

**Christopher Newport University
Office of Recreational Services
Intramural Sports
Wiffleball
-Rules of the Game-**

The rules below are specific for the sport indicated above and do not include intramural program policies which all participants must abide by. For a complete description of intramural policies, participants should view the Intramural Program Manual.

National Intramural Recreational Sport Association (NIRSA) rules govern any rule not mentioned in this document.

Playing Area:

1. Bases are placed 45 ft apart and the pitcher's rubber is 35ft from home plate.

General Regulations:

1. The game will consist of 7 innings or 50 minutes (no new inning will be allowed after 40 minutes), whichever comes first.
No time limit will be in effect for semi-final and final games. Game time is forfeit time.
2. Teams will consist of 6 players. A team may start and/or finish with 4 players. In coed games, teams may play with 3 men and 3 women. If playing with 5 players it may be 3 men and 2 women or with 3 women and 2 men. If playing with 4 players, teams must have 2 men and 2 women - no exceptions.
3. The choice of "Home Team" and "Visiting Team" will be determined by a coin flip, which will be conducted by the Intramural Sport Supervisor.
4. All games during the regular season will end in a tie. During playoffs, extra innings are played until a winner is declared. Time limit will be still be in effect for playoffs until the semi-final and final games
6. There will be a run limit of 6 runs per team per inning.
7. The Mercy Rule will be in effect after 4 innings. The team that is ahead by 10 or more (or 3 ½ innings if the home team is ahead) will be declared the winner, except in Semi-final and Final games.

The Game:

1. Teams will pitch to themselves. A batter will have a maximum of 3 pitches to hit the ball. If the ball is not put into play on any of the 3 pitches, the batter is declared out. A foul ball on the 3rd pitch will also result in an out. Pitches can be overhand or underhand.
2. Batters/runners are put out using normal baseball/softball rules. Defensive players cannot throw the ball at the batter/runner in order to get them out.
3. Runners cannot lead off or steal. The runner cannot leave the base until the pitched ball crosses home plate or is contacted by the batter.
4. The batting order should be listed on the scoresheet prior to the start of the game. In coed games batting order must alternate male/female. Only if a team is playing with 5 players, will it be allowed for either 2 men or 2 women to bat back to back.
5. Teams can bat as many players as they want but can play only 6 players in the field at a time or teams can substitute players one for one. If teams are batting everyone, the defensive players can rotate each inning. If coed teams are batting more than 5 players, they can not have more than one player per gender advantage.
6. There is no bunting.
7. There is no sliding! If a runner slides, he/she will be considered out.
8. Defensive players may not wear gloves of any kind.
9. The defensive team must field a player in the catcher's position. The remaining fielders can be positioned anywhere behind the pitcher and cannot move in front of the pitcher's mound until the ball has been struck.

Ground Rules: The Freeman Center

1. The following instances will result in the ball being in play and runners being able to advance:
 - Below the homerun line
 - Ball hit a basketball goal/backboard
2. The following instances will result in a home run:
 - Ball lands/hits above the homerun line
3. The following instances will result in a ground rule double:
 - Ball becomes stuck in basketball goals or any other apparatus.
4. If the ball hits the ceiling, it can be caught for an out (fair or foul). If it hits the ceiling and lands in fair territory, it is fair. The ball can not be counted as an out if caught off the wall. If the ball hits the ceiling and lands in foul territory, it is foul.
5. If the ball hits anything on the ceiling (speakers, lights, rafters) it can be caught for an out.
6. If a player's turn comes to bat and that player is on base, he/she may be replaced as a base runner by the last out in the lineup.

Equipment/Conduct/Safety:

1. The Intramural Office will provide all equipment. Teams may NOT bring their own bats or balls.
2. If IM staff are needed to intercede and remove/eject player(s) and/or spectator(s) for any inappropriate conduct the situation will be handled very seriously. **MINIMUM SANCTIONS WILL LIKELY REMOVE THE PLAYER INVOLVED FOR THE REMAINDER OF THAT SPORT SEASON.** Although no formal rating takes place, teams will be held to a very high code of conduct. **ABSOLUTELY NO INAPPROPRIATE BEHAVIOR OF ANY KIND WILL BE TOLERATED.**
3. All jewelry and hats must be removed!
4. Blood Rule: Any player who is bleeding must be substituted for until the bleeding stops. An intramural staff member has the authority to remove the player. If by removing the player who is bleeding the team falls below the minimum number of players necessary to play (four), the following will apply: The game clock will stop and a maximum of 5 minutes will be allowed for the player to stop bleeding. The intramural staff member must approve the player to re-enter. If the bleeding is not stopped within the allotted 5 minutes, the team will forfeit the game. **THE TIME ALLOWANCE IS ONLY FOR PLAYERS WHO ARE BLEEDING, AND THE TEAM CANNOT CONTINUE TO PLAY WITHOUT THEM.**