

**Eligibility Guidelines**

1. You must present a valid APSU ID card to the Intramural Supervisor on duty in order to play...No exceptions!
2. An individual may only participate on one team in each league (Men's or Women's). Participation on two teams in the same sport is only permitted if one of the teams is Co-Rec. Players who play on more than one team in each league are subject to losing their eligibility for that sport. The opposing team does not have to protest if caught by a supervisor or official.
3. Players using false identification will be suspended for a period of time determined by the Coordinator and Graduate Assistant of Intramural Sports.

**Note:** Captains are responsible for ensuring that their team roster is in compliance with the eligibility guidelines of the APSU Intramural Sports Participation Manual.

**The Game**

1. **Team:** Teams will consist of a maximum of 20 players. Each team is allowed 11 batting players and 10 fielding players at a given time. A team may begin with as few as 8 players. Only players listed on the roster may be on the field during the game.
2. **The Game:** The game shall consist of 7 innings or a one-hour time limit. No inning shall begin after fifty (50) minutes. Any inning already underway before the time limit will be completed.
3. **Substitutions:** Substitutions may occur either while batting or in the field. Substitutes assume the batting position of the player they were substituted for. Starters are the only players that may re-enter the game. Once a substitute is replaced, they may not re-enter.
4. **Equipment:** Hats, bandanas, metal cleats or spikes, or jewelry **MAY NOT** be worn while playing. Any player found wearing any of the above during the game will be removed from the game and not allowed to re-enter until the equipment has been replaced.

**Note:** For more detailed equipment guidelines, please refer to the APSU Intramural Sports Participation Manual.

5. **Mercy Rules:** Games will be called when a team is ahead by 20 runs after

**Note:** Teams may not stall games to keep from getting the mercy rule. Any games that are not played competitively by both teams will be ended immediately. Games being prolonged to avoid mercy rule will be called immediately. For more details about the Competition Policy, please refer to the APSU Intramural Sports Participation Manual.

## **Extra Innings**

**Tie Breaker Rule:** If at the end of the 7<sup>th</sup> inning or after the fifty minute time limit has elapsed and the score is tied, the one-pitch tie breaker rule will be used. Each batter will receive one pitch per at bat. The batter will either walk, strikeout, hit or get out. All other rules will remain the same and the game will continue until a winner is determined.

## **Equipment and Attire**

- **Jewelry:** Jewelry is not allowed to be worn by any participant during any intramural event. Jewelry consists of any rings, watches, necklaces, earrings, bracelets and any other such similar jewelry that can be seen. Exceptions will be made for medical IDs and religious accessories, but these items must be secured.
- **Clothing:** Shorts, sweatpants, or shirts may not have pockets are not allowed to be worn while participating in Intramural Sports. Cut-off shirts and jerseys must not hang more than four (4) inches from the underarm area (no “muscle shirts”).
- **Uniforms:** All participants must have a number on their jersey, with all players on a team having different numbers. Only one player may play without a number and be “number 0” (there will be no exceptions to this rule). Teams may choose to wear their own jerseys or Intramural Sports issued jerseys. To check out jerseys each player must provide the Intramural Supervisor on duty their APSU Gov’s ID. Teams are not required to wear the jerseys if they have their own team jerseys. Jerseys must be of the same color and have a legible number on them. Numbers may not be taped on the back of the jersey.

**Note:** Intramural Sports reserves the right to disallow team names and logos that are considered obscene or offensive.

- **Headwear:** Headwear is not allowed to be worn by any participant during an intramural event, except for one-piece head/sweat bands that do not have to be tied or do not have any form of knot(s).
- **Footwear:** Non-marking athletic shoes are required.. The Intramural Sports staff will declare the player ineligible to participate until s/he changes shoes so that the equipment requirements are met.
- **Medical Accessories:** Any metal on a knee brace must be covered with a soft padding to prevent injury to fellow participants. Casts and/or other braces must be covered with a soft padding as well. All medical accessories must be approved by the Intramural Sports staff before the player will be cleared to play.

**Note:** In all of the above equipment policies the Intramural Sports staff has the authority to disallow any individual from participating if they feel their equipment would endanger themselves or his/her opponents.

## **Batting**

The following restrictions apply to batters:

- All bats must be ASA approved. There will be no exceptions. Supervisors will check all bats with the ASA approved bat list, which can be found at [www.asasoftball.com/about/certified\\_equipment.asp](http://www.asasoftball.com/about/certified_equipment.asp). It is strongly encouraged that captains have their players check their bats to make sure they are in compliance.

- Each batter will begin with a 1 ball, 1 strike count.
- Batters will receive one “courtesy” foul ball with two strikes. If they hit a second foul ball after two strikes, the batter will be called out.
- Any batter who steps out of the batter box or on home plate and makes contact with a ball will be called out. The ball will be declared dead immediately and all runners will return to the base they occupied at the time of the pitch.
- Batters throwing their bat after making contact will receive one warning and will be ejected on their second offense.

### **Pitching**

The following restrictions apply to pitchers:

- Pitchers must begin their motion with 1 foot on the pitching rubber.
- A pitch must be between six (6) and twelve (12) feet high. Any pitch that does not conform to these guidelines, by the umpire’s discretion, will be called, in flight, illegal and a ball will be awarded to the batter. A batter may still choose to swing if he/she wants.
- Pitchers must deliver the ball in one continuous motion. If they do not, a balk will be called and runners will advance one base. If no runners are on base, the pitch will be called a ball.

### **Baserunning**

The following restrictions apply to baserunners:

- There is no stealing or leading off. Any runner that leaves the base early, before the ball is put in play, will be called out and the pitch is dead. No other runners may advance.
- Any runner receiving aid from a teammate will be declared out.
- Runners must slide if a play will be made at home plate. Anyone who runs over the catcher will be called out and ejected from the game.

### **Strike Zone**

The strike zone will be from the batter’s front shoulder to their back knee. Any pitch that crosses this area and lands beyond home plate will be a strike. Any ball landing on home plate will be a ball. Arguing of balls and strikes will be subject to immediate ejection.

### **Home Runs**

Each team is allotted three (homeruns for the game and may not hit another homerun until the opposing team has hit three as well. After both teams have hit three homeruns, not one team is allowed to be up more than one homerun at anytime. In the event of a home run, runners are only required to advance to the next base.

### **Infield Fly Rule**

With runners on 1<sup>st</sup> and 2<sup>nd</sup> or the bases loaded and less than two outs, any pop-fly that may be routinely caught in fair territory will result in the batter being called out. Runners may advance at their own risk.

### **Co-Rec Modifications**

The following rules apply to Co-Rec play:

- Co-Rec teams are allowed to bat twelve (12) players, but are only allowed ten (10) fielding players (5:5)
- Eight (8) players (4:4) are required to start a co-rec game. Teams may play with 9 players but can never have more than one any gender in the batting order (5 males and 4 females or 4 males and 5 females).
- Males are not permitted to bat two consecutive times in the lineup at any given point unless an out is taken in the lineup. If a team chooses to bat extra players, there must be a male and a female, not just one extra hitter.
- If a male player is walked with a female player on deck, the female player has the option to hit or walk. Once the choice is made, the decision is final.
- Co-Rec teams must have an equal number of males and females in both the infield and outfield. The pitcher and catcher combination must also be male/female.

### **One-Pitch Modifications**

- Each batter will receive one pitch. The hitter will take the result of the swing, strikeout, or walk.
- If a batter hits a foul ball, they will receive one more pitch. If they hit a second foul ball, the batter will be declared out.