

Alberta 55 plus Slo-Pitch Rules

General Information

The rules listed in this section shall be the official rules for any **Alberta 55 plus** event. All Alberta 55 plus Rules are located on our web site at: www.alberta55plus.ca. If there is a discrepancy between any printed rules, the version available on our web site shall prevail.

Entry Procedures: Check with your Zone Activity Director for playoff information and date. Contact information is listed on our website at www.alberta55plus.ca

Game Courtesies

Rules are made to be followed by all players to make games happen. But often there are unwritten “rules” or courtesies which will make the game much better with fewer problems for all. Whether the game is a friendly recreational event among friends or part of an important tournament, participants should practice good sportsmanship and respect for their competitors.

Rules for many of the activities that 55 plus play are contained in rules books written by provincial, national or international governing bodies. These rules are often referred to but any adaptations to these rules will be listed within each rule.

Age Groups / Events

All participants must fall within the age group indicated by December 31 of the Event year. All participants in Zone Playoffs must be Active Members.

Age	Events	Tournament Type	Participants Advancing to Provincial Games
55+	Women	Teams are allowed to field 11 players. The number of teams will determine the tournament format. Please note: the smaller ball will be used.	14
55+	Open	Teams can field 10 players. There will be 2 divisions of 4 teams with medals awarded in each division. Following round robin play, the 4 th team will be eliminated; 1 st place team receives bye; 2 nd and 3 rd place teams will play off with the loser receiving the bronze medal and the winner playing the 1 st place team for gold and silver medals.	14
60+	Open	Teams can field 10 players. There will be 2 divisions of 4 teams with medals awarded in each division. Following round robin play, the 4 th place team will be eliminated; 1 st place team will receive a bye; 2 nd and 3 rd place teams will play off with the loser receiving bronze and the winner playing the 1 st place team for gold and silver medals.	14
65+	Open	Teams can field 11 players. There will be 2 divisions of 4 teams with medals awarded in each division. Following round robin play, the 4 th place team will be eliminated; 1 st place team will receive a bye; 2 nd and 3 rd place teams will play off with the loser receiving bronze and the winner playing the 1 st place team for gold and silver medals.	14
70+	Open	Teams are allowed to field 11 players. The number of teams will determine the tournament format.	14
75+	Open	Teams are allowed to field 11 players. The number of teams will determine the tournament format.	14
TOTAL NUMBER OF PARTICIPANTS PER ZONE = 84			84

Alberta 55 plus Slo-Pitch Rules

Slo-Pitch National (SPN) Rules as modified by Alberta 55 plus will govern play.

Rules

1. Each Zone team will submit a team roster of 14 players plus two alternates. The alternates may be used to substitute if a player is unable to attend the Games. All substitutions must be made no later than the day before the Games registration date. A player cannot register on more than one roster.
2. If a team has a non-playing coach, this person must be included in the 14-person team roster.
3. If all the players on the team are in the batting line-up and one is injured, unable to play, no automatic out will be assessed.
4. All players MUST have a number on their uniform. Three line-up cards will be used for each game. One copy of the line-up is for the Official Scorekeeper or Umpire, one copy for the opposing team and one copy for the home team.
5. All team scorekeepers, other than the Official Scorekeepers, must carry a current year membership (waiver signed) to be on the players' bench.
6. Because of the potential for serious injuries, pitchers are strongly advised to wear face masks and/or head protection gear.
7. All competitors on a Zone team must have their permanent residence in that Zone.
8. Extra players (EP) may be used in each game and must be put on the line-up card for each game.
9. Substitute players may be inserted without having first played in the field.
10. A player in the starting line-up can be removed and may re-enter the game for the player that replaced him/her, once during the game, in the same spot in the batting line-up.
11. A) Unlimited courtesy runners are allowed, but a player can only be used once as a courtesy runner in an inning. The courtesy runner must be inserted at the first stoppage of play and at the base the batter attained during the play. If a courtesy runner, that is an EP, is used as a runner, that means he is now in the line-up and the player he is running for is now out of the line up but may re-enter the game under the re-entry rule. Courtesy runners shall not be replaced by another courtesy runner in the same inning.

B) If a courtesy runner is a runner from home, he/she must start 6 feet behind a line that extends from the 3rd base line and may run only as far as first base on the first hit. The courtesy runner cannot advance beyond first base on an overthrow. If the courtesy runner attempts to run to 2nd or 3rd base and subsequently causes confusion on the defensive team, interference is to be called on the courtesy runner.

C) Courtesy runners (55+ Women, 55+, 60+ and 65+ Divisions) may run from home if both coaches agree, prior to the start of the game.

Alberta 55 plus Slo-Pitch Rules

D) In the 70+ and 75+ Divisions, a courtesy runner from home plate may be used at the coach's discretion. Consent of the opposing coach is not required.

12. It is recommended that the outfield fence, measured from the home plate to the outfield fence, be a distance of minimum two hundred fifty feet (250').
13. Home plate, also known as strike plate, is to be a mat or wooden board 2 feet wide by 3 feet long. The front of the rectangular mat or board will be placed to cover the original home plate and the back of the mat or board will extend outside of the diamond foul lines directly between the batter's boxes.
14. A legally delivered ball striking any part of the strike mat or board before it touches the ground is a strike regardless of the direction the ball deflects.
15. To be called a strike, the minimum height of a pitched ball shall be 6 feet and the maximum height shall be 12 feet and it must make contact with the strike board. A ball hitting the mat or board after being struck by the batter is considered to be a fair ball if it goes fair and/or comes to rest on the mat or board.
16. The bases are to be 65 feet apart.
17. The pitching distance may be from 50 – 65 feet from the back of the original home plate within the 24-inch pitching plate width.
18. A safe line at home plate is a 10-foot line extending in foul territory from the front corner of the strike mat perpendicular to the 3rd base line. A runner, to be safe, must have his foot on the ground on the safe line or on the ground over the safe line before the ball is caught. If the runner touches the strike mat or board, he/she is an automatic out.
19. The commitment line is 45 feet from 3rd base (20 feet from home plate).
20. There is to be no tag by the catcher between the commitment line and the safe line.
21. No metal cleats will be allowed. Offending players will be ejected.
22. A safe base at first is mandatory. A runner must touch the outside of the safe base (orange) at first base, unless there is no play at first base. If there is no play at first, the first baseman is to give the runner the inner part of the safe base (white) regardless of whether the runner is proceeding to second base.
23. A runner may step off any base after the pitched ball has struck the ground or passed through the plane of the strike board without being called out.
24. Sliding is allowed on second and third base only.
25. Bunting is not allowed.
26. The five-run rule per inning is in effect, except for the last or extra innings, which are open innings.

Alberta 55 plus Slo-Pitch Rules

27. Games shall consist of 7 innings. If the home team is ahead after 6 ½ innings, they do not bat, and the game is over.
28. Fifth inning mercy rule, once the visiting team falls behind by 12 runs the game is over.
29. All games shall continue until a winner is determined. The international Tie-breaker rule shall come into play after 7 innings. Start the 8th inning with 1 out. Last official batter goes to 2nd base.
30. If there is a 2-way tie after the round robin, go to “who beat who”. If there is a 3-way tie after the round robin, go to the formula of “runs for minus runs against” in the games between the 3 tied teams.
31. The Host Community will provide carded umpires and restricted flight balls (Worth Gold Dot .44 core or equivalent). Note: 55+ Women will play with the smaller ball.
32. To ensure the safety of all players, certain bats will not be allowed (see current year banned bat list www.asasoftball.com). ASA non-approved bat list to be followed.

Before the start of a game and when the umpire is checking bats of the teams about to play, if a bat is found to be illegal as in not meeting the standards of the definition of a legal bat, (dents, flat spots, rips, too big, too long, baseball bat, unsafe grips, non-approved) then the bat is to be removed from the game and not allowed for play.

If a batter is found to be using an illegal bat (see above) during live play, then the batter is out and ejected for the rest of that game. If a legal bat becomes illegal after a batter has just used it, as in it becomes dented or rips or breaks on the swing, then the batter is not out, the play stands and the now illegal bat is removed from the game.

If a batter is found to be using a non-approved bat, one that is on the non-approved list, then that batter is out and ejected and the manager/coach is ejected as well. The player could face further sanctions including suspension from play. The player who used the non-approved bat is the ejected player, not the owner of the bat. It is the responsibility of both players and coaches to know what bats are being used for play.

If a batter is found to be using an altered bat, one that has been altered in a way that increases distance on a hit ball, affects how the ball travels after being struck or has modifications made to the bat that somehow changes the structure of the bat, that batter is out and ejected and the manager/coach is ejected as well. The bat will be confiscated and tested. If the bat proves to have been altered, the player will be suspended from play for a period not less than three years.

33. Any protests must be made in writing within ½ hour of the completion of the game and submitted to the Alberta 55 plus Summer Games Slo-pitch chairperson. Umpire calls may not be protested. Any physical altercations may be dealt with by the Alberta 55 plus Discipline Committee.