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 consult the Intramural Supervisor on duty to resolve the situation.
2. Players and Substitutes
   a. Games are played between teams of 10 players.
   b. Each team must have 7 players to begin a game.
      i. During the game, a team may play with fewer than 7 if the game remains competitive.
      ii. If a team does not have the required minimum number of players checked in at the scheduled game time, a 10-minute grace period is given.
         1. If neither team has the required number of players by the end of the 10-minute grace period, the game is recorded as a forfeit for both teams.
         2. If one team is present at the start of the grace period (scheduled game time), that team will have the option to start the game ahead by a score of 10-0. However, that team may also elect to begin the game with a 0-0 score.
   iii. The team appearing first on the daily schedule is the home team.
3. CoRec games
   i. There cannot be more than a +/-1 ratio between male to female in either the infield/outfield.
   ii. In a game where the fielding team has less than 10 players, the team must align themselves in the field prior to the first pitch being thrown to a batter. It is not required to have a full infield.
   iii. If a team is playing with an odd number of players, the males and females will rotate through their batting order separately to ensure neither gender bats twice in a row (no out for the 10th batter).
3. Warm-Up Rules
   a. A pitcher may have 5 warm-up pitches prior to the start of the game.
   b. New pitchers are allowed a maximum of 5 warm-up pitches or 1 minute upon entering the game.
   c. No infield practice is permitted after the first inning.
   d. Only 1 warm-up pitch is allowed between innings.

4. “No New Innings” Rule
   a. An Intramural Staff member will announce “No new innings” 45 minutes past the scheduled start time.
      i. If already started, the inning will continue until completed if the visitors are ahead or until the home team is ahead in the bottom half of the inning.
      ii. If time is to be added for any reason, an Intramural Staff member will announce this separately.
   b. Once 3 innings have been completed (2½ if the home team is ahead), it is considered an official game.
      i. In this case, the game will not be rescheduled if suspended/cancelled due to inclement weather.
      ii. If a game is suspended midway at any point after 3 innings have been completed, the score will be recorded as it was at the end of the last full inning and the game considered official.
      iii. Due to time constraints and field availability, regular season games suspended/cancelled due to inclement weather may not be rescheduled.

5. Pitching Rules
   a. The pitcher
      i. Must have both feet on the ground and at least one foot touching the pitcher’s plate.
      ii. May step in any direction but a foot must remain in contact with the pitcher’s plate and the step must be simultaneous with the release of the ball.
      iii. Must come to a complete stop with the ball in front of the body while facing the batter prior to pitching.
      iv. Is not considered in pitching position unless a catcher is in position to receive the pitch.
   b. A legal pitch
      i. Must be delivered underhand with an arc 6-12 feet off the ground.
      ii. Must be released at a moderate speed.
      iii. Must not be a “quick return” pitch.
      iv. Must not cause unnecessary delay after the batter is ready.
      v. Must be delivered in accordance with the rules. All other pitches are illegal. The legality of any pitch is subject to the judgment of the umpire.
      vi. **Penalty:** Illegal pitch, which will be declared a ball unless the batter strikes the pitch. If the batter strikes at the pitch, it is considered legal and all resulting action stands.
   c. No pitch – The ball will be declared dead and the action following will be ignored when:
i. A base runner is called out for leaving base too soon.

ii. A pitch is thrown during the suspension of play.

iii. A pitch is thrown before a base runner is able to return to their base following a foul ball.

iv. The ball slips from the pitcher’s hand during the windup or during the backswing.

v. A pitcher throws to a base other than home while a foot is on the plate.

d. Strike zone – Balls and strikes will be called based on whether or not a legal pitch hits the strike mat located behind home plate. If the ball hits the strike mat, it is a strike. All other legal pitches are ruled as a ball.

6. Batting
   a. All at-bats start with a “1 & 1” count.
   b. If the ball hits in front of or on home plate, a ball will be called unless the batter strikes at the pitch.
   c. The batter shall not:
      i. Have a foot entirely outside the limits of the batter’s box when the ball is hit.
      ii. Touch any part of home plate when the ball is hit.
      iii. Step into the batter’s box with an illegal bat or altered bat. **Penalty:** the ball is dead, the batter is out, and if it is a second offense, the player is ejected from the game. All runners must return to their original base.
      iv. Step out of the batter’s box without first asking for “time”. **Penalty:** if the batter steps out without “time” being acknowledged by the catcher, a strike is called.
      v. Hit a second foul ball following the first strike. **Penalty:** the batter is out (i.e., 3 foul balls = out, one swing and miss then 2 foul balls = out, one foul ball then one swing and miss = out)
   d. CoRec – the batting order must alternate between males and females.
   e. There is no infield fly rule in any league.

7. Base Running
   a. Base runners may leave the base as soon as a ball is hit or when the pitch crosses home plate. Note: runners may not steal bases in slow-pitch softball.
   b. When the base slides away from its proper position (when a runner goes into it) the runner is assumed to be on the base and not in jeopardy to being called out unless they try to advance.
   c. **Fake Tag** – a fake tag or simulating the motion of catching a throw is a form of obstruction. The fake tag is a potential safety hazard and is also considered unsportsmanlike conduct. **Penalty:** first offense – the team shall be warned; subsequent offenses by any player on that team results in an ejection.
   d. **Intentional Walk** – there is no automatic walk rule. In a CoRec game, if any player is walked on only 3 pitches (e.g., 3 balls and no strikes), the next batter can take an automatic walk and advance to 1st base. The batter that was initially walked can advance to 2nd base, regardless of whether or not the “automatic walk option” is used. If the next batter steps in the box, they must hit.
e. *Out of Base path* – if a base runner goes out of the base path to avoid being tagged, they are out. A player is not required to slide into a base, however, a player may not deliberately crash into a fielder who is attempting to make a tag.
   i. The base path is considered to be 3 feet on either side of a straight line in-between the base and the runner when a play is being made on the runner.
   ii. **Penalty:** the runner is out and the ball is dead; flagrant action will result in an ejection.

f. Players are allowed to slide into bases in an attempt to beat the throw.

8. **Ball out of Play**
   a. The turf field perimeter fence and/or painted lines (between Field 2 and Field 3) designate out-of-play areas.
   b. *Overthrows* – all runners are awarded 2 bases from the last base gained. Determination of bases awarded is governed by the position of the runner(s) when the ball left the thrower’s hand.
   c. *Catch and Carry* – if a player catches a fly ball in playable territory and carries it into an out-of-play area, the runner(s) advance 1 base (if intentional, runner(s) advance 2 bases).

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

10. **Extra Innings (Playoffs only)**
    a. Regular season games may end in a tie.
    b. If there is no winner at the end of regulation during a playoff game (45 minutes or 7 innings), there will be extra innings.
    c. Beginning with the first inning following the end of regulation, all subsequent innings will implement the international tie breaker rule.
       i. Each inning will begin with a runner on second base.
       ii. The player who would be batting last at the start of the extra inning shall be the runner at second base.
    d. Each team will have an opportunity to bat.
    e. Play will continue in this fashion until a winner has been determined.

**Rules not outlined in this sheet will be ruled on by Intramural Sports Staff**