

REGIONAL MUNICIPALITY OF WATERLOO

Healthy Lifestyle Three-Pitch League Rules

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Last Revised: March 18, 2015



Amendments / Clarifications as per March 28, 2012

- 1 as per the rule on page 14 regarding orange safety base. Captains please remind all players to turn right, away from the play unless they are attempting an offensive play to go to second base. Someone turning left is still in play and can be called out if tagged.
- 2 As per the rule regarding dead zone and arc as per page 9, please review so both offensive players and defensive players may be safe. The defending player should not be throwing the ball to first base, potentially risking hitting the base runner in the back of the head.
- 3 In addition to the Dead Zone review, players should be discouraged from purposefully “tom-a-hawking” the ball into this dead zone.
- 4 As per previous years, umpires will be situated at home plate, first and third bases. Captains must mutually agree on other arrangements where necessary, and the umpires are expected to know their zones of calling the play. Please review.
- 5 Game time Limit as per page 8, captains must mutually agree upon open innings and discuss prior to time deadlines in games.

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TEAM CONTACT INFO

ROW 3 Pitch Captain Contact INFO : Please contact Captains of opposing teams regarding Rain Outs/ Forfeits etc:

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3	Double Blue	Ed Tonic	etonic@regionofwaterloo.ca	519-741-5272	226-339-2390
		Sarah Eckert	rob-saraheckert@hotmail.com		519-496-7108
4	Mixed Nuts	Greg Srnicek	garnicek@gmail.com	Regional Office: x3335	Regional Cell: 226-750-0872
5	Social Misfits	Jeremy Letkeman	jeremyletkeman@gmail.com letkemaj@regionofwaterloo.ca	519-575-4100 x3213	519-497-7655 519-885-2289 (Home)
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8	Smack That...Ball	Shalon Wagner	shwagner@regionofwaterloo.ca	519-883-2101 x5655	519-616-0297
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RMOW Healthy Lifestyle Three-Pitch League Rules

PLAYERS

Players must be Regional Employees (active or retired), a spouse or equivalent, or an immediate family member of at least 16 yrs of age.

As of 2008, one ex-Region employee of each gender is permitted.

Lineup

- Each team will field no more than 10 players
- Player positions: 1B, 2B, 3B, SS, C, LF, RF, CF, LR, RR
 - Rovers must play in the outfield behind infielders. On diamond 1 in Optimist Park (big infield) Rovers are permitted to play two paces in from the grass line.
- To field a full complement of 10 players, 4 players must be female and 4 players must be male
 - There will never be more than 6 males on the field at one time. For example, if there are only 3 female players, and there happen to be 7 or more male players, only 6 male players can take positions on the field, resulting in only nine players in total on the field. And vice versa with female players
- To play, a team must have a minimum of 8 players— of which 3 must be female/male
 - If a team has less than 8 players, they forfeit the game and take a loss. Rather than forfeit, a team may contact another team captain and arrange to borrow player(s) as necessary. There are no exceptions to a team with less than 8 players (3 of which must be female/male) forfeiting a game.

Borrowing of Players

Teams are permitted to borrow players if they cannot field a full roster or meet the minimum number of players required. The minimum number of players required to play a game is eight, of which three must be female/male.

WAIVER FORMS

The standard waiver form must be signed by all Players prior to participating in the league (i.e. before the first game).

PLAYER CONDUCT

Region of Waterloo 3 Pitch Baseball league- CODE OF CONDUCT FORM

Member Rights and Responsibilities

Together we create a recreational experience of softball that values safety, fairness, respect and athletic achievement.

Actions that are contrary to these guidelines will receive appropriate consequences.

COACHES:

a) Have the right to

- Support from coworkers and teammates during practices , games and tournament play
- receive feedback and questions from players and teammates in a positive and helpful manner

b) Are responsible for

- Sharing league rules and expectations of code of conduct, rules, and upcoming events and information
- Managing, submitting team registration and payment fees
- Organizing team play, filling out rosters, scoresheets and submitting such in a timely manner to Convenor
- Promoting healthy self-esteem in all players

Note: The Coach will respond to inappropriate teammate behaviour in consultation with other coaches or designated Convenor/ personnel

PLAYERS:

a) Have the right to

- Enjoy 3 pitch ball and have fun on the diamonds
- Participate regardless of skill level

b) Are responsible for

- Listening and responding to all coaching direction with respect and cooperation
- Practicing good sportsmanship and treat all players with respect
- Caring for teammate's and Regional equipment and City of Kitchener park areas, abiding by all bylaws

In the event of Consultation regarding inappropriate behaviour

CONVENOR :

- a) Will email both captains to get an account of what the inappropriate behaviour was
- b) If deemed appropriate will issue a strike or warning against the player displaying the inappropriate behaviour
- c) If behaviour continues will have a meeting with the player in questions, all captains involved to determine appropriate discipline
- d) If convenor's team is involved, convenor will pick another captain to take on the role of the convenor in the above actions.

When the above is signed players agree to both the informed consent and the player conduct

Code of Conduct will be enforced in the below way:

1. If an incident happens during a game both captains and the player/players in question will have a discussion on the side lines about the behavior and decide if it warrants a warning or 'strike'. If the captains both agree that it warrants a warning then they will note this on their scoresheets to alert the Convener. If one captain thinks it warrants a warning and the other doesn't then that captain will still note it on the Scoresheets.
2. Once the Convener receives the scoresheets with the warning noted on it, the convener will email both captains to get an account of the incident. If both Captains have come to an agreement then a warning or 'strike' will be issued to that player. If the captains have not come to an agreement the convener will read the incident reports from the captains and decide if that player gets a warning or strike. Once the decision is made both captains involved will be notified.
 - a. If one of the teams in question is the conveners' team then the convener will draw another captain's name out of a hat at random to act in the convener's role for issuing warnings or strikes.

3. A player will get 1 warning or strike. Once a second one is received then a meeting between the convener, all captains in question (between both incidents), and the player will have a meeting, in person, or on the phone or a combination of both, to determine the consequence of the actions. This could include: 1 game suspension, multiple game suspension, sustention from the tournament, or suspension from the league.

EQUIPMENT

The use of personal equipment will be permitted in this league, provided it adheres to league specifications. All equipment is to be in good repair and in an un-altered state to ensure league players remain safe at all times.

Baseballs

This league uses Worth Super Grey Dots, Model Number: SX40RSS

Baseball Bats

This league uses only softball bats; and softball bats that do not fall on lists of “non-approved” bats by the Amateur Softball Association of America.

ASA website: <http://www.asasoftball.com/>

ASA Non-Approved bats list: http://www.asasoftball.com/about/certified_equipment.asp

Bats not manufactured for the game of softball are also not permitted. (i.e. hardball bats)

Cleats

Use of metal spikes is not permitted, rubber cleats are permitted however. Rubber cleats are not mandatory in this league, however are recommended.

Jewelry

It is at the players' discretion if they choose to wear jewelry or not. Players may still cover piercings with a band-aid.

Bases and Other Equipment

Designated teams will pick up and return equipment as assigned to the appropriate location. Please be certain to read the tags on the equipment. Ensure the equipment is returned by the next morning as other teams may have rain-out game scheduled that you may be unaware of.

Captains who cancel a game due to forfeit or rainout must arrange proper transfer of equipment as designated on the schedule and should notify Captains of teams playing the late game.

Teams playing a 7:30 p.m. game may not be aware of a cancelled 6 p.m. game and will assume the equipment has already been delivered.

Teams will inform the League Convenor of any damaged, missing or depleted supplies or equipment. Remember, if you lose it, you replace it!

Equipment Storage Locations

- All bags rotate throughout the season
- At end of season bags are stored at the conveners house OR another agreed upon location.

First Aid Supplies

If first aid supplies are used, note them on your score sheet and they will be replenished as quickly as possible. Captains are encouraged to bring an ice pack to each game for use by their team members in the event that one is required.

BYLAWS

Ensure team members are informed of the Tobacco Control Act and the Region Smoking Bylaw.

- In compliance with the Tobacco Control Act, there is **absolutely no smoking on school property**. The minimum fine is \$120.00 per individual.
- In compliance with Waterloo Region Smoking Bylaw 96-055 as amended there is absolutely **No smoking on park bleachers**. Minimum fine is \$255.00 per individual.
- There is no smoking allowed while playing on the field or up to bat at any diamond location.
- **Consumption of alcoholic beverages is prohibited** in all parks and school properties. Failure to comply with the law can result in the league losing its field privileges.

CAPTAIN'S MEETINGS

The goal is for each team to be represented, either by a team captain or selected representative at each meeting— Captains Meetings or otherwise.

REGULAR SEASON RULES

Game Time Limit

Games will be played to a maximum of 75 minutes (1 h & 15 min) or 7 innings, whichever is shorter. Home team will be decided by the toss of a coin. Note that game length is reduced in late season due to decreasing daylight, to a maximum of 1 hour or 6 innings, whichever is shorter.

Open Inning

The seventh inning is the designated open inning; no restriction on the number of runs. In late season, when daylight is shorter, play will be limited to 1 hour OR six innings; to be decided and the beginning of the 5th inning. If for some reason a full game cannot be played within the allotted time frame, Captains must mutually agree to the appropriate call for which inning will be the open inning.

Captains also mutually agree upon situations that call for substitute runners and any other changes and exceptions that must be made throughout game play.

Three-Pitch Convention

In this league, the batting team provides a pitcher who pitches to their own team. The pitcher is not a defensive player. The pitcher throws 3 balls, and each ball pitched is an automatic strike. A batter is out after all 3 balls are pitched, regardless of foul balls.

Pitcher's Circle

The pitcher will pitch from within the designated pitching area at all times.

Home Runs

There will be no more than three “out-of-the-park” home runs per team, per game. After this limit, any additional “out-of-the-park” home run will be an automatic double. “In-the-park” home runs per team, per game are unlimited.

Infield Fly Rule

This league does not use the infield fly rule.

Bases

Bases are 65 feet apart. The distance from home plate to second base is approximately 92 ft. A rope bearing markings will be provided for measuring base distances and for measuring the minimum distance line (discussed below). Base distances will be measured from the back point of home plate to the front of the base.

The recommended method for setting up the bases is as follows:

- Measure from home plate to first base; to second base, and; to third base.
- Check the distance from second base to either first base or third base to ensure that the bases are square to each other.

Dead Zone

An arc depicting a Dead Zone or Safety Zone will be drawn halfway between the centre of the pitcher's circle and home plate, or approximately 22 feet.

- The ball is NOT Playable inside the Dead Zone due to safety for both offensive and defensive players
- A hit ball that does not pass beyond the arc of the Dead Zone, whether in the air or on the ground, will be considered out of play and the batter will be assessed a strike.
- If by backspin, the ball rolls into the arc of the Dead Zone, the ball will be a dead ball and the batter assessed a strike.
- Should the ball be kicked in/pushed in to the arc of the Dead Zone by a fielding player, the ball will be considered a fair ball.
- If an opposing player touches a moving ball within the arc of the Dead Zone (i.e. as in a hit ball) the Batter will be automatically awarded First Base. If the player catches the ball in the runner is out. If the ball is fumbled the runner will get first base
- The Defensive player should not be throwing the ball to first and risking hitting the base runner in the back of the head.

Umpires and Player Responsibilities

During the regular season, the batting team will supply 3 umpires. The umpires will be positioned at first base, at third base and at home plate—either behind the catcher OR behind the backstop fence at home plate.

The umpires at First Base and Third Base will call a runner safe or out at their respective base as well as at Second Base.

The umpire at home plate will call fair or foul balls as well as a base runner safe or out at home plate. Home plate umpire also holds the deciding call in the event that the First Base Umpire and Third Base Umpire are in opposition on a call.

Umpire's decisions are final and any unsportsmanlike-like conduct towards an umpire will be reported to the League Convenor.

Batting Order

All players will bat in a predetermined order. The batting order will rotate male/female in every inning. The batting order will be set prior to the start of the game. If a player arrives late, the player will be added to the bottom of the order.

Mercy Rule

No team will score more than 5 runs per inning. The only exception is the designated “Open Inning”.

Tie Games

In the event a game is tied at the end of the prescribed time limit or number of innings, whichever is shorter, the tie will not be broken and the score will remain tied. Each team will earn one point towards their regular season standings point total.

Scoring System

Win = 2 points

Tie = 1 point

Loss = 0 points

End of Season Standings

In the event of a tie during the regular season. The rankings will be determined by:

1. Points
2. The team that has the most wins throughout the season.
3. Teams will play an extra game to determine the winner (This will only happen IF there is a tie for first place; this game will be played during one of the booked rain out dates OR on the first day of tournament depending on if there were rain outs during the regular season)
 - a. If any other ranks are tied the tie breaker will be determined by a coin toss, done by the convener

Rain-Outs

It is the responsibility of the captains to reschedule rained-out games. In the event that a game already underway becomes unplayable due to weather with less than 4 innings complete, it will be considered a rained-out game and the captains must inform the convener to reschedule.

If at 4:30 (the end of most peoples working days) the City has not closed the diamonds (check at: http://app.kitchener.ca/sportsfields/es_spfields.aspx) then teams are to show up at the diamonds and call the game at the diamonds if necessary or play. If the 6pm games are cancelled the 6pm home captain needs to call the 7:30 pm (7:15pm) home captain to let them know same with the 6pm Away Captain needs to call the 7:30 pm (7:15pm) away captain

- In the case of calling a rain out If both teams are there and have the numbers to play, and both teams decide it is not safe to play a rain out can be called. In this case the game will be re book in one of the rain out dates. Please let Shalon know via email the next day to reschedule
- If one team wants to call the game and the other doesn't or if one team doesn't have the numbers to play and the other does then the team who doesn't want to play (or doesn't have the numbers) forfeits. The other team will be awarded the 'win' and the game will not be rescheduled.

To reschedule rain-outs, please contact the League Convenor. Rain-out games are scheduled on a first come, first served basis depending on field availability.

Score Sheets

Team captains will personally submit, fax or inter-office mail fully completed score sheets to the League Convenor.

For all finalized score sheets, please include the following information:

- Team name (indicating Home or Visiting Team)
- Final score for each team
- Date and time the game was played

In the event that players on the same team share the same given name, please include player surnames.

When submitting score sheets for a rescheduled or rained-out game, please also indicate the date the original game was to have taken place.

Outfield Positions

Outfield players, including rovers, are not permitted to throw the ball to the pitcher to stop play.

Only infielders (1B, 2B, 3B, SS, C) can throw the ball to the pitcher to stop play, and that is only after a break in game action as pitchers are not defensive players in this league. Pitchers are not permitted to play live balls and no penalties to the fielding team will be incurred where the pitcher comes into contact with the ball and misplays it.

For safety reasons, outfield players, including rovers, are not permitted to throw the ball to First Base to retire a batter running to First Base after contacting the ball. Should an outfielder or rover throw the ball to First Base in this situation, the runner will be automatically be awarded First Base. To retire a runner at First Base in this situation, only infield positions may throw directly to first; outfielders must use an infielder as a cut-off in relay to first.

Outfielders, including rovers are only permitted to throw the ball to First Base to retire a runner in a situation where, on the same play, the batter has already achieved first base and is attempting Second Base but is unsuccessful and attempts a return to First Base OR where on a separate play, the runner at First Base leaves the bag to attempt further bases but is unsuccessful and attempts to return to First Base.

There are no other throwing restrictions for outfield positions, including rovers.

Infield Positions

Only infielders (1B, 2B, 3B, SS, C) can throw the ball to the pitcher to stop play, and that is only after a break in game action as pitchers are not defensive players in this league. Pitchers are not permitted to play live balls and no penalties to the fielding team will be incurred where the pitcher comes into contact with the ball and misplays it.

All infielders must position their feet behind the front of the bases before a pitch can be thrown. No “creeping in” or standing beside pitchers will be permitted. If a fielding player is standing too close to the batter, beyond the designated allowance, the batter will be automatically awarded first base; similar to an Intentional Walk. This rule is present to help runners reach base and to promote infield safety.

There are no throwing restrictions for infield positions.

Pitchers

The Pitcher is not a defensive player in this league and is only responsible for pitching to their respective team members.

A hit ball that comes into contact with the pitcher in any way is a dead ball-- runners cannot advance and the batter is out.

Pitchers, for self-defense, are allowed to catch a ball hit directly at them, however the ball will be a dead ball— runners cannot advance and the batter is out.

Pitchers cannot field balls that are in play, nor are they obligated to play live balls thrown to them by the defending team. It is the responsibility of the defending/fielding team to acquire outs. Play is automatically dead where a pitcher intentionally fields the ball in this situation.

Substitutions

Free substitution is allowed during a game on the field, however these substitutions must take place at the beginning of an inning. Substitution during an inning is prohibited unless in the case of injury.

Substitution of Pitchers any time during the inning where the lineup card/score sheet dictates a pitching change is necessary will be permitted. Excessive substitutions of pitchers, barring injury, is not allowed.

Foul Balls

All foul tips are in play, and if caught, the batter retired.

Home plate umpires deem whether a pop fly that appears to be foul is in the playable area or whether it is out of bounds. Where there is no outfield fence along the baselines, umpires will use the backstop fence as a guideline.

A foul tip hitting the backstop will be considered out of bounds and the batter assessed a strike.

Batters and Base Runners

Batter's Box

The batter's box measures 3 ft x 7 ft on each side of home plate. The inside lines of the batter's box shall be 6 inches from the home plate. The front line of the batter's box shall be 4 ft in front of a line drawn throughout the centre of the home plate.

Bunting

Batters are not allowed to bunt the ball and will be automatically called out if a bunt play is used. A bunt play is where the batter loosely holds the bat in front of the plate and intentionally taps the ball into play. (Wikipedia, April 2009)

Courtesy Runners

If a player is unable to run, courtesy runners are permitted. The batter will decide if the runner will start from the home plate backstop or replace the batter once they have reached first base. A female batter will have a female courtesy runner; a male batter a male courtesy runner. In either case the courtesy runner will be the last player that was called out.

Sliding

Base runners are not allowed to slide into First Base or into Home Plate. Base runners will be automatically called out if they attempt to slide into First Base or Home Plate.

Leading-off

Base runners cannot lead-off. Any base runner removing their foot from the bag before the batter makes contact with the ball will automatically be called out.

Stealing Bases

Base runners are not allowed to steal bases. Base runners attempting to steal a base will automatically be called out.

Hesitation Steps

Base runners are not allowed hesitation steps and any base runners using this technique will be automatically called out. Hesitation steps are when a runner advances towards the next base by taking a step or lunging before the batter makes contact with the ball.

Overthrows

An overthrown ball that remains in the playing area is still in play and runners may advance as far as they choose, however, they assume the risk of being tagged out. If an overthrown ball exits the playing area, the runner will be allowed to advance one extra base.

If the umpire rules that the runner was already on the way to that base, the runner will be awarded an additional base on top of the base they were approaching. The playing area is considered to be an extension of the backstop down each side of the playing field.

Safety Base

The 50-50 white-orange bag used at First Base is a safety base. The orange half represents the “safe” portion for the runner and the white portion represents the “out” portion for the defending First Baseman.

Base runners intending to attain only First Base must come into contact with only the orange part of the safety base. Base runners are also permitted to run past the safety base provided they run in a straight line along the First Base Line or veer off to the right of the First Base Line. Note: base runners that turn to the left of the First Base line or veer towards the playing field/Second Base after reaching the safety base show intent to acquire Second Base and can be tagged out by the defending team.

Base runners intending to round First Base and continue to Second Base are allowed to come into contact with the white part of the safety base. A base runner intending to gain only first base that comes into contact with the white portion of the safety base after initial contact with the ball (having just batted) will be called out.

Defending First Baseman intending to retire a runner at First Base must only come into contact with the white portion of the safety base, at all times. Should a First Baseman come into contact with the orange portion of the safety base on a play at First Base, the base runner will be automatically awarded First Base.

Tagging-up

Base runners are allowed to tag-up. In the event of a fly ball, a base runner must tag up before continuing to the next base.

Runner's Commitment Line

A line will be drawn perpendicular to the third base line approximately half the distance between Third Base and Home Plate. Once a runner has passed this line, the runner is committed to continue to home plate. A runner not crossing the commitment line must still be tagged out.

Home Plate Line

A line will be extended from the first base line past the opposite side of home plate. Runners passing this line score a run for their team. A runner intending to score must pass this line and not touch Home Plate; doing so will constitute an out and the run will not count.

No penalty will be assessed to a batter (especially a right-handed batter) coming into contact with home plate while crossing it in an attempt to reach First Base safely.

Force Plays at Home Plate

All plays at home plate will be force plays once a base runner (coming from Third Base) has crossed the runner's commitment line. A Catcher must only catch the ball and touch home plate.

A Catcher and base runner will never come into contact; the base runner need only cross the Home Plate line. A base runner coming into contact with Home Plate or the Catcher at Home Plate is automatically out and the run will not count; Catchers must not impede base runners in any way.

TOURNAMENT RULES

Tournament rules are the same as Regular Season Rules except in the situation of Borrowing Players and Tie Games as outlined below.

The Regular Season scoring (standings) system – i.e. Win = 2 points, Tie = 1 point and Loss = 0 points – does not apply as double elimination is in place. (Note if both teams go into the final tournament game each with no losses the winner of that game will be the tournament winner, and double elimination will be void)

Tournament Eligibility

To be eligible for tournament play, a player must have played 5 games. Captains and the League Convener will keep a record to ensure each player meets tournament eligibility requirements. The Convener will bring a list of eligible players for each team to the tournament.

If a team does not have enough players (on their roster) able to play in the tournament then the league convener will take all the names of players from other teams who would be available to help out and put them in a hat and draw out the numbers of players needed to play and this is who will sub in for the team. This will be done for each game in the tournament.

Borrowing of Players

The minimum number of players is eight, three of which must be female. If a team does not have the minimum number of players to play a tournament game they are able to borrow in the format below.

All available potential replacement players, that are mutually acceptable to both team captains, names will be put into a hat and 1 drawn out. This will be there person who will play for the Team short.

Double Elimination (only when tournament is NOT in round robin style)

Lose two games and you are out of the tournament. No consolation division just first, second and third place.

The League Championship trophy is awarded to the first place winner of Division 1 and a consolation trophy awarded to the winner of Division 2.

Tie Games

When the tournament is in round robin style tie games will be permitted. Standings will be determined based on a points system like the regular season 2 points for a win, 1 point for a tie, and 0 for a loss. If there is a tie in the final points total the tie will be broken by using the Tournament Standings Tie Games section of this rule book.

When the tournament is in double knockout style tie games are not permitted. A winner must be decided.

In the event of a tie and there is at least 20 minutes left on the game clock, the umpire will decide if any extra innings may be played to attempt to break the tie. If the tie is still not broken, the win is awarded to the team who last held the lead.

In the event of a tie and there is not at least 20 minutes left on the game clock, the umpire will decide to use a method mutually agreed upon by both team Captains in an attempt to break the tie. If the tie is still not broken, the win is awarded to the team who last held the lead.

Tournament Standings Tie Games (Round Robin)

If teams are tied after the round robin tournament standings, the following protocol (in this order) will determine which team is ranked above another:

1. Points from round robin
2. Team with most wins in the round robin
3. Team with the most points from the regular season
4. Team with the most wins in the regular season
5. Coin Toss

Tournament Standings Tie Games (Semi Round Robin)

If teams are tied after the semi round robin tournament standings, the following protocol (in this order) will determine which team is ranked above another:

1. Points from semi round robin
2. Points from round robin
3. Team with most wins in the round robin
4. Team with the most Points from the regular season
5. Team with the most wins in the regular season
6. Coin Toss

Tournament Standings Tie Games (if double knockout style)

If teams are tied during tournament play, the following protocol (in this order) will determine which team moves on:

1. Fewest tournament runs against total for both teams
2. Highest tournament run differential (runs for vs. runs against)
3. Result of any previous tournament games between tied teams
4. Team that scored the first run in the current game
5. Team with the higher regular season standings points total
6. Flip of a coin