any runs that scored on the play do not count
- If a runner scores before a non-forced third out is made, the run will count
- **Pinch Running:**
  - Pinch runners are allowed for injured players
  - The pinch runner must be the last out of the same gender as the player that they are running for

## FIELDING

- A full team on the field consists of 7 players: *a pitcher, a catcher, and 5 fielders*
  - A team must have a minimum of two outfielders at all times, but there is no maximum on the number of outfielders standing behind the respect line
- The **respect line** applies in all divisions:
  - **Infielders** cannot pinch in, they must stay along or behind the base line until contact is made
  - **Outfielders** must remain behind the marked outfield respect line until contact has been made
- To record an out, a fielder may:
  - Touch a base (while in possession of the ball) before the runner (only applies during a 'force' play)
  - Tag a runner with the ball
    - Tagging is not permitted at home plate
    - To record an out at home, the catcher cannot tag the runner, instead they must touch home plate while in complete possession of the ball
  - Throw the ball back to the pitcher (who maintains complete control with a foot on the rubber pitching plate)
    - This method of recording an out applies if a runner is trying to reach a base on a 'force' play, and/or if they are returning to a base for a re-touch on a 'force' play
    - Should there be more than one 'force' out or re-touch in play, only one out can be made
    - In this case, the lead out shall be the first one affected, or if the lead out was not made in time, the next subsequent out in order
  - 'Peg' a baserunner with the ball
    - Fielders may throw the ball at runners
    - Runners struck below the neck before reaching the base will be ruled 'out'
    - Runners hit with a ball that first hits the ground, base or another player will be ruled 'out'
- **Double Plays:** It is possible to turn a double-play by getting the ball to 2<sup>nd</sup> or 3<sup>rd</sup> base (or tagging / pegging a runner), and then throwing the ball to the pitcher who gains possession before the batter reaches first base

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## OVERTHROWS

- If an overthrow occurs on a play and the ball remain in play, it is live
- If an overthrow occurs on a play and the ball rolls out of play:
  - **All runners can advance one base beyond the base they were travelling towards**
    - If the runner had rounded 1st base or was travelling towards 2nd base at the time, they will be awarded 3rd base
    - If the runner had rounded 2nd base or was travelling towards 3rd base at the time, they will proceed home

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## INTERFERENCE

- There are two kinds of interference:
  - **Offensive interference:**
    - A base runner will be called 'out' if they make contact with a fielder, yell at a fielder to distract them, or screen them from making a clear play
    - If interference from a base runner clearly prevented an out from being made on another base runner, both runners will be called out
  - **Defensive interference:**
    - A fielder may not block the base with their foot or body
    - A fielder may not stand in the base path unless they are making a play on the ball
    - In a case where defensive interference occurs, the runner will be considered safe, or will be awarded the base that they were travelling towards
- Interference is difficult to call and players are expected to avoid interference or body contact at all costs
- If the sides are not in agreement on the call, there is an option to re-play the at-bat
  - Base runners will return to the bases they were at prior to the hit, and the batter will resume the count from where it was prior to making contact

## UMPIRING

- All ESSC games are self-officiated, although the Games Coordinator will be moving between fields to help with rule clarifications
- The batting team will supply the umpire
  - A home-plate umpire is mandatory and will call balls, strikes, and outs
    - The umpire should be a player with a high level of rule knowledge
  - 1st and 3rd base umpires are not mandatory
- If an umpire makes the wrong call, the two captains should quickly agree on a resolution

## VIOLATIONS AND FOULS

- Captains are encouraged to bring the rulebook or handbook to games
  - It is unsportsmanlike for teams or players to not know the rules, or claim ignorance towards the rules
  - While a team may be 'just out to have fun', they can ruin the experience for the opposing team if they are constantly violating rules
- Captains are expected to control the actions of their teammates
  - Captains must honor the zero-tolerance policy and remove players from the game who participate in unsportsmanlike conduct or threatening behavior

## UNSPORTSMANLIKE CONDUCT

- The first offense (if non-malicious) should result in a **warning** from the team captain
- A malicious first offense, or a second offense will result in a **game misconduct**
- Examples of unsportsmanlike conduct:
  - Players making calls from the bench
  - Players yelling at fielders to 'drop the ball' or make a mistake from the bench

- Throwing equipment
- Arguing calls with the umpire

#### THREATENING BEHAVIOR

- The first offense will result in a **game misconduct**
- Examples of threatening behavior:
  - Swearing or verbal abuse
  - Physical threats or contact
  - Fighting, Instigating, Retaliation,
  - Intent to injure