

**NIAGARA FALLS GOODTIMERS SLO PITCH LEAGUE
2026 RULES OF PLAY**

- 1. Play begins at 6:15 p.m. sharp. Rain delays to be decided by captains or umpire.**
- 2. (a) If a team is unable to field 11 players they shall be able to call players (a woman for a woman and a man for a man) or borrow from the team you are playing. This does not apply during playoffs. No substitutes during playoffs.**
(b) Borrowed Player to play in positions where needed. DO NOT bump regular players.
- 3. (a) There shall be no fewer than four (4) women on the field at all times. Play one (1) short if four women are not available (i.e.: ten players on the field), or as agreed upon by both Captains.**
(b) 3 (a) to be strictly enforced during playoffs.
- 4. Bases are to be 55 feet (55') apart. A Pitcher's safety net will be placed in front of the pitcher's mound in a position which allows the pitcher to move behind it to avoid being struck by a hit ball. Any thrown ball that contacts the net unintentionally will stop play. All runners advance if the ball was previously in play.**
- 5. (a) Players must run to first base. After player reaches first base a substitute is allowed. A substitute runner will be allowed from first base only, unless injured. A substitute runner can only run again once all potential substitutes have had their turn running and must be same sex as base runner or agreed by both Team captains.**
(b) If a player is able to hit but not able to run to first due to an on-going medical condition, a substitute runner can run from home in their place, if the batter chooses to have a runner. The player not able to run to first shall be noted at the start of the game by their Captain with an asterisk on the score sheet along with advising the opposing team Captain. The person running from home for another player shall be of the same gender. The player that is running for a batter will start out by standing at the prescribed starting point on the first base side of the diamond and will have at least one hand on the fence until the ball is hit. If a player runs for another player and his/her turn at bat occurs while he/she is on base, he/she will stay on base but his/her at bat will be an OUT and the play will continue with the next batter in the lineup, if the out was not the third of the inning.
- 6. If a player proceeds to any base and passes the halfway mark the player must continue to that base. If the player returns to the base it is an automatic out, unless foul ball or fly out.**
- 7. (a) A player may be allowed to go 2 feet inside or 2 feet outside the bag when going to 2nd or 3rd base only. Players must make an attempt to run to the other side of the base that the ball may be coming from, so that the defensive player has a chance to field the ball without interference – the runner can be called out at the umpire's discretion.**
(b) Players can overrun the bag, but any obvious attempt to decoy; the runner will be subject to a put out.

8. **At first base, players MUST touch orange base on an infield hit, but can touch either white or orange base for an outfield hit when going extra bases. A base must always be touched at first or the runner will be called out if the opposition appeals.**
9. **Infield fly rule will not be used.**
10. **There is ABSOLUTELY NO TAGGING at home plate, any base or in between bases.**
11. **A runner's mat similar to home plate will be placed abutting the white line (outline) parallel to home plate mat, 6 feet from home plate mat. Runners must touch this mat as if it was home plate. The initial play or attempt to get the runner out at home plate must be made by the catcher, touching home plate, not the runner's mat.**
- 12.(a) **All batters will receive up to 3 consecutive pitches from their own Pitcher, regardless of quality. A fourth "courtesy" pitch will be allowed only if the batter, on their 3rd pitch:**
 - (a) **hits a foul ball/foul tip, or**
 - (b) **hits a fair ball that touches their Pitcher**
 - (c) **hits a fair ball that touches the Pitcher's safety net**
 - (b) **No walks will be issued to any player.**
 - (c) **No designated hitter. Everyone gets to bat.**
 - (d) **Batters must be spaced out evenly gender wise in the line up. If not enough women, space evenly (i.e. 2 men – 1 woman etc.), or as agreed upon by both Captains.**
 - (e) **Late comers must be inserted into the lineup as per rule 12 (d).**
13. **Players who move off the base prior to a ball being hit FAIR, must return to the base prior to moving onto the next base, or the runner will be called out if the opposition appeals.**
14. (a) **An outfielder must play on grass portion of the diamond, (on or behind the outfield line) and the infielders must play on or behind the baseline until the ball is hit. Once the ball is hit a fielder may move to any position necessary to field the ball. Outfielders and infielders must maintain normal field positions and not exchange positions. Normal backup excepted.**
 - (b) **The two (2) Rovers can play anywhere in the field, on the grass portion, provided they stay on their side of center.**
 - (c) **The Pitcher is a member of the batting team and cannot field any hit balls. Any hit or thrown ball that makes contact with the Pitcher, will be declared a "Dead ball". Play stops and base runners return to the previous bag at the time of contact.**
 - (d) **Baseballs must be returned to the pitcher to consider play stopped. Pitchers must field balls returned to them by an infielder, otherwise all runners must return back to the previous bag at the time of the infield throw. Only infielders may return the ball to the pitcher. The pitcher is not obligated to recover a ball returned by an outfielder and the ball is still considered "in play".**

15. An umpire's decision can be **DISCUSSED BY THE CAPTAINS ONLY**. If any other person questions, they may be ejected from the game at the umpire's discretion. Throwing a bat is an automatic ejection. If you have a concern, discuss that concern with your Captain – **NOT THE UMPIRE**.
16. a) All players must be given equal playing time. It will be incumbent on the team captain to ensure same. A player can opt to sit out at their request. Note: Exception being a pitcher.
(b) All players to sit out once before anyone sits out twice.
17. (a) Each team will have a maximum of five (5) runs per inning, except for the last inning. They can score unlimited runs in the last inning.
(b) Each team will have 3 outs per inning, if necessary.
18. (a) A Ball hit over the fence is an automatic out, including a ball that hits the fence and continues over it.
(b) When a fly ball goes off a player and goes over the fence, a ground rule double will be awarded to the batter.
(c) Any ball that is hit fair but goes past outfield fence will be a ground rule double.
19. If required the team at bat will provide an umpire for the inning. The umpire shall be mutually agreed upon by both teams and be knowledgeable of both standard slo-pitch (SPN) rules to the limits of their knowledge as well as **GOODTIMERS** rules.
20. All other rules of play will be adhered to as specified under normal slo-pitch rules (SPN) as understood by the umpire/umpires on the field during any game.
21. 'Jugs' ball adopted for league play and playoffs.
22. Games will consist of up to 7 innings depending on visibility and weather conditions.
23. A player must play at least 10 games to play in playoffs (exception is injuries). One (1) rain-out game will count as a game played.
24. All players who do not follow rules are subject to discipline (warning, suspension, removal) by the President or Vice-President.
25. When a player is not an active base runner, batter, "on-deck" batter or a coach standing beside 1st or 3rd base, it is expected that all team players should remain on or close to their team's bleachers throughout the game. All players must remain a minimum of 15 feet away from the gate opening while a player is at bat. The on-deck batter should be immediately available when it is their turn to bat.

April 20/26

