



MIDDLE TENNESSEE STATE UNIVERSITY

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Campus Recreation

Intramural Sports

INDOOR BASEBALL RULES HANDOUT

ELIGIBILITY RULES

1. You must have a MTSU ID to participate.
2. No Person shall play on more than one single sex and co-rec team per sport. If caught doing so by supervisor or official, Player shall be suspended for remainder of season and that game shall be forfeited. Opposing team does not have to protest if caught by supervisor or official.
3. No person shall use false identification in order to participate. If caught, person will be suspended from Intramural Sports and possibly Campus Recreation activities for a period of time determined by the Competitive Sports Coordinator.

THE GAME:

1. **The Field:** The playing field consists of the following base paths: Home to 1st and 3rd to home → 57 feet. 1st to second and second to 3rd → 46 feet.
2. **Team:** Teams will consist of 6 players, but a team may begin a game with 4 players. A maximum of 12 players allowed on the roster. Only 7 batters may be in the lineup.
3. **Game:** No inning can start after the 20th minute. 5 inning maximum.
4. **Time-outs:** There will be no time-outs in Indoor Baseball
5. **Substitutions:** Substitutions may occur either while batting or in the field. Substitutes must assume the batting position of the player he/she was substituted for. Starters may re-enter the game in their original batting position, in which case the sub is ineligible to return to play.
6. **Equipment:** Teams must wear proper clothing while playing and players must wear appropriate closed-toe footwear. Hats, bandanas, cleats or spikes, or jewelry may not be worn while playing. Any player found wearing any of the above during the game will be removed from the game and not allowed to re-enter.

PLAYING REGULATIONS:

➤ **Batting Rules:**

- Bats will be provided by the Intramural Sports program. .
- Batters slinging the bat following a previous warning for the same action will be called out.
- A ball that is hit beyond the “gold line” and remains in the field of play is “live” regardless of what it hits (i.e. rafters, walls, netting, etc)
- A ball that makes contact with any part of the arena first (i.e. rafters, walls, netting, etc.) and ricochets back behind home plate will be a “Foul” ball.
- Any ball that is batted over the top of the arena netting will be a “Ground Rule Single.”



MIDDLE TENNESSEE STATE UNIVERSITY

- Any batted ball, which becomes lodged in the ceiling or the net of the arena, will be an out.
- Bunting will not be allowed at any time during an Indoor Baseball game
- There will be no infield fly rule at any time during an Indoor Baseball game

➤ **Pitching Rules:**

- Each team will provide a pitcher who will pitch to their own team.
- The pitcher must wear a glove at all times when pitching for his/her team.
- Pitcher's must begin their motion with 1 foot on the rubber.
- Stretch or windup is fine on any pitch without restrictions.
- There will be a 3 pitch maximum all leagues. On the 3rd pitch the ball must be put in play. If the batter hits a foul ball on the 3rd pitch, they are declared out.

➤ **Baserunning Rules:**

- There will be no stealing or leading off. Baserunners may not leave the base until the pitch is hit.
- A runner receiving aid in making his turns, recovering from a fall, etc. from a base coach or teammate will be declared out, the ball will become dead and runners will return to their previous occupied base.
- Base runners must maintain contact with their base and may leave it ONLY when the ball is batted.
- Runners over-running bases will be subject to being tagged out; only 1st base can be over-run without penalty. If a runner who runs past first base but makes a legitimate attempt towards second, is now legal and free to be put out if not contacting a base.
- Any batter who steps out of the batter's box or on home plate and makes contact with a ball will be called out. These are dead ball outs with no base advancement.

GROUND RULES:

- **Home Runs:** Any batted ball, which reaches the netting above the panels past the plexi-glass portion of the indoor arena.
- **Ground Rule Doubles:** Any ball which reaches the outfield goal without being touched going straight through the field of play to the outfield goal. This includes the ball hitting rafters, walls, netting etc. The ball must not be touched by any player for a ground rule double to be awarded.
- **Ball in Play:** Any ball inside the arena walls is considered live and in play.
- **Recording Outs:** There will be no throwing the ball at runners to record an out. Players may be called out in the following situations:
 - If a fielder catches a ball that is in flight, whether fair or foul. If a batted ball hits the net or wall outside of the home run area and remains in the air, it is eligible to be caught for an out
 - If a fielder catches a batted or thrown ball and tags a base to put out a batter or runner
 - If a fielder catches a thrown ball and tags a base to record an out on an appeal play
 - If a fielder tags a runner when the runner is off the base to which the runner is entitled
 - A batter may be called out after three (3) pitches
 - A batter may be called out for being touched by his own batted ball
 - A batter may be called out for interfering with the catcher
 - A batter may be called out for failing to bat in his proper turn
 - A runner may be called out for being touched by a fair ball
 - A runner may be called out for running out of line to avoid being tagged
 - A runner may be called out for passing another runner
 - A runner may be called out for having interfered with a fielder



MIDDLE TENNESSEE STATE UNIVERSITY

- **Overthrows:** An overthrown ball that remains inside the arena walls is live and runners may advance at their own risk. Balls that are overthrown over the net or out of play are considered dead balls and baserunners will be awarded 1 additional base from where the runners are when the ball enters dead ball territory. This includes overthrown balls, which enter the soccer goals behind home plate and in center field.
- **Runs per Inning:** The maximum number of runs a team may score in an inning will be 10.
 - **Positions:** Teams must have players in the following positions in order to start a game:
 - **Fielders** = **3**
 - **Catcher** = **1**

*These are the minimum numbers necessary to start a game. Up to 5 players may play in the Outfield area at the same time.

THE CO-REC GAME:

- The game is played between two teams of 6 players each. You may only have 8 batters per lineup. Teams must begin and end each match with a minimum of 4 players.
- Co-Rec matches may be played with an uneven male/female or female/male ratio according to the following premise:
Minus 1: 2/3 male/female and vice versa;
- Teams may not bat two consecutive male batters; any time circumstances force 2 male batters to hit back to back, an out will be enforced between the 2 batters.
- Teams are allowed 2 extra hitters, 1 male and 1 female.
- Co-Rec games will be “Coach Pitch” and teams will be allowed to use their own players to pitch to each batter on their team.
- In a Co-Rec game, the maximum number of runs a team may score in an inning will be 10, except during the final inning of play.