The Virginia Tech Intramural Sports Program is proud to offer a variety of quality sport-related activities to our community. Please consult the information below for sport-specific rules, policies, and procedures. If you have questions throughout the season, please contact us by email (imsports@vt.edu), phone (540.231.8297), or consult our intramural policies webpage. Good luck and we hope you have a fun and exciting season!

Rules of the Game

1. All games are self-officiated. If a rule discrepancy occurs, team captains should agree to a resolution and the restart of play.
2. Players & Substitutes  
   a. Games are played between two teams of 6 players. 
      i. CoRec games: the number of male and female players cannot differ by more than 1. If possible, there should be an equal number of players of each gender. 
   b. Teams must have at least 4 players present in order to begin a game. 
      i. If a team falls below 4 players during the game due to injuries or ejections, play may continue as long as the game remains competitive.
3. Starting the Game  
   a. The home team begins in the field while the visiting team is first to bat. 
   b. Players are not allowed to use gloves for fielding.
4. Ending a Game  
   a. After 45 minutes past the scheduled start time, the Intramural Supervisor/Scorekeeper will announce “No New Innings”. At most, a game is 7 innings.  
      i. If an inning has begun at the “No New Innings” announcement, it will be continued until 1) it is completed if the visitors are leading or 2) the home team is ahead in the bottom half of the inning. 
      ii. If time is to be added to the game, an Intramural Supervisor will announce this separately.
5. The Playing Field  
   a. The pitching mound is 36 feet from home plate. The distance between bases is 45 feet.
6. Batting  
   a. Team members may check-in and choose not to participate in the game, but all players that play must bat in order of the roster on the scorecard.
   b. Each batter has 3 pitches to hit a fair ball or the batter will be ruled out.
   c. Three outs constitute a half-inning. An out can be made in any of the following ways:  
      i. The batter is out after 3 pitches if the batter has not hit a ball into fair territory. 
      ii. A fly ball is caught in fair or foul territory.
iii. A ground ball is fielded to the base.
iv. A runner is tagged with the ball while in possession of a fielder.
d. Bunting is not allowed. Additionally, a player must start the swing with both hands on the bat.
e. A foul ball is a batted ball that settles in foul territory between home and first base or home and third base.

7. Pitching
a. In wiffleball, a pitcher must be from the same team as the batter.
b. The pitcher must take a position with both feet firmly on the ground and one or both feet in contact with the pitcher’s plate. A step may be taken forward, backward or to the side provided that the pivot foot is in contact with the pitcher’s plate and the step is simultaneous with the release of the ball.
c. The pitcher is not considered in pitching position unless the catcher is in position to receive the pitch.
d. All pitches must be thrown using an “overhand” throw.
e. A “No Pitch” shall be declared and the action following will be ignored when:
   i. A base runner leaves base too soon.
   ii. The pitcher pitches during the suspension of play.
   iii. The ball slips from the pitcher’s hand during the windup or during the backswing.

8. Stealing
a. Runners may not steal bases. A runner must remain on the base until the ball is hit.

9. Out of Play
a. All runners are awarded 2 bases from the last base attained on any overthrow which goes out of play.
b. The bases awarded are determined by the position of the runner(s) when the ball left the thrower’s hand.
c. Batted balls that go out of play are considered a ground rule double.

10. Mercy Rule
a. The game will be ended due to mercy rule if either team is winning by:
   i. 20+ runs after 4 complete innings of play (3½ innings if home team is ahead)
   ii. 15+ runs after 5 complete innings of play (4½ innings if home team is ahead)
   iii. 10+ runs after 6 complete innings of play (5½ innings if home team is ahead).

*Rules not outlined in this sheet follow the National Federation of State High School Association (NFHS) rules*