

# **GLEN ABBEY LADIES SLO-PITCH LEAGUE RULES**

## **2025**

The Glen Abbey Ladies Slo-Pitch League follows the rules and regulations as laid down by the Slo-Pitch National Rule Book (to view these rules please go to [www.slo-pitchnational.com](http://www.slo-pitchnational.com), click on rules).

Variations have been made to some rules to assure the safety of our members.

### **Rule 2 – Equipment & Uniforms**

- a) Team members must wear their team shirt during all league and playoff games as the outmost garment. The umpire's discretion will apply to weather conditions.
- b) Coaches should wear a team shirt or a similar color shirt when coaching the bases.
- c) Only bats supplied by the GALS League are allowed in a game.
- d) The strike zone will be defined as to be within the acceptable arc, hitting any part of the "Board" prior to hitting the ground. The "Board" will be  $\frac{3}{4}$ " high and 24 x 42".  
Amended Jan. 20, 2013 Exec Meeting
- e) The league will supply 2 face masks for our catchers and 2 batting helmets(home and away) and strongly encourage GALS to make use of the new equipment.  
Amended November 15, 2017 AGM
- f) The league will supply an AED at the field.  
Amended November 15, 2017
- g) New bases will be provided by the league this year.

### **Rule 4 – The Game**

- a) A time limit of 1 hour and 15 minutes is in effect, no new inning shall be started if time limit is passed however an inning in progress shall be completed. The umpire will ask the scorekeeper to mark the starting time of the game on the scoresheet.

## **Rule 5 – Players, Substitutes, Re-Entry & Courtesy Runners**

**Pregnancy:** If it is evident and/or confirmed to an official that a player is pregnant, then for reasons of safety and for possible detrimental effect that such participation may have on other players performance, GALS will not knowingly allow pregnant women to play.

- a) All players on the team roster may participate in the game.
- b) All players present will be included in the batting lineup and will bat in turn.
- c) In each inning, the defensive team will use a maximum of 10 players in the field. If they are below the maximum number of players once the game has started and if their players become available they can ask for time to add them.
- d) The minimum number of players allowed is eight (8); a ball retriever will be supplied if requested. If a team has nine (9) players they must supply their own catcher.
- e) Should a team not be able to field a minimum of eight (8) players within 15 minutes of the scheduled starting time, they will forfeit the game.
- f) Except in the case of injury to, or ejection of a player, no substitutes may be made in the same inning. Each player must sit out once before any player is asked to sit out again. The exception is the pitcher who may pitch the entire game. For medical reasons or injury, a player may ask to sit out without following the line of succession.
- g) For the playoffs a 10 inning roster is required to be exchanged with the opposing team before game time. This roster must ensure that no player sits out 'N' times before any player sits 'N – 1' times.
- h) Spares shall be used in a game only when a team will forfeit a game as per the league guidelines. Amended at AGM – November 24, 2021 and Executive Vote on January 26, 2002
- i) A temporary player replacing an injured player is allowed according to the guidelines.
- j) All batters must reach first base before a courtesy runner is allowed to replace the batter. \*Exception – If a batter is given a base on balls, the courtesy runner can be sent from home plate.
- k) A maximum of 5 courtesy runners per game will be allowed, they maybe anyone in the line up but may only run once per game (5 different runners).
- l) If you have used up your number of runners and then someone is injured while running the bases requiring an additional runner, they will be an out for that particular

time. At that point, they would have to withdraw from the game, or if they have recovered enough to still possibly play, they will have to run.

- m) If the number of players goes below 8 at any time due to an injury, their team would be allowed to finish the game with whatever players they have remaining.
- n) If a courtesy runner is stranded on base and is due up at bat they must take their turn at bat and use an additional courtesy runner. If there are no courtesy runners left they will be an automatic out and will be removed from the base they are occupying.
- o) A team may not score more than six runs in an inning. The last inning, as called by umpire, is “open” to unlimited runs. Amended at AGM – November 26, 2022  
Amended to: A team may not score more than six (6) runs in an inning. The sixth and seventh inning is “open” to unlimited runs. Amended at AGM - November 20, 2024.

### **Rule 8 – Baserunning**

For safety reason, Glen Abbey Ladies Slo-Pitch has incorporated a force play zone at home plate, we are using the rules below to apply to the force play zone only.

- a) Any runner that comes in contact with the commitment line or ground beyond this commitment line will be considered as having forfeited the right to return to third base and must proceed past the scoring line. The Gals commitment line will be 44 feet from the scoring line. Amended AGM, Nov. 2013
- b) No tag plays will be permitted with the force play zone. **EFFECT:** The run will score.
- c) The runner is out when a defensive team player is in possession of the ball in play and touches the Board.
- d) To score, the runner must touch the scoring line or ground beyond the line prior to the defensive team touching the Board.
- e) Intentional walks are assumed in the spirit of our league, to be not allowed.  
Executive Meeting January 17, 2018

### **Rule 10 – Umpires**

- a) No protests allowed.
- b) Judgment calls by the Umpire should not be questioned unless clarification is needed.

- c) Rule interpretations may be questioned by a Captain or Coach **only** and may be reversed at the discretion of the Umpire.
- d) Should a discrepancy occur or if clarification needed, the Captain or Coach must request “time” and approach Umpire(s). Players are reminded they should not question calls directly to the Umpire(s). They may, however, call “time”, approach their Captain or Coach, discuss their concerns at which time the Captain or Coach will make a decision on whether to approach the Umpire(s) but it must be done before the next pitch.

### **Rule 11 – Scoring**

- a) Score sheets must be delivered to the League Statistician after each game indicating the name of the Most Valuable Player and the extensions done, homeruns circled.
- b) After each game, Captains should review player stats with their team. If there are any discrepancies, contact the scorer as soon as possible for clarification.

### **Rule 12 – Season & Playoff Standings**

**Season** - Season winner will have finished with the highest total points, two points for a win and one point for a tie.

Amended at November 23, 2012 AGM

Two way ties will be broken as follows:

- a) head to head record between the teams
- b) most season wins
- c) team who was ahead at the end of the 5<sup>th</sup> inning of the tied game
- d) run differential at the end of the 5<sup>th</sup> inning of all 3 games

Multiple ties will be broken as follows:

- a) Best win record between all teams tied
- b) Most wins between all team tied will determine standings
- c) if any positions are still to be determined due to tied win record, then the run differential at the end of the 5<sup>th</sup> inning of all games involving the teams tied will come into effect.

**Playoffs** – Playoff games are to be played according to the schedule.

- a) Home field advantage is given to the team who finished higher in the season.
- b) 10 inning roster sit out sheets are to be exchanged as per Rule 5 (g).
- c) Games played under a time limit (1 hour, 15 minutes) no inning shall be started if time limit is passed however an inning in progress shall be completed.

- d) SPN tie breaker rules will be followed to determine a winner.
- e) Double knockout format followed to determine two final teams.

**Championship** – Finals are the best two out of three games.

- a) Home field advantage is given to the team who finished higher in the season for games 1 and 3 and to the other team for game 2.
- b) No time limit for championship games.

