

**East Carolina University
Campus Recreation and Wellness
Intramural Sports
Wiffleball Rules**

I. Governing Rules

Current rules of the United States Perforated Plastic Baseball Association (USPPBA) shall apply with modifications or exceptions as indicated below.

II. Equipment

- A. Athletic shoes must be worn by all participants. No boots, sandals, cleats, etc. will be allowed.
- B. WIFFLE bats will be provided and are the only legal type of bat for use.
- C. The WIFFLE perforated plastic baseball shall be used and will be furnished by Intramural Sports.
- D. Regulation baseball/softball gloves **may** be worn by all players. The pitcher's glove can not have be white or have distracting material upon it. **Gloves are not required.**
- E. The catcher has the option to wear a mask while positioned in the catcher's box.

III. Starting and Ending the Game

- A. Teams must be prepared to begin play at the scheduled game time.
- B. Game time is forfeit time.
- C. A team shall consist of 5 or 6 players (**Only five may play the field at one time while the batting order may consist of 5 or 6 players**). **The sixth player is similar to the extra player rule used in ASA softball.** However, to avoid forfeiting when a full complement is not present at the scheduled time, a team may begin and continue play with a minimum of four (4) players. Late players may be added onto the end of the batting order with no penalty.
*****CO-REC teams may play with 5 or 6 players with a maximum of 3 men and 3 women. Any combination of 5 players may play in the field as long as there are no more than 3 men or women in the field. CO-REC teams may begin and continue play with four (4) players. The batting order must alternate male/female for the first 4 places in the order. If any 2 males or females bat consecutively in order, unless at the end and beginning of the order; it will result in an automatic out between batters.**
- D. An official game shall consist of five (5) full innings or 30 minutes, whichever occurs first.
- E. A team ahead by ten (10) or more runs, after four (4) complete innings of play shall be declared the winner.
- F. If an inning has begun and the time limit expires, the inning shall be completed (unless the home team is not required to bat).
- G. In the event of a tie score at the end of five (5) innings or at the end of the last completed inning, each subsequent half-inning will begin with the batting team placing a runner on second base (The runner will always be the last batter to complete their turn from the previous inning) and two outs. Extra innings, under these conditions, will be played until a winner is determined.

IV. Batting

- A. Choice of first (Visitor) or last (Home) at bat in an inning for the game shall be decided by a coin flip at the start of the game.
- B. Bunting or chopping the ball **is illegal (dead ball, batter is out, runners may not advance).**
- C. The batter will start with a 0-0 count.
- D. The BACKSTOP shall be located 3 ft. directly behind home plate. The STRIKE ZONE shall be 22" wide by 30" tall, and start 12" off the ground.
- E. All BALLS and STRIKES are designated by the "hole" in the strike zone. If the ball goes through the hole, it is considered a strike, even if it hits the side of the backstop first. If the ball does not go through the hole, and is not swung at by the batter, it is considered a ball. If the ball hits the backstop and bounces away from the hole, it is considered a ball. If a batter has 2 strikes on him, and foul tips the ball into the netting, it is considered strike 3.
- F. The batter will be declared out if he/she hits a foul ball with a two-strike count.
- G. A fair-batted ball hit over the wall into the stands is a homerun.
- H. A batted ball which hits an overhead obstruction such as the ceiling or basketball goal will be treated as a **LIVE** ball. The determination of whether the ball is fair or foul will be based on where it lands. If the ball is caught in the air the batter will be out.
- I. A batted ball that strikes the ceiling shall be considered fair or foul according to where the ball **FIRST HITS** the ground (**NOT WHERE IT ROLLS**).
- J. A fair-batted ball which gets stuck in the ceiling, or another object, shall be ruled a ground rule double.
- K. "Out of Play" areas will be determined by the umpire(s) prior to the start of the game.

V. Pitching Regulations

- A. The pivot foot must remain in contact with the pitcher's plate until the pitched ball leaves the hand.
- B. The pitched ball may be thrown in an overhand or underhand motion. However, the ball should, at no time during the pitch, be above the batters head level. A pitch deemed to above head level shall result in an illegal pitch. In this instance, the umpire shall call illegal pitch loud enough for the batter and catcher to hear. A ball will automatically be awarded unless the batter swings. Should the batter swing, the illegal pitch call will be ignored and the result of the play will stand.
*****THERE IS A MODERATE SPEED REQUIREMENT. THERE WILL BE NO FASTBALLS!!!** There must be a definite pause prior to beginning the pitching motion and delivery must be made directly to home plate once the pitching motion begins. A stop or change of direction in the pitching motion will result in an illegal pitch being called.
- C. The pitcher may take only one step before releasing the ball and the pivot foot must remain in contact with the pitcher's plate area for the duration of the pitch.
- D. There are no balks. Any deviation from pitching regulations shall result in an illegal pitch. In all instances, the umpire shall call illegal pitch loud enough for the batter and catcher to hear. A ball will automatically be awarded unless the batter swings. Should the batter swing, the illegal pitch call will be ignored and the result of the play will stand.

- E. Any pitched ball which strikes the batter shall be ruled upon based upon whether the batter swung (strike) or whether the pitch was within the strike zone (strike) or outside this area (ball). **A batter will not be awarded 1st base if struck by a pitched ball.**
- F. The pitching distance from the pitcher's plate to home plate shall be 35 feet.
- G. FOR CO-REC ONLY: If a male batter walks on 4 straight balls, the following batter (Female only) has the choice to walk (take 1st base) or bat.

VI. Base running

- A. There is no stealing of bases under any condition.
- B. The double base shall be used at first base in all divisions of play. The following rules should be enforced:
 - a. A batted ball hitting or bounding over the white portion is fair.
 - b. A batted ball hitting or bounding over the colored portion is foul.
 - c. When a play is being made on the batter-runner, the defense must use the white portion and the batter-runner the colored portion of the base.
- C. A runner may leave a base only after the ball has **BEEN CONTACTED BY THE BATTER.**
- D. If an overthrow goes out of play or is interfered with by a spectator, coach, opposing team player or equipment, the base runners are awarded two bases from the release of the throw or the interference contact based on the runner's location.
- E. Malicious contact by a base runner with a fielder will result in an out and an automatic ejection.
- F. **The runner or batter-runner may be put out by being struck with a thrown ball below the player's chest.** Any thrown ball from a fielder which strikes the runner above this area shall be treated as an overthrow unless the runner caused this contact by altering their movement as to encourage being struck (Interference). The fielder shall be ejected for any malicious attempt to injure a runner with a thrown ball or for striking a runner above the chest a second time in the same game. A warning will be issued following the first occurrence in addition to overthrow penalties.
- G. Interference is the act of an offensive player or team member which impedes or confuses a defensive player attempting to execute a play. Contact is not required. When this occurs, the ball is ruled dead and runners return to the last base touched and someone will be called out.
- H. **Sliding is illegal and is a form of interference** when it is an intentional act designed to avoid being put out and the runner's hand and knee touches the ground.
- I. A line perpendicular to the third base line 10 feet from home plate is considered the "commitment line". If any part of a runner's foot touches this line, the runner **MUST** proceed home;
 - a. If a runner takes a step towards third base after crossing the commitment line, the ball is immediately dead and the runner is out
 - b. If the runner crosses the commitment line, the play at the plate is a force play and the defensive team must only throw the ball into the backstop before the runner touches the plate. **THERE IS NO CATCHER POSITION.**
 - c. If the defensive team throws the ball into the backstop before the runner has crossed the commitment line, the play is dead, and the runner must return to third base.

VI. Players/Substitutions

- A. Substitutions may be made at any time with prior notification to the umpire.
- B. If the pitcher is removed from the pitching position, he/she may only return to this position one time. However, this player may remain in the game at another position.
- C. If a player leaves the game in favor of a substitute, that player may re-enter the game once, but only in the same batting position.
- D. If a "substitute" leaves the game, that player may not re-enter the game.
- E. Free substitution of fielders is permitted among all players in the batting order. The batting order shall not be changed at any time except for the addition of a player to the end of the order (maximum of 6 batters).