

# 2026 Baseball rules

(updated May 2026)

1. Players will conduct themselves in a civil manner and in the spirit of good sportsmanship. There is a zero tolerance policy towards violence and verbal abuse.
2. All male players must be 55 years of age or older. Female players must be 50 years of age or older...Players can turn that age during the calendar year.
3. There must be at least three (3) female players on the field at all times. At least one (1) female must be playing in the infield, excluding the pitcher and catcher. If only 2 females are available, the team will field eleven (11) players. If only 1 female, then you field ten (10) players. No females, you field nine (9) players. The requirement of having one (1) female in the infield still applies. If no females are available the one (1) infield position must be vacant.
4. The top 4 batters must consist of two (2) males and two (2) females in any order. The remainder of the batting order has no restrictions.
5. Defensively, a team can only have twelve (12) players on the field. The nine (9) standard players and three (3) rovers. All players will be in the batting order. If a team is short of their required three (3) females, then an out will be recorded each time that batting spot comes up.
6. If any batter gets four (4) straight balls and no strikes, the next person to bat has the option of taking a walk. We do encourage though that they take their turn to bat.
7. Any batter that requires a runner from the plate will be announced at the beginning of the game when teams exchange their line-ups. This may be updated if an injury occurs during the game. The runner from the plate will be of the same sex as the batter and will be the person that was 'last out' recorded. In the case of no 'last out' then the person (same sex) furthest away in the batting order from the batter will pinch run.
8. **1<sup>st</sup> base will have a safety base (orange). If the 1<sup>st</sup> baseman touches the orange bag while making a play, the runner is safe. At 2<sup>nd</sup> and 3<sup>rd</sup> base, a runner will be allowed to run straight thru the base (no need to stop suddenly to stay on the base). Runners may also run past the base without 'touching' the base if you are avoiding a collision. If a runner runs past the base without touching the base, they cannot advance to the next base without first returning to touch the base that they ran past. In the case that a runner advances to the next base without touching the previous base, once play is finished runners will be sent back to that base. No out is recorded.**
9. **There are 'NO LEADOFFS'!! No anticipation step!! A team will get 1 (and only 1) warning of a leadoff per game.** Any further leadoffs will result in the runner being called out. The leadoff rule applies to a runner from the plate as well. A pinch runner from the plate will be called out if both feet go past the 'line' when the batter has not made any contact with the ball. **To clarify, if a batter swings and misses...no leadoffs. If the batter makes any contact with the ball (fair or foul), a runner may leave the base.**

- 10. A pinch runner from the plate may now run as far as they can. The old rule of only going to 1<sup>st</sup> base is no longer in affect.**
11. The courtesy runner from home must start from the extended third baseline that goes through home plate to the screen.
12. In the rare case when a courtesy base runner's turn comes up to bat, that courtesy runner may be replaced by another runner (last out).
13. Once a player reaches any base, that player cannot be replaced with a courtesy runner unless injured.
14. If an injured player is unable to continue playing, that players spot in the batting order will be passed over and an automatic out will not be registered. This also applies if a player has to leave early due to prior commitments.
15. If a base runner in the process of running to the next base incurs an injury and (if deemed by the umpire would have been safe), that runner will be awarded the base and replaced by a pinch runner. (last out).
16. Home plate will be a piece of wood measuring 2 feet by 3 feet
- 17.** If a batted ball hits home plate and goes into the playing field, it is a fair ball and in play.
- 18.** If a pitched ball hits the very front of the plate and bounces back towards the pitcher it will be deemed a strike. **( Also be aware of the pitch that 'looks' to hit the very front of the plate but continues towards the catcher, this is a ball as the ball hit the plate on the way up).**
- 19.** If a batters foot touches any part of home plate while making contact with the ball at the same time, the batter is out.
- 20.** Home plate is a force out. Once a runner crosses the commitment line, located 20 feet from home plate, that runner may not return to 3<sup>rd</sup> base.
- 21.** To score a run the base runner must touch or cross the extended line from the 1<sup>st</sup> base line extended through home plate to the screen before the catcher touches home plate in control of the ball. The base runner will be ruled 'out' if they touch home plate. The catcher or any other fielder may not tag the runner once they have gone past the commitment line. If this occurs, the runner will be deemed safe.
- 22.** If a ball goes out of play, then the runner is awarded one (1) extra base. The extra base is awarded from when the throw occurs, not from when the ball goes out of bounds.
- 23.** Obstruction is when a defensive player interferes with a base runner. The base runner will be awarded the base.
- 24.** Interference is when a base runner interferes with a fielder trying to make a play on the ball. The base runner will be called out.
- 25.** Sliding will not be allowed. The base runner will be called out. A runner may over run all bases. If a base runner turns left and 'makes an attempt' to go to the next base, the runner may be tagged out. If the runner turns left and makes no attempt to go to the next base, the runner is fine.
- 26.** A foul ball pop up to the catcher that is caught, is an out. No height restrictions apply.

27. A pitch must be between 6-12 feet high. A pitch outside these limits will be called illegal and deemed a ball, unless the batter swings at it. **Because a low pitch is difficult to call illegal during the actual pitch, it can be called a ball after the fact.**
28. It is encouraged that each team have two (2) players that can umpire and be familiar with the rules. Separate these players in the batting order so that one (1) is always available. The 1<sup>st</sup> base coach can be used as an umpire if both teams agree.
29. Bases will be 50 feet apart. The distance from home plate to 2<sup>nd</sup> base is 70'8". A pitcher must release the ball at a distance of 38' to 50' from home plate. Pitchers must also be in a direct line between home and 2<sup>nd</sup> base, not positioned to the side.
30. Outfield 'rovers' must be situated on or beyond the grass line before the ball is hit. The outfielders must be at least 15' beyond the rovers. On ball diamonds where the grass line is deemed to be too far out, if both teams agree, the rover position can be moved onto the infield dirt.
31. Infielders must not be positioned inside the baseline until the ball is hit. The baseline is defined as the direct line between bases.
32. All rainouts will try and be cancelled by 7:30am. If the teams have another game scheduled later in the season, it will consist of a double header of 5 innings in both games. Each team will be the home team for 1 game.
33. Games will consist of (seven) 7 innings. There is a limit of seven (7) runs per inning except the last inning which will be 'open'. Once five (5) innings or more are completed and a team is winning by ten (10) or more runs, the game may be called if both teams agree.
34. Double headers and tournament games will consist of five (5) innings with the last inning being 'open'.
35. **A player must play 25% of their teams game to be eligible for the tournament. Teams may add players to their team up until the halfway mark of the season. These new players must play 50% of their teams games.**
36. All players on all teams must be registered with a Senior Centre that offers a baseball program. A team using a player not registered will forfeit that game. A second offense could mean your teams expulsion from the league. This will be determined by the remaining teams.
37. **Due to many players not knowing the rule, we do not use the infield fly rule. Any fly ball to the infield is just a regular hit.**
38. Baseball specs are 12" Worth trainer mush balls
39. The commissioners position will be a 3-year term.