Intramural Sports Mission Statement

The mission of The University of Alabama Intramural Sports is to provide students, faculty, and staff with the opportunity to participate in a variety of competitive recreational sports in a safe environment; to promote and provide quality service and facilities; to facilitate the wholesome and worthwhile use of leisure, healthy lifestyles, and wellness; and to create opportunities for the growth and development of the social, physical, and mental skills of all participants. The desired outcome is achieved via participation in individual and team activities in a controlled environment, regulated by the policies established in this handbook.

Purpose

The purpose of this handbook is to establish policies and procedures that govern participation in the Intramural Sports program. Please note that it is the responsibility of each team/participant to know and understand these policies and procedures. Ignorance of any Intramural Sports policy is not an excuse for failure to comply. The Office of Intramural Sports reserves the right to modify these rules in whole or in part at any time as necessary. If you have questions, comments, or suggestions for these rules or the intramural program in general, please contact the Office of Intramural Sports.

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Rule 1: General Eligibility

Section 1: Participants
Participation is limited to currently-enrolled, fee-paying U of A students, faculty members, and full-time staff. Spouses of eligible University of Alabama students and Faculty/Staff are eligible to participate in Intramural Sports events by purchasing a semester pass. In order to participate in an intramural contest each player must present their validated Action Card or Spouse Pass. All players must sign-in with the supervisor at the event site prior to the event to be eligible to participate. For more information regarding eligibility, please refer to the handbook available on the Intramural Sports page at urec.sa.ua.edu.

Rule 1: The Playing Field

Section 1: The Field
The playing field is the area in which teams can legally play and field the ball. The bases shall be 65 feet in length. The pitching rubber shall be 50 feet from home plate. There shall be a line to mark 200 feet from home plate for Co-Rec play.

Section 2: Dead Ball Area
The dead ball area will be marked 10 feet from the foul line. Any ball that crosses this line shall become dead once it has made contact with the ground. The line will run the entire length of the field to the backstop.

Rule 2: Equipment

Section 1: Official Bat
A. The bat must be round and smooth without large dents. Any exposed rivets, pins, rough or sharp edges that would present a hazard make the bat illegal.
B. The bat must be no longer than 34 inches and must weigh no more than 38 ounces. If the bat is round, its diameter must not exceed 2 ¼ inches.
C. The bat shall be of one-piece construction and shall be made of metal, aluminum, fiberglass, or graphite. The handle must be solid and made of the same material as the remainder of the bat. An insert firmly secured in the large end of the bat is permitted.
D. The bat must have a safety grip of tap, cork, or composite material.
E. Pine tar, resin, or other tacky substances may be placed only on the safety grip to improve the grip on the bat.
F. Certified and approved bats must meet the current ASA or USSSA bat performance standards. It has to have one of the two stamps on the bat in order for it to be legal.
G. Fast Pitch and Slow Pitch bats are legal if they have the proper stamps.
H. The Ultra II bat made by Miken is illegal. This bat is not allowed to be used.
Section 2: Official Ball
A. The ball must have smooth seams and a flat surface.
B. The ball must be .44 core, 375 compression; no other ball will be allowed.
   Exception, for the women’s ball, they can have any core and compression.
C. The ball should be solid white or optic yellow.
D. The ball must be 12 inches in diameter for men and corec; women have the option
to provide an 11-inch softball for their use.

Section 3: Gloves
A. Gloves may be a single color or multicolored.
B. All defensive players must wear gloves. A first baseman mitt may be worn by all
defensive players.

Section 4: Shoes
All players must wear shoes. Shoes must be made of leather, canvas, or similar material.
Shoes may have cleats made of soft or hard rubber, but metal cleats are prohibited. The
shoe must cover the entire foot. No open toe shoes will be allowed.

Section 5: Masks and Helmets
A player or coach may wear a batting helmet at any time. A player may also wear a
plastic or metal face mask. A catcher has the option of wearing a catcher’s mask.

Section 6: Uniforms
All players on a team must wear uniforms of the same color and style. Numbers must be
worn on the back of all uniforms. Numbers must contrast in color with the uniform and
must be whole ranging from 0 to 99. No duplicate numbers are allowed. Hats and visors
are permitted to be worn during play.

Section 7: Protective or Extraneous Equipment
Players must remove exposed jewelry that the umpire considers dangerous, including
watches or piercings. Players must wear protective equipment properly. Padding must
cover splints; braces. The umpire may prohibit the use of any type of protective
equipment that presents considerable risk to the safety of other players. All braces must
be approved by the Certified Athletic Trainer on staff. Casts are not allowed.

Rule 3: The Game

Section 1: Teams
In each inning, the visiting team bats first and the home team bats last according to the
official game sheet. The umpire shall meet with the captains and cover the ground rules
of the game. Home and Visitor will be decided by a coin toss. The winner will have the
option of home or visiting team.
Section 2: Regulation Game

A. A regulation game consists of seven innings or a fifty (50) minute time limit, whichever is reached first. Teams need not play seven full innings if:
   1. the home team scores more runs in six and one-half innings;
   2. the home team scores more runs before the third out in the last half of the seventh inning; or
   3. The mercy rule is enforced.

B. If the game is tied at the end of seven innings or after time expires, the teams will continue to play under the International Tie-Breaker Rule until one team has scored more runs after a completed inning.

C. The umpire may call the game at any time because of darkness, rain, fire, panic, or any other cause that puts players or spectators in danger.

D. Games that the umpire has stopped will be rescheduled if possible.

Section 3: International Tie-Breaker
At the start of the extra inning the last batter/runner that was recorded out will go to second base. The rules will not change other than the runner at second.

Section 4: Forfeit Time
Game time is forfeit time. The Intramural Sports Supervisor has the correct game time. The Intramural Sports Department recommends that the team arrive at their field 15 minutes before game time. If Team A is present and ready for play while Team B is not, the following late arrival penalty administration will occur:

   A. Team A will have the option to win by forfeit or to administer the 10 minute grace period for Team B.

IF THE GRACE PERIOD IS GIVEN, the following rules will be applied.

   A. Team A will get to choose home or away.
   B. If Team A chooses home then they will receive 1 out for every 2 minutes Team B is late. After 3 outs they will also receive a runner on base for every 2 minutes.
   C. If Team A chooses away then they will have a runner added to the bases for every 2 minutes the team is late.

Section 5: Forfeited Games
The umpire may declare a forfeit in favor of the team not at fault in the following cases:

   A. A team member or spectator physically or verbally attacks an umpire.
   B. A team does not appear on the field at game time. Forfeit time is game time. The team captain has the option of giving the team ten minutes which will be taken out of the time limit of the game.
   C. A team does not have the required number of players to continue after an ejection.
   D. An ejected player is found participating.
   E. A player does not obey an order of ejection.

Section 6: Scoring of Runs
A team scores one run each time a runner touches first base, second base, third base, and home plate in succession. A player who reaches base by a walk must touch first base before they go to second if they do miss first base and a pitch is thrown then the team may ask for an appeal and the runner will be called out. A team does not score a run if the third out of an inning results from any of the following situations:

A. A force-out
B. A runner is put out by a tag or a live ball appeal before the lead runner touches home plate.
C. A preceding runner is declared out on an appeal play.

**NOTE:** An appeal can be made after the third out and, if successful, can nullify a run.

### Section 7: Winner of a Game
The team that scores the most runs in a regulation game is the winner. The score of a called regulation game is the score at the end of the last complete inning or at the expiration of the time limit-whichever is used.

### Section 8: Run-Ahead Rule or Mercy Rule
The game ends and the winner is declared in the following circumstances:

A. A team is ahead by 20 or more runs at the completion of the third inning.
B. A team is ahead by 15 or more runs at the completion of the fourth inning.
C. A team is ahead by 10 or more runs at the completion of the fifth or sixth inning.

**NOTE:** If the visiting team reaches the run-ahead limit in the top half of the inning, the home team has the opportunity to reduce the deficit below the limit in the bottom half of the inning. If the home team reaches the run-ahead limit while at bat, the game ends and the home team is the winner.

### Section 9: Time-Limit Rule
Games are subject to a 50-minute time limit. No inning shall start after the time limit has expired unless the game is tied. The next inning begins when the third out is recorded.

### Section 10: Bench Rule
Coaches, players, and fans are to stay in their designated bench area except when allowed to come outside of it according to the rules.

**Rule 4: Players and Substitutes**

### Section 1: Team
A team consists of 10 players. The positions are designated as (1) pitcher, (2) catcher, (3) first baseman, (4) second baseman, (5) third baseman, (6) shortstop, (7) left fielder, (8) center fielder, (9) right fielder, (10) short center fielder. A team may have an (11) extra player (or, in coed play, two extra players). A team may start and finish the game with 8 players. A team must have a pitcher and a catcher. Both must occupy legal positions-the
pitcher at the pitcher’s plate and the catcher in the catcher’s box. Other players may take positions anywhere in fair territory.

Section 2: Players and Substitutes
A player or substitute is officially in the game when he or she is entered onto the official score sheet. A substitute may take the place of any player in the batting order of the team. The following regulations apply to the substitutions of players:

A. The manager or captain of the team must immediately notify the umpire.
B. If the manager does not notify the umpire of a substitution and the change is not announced, the substitute will be considered in the game in the following cases:
   1. If the substitute is a batter, when he or she steps in the batter’s box
   2. If the substitute is a fielder, when he or she takes a teammate’s place in the field
   3. If the substitute is a runner, when he or she occupies a base previously occupied by a teammate
   4. If the substitute is a pitcher, when he or she occupies the pitcher’s plate and delivers a practice pitch
C. Whether a substitute is announced or not, after the substitute enters the game, any play that the substitute makes is legal. An unannounced substitution carries no penalty.
D. A substitute may take the place of any other player during any dead ball situation.
E. If an ejected player participates, the offending team forfeits the game.

Section 3: Re-entry Rule
A. All starting players may withdraw and reenter a game once, but they must occupy the same batting position in which they started the game.
B. The opposing team handles improper re-entry with a protest. An improper re-entry becomes a violation after a pitch is made. Examples of improper re-entry are a starter who reenters in the wrong batting position in the lineup, a starter who reenters twice, and a substitute who reenters the game.
C. If a player has re-entered improperly and the defensive team discovers the violation when that player is playing offensively, the following penalties are applied:
   1. If re-entry is discovered while the player is batting, the player is ejected and a proper substitute assumes the accumulated balls and strikes.
   2. If re-entry is discovered after the at bat is complete and before a pitch to the next batter, the batter is called out and ejected. Base runners who have advanced return to the previous base occupied.
   3. If the improper re-entry is not discovered until after a pitch has been made to the next batter, or if the player who reenters improperly is a
substitute runner, the player is ejected, but all play that has occurred with the improper re-entry stands.

D. If a player has re-entered improperly and the offensive team discovers the violation when that player is playing defensively, the following penalties are applied:

1. The player who re-entered improperly is disqualified from further participation in the game.
2. If re-entry is discovered after the player makes a defensive play on a fair ball (catch or throw) or on a foul fly ball, before the next pitch, the offensive team has the option to
   i. Take the result of the play
   ii. Have the batter return to the batter’s box and assume the ball and strike count that he or she had before the discovery of the illegal player. All runners return to the bases that they occupied before the play
3. If the offensive team discovers the improper re-entry after a pitch that did not result in a batted ball or the improper player did not make a play on, the player who re-entered improperly is ejected.

Section 4: Lineup
The team captain shall present the official scorekeeper with a lineup before the game begins. The lineup shall only include players that appear on the roster and are legally signed in. Players that are not present shall not be put on the lineup.

Section 5: Shorthanded Rule
Teams in all divisions must start the game with at least 8 players. A team cannot play with less than 8 players unless a player had to be removed because of the blood rule. Players that arrive late are permitted to enter the game at any point once he or she has signed in. If a team is playing shorthanded, an automatic out will be recorded in the 9th or 10th spot in the batting order. A team that starts shorthanded will not be permitted to use an extra player at any point during the game.

Section 6: Continuation of Participation because of Injury, Bleeding, or Open Wound
Any player, coach, or umpire who is bleeding or has an open wound cannot participate or continue in the game until the bleeding has stopped and the wound has been covered.

Section 7: Extra Player
A team may bat as many as 11 players (as many as 12 in coed play) by using an extra player as an additional hitter. The batting order must remain the same. Any 10 of the 11 (or 12) players may take defensive positions. In coed play, a team must use 2 extra players, 1 male and 1 female. After the game has started, or if a team has started the game
Section 8: Coaches
Only one coach or player can occupy each coach’s box (at first base and at third base).

Section 9: Unsportsmanlike Conduct by Players, Coaches, and Anyone on the Bench
Players, coaches, or others on the bench may receive a warning or be ejected for any of the following (a warning is not required before ejection):

A. Taunting or using profane or abusive language
B. Being outside the dugout or bench area, unless the person is a batter, base runner, or on-deck batter, is in a coach’s box, or is playing a defensive position
C. Conducting themselves in an unsportsmanlike way or engaging in flagrant misconduct
D. Arguing a judgment call (including arguing a called ball or strike)
E. Carelessly throwing a bat

Rule 5: Pitching

Section 1: Preliminaries
A. The pitcher must begin with both feet firmly on the ground and with one or both feet touching the pitcher’s plate. The pitcher’s pivot foot must stay in contact with the pitcher’s plate throughout the delivery.
B. The pitcher must come to a full stop with the ball in front of the body, and the front of the pitcher’s body must be facing the batter. The pitcher must hold this position for 1 second or longer before starting the delivery.
C. If the catcher is not in position to receive the pitch, the pitcher is not considered to be in the pitching position.
D. The pitcher must not perform any motion to pitch while not touching the pitcher’s plate.

NOTE: If the pitcher violates any of these provisions, the umpire should signal a delayed dead ball, calls the pitch illegal, and issues a warning. If the pitcher repeats the action, the umpire may rule the pitcher illegal and remove him or her from the pitching position.

Section 2: Start of Pitch
A. Before the delivery, the pitcher may hold or grip the ball in any manner.
B. After assuming the pitching position, the pitcher must hold the ball in front of the body with one or both hands for at least 1 second before initiating the pitching motion.
C. The pitcher must use a definite underhand motion in delivering the pitch.
D. The pitcher may release the ball in any manner using any type of motion.
E. After the pitcher starts the delivery motion, the umpire should not call time unless an unusual event occurs.

Section 3: Legal Delivery
A. After making any motion to pitch, the pitcher must immediately deliver the ball to the batter.
B. The pitcher must perform the delivery in a continuous motion.
C. In delivering the pitch, the pitcher must not stop or reverse the pitching motion.
D. The pitcher must deliver the ball toward home plate on the first forward swing of the pitching arm past the hip with an underhand motion.
E. The pitcher must keep the pivot foot in contact with the pitcher’s plate until the pitched ball leaves the hand. The pitcher may take a step forward, backward, or to the side, provided that the pivot foot is touching the pitcher’s plate and the step is simultaneous with the release of the ball.
F. The pitcher may not pitch the ball through the legs or behind the back.
G. The pitcher must release the ball at a moderate speed. The umpire has sole authority to judge the speed of the pitch. If the umpire judges that a pitcher delivers a pitch with excessive speed, the umpire will call an illegal pitch and warn the pitcher. If the pitcher repeats such an act, he or she may not pitch for the remainder of the game.
H. The pitcher must deliver the ball with a perceptible arc. The ball must reach a height of at least 6 feet from the ground and cannot exceed a height of 12 feet from the ground.
I. After releasing the ball, the pitcher must not continue the pitching motion.
J. After receiving the ball or after the umpire indicates, “Play Ball,” the pitcher must release the next pitch within 10 seconds; the batter is awarded a ball.
K. The pitcher cannot deliver the pitch from the glove.

Section 4: Defensive Positioning
When the pitcher delivers a pitch, all defensive players must be in fair territory, except the catcher, who must be in the catcher’s box.

Section 5: Foreign Substance
Neither the pitcher nor any defensive player may apply any foreign substance to the ball, the pitching hand, or the fingers. The umpire shall call an illegal pitch on the first offense and eject any defensive player who continues to place a foreign substance on the ball.

Section 6: Quick Pitch
The pitcher may not quickly pitch the ball if the batter has not taken a position in the batter’s box or is off balance following the previous pitch. If the pitcher uses a quick pitch, the umpire awards the batter a ball.

Section 7: Warm-up Pitches
A. The starting pitcher or a substitute pitcher may throw five warm-up pitches in the first inning that he or she pitches.
B. At the start of each half inning or when a pitcher relieves another, the pitcher may use no more than 1 minute to throw one or two warm-up pitches to the catcher or other teammate. Play is suspended for the warm-up pitch or pitches. If the pitcher delivers too many warm-up pitches, the batter is awarded a ball on each excessive pitch. This penalty does not apply if the umpire delays the start of play because of substitution, conference, injury, or other cause.

C. A player who returns to the pitching position in the same half inning may not throw warm-up pitches. A player may return to the pitching position any number of times if he or she has not left the batting order and if the umpire has not removed him or her from the pitching position.

Section 8: No Pitch
The umpire declares no pitch in the following circumstances:

A. The pitcher delivers a pitch while play is suspended.
B. A runner is called out for leaving a base before the pitched ball reaches home plate, touches the ground before reaching home plate, or is hit by the batter.
C. The pitcher delivers the ball before a runner returns to base after the umpire has declared a foul ball and the ball is dead.
D. The pitcher delivers the ball before a runner has retouched the base after legitimately being off the base.
E. The ball slips from the pitcher’s hand during the backswing or delivery.
F. While the ball is live and in play, no player, manager, or coach may call time, use any word or phrase, or commit any act obviously intended to make the pitcher commit an illegal pitch. The umpire shall warn the offending team and eject any member of the team who repeats this type of act.

Rule 6: Batting

Section 1: Batting Order

A. The official score sheet must list the batting order of the team, including players’ first and last names. The captain must deliver the batting order to the official scorekeeper before the start of the game.
B. Players must bat in the order that they are listed on the score sheet unless a substitute enters the game. The substitute must appear in the batting order in the batting order in the place of the player that he or she is replacing.
C. The first player who bats in each inning shall be the player whose name follows the last player who completed a turn at bat in the previous inning. When the third out of an inning occurs before a batter has completed his or her turn at bat, that player will be the first batter in the next inning and will start with a count of one ball and one strike.
D. Batting out of order is an appeal play. Only the defensive team may make the appeal.
1. If the error is discovered while the incorrect player is batting, the correct player takes his or her place and assumes the ball and strike count.

2. If the error is discovered after the incorrect player has completed a turn at bat and before the pitcher has delivered a pitch to the next batter, the player who should have batted is out. Any advancement or score that occurred when the incorrect player was at bat is nullified. The next batter is the player whose name follows that of the player who was called out for failing to bat. If the appealed out is the third out, the first batter in the next inning is the player who would have come to bat.

3. If the error is discovered after the first pitch to the next batter, the turn at bat of the incorrect batter becomes legal and all advancements or scores are legal. The next batter is the player whose name follows that of the incorrect batter. No one is called out for failing to bat. Players who have not batted and have not been called out lose their turns at bat and do not bat until their names are reached in the batting order as listed on the official score sheet.

4. No base runner is removed from base in order to bat in his or her proper position. That player simply misses his or her turn at bat, with no penalty. The batter following the correct batter becomes the legal batter.

E. The batting order for coed leagues must list players in alternating order of gender.

Section 2: Batting Position

A. The batter must place both feet completely inside the lines of the batter’s box before the pitch. The batter’s feet may touch the lines of the batter’s box, but no part of the batter’s feet may be outside the lines before the pitch.

B. The batter must take the batting position within 5 seconds after being directed to do so by the umpire. If the batter fails to comply, the ball is dead and the umpire calls a strike.

C. The batter may not step in front of the catcher to the opposite batter’s box when the pitcher is in position to pitch or any time before the delivery of the pitch. If the batter does this, the ball is dead, the batter is out, and the base runner or runners cannot advance.

Section 3: Ball and Strike Count
The batter starts with a count of one ball and one strike.

Section 4: Extra Foul Ball Rule
After a batter has two strikes, he or she is allowed one free foul ball on the first foul ball. The second foul ball is strike three, and the batter is out.

Example: The batter swings and misses on the first pitch; the result is strike two. The batter hits a foul ball on the second pitch; the result is a called foul ball,
and the count remains one ball and two strikes. The batter hits a foul ball on the third pitch; the result is strike three, and the batter is out.

Section 5: Strike
The umpire calls a strike:
   A. for a legally pitched ball that enters the strike zone before it touches the ground and is not swung at by the batter;
   B. for a legally pitched ball that the batter swings at and misses;
   C. for a foul ball not caught by a fielder when the batter has one strike;
   D. for a pitched ball that the batter swings at and misses and that touches any part of the batter;
   E. for a pitched ball that hits the batter when the ball is in the strike zone; or
   F. When a batted ball hits any part of the batter when he or she is still in the batter’s box and has one strike.

On any strike called by the umpire, the ball is dead and base runners return to their bases without liability to be out.

Section 6: Ball
The umpire calls a ball:
   A. For a pitched ball that does not enter the strike zone and is not swung at by the batter;
   B. For a pitched ball that hits the ground before passing across any part of the plate and is not swung at by the batter;
   C. For a pitched ball that hits the ground in front of or on the plate, even if the batter swings at the ball after it touches the ground or plate, and regardless of whether the batter makes contact;
   D. For an illegally pitched ball not swung at by the batter;
   E. For a pitched ball that hits the batter when he or she is outside the strike zone;
   F. When the catcher does not return the ball directly to the pitcher; or
   G. When the pitcher does not pitch the ball within 10 seconds after the batter has taken a position in the batter’s box.

When the umpire calls a ball, the ball is dead and base runners return to their bases without liability to be out.

Section 7: Strike Zone
The strike zone is an imaginary box from the player’s chest to the top of the knees. If the ball crosses through this box and meet the other requirements of a pitch it shall be called a “strike”.

Section 8: Outs
The batter is out in the following circumstances:
   A. When the ball touches the batter while he or she is trying to hit a third strike.
B. When the batter enters the batter’s box with an altered or illegal bat or is found using an altered or illegal bat. If the batter hits the ball with an altered or illegal bat, the batter is out and the base runners return to the bases that they occupied before the batter hit the ball. Alternatively, the defense may accept the results of the play. In either case, the batter is disqualified from the game.

C. When the batter bunts or chops at the ball.

D. When the batter’s entire foot touches the ground completely outside the batter’s box when the batter hits the ball.

E. When the batter hits the ball and any part of his or her foot is touching home plate.

F. When the batter steps in front of the catcher to the opposite batter’s box when the pitcher is in position to pitch or any time before the delivery of the pitch.

G. When a member of the team at bat interferes with a defensive player who is attempting to field a batted ball.

H. When the batter hits a fair ball with the bat a second time in fair territory.

I. When the batter’s own-batted ball hits him or her outside the batter’s box in fair territory.

J. When a fielder intentionally drops a fair fly ball or line drive that he or she could have caught with ordinary effort, at least one base is occupied, and none or one is out.

Section 8: On-Deck Batter

A. The on-deck batter is the player whose name is listed in the batting order following the name of the player currently batting.

B. The on-deck player takes the position inside the lines of the on-deck circle in front of the dugout of his or her team.

C. The on-deck player may loosen up with no more than two official softball bats and may not use detachable pieces, such as donuts or weights.

D. The on-deck batter may leave the on-deck circle to direct base runners who are advancing from third base to home plate or when he or she becomes the batter.

E. The on-deck batter may not interfere with a fielder’s attempt to make a play on a runner. If an infraction occurs, the runner closest to home plate at the time of the interference is called out.

Section 9: Infield Fly Rule

A fair fly ball that, in the umpire’s judgment, An infilder can catch with normal effort when none or one is out and when runners occupy first and second bases or first second, and third bases. The following conditions apply:

A. A line Drive cannot be an infield fly.
B. Any defensive player, including the pitcher and catcher, who takes a position in the infield at the start of the pitch is an infielder for the purpose of this rule.

C. The umpire makes the infield-fly ruling based on the position of the closest infielder when the ball reaches its highest point, regardless of who makes the play.

D. When the umpire judges that a batted ball will be an infield fly, he or she shall declare, “Infield fly.” The ball is live, and runners may advance at the risk that a fielder will catch the ball.

E. As on and fly ball, runners may tag up and advance after the fielder touches the ball. If runners do choose to advance legally, this shall not be considered a force play.

F. A declared infield fly that becomes a foul ball is treated as any other foul ball.

**Rule 7: Base running**

**Section 1: Advancement**
A base runner can advance or return only by touching the bases in legal order, from first base, to second base, to third base, to home plate. A base runner advances to the next base by touching it before being put out. The player may hold a base until he or she legally touches the next base or until the batter becomes a base runner and forces the player to leave the base.

**Article 1: Sliding**
Head first sliding/diving is strictly prohibited. A player will be called out for violating this rule. Feet first sliding is legal in all situations and is highly recommended.

**Exception:** Head first sliding/diving is ONLY allowed when returning to a base that was previously acquired.

**Section 2: Batter Awarded First Base**
The batter is awarded first base in the following circumstances:

A. When the umpire calls four balls

B. When the pitcher requests that the intentionally walk the batter

C. When the catcher or other defensive player interferes with the batter’s attempt to hit a legal or illegal pitched ball

**Section 3: Batter-Runner Called Out**
The batter-runner is called out in the following circumstances:

A. When the batter-runner’s own batted ball hits him or her when the batter-runner is in fair territory and out of the batter’s box

B. When the batter-runner drops the bat in fair territory and the bat makes contact with a fair ball

C. When a fielder catches a fly ball with his or her feet within the boundaries of the field

D. When after the batter hits a fair ball, a fielder holds the ball on first base before the batter-runner touches first base
E. When after reaching first base, the batter-runner attempts to go to second base and tagged or put out
F. When the batter-runner runs out of the 3-foot running lane and interferes with a fielder taking a throw or attempting to make a play
G. Players running to first base must run in foul territory when running to first base. If the runner runs in fair territory while running to first base, the umpire may call interference and call the runner out.

Section 4: Base Runners Called Out
A base runner is called out in the following circumstances:
A. When a base runner leaves the base before a pitched ball contacts the bat or crosses home plate
   Effect, A: The ball is dead, and no pitch is called.
B. When the base runner interferes with a thrown ball or interferes with a fielder who is attempting to field a batted ball, catch a ball, or throw a ball
C. When a fair batted ball hits a base runner or a base runner intentionally interferes with a ball
D. When a base runner intentionally kicks a ball that is in play
E. When a coach intentionally interferes with a live ball
F. When a base runner is attempting to score and the next batter or another teammate interferes with the play
   Effect, B through F: These infractions are interference. The ball immediately becomes dead, and the runner who has advanced the farthest is called out.
G. When a fielder touches a base runner with the ball when the base runner is not on a base and the ball is in play
H. When a fielder tags or holds a ball on a base to which the base runner is forced to advance before the base runner reaches that base (force play)
I. When the base runner runs more than 3 feet outside the path between the bases to avoid being tagged
J. When a base runner passes the base runner ahead of him or her before that runner is put out
K. When a base runner does not return to a base after a suspension in play caused by a dead ball situation
L. If a base runner leaves a base before a fielder touches a caught fly ball and a fielder holds the ball on the base and correctly appeals the play, or if a fielder tags a base runner before he or she returns to the base
M. If a base runner fails to touch a base and a fielder tags or holds the ball on the base before the base runner returns to the base
   Effect, K through M: These plays are appeal plays. The defensive team must appeal the play before the pitcher delivers the next pitch.
   1. If the appeal play results in the third out, no succeeding runner can score.
   2. If the appeal play results in the third out on a force play, neither preceding base runners nor following base runners can score.
3. If the appeal play is not a force-out, all base runners who advance and score are counted, unless the appealed out is the third out. No succeeding runner may advance or score.

N. If a base runner intentionally and forcefully makes contact with a defensive player who is clearly holding the ball

**Effect, N:** The base runner is called out. The ball becomes dead, the base runner is ejected, and other base runners return to the last bases that they occupied at the time of the collision.

Section 5: Base Runners Entitled to Advance with Liability to be out
A base runner is entitled to advance with liability to be put out in the following circumstances:

A. When a live ball is in play

**Effect, A:** The umpire calls time when base runners stop advancing because the defensive team has the ball ahead of them. All play is complete. Base runners must return immediately to the last base that they had touched.

B. When a defensive player throws the ball over or past a teammate into fair or foul territory

C. When a defensive player catches a fly ball

D. When a thrown ball hits a player, coach, or umpire

E. When a base runner fails to touch a base

**Effect, B through E:** The ball remains live, and base runners remain in jeopardy.

Section 6: Base Runners Entitled to Advance without Liability to be put out
A base runner is entitled to advance without liability to be put out in the following circumstances:

A. When a fair batted ball bounces or rolls over, under, or through a fence into the stands, base runners are awarded two bases from their positions at the time of the pitch.

B. When forced to advance because the batter receives a walk

C. When a fielder obstructs the base runner when the base runner is rounding the bases, unless the fielder is making a play on the ball. The obstructed runner is awarded the base that he or she last legally touched before the obstruction occurred. The umpire also awards all bases that the base runner would have attained had the obstruction not occurred.

Section 7: Base Runners Forfeit Exemption from Liability to be put out
A base runner forfeits his or her exemption from liability to be out in the following circumstances:

A. When a base runner does not touch the bases in the correct order.
B. When the momentum of a batter-runner carries him or her past first base and the batter-runner attempts to go toward second base without returning to first base. To avoid the risk of being put out, the runner must not make a move toward second base.

Section 8: Base Runners Return to Their Bases
Base runners must return to their bases in the following circumstances:

A. When a foul ball is not legally caught
B. When an illegally batted ball is hit
C. When a proper batter is called out on appeal
D. When a player on the team at bat is called out for interference
E. When an umpire calls time-out

Effect, A through E: The ball is dead.

Section 9: Base Stealing Not Permitted
No base runner may steal a base.

A. A base runner must stay in contact with a base until the ball crosses the plate or the batter hits the ball.
B. A pitch that the batter does not hit is dead. Base runners must return to their bases. They cannot leave again until the ball crosses the plate or the batter hits the ball.

Section 10: Base Runners Not Out
Base runners are not out in the following circumstances:

A. When a batter-runner overruns or overslides first base and returns immediately to the base.
B. When a base runner is required to return to a base but has insufficient time to do so.
C. When a fielder who does not have to complete control of the ball tags a runner.
D. When the pitcher throws a pitch before the defensive team appeals a play.
E. When a base runner, to avoid interfering with a fielder who is fielding a batted ball, runs outside the base path and in front of behind the fielder.
F. When a base runner stays on base on a fly ball.
G. When a ball that has passed a fielder other than the pitcher hits a base runner.
H. When a base runner slides into a base and dislodges it. If the base is dislodged several feet from its correct position, other base runners should go to the original position of the base.
I. When a batted ball hits a base runner who is touching a base, the runner is safe unless the umpire judges that the runner intentionally place himself or herself in the path of the ball. In that case, the base runner is called out.
Section 11: Courtesy Runners

A. A courtesy runner may run for a player who is injured during the play and is unable to run the bases safely.
B. When no eligible substitutes are available, the courtesy runner must be the player who made the last out of the previous inning.
C. The umpire must be notified before a courtesy runner replaces a teammate. This replacement can occur only during a dead ball and before the first pitch to the next batter.

Rule 8: Ball In Play, Dead Ball

Section 1: Ball In Play
The ball is in play in the following circumstances:

A. When the umpire calls, “Play ball”
B. When the pitcher has the ball on the pitcher’s plate
C. When the batter legally hits a ball in fair territory
D. When the batter drops the bat and the ball rolls against it in fair territory, but the umpire judges that the batter did not intend to interfere with the path of the ball
E. When a defensive player throws a ball beyond a teammate in fair or foul territory
F. When a thrown ball hits an umpire or coach
G. When a thrown ball hits the batter-runner or a base runner
H. When a fair batted ball hits a base runner in fair territory after passing or touching a fielder other than the pitcher
I. When the infield fly rule is in effect
J. When a fielder does not make a play on an obstructed runner
K. When base runners have reached the bases that they are entitled to because a fielder illegally touched or fielded a batted or thrown ball
L. When the umpire calls a base runner out for passing a preceding runner
M. When a base runner must return to a base in reverse order while the ball is in play
N. When a base runner gains the right to a base by touching it before being put out
O. When a base runner runs out of the baseline to avoid being tagged by a fielder
P. When a base runner is forced out or tagged out by a fielder
Q. When a base runner is called out for failing to return to a base when play resumes after a suspension of play
R. When a base is dislodged while a base runner is advancing

Section 2: Dead Ball, Not In Play
The ball is dead and not in play in the following circumstances:

A. When the umpire calls, “Time”
B. When a pitched ball crosses the plate and the batter does not hit it
C. When a pitched ball touches any part of the batter, regardless of whether the batter swung
D. When the umpire declares, “No Pitch”
E. When the batter steps into the batter’s box with an altered or illegal bat
F. When the batter hits the ball illegally
G. When the batter enters the opposite batter’s box while the pitcher is in position to pitch or is delivering the pitch
H. When the batter’s own batted ball hits him or her while the batter is in the batter’s box
I. When the batter’s own batted ball hits him or her while the batter is outside the batter’s box in fair territory
J. When the batter bunts or chops at the ball
K. When the umpire calls a base runner out for leaving a base before the batter hits the ball
L. When a fair batted ball hits a third party such as security officer, photographer, or groundskeeper who is assigned to the field
M. When a fielder is making a play on an obstructed base runner or the batter-runner
N. When the offensive team causes interference
O. When the umpire declares that a fielder intentionally dropped a batted ball, with one or more runners on base and one out
P. When a fielder carries a live ball into a dead ball territory
Q. When the ball goes outside the limits of play
R. When the umpire declares a blocked ball
S. When a coach intentionally interferes with a batted ball or a ball in play
T. When a spectator interferes with a batted ball or a ball in play

**Rule 9: Protests**

**Section 1: Types of Protests**
Protests are of three types:

A. Misinterpretation of a rule. The protest must be made before the next pitch, before all the fielders leave fair territory, or, on the last play of the game, before the umpires leave the playing field.

B. Illegal player or players. The protest must be made within five days of the game.

C. Ineligible player. The protest must be made within five days of the game.

**Section 2: Protests and Judgment**
Protests based on decisions involving the accuracy of an umpire’s judgment will not be considered. Some examples of situations that cannot be protested are the following:

A. Fair or foul balls
B. A base runner declared out or safe
C. A base runner or fielder touching or not touching a base
D. Legal or illegal pitches
E. Balls and strikes
F. Any decision based on an umpire’s judgment

Section 3: Protest Procedures
The team captain must initiate the protest. The captain must notify the umpires and event assistant on that field that the game is under protest. The captain should then follow the protest rules set forth in the Intramural Sports Policies and Procedures.

Rule 10: COED Rules

Section 1: Team Composition
A. Coed teams consist of 5 male players and 5 female players. A team can bat 12 players.
B. A team can start or continue a game with 8 players (4 of one gender and 4 of the other).
   1. When the 10th player is scheduled to bat, an out is declared.
   2. A team can add a 9th and 10th player at any time. The 9th and 10th bats in the 9th and 10th position. The 9th and 10th player must balance the gender makeup of the team.
   3. A team that starts a game shorthanded (with 8 players) cannot later add an extra player (EP; see section 2) to the lineup. The team must play the game with a maximum of 10 players.
   4. A team must bat and field at least 8 players. Failure to have 8 players to start or continue the game results in a forfeit.

Section 2: Extra Player
A. A team may use two extra players. One must be female, and the other must be male.
B. The extra players must be listed in the starting lineup and must play the entire game.
C. The extra players can bat in any position in the lineup, but they must follow the batting order guidelines. The batting order must remain the same for the entire game.
D. An extra player may substitute for a defensive player as long as the team meets the defensive positioning requirements.
E. A team that starts a game shorthanded (with 9 players) cannot later add an extra player to the lineup.
Section 3: Equipment

A. A 12-inch softball is provided, but teams may provide an 11-inch softball for females.

B. The ball must have a stamped core of 0.44 or less and a compression rating with a maximum 375 pounds.

Section 4: Defensive Positioning

A team may never have more than 5 male or 5 female players in the field. **Outfielders must stand behind the 200 ft. line in the outfield while a female is batting. The outfielders must remain behind the line until the ball is contacted. If the outfielders fail to remain behind the line the offensive team will have the choice to take the play or replay the pitch.**

**NOTE:** When a defensive team is playing shorthanded, all fielders must have established positions before a pitch is delivered.

Section 5: Batting Order

Male and female players must be in alternating spots in the batting order. A team that has 9 players in its lineup must have as the first batter a person of the gender that has 5 players in the lineup.

Section 6: Base on Balls and Intentional Walks

A male batter, who receives an intentional walk, or a base on balls, is awarded first base and second base, and the female batter who follows has the option to walk or bat.

**Rule 11: Sportsmanship**

Sportsmanship is an important part of intramural sports. Any player who uses foul language, violently protests a call, or curses an official or supervisor, will be removed from the game and will automatically be suspended from his/her team's next game. In addition, he/she will have to meet with the Coordinator of Intramural Sports during office hours (Monday through Friday, 10:00 a.m. to 4:30 p.m.) before he/she is eligible to participate again. Any player who touches an official or supervisor will be placed on suspension from all Intramural activities for a minimum period of one calendar year from the time of the incident.

*University Recreation makes every effort to protect all participants, however injuries are a possibility. The University of Alabama, the Division of Student Affairs, University Recreation, and Intramural Sports (and employees thereof) assumes NO RESPONSIBILITY for injuries. Basic First-Aid will be available for participants.*