



WIFFLE BALL RULES

GENERAL RULES

- All captains are expected to greet each other before the start of a game and ensure their teams follow the rules.
- All teams are expected to shake hands after the game.
- All teams are expected to help the other team play a cooperative and fair game with the understanding this is recreational fun and with players of various abilities and game knowledge.
- Any on court disagreements should be handled by captains until an agreed resolution is reached.
- Captains are also expected to ask any players from their team to leave the court if they are taking the game too seriously.
- Any serious verbal confrontation should be reported via email to NSSC within 24 hours and/or to a NSSC representative. The reports will be reviewed and if the same player is involved again they will be suspended for the season.
- There is zero tolerance for threatening/abusive language directed towards player and/or spectators. This will result in an immediate suspension for the season and a possible lifetime ban o Any physical confrontations will result in a lifetime ban from NSSC
- Facilities - The NSSC rents all indoor facilities and gymnasiums from private facilities or the City of Nanaimo. As tenants, players must respect the standards and rules of each facility:
 - Facility Operators and Caretakers should be treated with respect.
 - Hallways are off limits at schools; do not wander around the facility.
 - Players are expected to cleanup after themselves.
 - Players must wear clean, non-marking shoes.
 - Players are responsible for any deliberate property damage within a facility.
 - The doors to a public school are unlocked 10 minutes prior to the permitted start time; if players arrive early, they should wait outside.
 - Some facilities will keep the doors locked throughout the night as a safety precaution for the Caretaker.
 - When the permitted time is up, players must leave the building promptly.

Team Construction/ Roster Management

- The limit is 4 players in the field including the pitcher.

- Team Rosters can be anywhere from 4-12 people. Although the recommended number is 5 or 6 players on a team. However players can be added up to a max of 12 (for score keeping purposes).
- If a team needs to replace a player on their roster they are free to do so anytime by contacting the hosts.
- There is pinch hitting and pinch running
- (In the event a team needs to play with 3 players) Ghost runners are allowed but if there are available runners they will have to run.
- If there is a ghost runner running to 2nd, 3rd, or home and someone attempts to complete a force out at that base, it will be decided on the lead runner unless there is a runner going to that base.
- Multiple pitching changes are allowed in an inning, however each pitcher must face the entire teams batting order at least once.
- The same pitcher can appear multiple times in a game. However each pitcher can only record 6 outs in a 3 inning game and cannot appear in all 3 innings.
- There needs to be at least 3 players in the field. If a team has less than 3 players present the game is forfeited.
- If a player comes late to a game they can be added to the last spot of the batting order, otherwise they can pinch hit or pinch run.
- A team's lineup can consist of as little as 4 and as many as 6 players. Other players are placed on the bench and can be substituted in and out of the game.
- A player can be removed from the game for a benched player after that player has hit at least once and their team has fielded for an inning. Teams can use this process as often as they'd like through the game. Players subbed in must meet the batting and team fielding requirement before subbing out.
- Teams may choose at anytime to add a player to the back of their lineup. However a lineup spot can not be removed mid game. And the lineup max is 6 players.
- Only players in the lineup are eligible to play in the field

Gameplay

- 4 Inning games
- Team will play 2 games per weekly session
- The season will feature both a regular season and playoffs.
- The length of the playoffs will depend on the number of teams involved
- A batted ball has to travel at least 30 feet (10 feet in front of the pitcher's rubber on its own speed for it to be a fair ball. Pitcher can come up and get the ball in front of the mound if it is assumed the ball would reach that 30 foot mark on its own speed. If a ball does not have the power to reach the 30 foot mark it will be ruled a foul ball
- The mercy rule is 5 runs for an inning, except the third inning.
- Each team can score an unlimited amount of runs in the third inning.
- If a team is behind by 8 or more runs after 2 innings the game will end in a mercy rule
- If a batter hits the ball and hits a runner in the air or on bounce the runner is out
- There is the no infield fly rule.

Field of Play/Equipment

- All equipment is being paid for and provided by the event organizers. Players are asked to treat all equipment with respect.
- Please refrain from slamming the bat on the ground (or hitting it off your shoe ect) as they do bend easily.
- If the ball goes over the fence on a bounce, goes under the fence - it is a ground-rule double.
- All Wiffleballs and Bats will be provided by the league.
- All balls will be pre-scuffed before going into play.
- Players are permitted to use batting gloves while hitting but not while fielding.

- Field dimensions will be established before each game of roughly 90 feet to right and left field and 100 feet to centre. Subject to change based on weather and other gameplay factors
- The Rubber will be placed 40 feet from the strike zone. The bases will be 40 feet apart.
- An out of bounds line will be established 10 feet behind first and third base for overthrows and errant peg throws.
- Home plate will be placed 3 feet in front of the strike zone.
- To attempt to avoid injury there are 2 bases placed at each base area. The baserunners are expected to do their best to run to the coloured base
- The fielding team is asked to attempt to get outs at the white bases

Batting

- If you are thrown 4 balls, you must take the walk
- TWO strikes for an out.
- If you are hit by a pitch, it is ruled a ball.
- If the ball is hit over the fence on the fly it is a home run
- You may switch batters' boxes in your at bat but you may not while the pitcher is in there motion towards home plate
- If a team bats out of order and it is discovered in the middle of the at bat the right player will go up with the same count but if they find out after the player's at bat is over they are ruled out automatically.
- If a player hits one of the foul poles in the air and is over the height of the most nearby fence it is a homerun.
- A player cannot lean in on the plate intentionally to get hit by the pitch.
- If a player hits a walk-off hit they do need to run the base or bases in case of a homerun.
- A foul ball counts as a players first strike however plays can only strike out on a foul ball if they tip the ball and it hits the strike zone (in the zone, not on the legs)

Baserunning

- The hitter and all players on base must complete their trip around the bases for their runs to count.
- There is no stealing.
- There is no leading off.
- If a player runs more than 3 steps out of the baseline to avoid a tag or peg they are ruled out.
- If a ball is caught in the air. Runners must return to your base before advancing. Runners are allowed to tag up and advance they have touched their current base.
- If someone thinks that the runner tagged up too early they can touch the base they tagged up from.
- If a runner gets pegged but the ball hits the ground first, the runner is OUT.
- If a fielder is in a runner's baseline and interferes with their path to the next base. The runner will be awarded the base.
- A fielder is allowed their lane when they must run though the baseline in an attempt to make a play on a ball. It is the runners responsibility to go around.
- Sliding is permitted but is not encouraged
- There are no rundowns. Once a player is more than halfway towards a base and is forced out, he is considered out. A player can turn around and return to their past base.
- If a runner gets in the way or interferes with the fielder the runner is out.
- If a runner is trying to run home, a fielder may throw the ball at the strike zone or backstop for an out if the runner is halfway there (it can hit ANYWHERE on the strike zone or backstop). If the runner touches home plate before the ball hits the strike zone or backstop they are safe.
- Runners are free to advance at anytime that a ball is considered live.
- Once a throw is made to try to throw a runner out at home. The play will be ruled dead upon the completion of the play at home. Runners will not be able to advance once the ball touches the plate or backstop.

- Balls in play that do not result in a dead ball (home run, foul ball, play at home) are considered live until the ball is in the hands of the pitcher and runners are all stationary.

Defense

- If a player catches the ball in the air it is an out.
- There are force outs at every base.
- There are no run downs in wiffleball. If a runner advances more than half way towards a base and the ball reaches that base the runner is out.
- The runner can choose to run back to the previous base but if the ball reaches the base closest to them it is an out.
- Defenders may attempt to peg a runner (Throwing the ball at the runner)
- A fielder is allowed their lane when they must run though the baseline in an attempt to make a play on a ball. It is the runners responsibility to go around.
- If someone throws the ball to another player for a force out at a base but that player drops the ball and the runner gets to the base before the fielder picks the ball up the runner is safe.
- If there is a fly ball and it hits the fielder and then goes over the fence it is a home run.
- If a player catches a ball and then falls over the fence the batter is out if the fielder had possession before falling over the fence
- If a player throws the ball out of play each runner will be awarded one base.
- If a fielder falls over the fence with the ball in the air while attempting to make a catch. The batter will be ruled out if the fielder holds on to the ball after impact. If the ball drops over the fence it will be ruled a homerun.

Pegging

- Defenders are allowed to throw the ball at a baserunner and if it hitted them they are out.
- The ball will still be considered live and other baserunners are allowed to advance as long as the ball stays in play.
- If a defending player throws the ball out of play all runners will advance one base.

Pitching

- There is intentional walks.
- If the ball hits the strike zone on a bounce- it is a ball, if it hits it in the air it is a strike.
- The pitcher needs to be touching the pitching rubber with their foot when throwing a pitch.
- There are no balks.
- Once a pitcher starts their pitching motion they are now allowed to stop the pitch
- Pitchers are allowed to pause their pitching motion to try to throw off hitters' timing.

Pitch Speed Limit

- Pitch speeds are to be limited to 50 MPH. There will be a speed gun present to assist in the enforcement of this rule. Players are encouraged to ask to have their speeds recorded in our practice area.
- Players on either team or a score keeper can request that the player be “put on the gun” in which case a player or score keeper will be asked to use the speed gun to clock the next 5-10 pitches from that pitcher.
- Any pitch clocked at 53MPH or more will be erased from the game.
- Players who refuse or are unable to slow their pitching under the threshold will be asked to no longer pitch.

- This league is intended for all skill levels. Players are asked to do their best to observe the speed limit as an act of sportsmanship.

Practice Area Etiquette

- To give players the best chance to practice pitching and hitting wiffleballs there will be a practice area present each week.
- Players are free to pitch and hit using the balls provided to the practice area.
- Due to the desired speed of play, players that are warming up to pitch in an upcoming game or inning shall be given priority over people who are just practicing.
- Please treat the practice area with respect and put all balls back in the areas they started in. (Balls in the pitching net pocket for throwing) and near or on the batting tee for hitting practice.

These rules can be changed at any time. Players will be communicated of changes at best effort.

Created by Ben Chessor and Andrew Jensen 2021-06-10