



C.S.A.L. Indoorball (Cabbageball)

Rules and Regulations

Revised February 2026

Indoorball Rules & Regulations

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I. ELIGIBILITY

- A. Participation is open to elementary students up to seventh (7th) grade.
No one above 7th grade are eligible to participate in CSAL Athletics.
- B. Home Schooled and “Virtual” students are not eligible to participate in CSAL Athletics.
- C. Suspended Students
NO suspended student is allowed to play on the day he/she is suspended.
It is highly recommended that a student be in school at least a half day to be eligible to participate in a game.
Exception: An extreme circumstance can be waived by the principal.
- D. Boys are not eligible to participate in a Girls’ sanctioned sport including, but not limited to:
Girls’ Volleyball, Girls’ Basketball, Girls’ Flag Football, Girls’ Cabbageball
- E. Girls are not eligible to participate in a Boys’ sanctioned sport including, but not limited to:
Boys’ Basketball, Boys’ Volleyball, Boys’ Cabbageball
- F. Ineligible Player
If a player is found to be ineligible, any game that player participated in is deemed a forfeit.
The player may not be transferred to another roster to finish out the season.
- G. Junior / Senior Teams
No player is allowed to participate on both the junior AND senior teams
Juniors are allowed to play on a senior team, but may not participate on both teams. Their name may not appear on both the junior and senior team rosters.
Schools are allowed to enter more than one junior and/or senior team.

Juniors – 4th, 5th, and 6th graders. Open to all students who have not not reached their 12th birthday before September 30, 2025.
6th graders may participate on EITHER the junior OR senior team, BUT not both.
It is strongly advised that 4th graders NOT participate on a senior team unless:
The school does not have a junior team
The 4th graders are necessary in order for the school to enter a senior team.

Seniors - 6th and 7th graders. Open to all students who have not reached their 14th birthday before September 30, 2025.
6th graders may participate on EITHER the junior OR senior team, BUT not both.
- H. **Developmental** – 4th graders ONLY. Schools are encouraged to incorporate a team comprised of only 4th graders (non-competative)
By sport, schools will report to the League Representative their intention of having a fourth grade developmental team.
The League Representative will put these schools in touch with other to Organize their own “league”
The fourth grade developmental league will not participate in CSAL competition.

II. UNIFORMS

Uniform shirts of the same color and numbers are required.

All uniform numbers must be screened on. NO homemade taped on or numbers put on by a marks-a-lot will be allowed.

No duplicate numbers are allowed on a team.

Teams without uniform shirts, where required, will forfeit the game.

Shoes must be worn at all times. No spiked shoes may be worn.

On the official score sheet the player's jersey number (not the name) identifies that player.

III. EQUIPMENT

Each school is responsible for providing regulation equipment as designated by the CSAL indoorball rules and regulation guidelines.

A. The Ball

The ball must be an approved 17" CSAL league ball. Should it become ripped or torn during the game, a new one can be substituted at the discretion of the umpire.

Each team is to provide a game ball.

The umpire shall select the best ball for play

Teams may not switch balls during the game.

B. The Bat

The bat must be an official softball bat, so stamped.

Aluminum bats are permissible.

The bat must have a knob on the end of the handle.

An illegal bat will be removed from the game as soon as it is discovered.

If an illegal bat appears after that, the batter is out as soon as he steps into the batter's box with it.

If an illegal bat is discovered after a fair hit ball, before the next pitch, the batter is out and base runners return to their base.

C. Each coach is responsible to have:

A written roster, including the players' name and uniform number

A score book/score sheets.

A responsible person to keep the official score book.

The umpire will designate the "official score keeper".

Score keepers must confer with each other in-between innings to assure both books agree.

If there is any discrepancy that cannot be corrected between the score keepers, after the umpire checks both books, the designated score keeper's book will be correct.

Note: If a team does not have a scorekeeper, then the designated official scorekeeper's information is correct and that coach forfeits any rights to dispute what is recorded.

IV. TEAM BENCHES

A. The location of each team's bench shall be designated by the host field representative. One team's bench will be in the out-of-play area along the first base side of the diamond; the other team's bench will be in the out-of-play area along the third base side of the diamond.

B. Only coaches and players are allowed on the team bench.

C. No one is allowed to stand behind the backstop behind home plate.

V. SUPERVISION

A. Faculty Representative

It is strongly encouraged that a school/faculty representative (other than the head coach) be on site for all CSAL events.

The representative is responsible for the conduct of the team players, coaches, and spectators.

Noncompliant behavior must be reported to the school's Principal and Athletic Director.

Complaints will be handled on a case-by-case basis between the school principal and the Co-Commissioners.

B. Coach

It is required that every CSAL team competing be accompanied by a coach who will be responsible for the team's conduct.

Coaches who are not of adult age (21 years of age), **MUST** have an adult with them on the team's bench.

Absence of an adult supervisor will result in the team forfeiting.

Only one coach is allowed to enter into a discussion with the game official.

Coach's Responsibilities

Coaches are responsible to bring to each athletic event:

Written team roster (a list of team players with jersey numbers)

A game line-up

A score book (or score sheets)

Someone to keep score

Provide/assure regulation equipment as outlined in the CSAL Indoorball (Cabbageball) rules and regulations.

Provide a responsible person to keep the official score book.

Note: If a team does not have a scorekeeper, then the designated official scorekeeper's information is correct and that coach forfeits any rights to dispute what is recorded.

Be sure game results are reported to the Regional League Representative within 24 hours of game completion.

VI. TEAM PLAYERS

A. Seven to ten (7-10) players must constitute a side.

The player's positions shall be such as assigned to them by their coach (on fair ground, other than the catcher).

B. At the discretion of the coach, a team may bat eleven (11) players but field only ten. Said player would be the designated hitter.

If a team is using the DH (designated hitter), any 10 players on the batting lineup may play defense without it being considered a substitution.

(A substitution is when a player is taken off the batting order and replaced by another player.)

C. If a player leaves the game and the team has no substitutes, the player who left the game will be credited with an out the first time he is to bat.

Thereafter the batter following the person who left the game will bat.

D. Substitutes

Limited Substitution: A starting player may be replaced by a substitute, and then when re-entering the game may only replace the player that replaced him. The player must maintain the same position in the batting order.

This also applied to the eleventh player. (Section VI-B)

A person may be substituted only once.

The substitute may not re-enter the game once he comes out.

Note: This rule does not apply to the designated hitter. Any 10 players listed on the batting lineup may play defense without it being considered a substitution. (A substitution is when a player is taken off the batting order and replaced by another player.)

Courtesy runners are not allowed.

No base runner shall have a substitute run for him and remain in the game except by the consent of the coaches of the contesting team.

(No designated runner will be allowed, except in an injury situation, with the consent of both coaches.) *The runner must be the last batted out.*

Should a game be protested and the game continued at the point of the infraction, or if the game is rained out or rescheduled for another night, the teams are allowed to use the limited substitution rule.

Should the game be a continuation because of a valid protest, the original lineup must be followed, the limited substitution rule may be applied and substitutes may be made in place of original players.

Should a game be postponed because of rain or whatever reason before the losing team has completed five (5) innings of batting, other than a protested game, and the game is restarted from the beginning, the lineups may be changed before starting the game.

In the event of rain after the losing team has completed five (5) innings of batting, the final score will be determined by the last completed inning played.

VII. GRACE PERIOD

There is NO grace period for CSAL games, whether regular season or championship play.

Teams, players and coaches, should arrive at the game site least 15 minutes prior to their scheduled game time.

The host league coordinator will make a decision for those situations with extenuating circumstances.

VIII. THE GAME

A. PreGame Conference

Attended by the Umpire, all coaches, and a player representative from each team.

Explanation of ground rules

Answer any rules questions

Coin Toss

By flipping a coin, the choice of innings will be decided.

B. Time of Play

A game will consist of seven (7) innings or **one hour**, whichever comes first.

Exception: The ten (10) run rule will be in effect; a team leading by ten runs after five (5) innings of play will be declared the winner.

A game will be considered official in the event of rain or the ten run rule if the losing team has completed five (5) innings of batting.

In the event of rain AFTER the losing team has completed five (5) innings of batting.

the final score will be determined by the last completed inning played.

In the event of rain BEFORE the losing team has completed five (5) innings of batting.

the game is not an official game, and is re-scheduled from the start.

The status of the rained out game is to be recorded on the official score sheet for reference in the rescheduled game

C. Tied Game

During Regular Season Play:

If the score is tied at the end of the seventh inning, teams must continue to play until a winner is determined, provided no inning may start after one hour has elapsed.

If the score remains tied after the overtime, the game will be declared a tie.

In Play-Offs:

If the score is tied at the end of the seventh inning, or after the time limit has expired,

teams must continue to play until a winner is determined.

D. Calling Play and Time

The umpire must call play promptly at the hour designated on the official schedule,

On the call of play, the game must immediately begin.

When the umpire calls time, play must be suspended until he calls play again.

The umpire shall suspend play

only for an accident to himself or a player or a coach

In the case of an accident to a fielder,

time shall not be called until the ball is returned and held by the pitcher standing in the box.

Each team will be allowed three time-outs (one (1) minute duration).

Time must not be called for trivial causes.

The practice of coaches or players suspending the game to discuss or contest a decision is a gross violation of the rules and the umpire must not allow it.

If a player willfully disobeys the cautions of the umpire with regards to violation of the rules, he may, at the discretion of the umpire, be ordered out of the game.

IX. THE GAME RULES

Rule #1 THE CATCHER

A catcher may not extend his arms, or any other part of his body, beyond the Back line of the batter's box until the pitch reaches home plate.

If he does, and contact is made with the bat and/or batter,

A catcher's balk is called.

PENALTY -- The batter is entitled to a base.

Base runners advance only if forced to do so (and not taking a lead)

Rule #2 THE PITCHER

- A. Preliminary to pitching,
 - The pitcher shall come to a full stop facing the batter,
 - He shall place both feet on the rear line of the pitcher's box.
 - It does not matter whether his feet are together or not, or if he spread them out the width of the box, provided both feet are on the rear line of the pitcher's box.
 - The foot can be touching the side lines of the box,
 - but no part of the foot can be outside the side lines of the box.
 - The ball shall be held in both hands in front of his body.
 - B. In the preliminary moves of the pitcher,
 - The arm does not have to swing parallel with the body, but only on the final swing when delivering the ball *underhand*.
 - The hand, extending down full length, holding the ball and making this delivery, should be only 6 inches away from the body.
 - C. In the act of delivering the ball underhand to the batter, the pitcher must keep one foot in contact with the ground until the ball has left his hand, he shall not take more than one step until the ball has left his hand.
 - The step must forward and towards the batter,
 - The step must be taken simultaneously with the delivery of the ball to the batter.
- NOTE: A pitcher who skips in the process of a windmill is in violation of this rule and an illegal pitch will be declared.
- D. DO NOT catch the ball in the box.
 - Once the pitcher has possession of the ball inside the box,
 - he may NOT step out of the box or make a throw;
 - he may ONLY pitch the ball to the batter.
 - If the pitcher does, once the base runner has left the base, that runner is allowed to reach the next base without being called out.
 - Exception: If the pitcher fields a batted ball in the pitcher's box, he may make a play on the runner.
 - E. A ball that is delivered overhand is called an illegal pitch.
 - Penalty: The batter is entitled to first base.
 - **Base runners who are playing a lead only advance if forced to do so by the batter being awarded first base.
 - F. "Quick Pitch" is not allowed.
 - The pitcher must wait until the batter is set in the batter's box before delivering the pitch.
 - Penalty: Dead ball. Base runners return to the base.

RULE #3 ILLEGAL PITCH

- A. A ball delivered by the pitcher with any part of his person out of the box.
- B. If the pitcher fails to have both feet on the back line of the pitcher's box, holding the ball with both hands in front of his body prior to pitching the ball.
- C. If he takes more than one step in the act of delivering the ball underhand.
- D. If, in making the delivery, the arm is not swung parallel to the body with the hands extending down full length holding the ball so that the arm passes within 6 inches of his body.

E. If the pitch is delivered overhand.

PENALTY -- The batter shall be entitled to first base.

**Base runners who are playing a lead only advance if forced to do so by the batter being awarded first base.

RULE #4 STRIKES

- A. A ball legally delivered by the pitcher which passes over any part of home plate not lower than the batter's knees or higher than his shoulders; it being assumed that the batter is standing erect in his position.
- B. A ball struck at by the batter without it touching his bat.
- C. A foul, a foul tip, or foul fly not caught when there are less than two (2) strikes on the batter.

Example: A foul tip is a ball that goes directly and speedily from the bat to the catcher (the foul fly does not go over the batter's head).

** This is a live ball and runners may advance at their own risk if they are not playing a lead.

- D. A ball legally delivered by the pitcher and intentionally interfered with by the batter. (See Rule 7).

If it is the third strike, the batter is out and no base can be run on that ball.

- E. Once the pitch is delivered, if the batter leaves the batter's box before the ball reaches the hitting area, unless to avoid a "wild" pitch, it shall constitute a strike, with the umpire declaring the ball dead.

Base runners may not advance.

NOTE: This rule is intended to prohibit the batter from leaving the batter's box with the intention of advancing beyond first base.

This action would probably cause the catcher to be in violation of the catcher's balk rule. (Rule 1).

RULE #5 BALLS

- A. A motion to deliver the ball by the pitcher, while standing in his position and facing the batter,
that does not pass over any portion of the home plate between the batter's knees and shoulders,
that touches the ground before passing the home plate,
unless struck at by the batter, and does not strike his bat or person.
- B. A ball shall be counted on every balk called.

RULE #6 BALKS

NOTE: In order for the pitcher to be called on a "balk", there must be a batter in the box.

- A. A legally delivered ball by the pitcher that is intercepted before it reaches the batter.
- B. A motion to deliver the ball by the pitcher in the box without his doing so, (unless the batter has stepped out of the batter's box) or holding the ball so long as to unnecessarily delay the game.
- C. Once the pitcher has possession of the ball in the box, if he steps out of the box or makes a throw other than the delivery of the ball to the batter, a balk shall be charged (if there is a batter in the box)

NOTE: If there is no batter in the box, the runner begins to run to the next base at the time the pitcher gets possession of the ball in the box, the pitcher steps out of the box or makes a throw other than the delivery of the ball to the batter,

It is not a balk;

The runner is awarded the next base without being put out

There is no penalty for the pitcher.

** If the pitcher just walks through the box in order to step into the back back of the box to get set, this is not considered a balk (unless he stops in the box upon doing so).

D. Deceiving the Runner:

The pitcher shall be called for "deceiving the runner" in any situation wherein the pitcher:

Has only one foot on the back line of the pitcher's box, with the second foot raised slightly off the ground.

Has only one foot on the back line of the pitcher's box, with the other foot slightly off to the side of the pitcher's box

And prior to the delivery of the next pitch, the pitcher attempts to make a play on any base runner.

PENALTY -- A balk is charged.

One ball is called on the batter

Base runners advance one base, (provided they are not leading).

RULE #7 DEAD BALLS

A. The batter is not entitled to a base.

B. If the batter intentionally gets in the way or interferes with any legally delivered ball, a strike is called.

If it should be the third strike, the batter is out and no base can be run on that ball. (See Rule 4-D and Rule 13-G).

Runners may not advance.

C. If a fair hit ball strikes the base runner before touching a fielder, (except when the runner standing on a base he is legally entitled to),

the base runner is out,

a dead ball is declared,

the runners return to base

the batter is awarded first base.

D. If the base runner is hit by a fair ball while he is standing on the base

It is a live ball

Play resumes

The base runner is not out

The base runner is NOT frozen

(rules state he needs to be touched by the ball in the hands of the defensive player in order for him to be frozen on the base)

RULE #8 NOT IN PLAY

In case of an illegal hit, foul ball not legally caught, or a base runner being put out for being struck by a fair ball, the ball shall not be considered in play until it is held by the pitcher standing in his box.

RULE #9 OFF FIELD INTERFERENCE

- A. A batted or thrown ball that is stopped or handled by a person not engaged in the game.
- B. Special ground rules may be made, allowing a certain number of bases on a fair hit or a thrown ball into the crowd.
- C. When the ball is in play the defensive player has the right-of-way. Non-playing players and coaches must clear the way for the player to make the play.

NOTE: If a fair hit ball strikes the base coach standing in foul territory
It is a live ball
Play Continues

PENALTY: Failure to give way will cause the batter to be called out and all runners to be sent back to their previous base.

RULE #10 SCORING OF RUNS

One run shall be scored every time a base runner, after legally touching the first three bases, shall touch home plate before three men are put out.

If the third man is forced out, or is put out before reaching the first base, a run shall not be scored. (But see exception explained in Hypothesis #3)

RULE #11 FAIR AND FOUL BALLS

- A. A batted ball which strikes inside or on the foul line is fair, the first point of contact with the ground or fielder deciding, regardless of where it rolls afterwards.

The determination as to whether a ball is fair or foul at the first point of contact with the fielder shall be based upon the position of the ball at the time of contact as opposed to the position of the fielder's feet.

- B. A batted ball first striking outside the foul lines shall be foul.
- C. A fair ball that is hit by the bat a second time shall be considered fair, however, if in the opinion of the umpire the batter intentionally threw the bat at the ball the batter shall be declared out.
- D. A fly ball caught by a fielder outside of the out-of-play area, when his feet are in the field of play, will be a fly ball and the batter will be out.
No part of the fielder's body can be touching the out of play line.
Determination is made on the position of the fielder, not the flight of the ball.
- E. A batted ball passing in foul territory, touched by a fielder who is in the field of play, will be a foul ball.

Determination is made on the flight of the ball, not the position of the fielder.

RULE # 12 ILLEGAL HITS

- A. An illegal hit is a fair hit by the batter when
The entire foot is in contact with the ground past the front line of the batter's box.
Any part of his person is in contact with the ground on or outside the side lines or back line of the batter's box.
- B. If a batter shows bunt and then pulls back and swings at the ball.
If he shows bunt, he must bunt the ball or take the pitch). See Rule 13-K.
Penalty for an illegal hit: The batter is out

RULE # 13 THE BATTER IS OUT

- A. If he fails to take his position at bat in the turn in which his name appears in the batting order.
 - If the error is discovered **before the batter becomes a base runner,**
 - the proper batter may replace the person at bat;
 - the balls and strikes are counted in the time at bat of the proper batter.
 - Only the proper batter shall be declared out
 - No runs shall be scored or bases run because of any act of the improper batter.
 - If the error is discovered **after the batter becomes a base runner,**
 - the batter is called out
 - the batter who shall be next at bat is the one who would have come to bat had the player been out by ordinary play.
- The player's jersey number, not the name, indicates the correct batter.**
- B. If he fails to take his position within one minute after the umpire has called for the batter.
- C. If, on the third strike called on him, the ball is caught by the catcher.
- D. If he makes a fair or foul hit and the ball is caught by a fielder before touching the ground.
- E. If he makes an illegal hit as provided in Rule 12.
- F. If he attempts to hinder the catcher from fielding the ball.
- G. If after two strikes have been called, he intentionally interferes with or gets in the way of a legally pitched ball (See Rule 7-B).
- H. If he has three strikes while first base is occupied by a base runner, except when two men are already out.
- I. If the batter is struck with the ball in attempting a third strike
- J. If the batter foul bunts on the third strike.
- K. If a batter shows bunt and then pulls back and swings at the ball.
 - If the batter shows bunt he must bunt the ball or take the pitch
- L. If he throws the bat after swinging at the ball, after teams have been warned.
- M. If a ball goes out of play, it is permissible to play to appeal a player missing a base.

RULE #14 BASE RUNNER

The batter becomes a base runner:

- A. Instantly after he makes a fair hit.
- B. Instantly after four balls have been called by the umpire.
- C. Instantly after three strikes, unless there are less than two outs and first base is occupied by a base runner, provided the ball is not caught by the catcher.
- D. Instantly after the umpire declares an illegal delivery of the ball by the pitcher (See Rule #3)

RULE #15 BASES TO BE TOUCHED

The base runner must touch each base in regular order: first, second, third, and home plate,
but when obliged to return, he must retrace the bases in opposite order
until reaching the base he legally holds.

Safety Base (1st base)

The batter must use the safety base when running through first base.

The fielder must use the white base in order to record an out

Once a runner reaches first base safely, the safety base is no longer used.

The runner must return to, and stay on, the white base for lead-offs or pick-off attempts.

RULE #16 ENTITLED TO BASE

The base runner shall be entitled to take one base without being put out in the following cases:

- A. If while he was a batter the umpire called four balls.
- B. If when he was a batter the pitcher delivered an illegal pitch. (Rule 3)
- C. If the umpire awards a succeeding batter a base on four balls, or in the case of an illegal pitch and the base runner is thereby forced to vacate the base held by him.
- D. If the umpire calls a balk.
- E. If the pitcher does not give him time to return to base (See Rule 20A).
- F. If a fair hit ball touches the umpire before the ball touches or passes an infielder,
umpire interference is called,
the ball is dead,
the batter is awarded first base
base runners advance only if forced to do so.

Note: If the ball touches the pitcher before touching the umpire in this scenario,

it is a live
no umpire interference
play goes on.

If a fair hit ball touches the umpire after it has passed or was touched by an infielder (not the pitcher)

it is a live ball
play goes on.

- G. If the base runner is prevented from advancing a base by the obstruction of an adversary, unless such adversary has the ball in his possession.
- H. If a ball thrown by the catcher to intercept a base runner can advance, provided he touches his base after the ball is touched. (This does not prevent him from being put out).
- I. On a fair or foul fly ball caught, the base runner can advance, provided he touches his base after the ball is touched. (This does not prevent him from being put out.).
- J. On the fourth ball the batter is entitled to first, and may try for second, but if tagged in the attempt is out.
- K. On the third strike if the catcher misses the ball, unless there are less than two out and first base is occupied, the batter may advance but if tagged in the attempt is out.
- L. If the fielder's momentum carries him out of play after a catch,
the play at that point will be ruled out of play,
the base runners advance the base he is going to plus one base.

Determination is made where the base runner is at the time the fielder steps out of play.

Example: If the base runner has not touched 1st base, he is awarded 2nd base.

- M. When a fair hit ball goes out of play,
the base runner is awarded the base he is going to plus one base.
Determination of advancement is made where the base runner is at the time the ball goes out of play.
- N. On an overthrown ball from the infield,
the base runner is awarded the base he is going to plus one base.
Determination of advancement is made where the base runner is at the time the ball goes out of play.
Example: If the base runner has touched 1st base, he is awarded 2nd base.
- O. On an overthrown ball from the outfield,
the base runner is awarded the base he is going to plus two bases.
Determination of advancement is made where the base runner is at the time the ball goes out of play.
Example: If the base runner has touched 1st base, he is awarded 2nd and 3rd base.

RULE #17 STEALING BASES

In order for a base runner to be able to advance, (steal a base) when the batter is not entitled to first base,
he must be on his base at the time the pitcher's feet are on the back line preparatory to making his delivery,
he must not leave his base until the ball has reached or passed the catcher regardless of where the catcher is positioned behind the plate
Leaving his base to advance in violation of this rule subjects the base runner to being put out by either
the ball being held by a fielder on the base he originally occupied
or by being tagged with the ball in the hands of the fielder before he returns to the base he originally occupied.

NOTE: This is an appeal play; the umpire shall not rule until an appeal is made
If no appeal is made and the ball is returned to the pitcher in the box, the umpire shall order the base runner to return to the base originally occupied without being subject to being put out.

A. "Freezing the Runner" --

The defensive team forces the base runner to remain on the base he is currently occupying by touching him with the ball while he is on that base.

This will terminate the base runner's right to advance until the next pitch is delivered, whether or not a subsequent play is made on another runner.

This rule shall apply whether the ball is hit or not.

B. A player who deliberately avoids a tag (in order to be frozen) is frozen.

If, in the opinion of the umpire, a player avoids a tag in order to allow a base runner to advance to another base,
the player avoiding the tag is out,
the base runner advancing as a result must return to the previous base.

Reminder: A batter becomes a base runner as stated in Rule 14.

Both teams will be warned at this point about sportsmanship,
any player deliberately avoiding a tag after that will be removed from the game.

- C. Whenever a player is tagged on a base, that player is frozen on that base until the pitcher has possession of the ball in the box to begin the next play.
This includes over-running of a base
Example -- a runner is tagged the moment he reaches the base, however his momentum carries him beyond the base and he is retouched -- he is safe having been frozen with the initial tag.
- D. "Restricted Lead" --
When taking a lead the base runner may not advance past the base he is going to.
The base runner may not touch the base until the batter has made contact with the ball.
PENALTY: The base runner will be declared out.
- E. Deceiving the Pitcher:
The runner will be called for "deceiving the pitcher" in any case wherein the runner has not been "frozen" and had made no attempt to advance to the next base (instead remaining a very short distance off the base he is currently occupying), but breaks to and reaches the next base at the same time that the pitcher is stepping into the pitcher's box.
PENALTY -- There is no penalty for "deceiving the pitcher", but the runner shall be forced to return to the base that he previously occupied.

RULE #18 RETURNING TO BASES

- The base runner shall return to his base and shall be entitled to so return without being put out in the following cases:
If the umpire declares a foul hit which is not legally caught by a fielder.
If the umpire declares an illegal hit.
If the umpire declares a dead ball.
If he is called back by the umpire under Rule 17.

RULE #19 THE BASE RUNNER IS OUT

- A. If, after having made a fair hit while a batter, such fair hit to be held by a fielder before touching the ground.
- B. If, after having made a fair hit/bunt as a batter, he intentionally or unintentionally kicks, hits, or otherwise interferes with a ball he has just batted, regardless of his position in the field or in the batter's box, he shall be declared out on this account.
- C. If the third strike is caught before touching the ground.
- D. If after three strikes or a fair hit he is touched with the ball in the hands of a fielder before he touches first base.
- E. If after three strikes or a fair hit the ball is securely held by a fielder touching first base with any part of his person before the runner touches first base.
- F. If the base runner slides. Any form of diving is considered sliding.
(Umpire's judgement)
- G. If, in running from home to first, first to second, second to third, or third to home, he runs more than three feet from a direct line between such bases to avoid being touched by the ball in the hands of a fielder,

but in case such fielder is occupying a base runner's proper path, attempting to field a batted ball, then the runner shall run out of the path and shall not be declared out for doing so.

- H. If he fails to avoid a fielder attempting to field a batter ball, or if he in any way obstructs a fielder attempting to field a batter ball, or intentionally interferes with a thrown ball.
- I. If at any time while the ball is in play he is touched by the ball in the hands of a fielder (if the ball is held by the fielder after touching him), unless some part of his person is touching a base he is entitled to occupy.
NOTE: A runner is entitled to over-run first base after touching the safety base, and shall not be called out for doing so unless he makes a definite break for second base. Once he returns and retouches first base (not the safety base), he may be put out as at any other base.
- J. If, when a fair or foul fly is legally caught, and the ball is legally held by a fielder on the base previously occupied by a runner who has not retouched that base after the fair or foul hit was caught.
(the runner forced back to base; no tag necessary)
- K. If, when a fair or foul fly is legally caught, a base runner is touched by the ball in the hands of a fielder before such base runner has retouched the base that he previously occupied.
- L. If a fair hit ball strikes him before touching a fielder, (except when the runner standing on a base he is legally entitled to), and in such case no runner shall advance unless forced by the batter becoming a base runner.
(Dead ball, runners return to base)
If the base runner is leading off third base in foul territory and a fair hit ball strikes him before touching a fielder, the base runner is out.
- M. If, when running to a base, he fails to touch the intervening base or bases in regular order, he may be put out by an appeal at the base he failed to touch by a fielder holding the ball on said base or by being tagged with the ball before returning to said base.
- N. If he passes a preceding base runner before such runner has been legally put out he shall be declared out immediately.
- O. If in the opinion of the umpire, the coaches at first or third base physically assists the runner in returning to or leaving first or third base, by touching or holding the runner.
- P. If the coach stationed at third base shall run in the direction of home plate on or near the base line while a fielder is making a play, and thereby draws a throw to home plate, the base runner shall be declared out by the umpire for the coach's interference.
- Q. If one or more members of the team at bat stand at or around a base for which a base runner is trying, thereby confusing the fielding side and adding to the difficulty of making such a play, or if a member of the team at bat obstructs or interferes with any play being made upon a base runner, the base runner shall be called out for interference of his team mate or team mates.

RULE #20 PITCHER MUST WAIT

- A. When a base runner is legally entitled to return to a base, the pitcher must wait a reasonable time for him to reach the base.
Penalty: The base runner is given another base for violation.
Refer to Rule 16-E.

- B. "Quick Pitch" is not allowed. The pitcher must wait until the batter is set in the batter's box before delivering the pitch.
Penalty: Dead ball. Base runners return to the base.

X. COACHING RULES

- A. **Only 2 offensive coaches** are allowed at all times, one at first base and one at third base.
- B. A line shall be drawn four feet from the first and third bases toward home plate and four feet from the base line, which shall be known as the coach's box.
The **offensive** coach must stand in back of this line, and will not be allowed to take a position anywhere other than in the coach's box as defined above.
- C. Coaches at first and third base may not, in the opinion of the umpire, touch or hold the runner to physically assist him in returning to or leaving first or third base. PENALTY: The base runner is out. Rule 19-O
- D. The third base coach may not run in the direction of home plate or near the base line while a fielder is making a play, thereby drawing a throw to home plate. PENALTY: The base runner is declared out for coach's interference. Rule 19-P
- E. Coaches must give right-of-way to the defensive player making the play.
- F. Defensive coaches must stand behind the out-of-play line.

XI. FORFEITED GAME

The umpire shall declare a forfeited game in favor of the team not at fault in the following cases:

- A. If the required number of players to constitute a team fail to appear upon the field, or being upon the field, fail to begin the game within one (1) minute after the umpire has called play.
- B. If, after the game has begun, one side refuses or fails to continue playing, unless such game be suspended or terminated by the umpire.
- C. If team members fail to have uniforms as described in Rule II.
- D. The umpire has the right to call the game if the behavior of players, coaches, and/or fans becomes unacceptable.

XII. PROTESTS

Protests will not be permitted on an umpire's judgment decision.

A protest may be placed if it is considered that a rule has been misinterpreted.

A verbal protest

must be made to the umpire at the time of the disputed play, notation of the situation entered on the score sheet.

A written protest

must be signed by the school principal, athletic director, and coach filing the protest.

It must be sent to the Office of the Commissioner before 5:00 p.m. the next working day, accompanied by a protest fee of \$50.00.

XIII. UMPIRES

- A. The umpires are in charge of the game from its commencement to its termination
and are entitled to the respect of the spectators.
Any person offering any insult or injury to an umpire can be promptly ejected from the grounds.
- B. The umpires must ascertain from the coaches of both clubs whether or not there are any special ground rules to be enforced,
It is their duty to see that these special rules are strictly enforced.
- C. The umpires must compel the players to observe the provisions of the playing rules and have the authority to order any player to do or omit any act they may deem necessary to give force and effect to any and all provisions.
- D. The umpires shall take suitable position on the field for the observation of the plays they are to judge.
- E. The umpires shall be sole judges of the play and discussion will only be allowed on correct interpretation of the rules and not on any judgment decision.
All such discussions are restricted to the two head coaches.
- F. If a coach disagrees with the umpire's decision with regards to a rule, he may respectfully :
Request an explanation from the umpire.
File a formal protest (see procedure in section XII)
NOTE: Coaches must carry a copy of the rules at all times to refer to in this situation.
- G. The two umpires may change positions at the end of any full inning.
- H. In case an umpire for some reason cannot decide a play, he shall refer to his colleague.
- I. The umpire must keep the contesting teams playing constantly from the commencement of the game to termination, allowing such delays only as are rendered unavoidable by accident or injury.
The umpires must, until the completion of the game,
require the players on each side to promptly take their positions on the field as soon as the third man is put out
must require the first batter of the opposite team to be placed in his position at bat as soon as the fielders are in their places.
- J. Umpires will notify coaches of game time limit expiration.

XIV. CONDUCT OF PLAYERS AND COACHES

All players and coaches are required to instill Catholic Values by following the "Conduct of Players and Coaches" section of the CSAL Rules and Regulation Guidelines.

XV. THE PLAYING FIELD

A. THE DIAMOND

The diamond is laid out one end of the field, leaving room for the catcher, who always plays behind the batter. The bases (except for home plate) are 1 ½ feet square. The home plate is 1 foot square. Each side of the diamond is 27 feet, and a base is placed in each corner.

A “Safety Base” (known as a double first base) 18”x18”, shall be placed in foul territory against the foul line at first base. It must be a different color than the first base in fair territory on the field.

<u>Diamond Dimensions:</u>	Home plate to first base	27 feet
	First base to second base	27 feet
	Second base to third base	27 feet
	Third base to home plate	27 feet
	Home plate to second base	38 feet 3 inches
	Third base to first base	38 feet 3 inches

Pitcher's Box: 7 feet by 3 feet, with the distance from the center of home plate to the nearest line of the pitcher's box = 23 feet.

Batter's Box: 5 feet by 3 feet, extending 1 foot 6 inches in front of and 3 feet 6 inches behind a center line through home plate. Nearest side line between the batter's box and home plate is 6 inches. (The batter's box outlines are to be marked on the ground, one to the left and one to the right of home plate.)

Coach's Box: A line shall be drawn, in foul territory, four feet from the Safety Base at first base and four feet from third base, parallel to the foul line. It shall be four feet in length towards home plate.

B. THE FOUL LINE

The foul line must be drawn in a straight line from the outer corner of home plate along the outer edge of the first and third bases to the boundaries of the grounds, so that the bases shall come within the diamond.

C. THE OUT OF PLAY LINE

The out of play line must be drawn in a straight line, extending from each corner of the back-stop, directly towards the outfield, parallel to the foul line.

