



## MIDDLE TENNESSEE STATE UNIVERSITY Campus Recreation Intramural Sports

### INDOOR BASEBALL RULES HANDOUT

#### ELIGIBILITY RULES

1. You must have a MTSU ID to participate. NO ID, NO PLAY...NO EXCEPTIONS!
2. No Person shall play on more than one single sex and co-rec team per sport. If caught doing so by supervisor or official, Player shall be suspended for remainder of season and that game shall be forfeited. Opposing team does not have to protest if caught by supervisor or official.
3. No person shall use false identification in order to participate. If caught, person will be suspended from Intramural Sports and possibly Campus Recreation activities for a period of time determined by the Associate Director of Intramurals, Sport Clubs, and Wellness.

#### THE GAME:

1. **The Field:** The playing field consists of 50ft. base paths and a 42ft. distance from the pitching rubber to home plate.
2. **Team:** Teams will consist of 5 players, but a team may begin with as few as 4 players. One (1) extra hitter is allowed in single sex leagues, two in co-rec leagues.
3. **Game:** The game shall consist of five (5) innings or 50 minutes, whichever occurs first. No new inning will be allowed to start after the 45<sup>th</sup> minute of play.
4. **Time-outs:** There will be no time-outs in Indoor Baseball
5. **Substitutions:** Substitutions may occur either while batting or in the field. Substitutes must assume the batting position of the player he/she was substituted for. Starters may re-enter the game in their original batting position, in which case the sub is ineligible to return to play.
6. **Equipment:** Shirts and shoes must be worn at all times. No metal cleats or spikes will be allowed. All other uniform requirements are waived, unless noted by the Director.
7. **Mercy Rules:** (Games will be called when the following situations occur)  
A 14 run lead after 2 innings, a 10 run lead after 3 innings, or a 20 run lead at any point in the game.



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### PLAYING REGULATIONS:

#### ➤ **Batting Rules:**

- Bats will be provided by the Intramural Sports department. Other bats may be allowed at the discretion of the Intramural Sports staff.
- Any batter who steps out of the batter's box or on home plate and makes contact with a ball will be called out. These are dead ball outs with no base advancement.
- Batters slinging the bat following a previous warning for the same action will be called out and ejected from the game.
- A ball that crosses the "gold line" and remains in the field of play is "LIVE" regardless of what it hits (i.e. rafters, walls, netting, etc)
- A ball that makes contact with any part of the arena (i.e. rafters, walls, netting, etc) will be a "Foul" ball.
- A batted ball that hits the plate will be a "Foul" ball.
- Any ball that is batted over the top of the arena netting will be called a "Dead" ball.
- Any batted ball which becomes lodged in the ceiling of the arena will be a "Dead" ball.
- Any ball that is a line drive and goes through the netting just over the arena wall will be a "Ground Rule Single."
- Bunting **IS** allowed at any time during an Indoor Baseball game
- There will be no infield fly rule at any time during an Indoor Baseball game

#### ➤ **Pitching Rules:**

- Pitcher's must begin their motion with 1 foot on the rubber.
- Pitch must be thrown straight in a level motion. No soft toss.
- Stretch or windup is fine on any pitch without restrictions.
- Once the motion is started the pitcher must deliver the pitch or a balk will be called and all runners will advance one (1) base.
- There will be no pickoff attempts.
- Batters who are hit intentionally by the opposing team will get two (2) bases upon walking. Base runners will advance in these situations if necessary.

#### ➤ **Baserunning Rules:**

- There will be **NO STEALING OR LEADING OFF**
- A runner receiving aid in making his turns, recovering from a fall, etc. from a base coach or teammate will be declared out.
- Base runners must maintain contact with their base and may leave it **ONLY** when the ball is batted.
- Runners over-running bases will be subject to being tagged out, only 1<sup>st</sup> base can be over-run without penalty.

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### GROUND RULES:

- **Home Runs:** Any batted ball which reaches the netting above the panels past plexi-glass portion of the indoor arena.
- **Ground Rule Doubles:** Any ball which reaches the outfield goal or becomes unreachable from the fielding during a play in which the ball has been batted
- **Ball in Play:** Any ball inside the arena walls is considered in play.
- **Recording Outs:** There will be **NO THROWING THE BALL AT RUNNERS** to record an out. Players may be called out in the following situations:
  - If a fielder catches a ball that is in flight, whether fair or foul
  - If a fielder catches a batted or thrown ball and tags a base to put out a batter or runner
  - If a fielder catches a thrown ball and tags a base to record an out on an appeal play
  - If a fielder tags a runner when the runner is off the base to which the runner is entitled
  - A batter may be called out after three (3) strikes
  - A batter may be called out for an illegally batted ball
  - A batter may be called out for bunting foul for his third strike
  - If a batter fouls a ball into the net on a third strike the batter will be called out
  - A batter may be called out for being touched by his own batted ball
  - A batter may be called out for interfering with the catcher
  - A batter may be called out for failing to bat in his proper turn
  - A runner may be called out for being touched by a fair ball
  - A runner may be called out for running out of line to avoid being tagged
  - A runner may be called out for passing another runner
  - A runner may be called out for having interfered with a fielder
- **Sliding:** Baserunners must slide if a play will be made at home plate. Running over the catcher will not be allowed. If this occurs, the runner will be called out and ejected from the game.
- **Overthrows:** An overthrown ball that remains inside the arena walls is live and runners may advance at their own risk. Balls that are overthrown over the fence or out of play are considered dead balls and baserunners will be awarded 1 additional base. This includes overthrown balls which enter the soccer goals behind home plate and in center field.
- **Runs per Inning:** The maximum number of runs a team may score in an inning will be 7, except during the final inning of play.

# INDOOR BASEBALL RULES HANDOUT

## GROUND RULES:

- **Pitching:** Pitchers will be limited to no more than 65 pitches per game. In the event that 65 pitches is reached during an at bat, pitchers will be allowed to finish facing the batter before a substitution must occur.
  - **Substitutions may not occur during an at bat. Pitchers who have been removed from pitching may re-enter the game once, but no more and only if their pitch counts is below 65.**
  - **The maximum number of pitchers that may be used by one team in a game is two (2). Exceptions to this rule will only be made in cases of injury or other unforeseen circumstances.**
  
- **Positions:** Teams must have players in the following positions in order to start a game:
  - **Pitcher = 1**
  - **Catcher = 1**
  - **Outfielder = 2**

**\*These are the minimum numbers necessary to start a game. Up to 3 players may play in the Outfield area at the same time.**

## THE CO-REC GAME:

- The game is played between two teams of 6 players each, 8 with extra hitters. Teams must begin and end each match with a minimum of 4 players.
  
- Co-Rec matches may be played with an uneven male/female or female/male ratio according to the following premise:
  - Minus 1:** 4/3 male/female and vice versa;
  - Minus 2:** 4/2 or 5/3 male to female and vice versa (This may occur at the consent of both teams or at the discretion of the Intramural Sports Staff.)
  
- Teams may not bat two consecutive male batters, any time circumstances force 2 male batters to hit back to back, an out will be enforced between the 2 batters.
  
- Teams are allowed 2 extra hitters, 1 male and 1 female.
  
- Co-Rec games will be “Coach Pitch” and teams will be allowed to use their own players to pitch to each batter on their team.
  
- In a Co-Rec game the maximum number of runs a team may score in an inning will be 8, except during the final inning of play.

**Indoor Baseball.....7/21/09**

