

## **ADULT MIXED THREE-PITCH RULES & REGULATIONS:**

**Summer 2025 – Version 1.0**



The Burlington Amateur Sports Leagues Inc. guiding principle is to have fun. This league stresses good sportsmanship, camaraderie and recreation. Players are expected to conduct themselves in a manner conducive with this philosophy and any disputes should be handled amicably at the ball park between the umpires and team captains. Alcohol, other intoxicants and smoking are strictly prohibited at City parks.

This league follows standard Three Pitch Ontario rules with the exceptions applied as listed in this document.

### **RULES & REGULATIONS:**

#### **DIAMOND LAYOUT:**

- The distance between bases shall be 65 feet.
- The pitcher's mound shall be 35 feet from home plate.
- A dead ball line shall be used, drawn as an arc at 20 feet from home plate on the first base line to 20 feet from home plate on the third base line.
- A commitment line shall be used, drawn perpendicular to the 3rd base line to the dug-out fence at 20 feet from home plate.
- A "Safe Line" shall also be used. It is a line parallel to the first base line from the front most edge of home plate to the backstop.
- First base will be equipped with a safety bag. The white portion shall be in fair territory and the orange part in foul territory.
- Bases must be properly secured in position with pegs driven safely into the ground.

#### **EQUIPMENT:**

- Players must wear athletic shoes on the field at all times. Open toe shoes or steel cleats are prohibited.
- Rubber baseball cleats approved for use in softball are permitted.
- Players may not wear jewelry during games. Medic Alert bracelets are accepted. Players will be warned and asked to remove the item.
- All players must use a baseball glove.
- APPROVED BATS: Players may provide their own bats, approved for softball use. B.A.S.L. follows SPO/SPN Approved Bat Standards. For a summary of approved bats, please see Addendum #1 at the end of this document.

### 3-PITCH PLAYING FORMAT, ROSTERS, & BALL PARK RESTRICTIONS:

- NUMBER OF TEAMS: The B.A.S.L. 3-Pitch League consists of eight teams.
- ROSTER SIZE: Team rosters shall consist of a minimum of 16 players.
- AGE RESTRICTION: The B.A.S.L. minimum age restriction is 21 years.
- ROSTER QUALIFICATIONS: All players must be registered B.A.S.L. members.
- START TIMES & GAME TIME LIMITS:
  - Regular season games will start promptly at the scheduled start time.
  - All regular season games will consist of seven innings – Win, Lose or Tie.
  - The bottom of the 7th inning is played only if the visiting team is leading. Play stops at three outs or as soon as the home team scores the winning run.
- INCLEMENT WEATHER & CANCELLATIONS:
  - The umpires will determine if games should stop or be delayed due to inclement and/or unsafe conditions.
  - Rain delayed games may not extend into a following game time slot. In these cases, four complete innings constitutes a full game.
  - Game cancellations due to inclement weather must be decided at the park unless cancellation is called by the league at least 2 hours prior to game time.
  - Team captains are responsible to notify their players of any cancellations or rescheduled games.
  - Rescheduled games must be arranged between the home team captain and the league convener.
  - In the event a game in progress is called due to rain, games are considered complete after four complete innings.
  - Rescheduled games for reasons other than inclement weather must be pre-arranged with the league convener and agreed to by team captains at least two weeks prior to the re-scheduled game.
- MAXIMUM NUMBER OF PLAYERS ON THE FIELD: Shall be 10, five outfielders and five infielders.
- MINIMUM NUMBER OF PLAYERS ON THE FIELD: Shall be eight. Teams will have fifteen (15) minutes after the scheduled start time to field a team. A team fielding less than eight (8) players shall forfeit the game.
- LOANING PLAYERS:
  - The B.A.S.L. league encourages avoidance of forfeited games.
  - During regular season play only, any team may, (and is encouraged to) loan players to another team in order to avoid a forfeit.
  - Only enough players needed to avoid a forfeit may be borrowed.
  - Borrowed players must remain on the team roster until the end of the game and must play a minimum of three innings.
  - **Players may not be loaned to other teams during the playoff games.**
- PLAYOFF QUALIFICATIONS: All players must participate in at least six, (6) regular season games, minus rained-out make-up games, in order to be eligible to play in the playoff games.
- Players injured during the season or special circumstance players are exempt for their absence only if their injury prevents them from attending the ballpark or from assisting the team in some other capacity each week.
- PREGNANCY RESTRICTION: Pregnant players are prohibited from playing for safety reasons but may participate in any other non-playing capacity.
- ALCOHOL: Alcohol and other intoxicants are strictly prohibited at City Parks. Players who are in possession of alcohol at City Parks or who are suspected of intoxication will be ejected from the game and asked to leave the park.
- SMOKING: Smoking is prohibited in all City of Burlington facilities and parks. [Reference COB Bi-law #086-2003.](#)
- MAXIMUM GENDER RULE: A maximum of seven (7) players of either gender are allowed in the field during inning play.
- PLAY MINIMUM OF THREE INNINGS: Players listed on the game roster must participate for at least three complete innings.
- LATE ARRIVALS & EARLY DEPARTURES:
  - Late arrivals may be added at any time prior to the beginning of the 5th (fifth inning), but must be inserted as close to the bottom of the order as possible so as not to affect the Two Consecutive Gender Rule in the batting order, (see Batting Rules).
  - If players depart early or are injured during play their place in the batting order shall be skipped unless this affects the Two Consecutive Gender Rule. If this happens, the team captain shall make the least adjustment possible to their batting order to compensate.
- MERCY RULE: There shall be a maximum of seven (7) runs scored per inning per team or if the trailing team is behind by 7 runs or more, they may score the difference, (the spread) plus 1 run. The Mercy Rule does not apply in the last inning or in subsequent overtime innings. The score per team in the last inning or subsequent overtime innings shall be unlimited.

- **STANDINGS:**
  - Regular season play will determine final team ranking leading into the playoffs.
  - Teams will be awarded two points per win, one point per tie and zero points per loss.
  - The home team is responsible to report the game results to the league convener at the end of each game.
  - Team captains are responsible to track their team's score during each game in the league provided scorebook.
  - All scorebooks must be turned into the league convener at the end of regular season play.
- **RANKING TIES:**
  - Ranking ties at the end of the regular season shall be broken:
    1. First by the team who has the greatest number of wins.
    2. **TWO WAY TIES:**
      - a. First by Head-To-Head results (two way ties).
      - b. Second, if necessary, by which team won in the game prior to the most recent game where the same two teams competed against each other.
    3. **THREE WAY TIES:**
      - a. First by resolvable Head-To-Head, (ie: one team beat the other two). Then remaining two follow Head-To-Head between them.
    4. Or if still necessary, then by random selection of straws between the tied teams. Longest straw moves ahead in the standings.
- **BOUNDARIES:** Out-of-Play boundaries are to be communicated between both team captains prior to game start.

### **PITCHING SCREENS**

- Are mandatory for all games
- A batted ball that hits the screen counts as one strike (dead ball).
- Batters are out if the ball contacts the screen on the third pitch.
- Pitching screens must be positioned facing home plate within 6'ft from the pitcher's mound between the pitcher's mound and home plate.
- Pitchers are **NOT PERMITTED** to pivot the screen before a pitch. They may reposition the screen either closer or farther away from home plate to suit their comfort level
- Pitchers are encouraged to pivot the screen 90 degrees at any time **AFTER THE PITCH** to avoid interference with a play.
- A ball that hits the screen through incidental contact at any time immediately stops the play.
- Runners in progress must return to the bag they just departed.
- This includes runners who have passed the commitment line but have not yet passed the scoring line. They **MUST** return to third base.
- Intentional contact of the ball with the screen **IS NOT PERMITTED**. Players may not intentionally throw the ball at the screen to stop any play.
  - **PENALTY:** Play stops immediately. All runners advance one base

### **PITCHING RULES:**

- The batting team provides its own pitcher.
- **PITCHING FORMAT:**
  - Pitchers may pitch anywhere between the pitcher's mound marked at 35' and 20' from home plate.
  - Pitches are to be underhand only.
  - Fastball or "windmill" pitches are not permitted.
  - Each batter is allowed three consecutive pitches only, regardless of quality.
- **PITCHER OBLIGATIONS:**
  - The pitcher must remain on the field and in play until the play is considered stopped. If a pitcher leaves the diamond before the play is stopped, all base runners will be returned to the base they were on at the time the pitcher left the diamond.

## **BATTING RULES:**

- **THREE PITCH MAXIMUM:** Each batter is allowed only three consecutive pitches, regardless of quality.
- **FOUL OUTS:** Batters who foul the third pitch will be called out.
- **DEAD BALL:**
  - Balls hit into the dead ball area are considered strikes, even on the third pitch.
  - Balls hit into the dead ball area on the third pitch render the batter out.
  - Balls that land in fair territory but roll untouched into the dead ball area or come to rest in the trench marking the dead ball area are considered to be in the dead ball area. This constitutes a strike against the batter. Batter is out if third pitch.
  - A ball touched in this area by a defending player is a dead-ball. It does not matter whether or not a ball is moving. If the dead ball is the 3rd pitch, the batter is out.
  - A ball caught in the dead ball area is a live ball. Runners may advance at their own risk.
- **PARTIAL SWINGS:** Partial swings are not allowed. The batter shall be called out.
- **HIT PITCHER RULE:** Batted balls that hit the pitcher are counted as a strike against the batter. Occurrences on the third pitch, the batter is out. The ball is considered dead in all cases. Please see Pitching Screen section above.
- **SCORING:** To score, any part of the player's foot must touch the ground on or past the home plate score line before the catcher has solid possession of the ball and touches home plate.
- **TWO CONSECUTIVE GENDER RULE:** No more than two players of the same gender may bat consecutively, including the wrap around at the bottom of the order. The penalty is an automatic out each time a player out of sequence comes up to bat, regardless of how many players are out of sequence.
  - To avoid this violation, captains will be permitted to exercise the following batting rotation:
  - Create an independent batting order only of the gender that is short, (example: list of female batters in their specific batting order).
  - On the game sheet batting order, after every two appearances of the names of the opposite gender, (example: the male names), enter a placeholder for the independent list created.
  - Throughout the game, apply the batting order of the independent list to the placeholders on the game sheet as they come up. This will create a fair batting rotation amongst each gender AND prevent the Two Gender Rule from being violated.
- **HOME RUN RESTRICTION:** A maximum of four home runs per game may be hit by either team. Once the home run limit per team is reached, additional home runs will be an out. Any runners on base may not advance. See home run definition below.
- **HOME RUN DEFINITION:** A home run for the purpose of the restriction rule shall be defined as follows:
  - For parks with fences, a home run is a hit "over the chain link fence" only. "In-The-Park" home runs are unrestricted and do not count as part of the home run total.
  - For diamonds without fences any and all home runs are considered and are restricted to four per team per game.
- **OUTFIELD TO FIRST BASE RULE:** Outfielders, including Rovers, may not throw out batters at first base.
  - Runners who attempt to advance or turn toward second base may be thrown out.
  - Outfielder or Rovers are permitted to relay the ball to Infielders to throw out batters at first base.
- **GROUND RULE DOUBLE:**
  - A batter may advance to second base only if his/her ball travels under or bounces over an outfield fence.

## **BASE RUNNING RULES:**

- The following activity is prohibited and will result in offenders being called out:
  - No sliding into any base at any time. Diving or sliding back to return to an overrun base is accepted.
  - No base stealing.
  - No leaving the base until the bat makes contact with the ball.
  - No crossing back over the commitment line between 3rd base and home plate.
  - Runners touching home plate.
  - Throwing of the bat.
- **DEFENSIVE INTERFERENCE:** Interference with a runner by a defending team player will result in an awarded base to the runner UNLESS the defending player is fielding the ball. This includes physical or verbal interference including yelling or obvious and intentional visual distraction.
- **RUNNER INTERFERENCE:** Runners who interfere with a defending player making a defensive play shall be called out. This includes physical or verbal interference including yelling or obvious and intentional visual distraction.
- **BASE LINE RULE:** Runners who run beyond three feet on either side of the base line to intentionally dodge a play will be called out. Rounding base is accepted.
- **HOME PLATE TAGS:** Tagging a runner at home plate is prohibited. Players who are tagged at home plate or any time after crossing the commitment line will be considered safe.
- **HOME RUN OPTION:** Players may choose not to run the bases when they hit a home run (over the fence). Runners on base may also choose not to complete their base running when the batter hits a home run (over the fence).
- **SAFETY BAG RULE:** Runners must always use the safety bag, (orange) at 1st base if there is an obvious play at 1st base, (example: infield ground ball). Players who fail to use the orange bag in this case will be called out. If there is no play at 1st base, either bag, (white or orange) may be used.
- **OVER RUNNING FIRST BASE:** Runners who run through 1st base and make an obvious motion towards 2<sup>nd</sup> base are considered still in play and may be tagged out.
- **INJURED RUNNERS:**
  - Players who declare they require a substitute runner may not proceed past first base on each subsequent at bat for the remainder of the game.
  - The requirement for a substitution runner must be disclosed before the game starts unless resulting from an injury during the game.
  - Substitute runners must be the last player called out of the same gender.

## **FIELDING RULES:**

- **CATCHER:** The fielding team provides its own catcher.
- **ENCROACHMENT:** Infielders must remain behind all base lines until the ball is hit.
- **INFIELD FLY RULE:** The SPO infield fly rule IS in effect.
  - **SPO "INFIELD FLY" RULE DEFINITION:**
    - The rule applies only when there are fewer than two outs, and there is a force play at third base (i.e., when there are runners at first and second base, or the bases are loaded. In these situations, if a fair fly ball is in play, and in the umpire's judgment is catchable by an infielder with ordinary effort, the umpire shall call "infield fly" (or more often, "infield fly, batter is out") and the batter will be out regardless of whether the ball is actually caught.
    - If "infield fly" is called and the fly ball is caught, it is treated exactly as an ordinary caught fly ball; the batter is out, there is no force, and the runners must tag up. On the other hand, if "infield fly" is called and the ball lands fair without being caught, the batter is still out, there is still no force, but the runners *are not* required to tag up. In either case, the ball is live, and the runners may advance on the play, at their own peril.
- **PLAYS AT FIRST BASE:** The first baseman must touch the white bag to make a play at first base.
  - Runners will be considered safe if the first baseman touches only the orange bag.
  - The first baseman **MAY NOT** stand on first base or in the first or second base path **IF THERE IS NO PLAY AT FIRST BASE**. This is runner interference, (and is extremely unsafe). If a collision results, the runner shall be awarded one base.
- **POSITION CHANGES:** Are prohibited during an inning. A "no pitch" will be declared and play will return to where it was prior to the infraction. Players must maintain their same defensive position throughout the inning unless:
  - Injury occurs during a play and the player must be removed or relocated to another fielding position.
  - A defensive player must leave the game during an inning for other legitimate reasons.
- **BASE AWARDS:**
  - Runners on base will be awarded the base they are traveling to **PLUS ONE** for balls caught and run out of bounds or thrown out of bounds by an outfielder or rover.
  - Runners on base will be awarded only the base they are traveling to for balls caught and run out of bounds or thrown out of bounds by an infielder.

- Runners standing on the base when the ball is run or thrown out of play will be awarded ONE BASE only.
- FAKE TAGS: Fake tags are prohibited. All runners will be awarded an extra base.
- FOUL TIPS: Foul tips caught by the catcher will result in the batter being called out regardless of the pitch count or height of the hit ball.

### **DISPUTES & APPEALS:**

- SETTLEMENT: Disputes must be settled amicably between team captains (or assistant captains) and umpires.
- WRITTEN: Appeals must be presented in writing within 5 days of the game date and be accompanied by a non-refundable appeal fee of \$50.
- QUALIFIERS: Only appeals that could affect the outcome of the game will be heard by the B.A.S.L. governing body. (ie: all captains and convener).
- DECISIONS: Appeal decisions will be by majority vote of the team captains, excluding the captains involved in the appeal.
- CONVENER’S ROLE IN DISPUTES:
  - The convener’s approval is required to sanction any recommended solutions.
  - The convener’s vote will only be required to break any appeal voting ties.

### **PLAYER MISCONDUCT:**

- UNACCEPTABLE BEHAVIOR:
  - Excessive swearing, fighting, intoxication, unruly or confrontational behavior is prohibited. Players may be ejected from the game by the team captains or umpires for exhibiting these behaviors.
  - All cases of player misconduct will be brought before the B.A.S.L. governing body, (ie: league captain’s and convener) for further assessment.
- YELLOW CARD ASSESSMENT:
  - First occurrence of player misconduct may result in a “Yellow Card” status assessed to the offending player by the league governing body.
  - This status will remain with the player until the season ends.
- RED CARD ASSESSMENT:
  - Players assessed with a “Red Card” status will be immediately ejected from the league.
  - Red Card status will be granted upon the following infractions:
    - Second occurrence of player misconduct from a Yellow Carded player.
    - Fighting or any other extreme circumstances.
    - Red Carded players are banned from the league for a period of 2 years.
    - No refunds will be granted to ejected players.

## ADDENDUM #1 – B.A.S.L. APPROVED BATS:

All 2012 USSSA Bats marked with the "NEW (1.20 BPF) USSSA STAMP ON THE TAPER OF THE BAT" will be allowed in the B.A.S.L. program. ALL new bats manufactured after January 1, 2012 "MUST CARRY THE NEW USSSA STAMP".

**For quick reference, only bats with this symbol are LEGAL:**

