



2SLGBTQIA+ Softball Rules



Updated October 7, 2025

1. Pre-Game – Equipment, Game Time, Defaults & Foul Weather

Spirit of the League: The primary focus of FCSSC is FUN! This league is a positive and encouraging environment that is welcoming to players of all backgrounds and playing abilities, with the goal of getting moving, meeting new people, and having fun while doing it! We look forward to an awesome season of welcoming and inclusive play.

Play that is competitive, overly aggressive, rough and/or unsportsmanlike such as pushing, shoving, elbowing, shouldering, tripping, hacking, slashing, sliding, tackling, ball blasting, chirping, name calling, threats and intimidation, is prohibited and will not be tolerated by FCSSC. FCSSC IS FIRST-AND-FOREMOST-FOR-FUN. ANY ROUGH OR PHYSICAL PLAY WILL RESULT IN IMMEDIATE EXPULSION FROM THE GAME, THE LEAGUE, THE CLUB AND/OR ALL OF THE ABOVE. All players should go out of their way to avoid contact with other players and/or eliminate actions or behaviours that could jeopardize player safety. If accidental contact occurs it is expected that players will apologize for that contact, ensure everyone is all right and stop the game to seek appropriate help as required. This rule supersedes all others!

Game Host: You will have an FCSSC Game Host on site to make sure everyone is having FUN during your game! They are responsible for a number of things like waivers, score reporting, rule clarifications etc. to help things run smoothly every week. FCSSC is a self-officated league, so players are responsible for making calls on the field/court. Your Game Host is NOT a referee, but can act as a mediator if there are any disputes, and has authority in the gym! Please ask your Game Host if you have any questions or concerns during your game!

Equipment/Set-Up: *FCSSC will provide bases and softballs.* Teams are to provide their own softball gloves, bats and catcher masks (if desired). Bats must be official softball bats of legal size, weight and shape (for more details, visit the [equipment](#) page on our website).

Mixed Gender Requirements: FCSSC is committed to providing inclusive access to for-fun sport for players of all gender identities. In this open gender league, teams on the field consist of (9) players including one (1) rover of any gender. A team can play with a minimum of 7 people on the field.

Batting Order

1. The batting order must stay consistent from inning to inning.
2. Any players arriving after their team has batted in the first inning will be inserted into the bottom of the batting order, while still maintaining Point 1
3. The first player to bat in an inning is the person following the player who recorded the last at bat from the previous inning.

Game Time/Default:

- Please arrive 15 minutes early so that you can start your games on time. The first team that arrives should start setting up bases. Games are 7 innings in length with a time limit of 1.5 hours. A default will occur if any team cannot field a squad by 10 minutes after the official start time.
- If the team that was first to bat is losing after the top of the 7th inning, they have the choice to call the game or let the other team bat.
- Games that are forced to be cut short due to time or dangerous playing conditions (ie. weather) will end with the final score being the score at the end of the previous completed inning.
- No new inning can start with 5 minutes left before the formal end time.
- During playoffs, if the game is tied after the completion of 7 innings, or the expired time, teams will utilize the following format. The team that is up to bat will start the inning by placing their 'last out' from the previous inning on 2nd base, with 2

outs. Once 3 outs have been reached, the other team will then place their 'last out' from the previous inning on 2nd base (also with 2 outs) and proceed to bat until 3 outs are reached. Teams will take turns doing this until the score is settled upon the completion of a full inning.

Foul Weather: In the event of severe weather (thunder and lightning storms) games should immediately be stopped and players should take cover away from open spaces. Wait 15 minutes; if the severe weather passes, continue play. If it does not and the game was in the first half and did not complete 4 full innings, the scores will not count and the game may be rescheduled to a make-up date. If it was in the 2nd half (at least 4 full innings played), the score at the time of stoppage will be recorded as the final.

Alcohol/Drugs: ALCOHOL AND DRUGS ARE NOT PERMITTED DURING LEAGUE PLAY! ANY OFFENDERS WILL BE ASKED TO LEAVE THE LEAGUE WITHOUT REFUND. No exceptions.

Discrepancies: All games are self-refereed. Any disputes will be discussed amongst the two team captains. Please play honestly.

2. In Game – General Rules, Scoring, Pitching, Batting, Hits, Runners

General Rules:

1. A coin toss or paper/rock/scissors should determine the home team (except during playoffs, when the higher ranked team will have a choice to bat 1st or 2nd)
2. Each inning is played with 3 outs or when a team scores a maximum of eight (8) runs. EXCEPTION: A team has no run limit in the final inning of the game.
3. Mercy rule: If a team is up by 15 runs or more after the 5th inning of play, the losing team has the option of calling the game or choosing to continue.
4. **NEW Summer 2025:** A home run limit is in effect for diamonds with home run fences. Teams may score a maximum of 2 over-the-fence home runs per inning, and any hit over the fence made after that will be awarded a single (all runners can advance 1 base). Please note that this rule does not apply to diamonds without a home run fence or hits within the fence, so any home runs scored this way do not count towards the limit.
5. Foul ball calls (balls that are hit outside of the base lines) should be made by the catcher.
6. We expect all teams to place extra players on the offensive team at 1st and 3rd to act as “base coaches”. Controversial “out” or “safe” calls at each of the bases should be made by these base coaches. The base coach at 1st should call plays at 1st and home, while the base coach at 3rd should call plays at 2nd and 3rd. If base coaches are not being used, all controversial calls should be made by the pitcher. Please do your best to ensure that the game is being called in a fair manner.
7. No metal cleats are allowed.

Fielding:

1. The rover may play anywhere in the outfield. The rover may play anywhere in the outfield. All outfielders must remain on the grass (and out of the infield) until after the batter has made contact with the ball.
2. Players in the field are not allowed to stand inside the baselines before a player attempts to hit a ball. ie. The shortstop can't come up and stand beside the pitcher before the batter has swung at the ball. Players are only allowed to come within the baselines after the batter has made contact with the ball.
3. There is no “infield-fly” rule in effect. However, it is poor sportsmanship to purposely drop a ball to try and get a double play.
4. There will be “safety bases” at 1st and home, giving the first baseperson and catcher a separate base to touch than the runner. At 1st base there will be an additional bag for the runner to step on, and Home Plate will have a marked line that the baserunner must cross to score. For the other bases, fielders should be touching 1 side of the base allowing a baserunner to touch the base without interference. A runner cannot be tagged while running to first base, rather the first base player must tag the base.
5. If a ball is overthrown at 1st or 3rd base and goes 'out of play' - which is over the fence, into the dugout, beyond the extended backstop etc., then the base runners can advance 1 'free' base. (Ex. A base runner who has just rounded 2nd when the ball goes out would get 3rd, and a runner almost at or on 3rd would get home). If the ball stays in play (hits fence, etc) then the ball is live, and the runners can advance at their own risk.
6. A "force out" will always be in effect between 3rd base and home plate once the baserunner has crossed over the "commit line", meaning that a team can touch home plate with the ball rather than tag the runner to achieve an out.

7. **Clarified October 2025:** While some leagues don't allow players to throw a runner out at first from the outfield, this is NOT a rule in FCSSC softball.

Pitching/Batting:

1. The team at bat provides their own pitcher. We strongly recommend that the pitcher should be a minimum of 12 paces from home plate, for player safety. If a hit ball touches the pitcher, the ball is declared dead and the pitch is redone – base runners return to their previous bases and the pitch count is restored. (Pitchers should do their best to avoid making contact with a hit ball).
2. Every batter can receive a maximum of three (3) pitches. All foul balls, wild pitches, strikes and balls count as one of the three pitches. The only exception is a ball that hits the pitcher, which is considered a dead ball and does not count as one of the pitches.
3. There is no bunting or faking to bunt. However, a ball that is hit with a full swing, but does not go past the pitcher IS a live, playable ball.
4. A 'foul ball' pop-up behind home plate can only be caught for an out, if it goes higher than 3 metres (10 feet). A ball not exceeding this height is considered a 'strike'.
5. A ball that pops up when batted and goes out of bounds (beyond the extended back stop) is out of play, and cannot be caught for an out.

Base Running:

1. There is absolutely no sliding. Any base runner that slides is automatically out.
2. 1st base will have an additional bag to use as a "safety base". As such, there will be a base for the first baseperson and a separate base for the runner to step on. A runner cannot be tagged while running to first base, rather the first base player must tag the base.
3. A player can overrun 1st base without being tagged out if they continue to follow the foul line or stay to the right of it.
4. There are no leadoffs for base runners; you must be touching the base until contact with the ball is made.
5. Baserunners must stay along the base paths. They cannot move more than 3 feet away from an imaginary line or they will be deemed out.
6. Pinch runners may be used if the batter is injured on a play, or has a previous injury limiting their ability to run. The player who was the last out from the same gender group of the batter (majority or non-majority) will substitute for the runner once they've safely reached a base. In extreme circumstances, using a pinch runner from home may be possible if the batter can not run to first without risk of worsening their injury, which should be discussed by both captains and the game host prior to the start of the game.
7. Players on base are allowed to "tag-up" on a pop fly. Base runners must not leave the base until the fielder has caught the ball.
8. A runner that is hit by a batted ball when running between bases is out.
9. If a ball is overthrown at 1st or 3rd base and goes 'out of play' - which is over the fence, into the dugout, beyond the extended backstop etc., then the base runners can advance 1 'free' base. If the ball stays in play (hits fence, etc) then the ball is live, and the runners can advance at their own risk.
10. There is a "commit-line" halfway between 3rd base and home plate. Once the runner has crossed this line, they cannot return to 3rd base. If they do, it is an automatic out.
11. **Scoring a Run:** Home will also have a "safety base", in the form of a marked line that the base runner must cross to score. Home plate should only be touched by the catcher, and any base runner that steps on home plate will receive an automatic out (without scoring a run). This rule is in place to avoid collisions.
12. **Clarified Fall 2025: Obstruction and Interference**

In most cases, baserunners have the right of way while running and fielders must get out of their way/avoid obstructing them. If a baserunner is obstructed while running the bases, they receive 1 free base.

However, this is not the case for a fielder making a play on a batted ball or if they have the ball in their possession. If the fielder is making a play on a batted ball, the baserunner must get out of their way/avoid interfering with their attempt to play the ball. If a baserunner interferes with a fielder making a play, they will be called out.

Please note that as with all FCSSC leagues, contact should be avoided as much as possible. We encourage teams to be kind to newer players that may need reminder/education on our rules, especially at the beginning of the season.

Ground Rules: The Game Host and Captains should decide prior to the start of the game if they are going to play any ground rules with regards to boundaries. Ground rules would only be related to a specific location (e.g. diamonds where a big hit might end up landing into the trees or shrubs and be difficult to find) and will not apply to all locations. Please make sure that both teams are aware of these rules.

Pitching Screen: FCSSC does not provide a pitching screen, but teams are more than welcome to provide and use their own if they would like. Moving the screen between innings is a lot of work – so teams should offer to let their opponent use it as well! If a batted ball hits the pitching screen (either a ground ball or a direct hit), the ball is declared dead and the pitch is redone. Base runners must return to their bases and the pitch count is restored.

Rough Play: ANY ROUGH OR PHYSICAL PLAY WILL RESULT IN IMMEDIATE EXPULSION FROM FURTHER LEAGUE PLAY AND MAY RESULT IN LIFETIME LEAGUE EXPULSION. PLEASE SEE THE FCSSC POLICY SHEET FOR OUR OFFICIAL POLICY ON THIS SUBJECT. All players should go out of their way to avoid creating an unsafe play. This rule supersedes all others.

3. Post-Game – Departure & Score Reporting

Departure: Each week after your game, it is important to leave the diamond in a timely manner. Teams could be playing after you and will need to get their game started on time. It is also possible that the facility could be closing upon the completion of your game and all staff and members will need to depart the building at that time.

Score Reporting: Team captains must report the scores for each game through their player page, and can learn how through our help page [here](#). Scores and standings can be viewed at www.forestcityssc.ca

4. Playoff Games

No Ringers: To play on playoff nights players must have played a minimum of 2 regular season games for that team.

Substitutes: A player is only allowed to play for one team in each playoff round. Players cannot sub in for another team during the same round, most particularly in a championship game. Exception: a player may sub for another team in the same league during the same play-off round IF the game is not a championship game (ie, title on the line) and the team needing a sub would default the game without the substitute player (resulting in both teams being unable to play).

Tiebreaker: During playoffs, if the game is tied after the completion of 7 innings, or the expired time, teams will utilize the following format. The team that is up to bat will start the inning by placing their 'last out' from the previous inning on 2nd base, with 2 outs. Once 3 outs have been reached, the other team will then place their 'last out' from the previous inning on 2nd base (also with 2 outs) and proceed to bat until 3 outs are reached. Teams will take turns doing this until the score is settled upon the completion of a full inning.

Determining Home Team: During playoffs, the higher ranked team will have the choice to bat 1st or 2nd.

Playoff Matchups: For more information about playoffs (including details about how matchups are determined), please visit our policies page at www.forestcityssc.ca/page/policies