



# RULES AND REGULATIONS

La Mesa Senior Softball “B” Division

Update 21

October 15, 2025

PLEASE NOTE : A blue arrow symbol ( ➡ ) following a sentence, paragraph or section indicates continuance of said on the following page.

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**LA MESA SENIOR SOFTBALL 'B' DIVISION  
RULES AND REGULATIONS  
REVISION UPDATE August 5, 2024**

**The La Mesa Senior Softball "B" Division follows the rules of Senior Softball USA except as modified herein.**

**Managers, players, and umpires are expected to comply with the following rules and regulations.**

**MINIMUM BASIC SKILL REQUIREMENTS**

Minimum basic skills required for players to participate in the La Mesa Senior Softball "B" Division are as follows:

1. Throwing: Must be able to throw a ball (that can easily be caught) from behind home plate to a player standing at the pitcher's plate in 7 out of 10 attempts.
2. Catching: Must be able to catch an accurately thrown ball thrown from 2nd base to 1st base in 7 out of 10 attempts.
3. Batting: (a) Must be able to make contact with a legally pitched ball (that would be called a strike) 3 out of 10 swings. (b) Must be able to hit a legally pitched ball beyond a line extending between the bases, in the air or on the ground, in 5 out of 10 attempts.
4. Must be physically able to play in at least one position.

**LEAGUE SEASON AND TOURNAMENT**

The league plays four 3-month seasons per year (Jan-Mar, Apr-Jun, Jul-Sep, and Oct-Dec) with the draft to establish the teams prior to the start of the season. Games are played Monday/Wednesday/Friday which each team playing approximately 32 games (depending on holidays and weather cancellations). At the end of the regular season, the team with the best winning percentage is declared the League Champion and will receive the Championship Trophy with each player receiving a Championship Pin. If there is a tie for 1st place, the champion will be the team with the (1) best head-to-head record, (2) then best run differential of their head to head games, and if equal, (3) then most runs scored head-to-head, (4) then ➡

least runs allowed head-to-head to the current head-to-head tiebreakers, (5) then best run differential all games, (6) then most runs scored all games, (7) then least runs allowed all games. Only as a last resort, we will use a coin flip.

On completion of the regular season, a post season tournament is conducted with the top 8 teams from the season playing (based on winning percentage). The 1st place team is determined per the above, and if there is a tie between, the 2nd – 8th place teams, we will use the same tie-breaker standards as identified above for the regular season champion. Once the seeding order is established, the #1 seed will play the #8 seed (game #1), the #2 seed plays the #7 seed (game #2), the #3 seed plays the #6 seed (game #3), and the #4 seed plays the #5 seed (game #4). The winners of games #1 and #4 then play, as do the winners of games #2 and #3. The winners of those 2 games play each other for the tournament championship. In all tournament games, the higher seeded team is the Home team. The locations and starting times of all games will be determined by the President in agreement with the managers. The players of the winning team will receive a tournament championship pin.

## DEFINITIONS

- A. Regular Player:** A regular player is a member of the league who has been assigned to a team and who is in good standing with regard to dues.
1. Dues must be collected before the 3<sup>rd</sup> game of the new year/season.
    - a. A player is delinquent if they miss the deadline of the 3<sup>rd</sup> game and will not be eligible to play until dues are submitted to the manager, Player Agent or President.
    - b. For new players assigned to a team during a season the dues should be collected no later than that player's 3<sup>rd</sup> game.
- B. Returning Player:** A returning player is a player who has played as a regular player in past seasons. A Returning Player will be assigned to a team as per the Player Agent's determination and approval of the President.
- C. Guest Player (GP):** A guest player is a non-member of the league who has an interest in becoming a playing member and joining a regular team. The GP will play a minimum of 1 or 2 games before being assigned to a team, or until the Player Agent and the President are satisfied as to the proper assignment of the GP. The GP will be assigned by the Player Agent in order of games played as recorded by the Player Agent. Guest players have the highest priority in assignment to games and then to teams.
- D. Floater:** A floater is a league player who has chosen to be a "floater" rather than being in the draft and assigned to a team. They can play only once a week.
- E. Bye Player (BP):** A bye player is a regular player from a team that has a bye game and who has been authorized by the Player Agent to substitute on a team scheduled to play the same day. A bye player is assigned only when there are no guest players available and has the next highest priority for game assignment after a guest player.
- F. Same Field Player (SFP):** A same field player is a regular player from a team that has a game on the same field, either before or after a team that is in need of players. If no other Guest, Floater, Returning, Paired, or Bye players are available, the Player Agent may assign one SFP to substitute on a team that is short of players.
- G. Stands Player (SP):** A player selected by agreement of the managers, from volunteers in the stands at the time of the game to fill-in for a team that has less than 10 players.
- H. Courtesy Runner:** A player who acts as a substitute runner for a teammate.
- I. Courtesy Catcher:** A player that is provided to a team that is short of 11 players to only play the position of catcher ((s)he does not bat).
- J. Player Agent:** The player agent is the person who assigns all guest, returning, and players to teams. It is this person's responsibility to assign players as defined in the La Mesa Senior Softball rules and regulations.

**K. Paired Players:** A paired player is a regular player who only wants to play one or two games each week. During the draft managers attempt to pair part-time players so teams have a full roster for all games played. Example; Player #1 wants to play Mon & Fri., player #2 only wants to play on Wed. These two players would be paired so that the team has a full roster all three games played each week. Paired players will be considered as a single draft pick. Paired players may play in any game on any day but cannot play together in the same game without approval of the Player Agent per subsections 2 and 3 below. Additionally, Paired Players can only play as follows:

1. Play for other teams short of players, only after available guests and returning players are used up as assigned by the Player Agent.
2. Play together for their own team, if short during the regular season only after available guests and returning players are used up as approved by the Player Agent
3. Play together for their own team, if short during the playoffs as approved by the Player Agent and the President as provided under Post Season Tournament Specific Rules.

**L. Umpire.** The person(s) charged with officiating the game, enforcing the rules of the game and the grounds, making judgment calls on plays, expediting pace of the game, and handling the disciplinary actions. **The umpire shall have the authority to make calls in accordance with the B-league specific rules when (s)he sees an infraction of the rule. SSUSA rules regarding challenging missing a base, tagging up, etc., must still be challenged by the manager before the umpire can call a player out.**

## EQUIPMENT

**A. Bats, Legal bats:** Bats must meet SSUSA specifications for legal bats.

1. All bats must have either a SSUSA (Senior Softball USA) or a SSWC (Senior Softball World Championships) stamp and having a BPF (Bat Performance Factor) of 1.21 or less.  
**Note:** BPF is no longer being used and SSUSA requires a compression threshold of 240 pounds but there is no marking on new bats to indicate this. As such, until more guidance is provided, the BPF of 1.21 or less designation is not required for bats manufactured after 2021
2. Bats must meet the SSUSA requirements as specified in the SSUSA current rules, including: be no longer than 34" long nor exceed 38 ounces in weight; not have exposed sharp or rough edges that would present a hazard; and must have a safety grip of cork or tape of between 8" and 15" in length on the handle.
3. Must be marked OFFICIAL SOFTBALL by the manufacturer.
4. For bats manufactured prior to 2014, must be marked "1.21 BPF" or less, SSUSA approved bats, or bats having an ASA 2000 or 2004 stamp are approved for use. Any bat displaying the label "Exceeds 1.21 BPF" is not approved. The rating must be [1] clearly visible on the bat, or [2] be clearly and permanently marked by either SSUSA logo or "Approved for 16 PLAYING RULES SSUSA Use", or similar, by permanent sticker, etching or imprint. Any new bats introduced by bat manufacturers after 2013





must appear on the SSUSA Approved Bat List to be legal for use in any SSUSA sanctioned event.

5. Must not have been intentionally modified or altered (excluding the grip area) to increase its performance.
6. The artificial heating of bats with bat warmers will be allowed and it will not be considered as a bat alteration.
7. Must not be on the SSUSA banned bat list. The most current approved/banned bat list is included in Appendix 1. If there is any inconsistency in applying rules 1-4 above to a bat, the final determination of acceptability of the bat shall be whether it is on the approved SSUSA list in Appendix 1.

**Note:** most bats currently available with BPF of no more than 1.21 are on the approved list. This includes compliant bats that are composite, metal and wood.

## **B. Balls**

1. All balls shall be 12-inch, white or optic yellow, with a COR of .44 and a compression rating of 375 lbs.
2. A new game ball is used for both games played at each field. The game ball is identified by writing the date the game is being played on the ball.

## **C. Uniforms**

1. All players are required to wear the league-issued uniform shirt of their team's color and a league-issued cap. (A Regal cap is an approved cap). The following exceptions apply:
  - a. Guest players are not required to wear a league-issued uniform shirt. (continued)
  - b. All fill-in players assigned by the player agent will wear their current season uniform shirt.
  - c. A player may wear a sun cover hat if necessary for medical purposes.
2. If a player is not wearing his/her team's uniform shirt and hat he or she will be awarded a second strike his/her first two at bats.

## **2. FIELDS**

**A. Pitching Area:** The pitching area (protection zone) is laid out for each field as follows;

### **1. Sunset 2**

- a. The pitching area is a chalked box laid out as follows. A 2 foot line is laid out 6 feet in front of the pitching rubber. This line is to be parallel and centered with the pitching rubber. The pitching rubber is 2 feet wide (24"). From the ends of this line two 10 foot lines shall be laid out. These lines are parallel and extend toward second base. Another 2 foot chalk line is then laid out joining the two 10 foot lines. This chalked box is the pitching area, (protection zone).
- b. Place the protection screen just forward of the pitching rubber. The screen is on the front chalk line of the pitching area. The edge of the protection screen shall extend inside the pitching area a minimum of 4".



## 2. Kuhlken

- a. The pitching area is a chalked box laid out as follows. A 2-foot line is laid out 6 feet in front of the pitching rubber. This line is to be parallel and centered with the pitching rubber. The pitching rubber is 16" wide. From the ends of this line two 10-foot lines shall be laid out. These lines are parallel and extend toward second base. Another 2-foot chalk line is then laid out joining the two 10-foot lines. This chalked box is the pitching area, (protection zone).
- b. Place the protection screen forward of the pitching rubber. (1 to 2 feet) The edge of the protection screen shall extend inside the pitching area a minimum of 4".

## 3. Grossmont

- a. The pitching area is a chalked box laid out as follows. A 2-foot line is laid out just in front of the pitching rubber. This line is to be parallel and centered with the pitching rubber. The pitching rubber is 2 feet wide (24"). From the ends of this line two 10-foot lines shall be laid out. These lines are parallel and extend toward second base. Another 2-foot chalk line is then laid out joining the two 10-foot lines. This chalked box is the pitching area, (protection zone).
- b. Place the protection screen just forward of the pitching rubber. The screen is on the front chalk line of the pitching area. The edge of the protection screen shall extend inside the pitching area a minimum of 4".

## B. Outfield, fences, and walls

1. **Sunset 2:** The field of play at Sunset Field #2 consists of all fair ground including the yellow left field pole, and all foul ground which is on the infield side of an imaginary line extending from the front of the dugouts on both sides of the field and including the fences. (continued)
  - a. Exceptions:
    1. If a batter hits a ball, fair or foul, over or through the left field fence or the left center fence at Sunset Field #2, the batter shall be called out, and all base runners shall return to the base they occupied at the time the ball was hit.
    2. If however, the ball goes over the fence to the right of the sign, it is a home run.
    3. If in the opinion of the umpire the ball hits a tree ABOVE the fence and comes back into the playing field, the ball is considered a live ball.
  - b. A ball hit over the little league fence or that bounces off the top of the fence and goes over without being touched by a fielder, will be considered a double the first time in a half inning and a single thereafter in the same half inning.
  - c. If a ball is hit onto the field from the A-league field, whether fence is up or not, any play in process will continue unless the umpire sees a safety issue and (s)he shall immediately call a time out, all runners will be returned to their bases, and the play will resume with the batter having the same count.
2. **Kuhlken and Grossmont:** The fields of play at Kuhlken Field and Grossmont High School consist of all fair ground and all foul ground inside the wall or fence enclosing the field and including the walls/fences. At Kuhlken all parts of the yellow poles marking the 1<sup>st</sup> and 3<sup>rd</sup> base lines extending along and above the wall are fair. ➡

- a. At Kuhlken, the first ball hit over the top of the netting in a half inning will be considered a home run and any further balls going over the netting that half inning will be a double. Any ball hitting the netting and dropping behind the wall, will be considered a double the first time in a half inning and a single thereafter in the same half inning. A ball hitting the foul poles or into the netting below the top of the wall and falling onto the field is in play, just as if it had hit the hard wall. Only two home runs will be allowed per team in a game. Any subsequent balls over the netting by the team, will be a double.

### 3. All Fields:

- a. Ground Rule Double: A ball that goes over the wall/fence as a result of a defensive player's tip or as a result of a bounce on the ground shall be considered a ground-rule double and batter and base runners advance accordingly. This also applies to a ball hit through or under a fence so that it cannot be retrieved by the outfielder.
- b. Foul Ball: Any ball hit outside the field of play but not passing over the outfield fence in fair ground at any of the three fields is considered a foul ball *and a dead ball*.
- c. Ball hitting fence and bouncing back: A fairly hit ball which hits the wall/fence and bounces back into the field remains in play, although it may not be caught as an out.
- d. A batter who does not have a pinch runner from home, shall receive a hit (single) when the hit ball touches the grass in the outfield, unless the ball is caught in the air. The batter cannot be thrown out at first. Fielders may attempt to throw out any other runner(s) trying to advance on the play. However, should that batter attempt to advance to second or farther on the hit, he or she may try to do so at their own risk of being thrown or tagged out per the rules. An infielder trying to make a play and touching the ball before it hits the grass does not alter this rule – once it touches the grass a single is awarded. This does not change the limitation of a pinch runner for the batter to stop at first.
- e. No more than 5 fielders, in addition to the catcher and the pitcher, may play in the infield (inside the grass) during any play until the time that the batter hits the ball.

### C. Lining the Fields:

- 1. In addition to regulation base lines there will be:
  - a. Coach's box drawn starting one foot from the home plate side of first base and third base and back 5 ft toward home plate. The front line of the box shall be at least 12 ft from the foul line.
  - b. A line drawn perpendicular to the base line half way between home plate and first base (halfway line). Another line will be drawn perpendicular to the base line halfway between home plate and third base (commit line).
  - c. A line drawn perpendicular to the foul line at first base (1<sup>st</sup> base runner's line) and one perpendicular to the foul line at home plate (scoring line). The 1<sup>st</sup> base ➡

runner's line shall start 2 ft from the foul line and extend at least 6 ft and the scoring line shall start 6 ft from the foul line at home plate and extend 6 ft.

- d. Run to lines will be drawn on 1<sup>st</sup> base side of 2<sup>nd</sup> base perpendicular to the base path and on the 2<sup>nd</sup> base side of 3<sup>rd</sup> base perpendicular to the base path and start at 3 ft on each side and extending 4 ft. Run to lines shall also be drawn for returning runners on the home plate side of 3<sup>rd</sup> base (only in foul territory), on the 3<sup>rd</sup> base side of 2<sup>nd</sup> base, and the 2<sup>nd</sup> base side of 1<sup>st</sup> base and start at 3 ft on each side and extending 4 ft.

### 3. TEAMS

**A. Formation/Draft:** Teams are formed prior to the beginning date of each season of play. The managers draft the teams based on the information the players have provided to the Player Agent. Players that cannot play all three days will be paired to the maximum extent possible and shall be held to the number of days submitted for the next season and shall be handled per the below:

1. A person who wants to play 1-day a week and be on a team will be attempted to be paired by the Player Agent. Whether or not paired, that person will be placed in the draft. If that person is not drafted, then the person will be assigned by the Player Agent to a team as early as possible the next season.
2. 2-days a week players shall remain in the draft and will only be able to play two days a week for the entire season (may play any two days of a given calendar week).

**B. Number of players** to field a full team is eleven.

1. If a team has less than eight rostered players, it must forfeit. (continued)
2. If a team has less than 11 players, the manager may contact the player agent and request a substitute player(s). The manager will provide the PA a list of all roster players not available for the game to support player assignment. Managers shall not call players outside their team about substituting for the team, and if they do, the PA may refuse to provide players.
3. Taking into account the team's missing players, the player agent may assign additional players as follows
  - a. Available Guest Players
  - b. Available Bye Players
  - c. Available Returning Players
  - d. Available Floaters
  - e. The team's own Paired Player(s)
  - f. Same Field Player – no more than 1.
  - g. Stands Player



If after considering the above, if a team still has 8 or 9 players, with the agreement of both managers, a volunteer from the stands who is playing in the league that season may play for the short team.

4. If a Guest Player or Returning Player is refused by a manager, then no other Guest, Bye, Floater, Returning Player, Same Field Player, or volunteer from the stands will be assigned or permitted, nor will the opposing team be required to provide a courtesy catcher.
5. 2-days-a-week players will only be allowed to play any 2 days a week for the entire season. If there is a need for a 2-days-a-week player to play a 3<sup>rd</sup> day due to above options (3 a-h) being exhausted the Player Agent must give approval.
6. If a team lacks a pitcher, the Player Agent shall be allowed to assign any available pitcher to that team. However, assigning a pitcher to a team will not excuse that team from forfeiting if they fail to have 8 rostered players available.
7. If one team is short of 11 players and has not refused a guest player, upon request the opposing team shall provide a courtesy catcher each inning. That player does not bat for the short team. The team receiving a catcher may not request a change of catcher.

#### **4. SAFETY**

- A. If injury or illness occurs during the game, the player should notify his/her manager and not attempt to continue to play.
- B. A player who is wearing a medical cast or medical boot may not play.

#### **5. RULE CHANGES**

- A. All rule changes will be made by the Rules Committee. The Rules Committee will consist of active members appointed by the President. Meetings of the committee may be called by President or the Chairperson, as appropriate for the purposes of discussion and/or updates.
  1. If voting on any rule changes results in a tie, the President shall cast the deciding vote. NOTE: The president does not vote on rule changes except as stated.
  2. If the President is unable to vote, the Player Agent shall cast a deciding vote.
  3. If the Player Agent is unable to vote, the Commissioner shall cast the deciding vote.
  4. Prior to any revision of the rules, the current player agent and chief umpire shall be given an opportunity to comment/provide input on the changes. While their input will not override the decision of the committee, it should be seriously considered.



**B. Rule change proposals** may be submitted by any active member. A rule proposal shall be submitted to the Chair of the Rules Committee in writing as follows:

1. Identify the rule that is being requested to be changed.
2. A written revision of the requested rule change.
3. Explanation why the rule should be changed.
4. The proposed rule change will be reviewed by the Rules Committee

**6. RULES DEVIATIONS:** If conditions at any of the three fields require any deviation from normal rules, both managers must agree to the deviation prior to the start of the game.

## PLAYING RULES

### 1. PITCHING:

- A. Pitching distance:** A pitcher must deliver the ball from within an area 40 to 50 feet from home plate. The pitcher must have at least one foot on or inside the back line of the box at the beginning of the pitching motion and cannot have either foot outside the box until the ball is released. (Touching the line or having a leg/foot in the air is considered within the box.)
- B. Called balls and strikes:** If a pitched ball lands on the rectangular home plate it shall be called a "Strike" unless it is called an illegal pitch. If the pitched ball misses the rectangular plate it shall be declared a "Ball". (continued)
- C. Legal pitch:** To be considered a legal pitch, a ball will be thrown underhand in an arc that is no lower than six feet and no higher than twelve feet from the ground. The umpire shall call a high or a flat pitch at the height of its arc, to protect the batter from swinging at an illegal pitch. If a batter hits or swings at and misses an illegal pitch (so called by the umpire) the play shall be recorded as if the pitch was legal.
- D. Warm-up pitches:** Any new or relief pitcher shall be allowed three warm-up pitches. Following the first inning, a continuing pitcher shall be allowed one warm-up pitch per inning if it can be made before the first opposing team batter is at the plate.
- E. Intentional walks:** Only one intentional walk per game shall be allowed for any one player. A second intentional walk to the same player will result in the player being awarded two bases and the resulting advancement of any on-base runners forced to advance.
1. A count of three balls actually pitched shall not constitute an intentional walk providing at least one of the pitched balls lands within 12 inches of the plate. If none of the four pitched balls land within 12 inches of the plate, it shall be deemed an intentional walk



regardless if it is the first or subsequent intentional walk. Any illegal pitch is considered outside 12 inches regardless of where it lands.

**F. Pitching Safe Screen:** A Pitch Safe Screen will be available at all playing fields and shall be utilized at all times with the intention of protecting the pitcher. The screen shall always be positioned to the pitcher's left if they are a right-handed pitcher and to the pitcher's right if they are a left-handed pitcher. Place the protection screen forward of the pitching box. (on the line to 3 feet). The edge of the protection screen shall extend inside the pitching area a minimum of 4".

1. No equipment other than a ball-cleaning cloth plus one backup ball may be stored in the tray of the pitching screen.
2. During live play, any ball thrown by a defensive player to, and trapped in, the pitching screen will be declared dead and runners advance one base. Thrown balls deflected by the screen are live.

## **2. BATTING:**

**A. Bunting:** There shall be no bunting or chopping down on a pitched ball. The batter will be called out.

**B. Foul ball:** If a foul tip is caught, the batter is out. If the batter fouls off a pitch after a two strike count, the batter is out.

**C. Pinch hitting:** There shall be no pinch hitting. If the scheduled batter is incapable of batting at the request of the batter, the next scheduled batter shall bat. The player removed from batting shall not play any more that game, unless both managers agree to allow the person back in the lineup. (continued)

### **D. Batting Order:**

1. The batting order includes all of the team members present and able to play.
2. A Guest Player that remains on one team for the entire game may be inserted anywhere in the batting order before the game begins.
3. A Guest Player that is to be shared shall be placed at the bottom of the batting order for both teams.
4. Any player that joins the team after the game has started may be inserted anywhere in the batting order following those that have already batted. Once all players have batted, the late player shall be inserted after the last batter in the lineup as it appears on the score sheet.
5. A Bye, Returning, Floater, Same Field, and Stands players will be placed at the bottom of the batting order after Guest Players being shared.





- E. Use of illegal bat:** A player shall be declared out upon entering the batter's box with an illegal bat. The player may still be called out after safely reaching base on a hit made with an illegal bat. In the latter case, any runners that safely advanced shall return to their original base. The call must be made before the first pitch to the next batter. ➡
- F. Batted ball hitting the safety screen:** Any batted ball hitting any part of the safety screen shall be declared a strike, a dead ball shall be called, and all base runners shall return to the base they occupied when the ball was hit. If a batter hits the screen after having a two- strike count, they shall be called out.
- G. Pitch count:** All batters shall begin with a pitch count of one ball and one strike.

### 3. GUEST PLAYER

- A.** Once assigned to a team a Guest Player will be used in the same manner as the team's rostered players.
- B.** A Guest Player will play exclusively for one team if the team has less than ten players and adding him/her to the team does not cause inequity with the opposing team.
- C.** Guest Players will be assigned to the team with the fewest players. If this results in one team having more players than the other, the Guest Player shall play 3 ½ innings with each team beginning with the visiting team.
- D.** A Guest Player can play any position.
- E.** If the Guest Player is assigned to a single team and the team has to sit players due to having more than 11 players, the Guest Player/Pool may sit for one inning.

### 4. BYE, RETURNING, FLOATER, SAME FIELD, and STANDS PLAYERS

- A.** Defensive – can only play left or right field, first or third base, or catcher.

**Exception:** A Bye, Returning, Floater, Same Day, or Stands Player who pitches may pitch if the team that is short is missing its pitchers.

- B.** Offensive – must be placed at the bottom of the batting order.
- C.** Assigning players - just as with Guest Players, if assigning a Bye, Returning, Floater, or Same Field Player results in one team having more players than the other, that Player shall play 3 ½ innings with each team beginning with the visiting team.

### 5. COURTESY RUNNER

- A.** While a courtesy runner is primarily for players with hip or knee replacements or some other disability or impairment, ANY runner/batter can take a courtesy runner. ➡



- B. The managers must identify on players who will take a courtesy runner from home plate prior to the start of the game.
- C. Managers can require any base runners to take a courtesy runner at any time when they deem it appropriate.
- D. Once a player has used a courtesy runner from home, (s)he shall continue to do so for the remainder of the game.
  - 1. If the player comes to the plate without a courtesy runner and legal pitch is thrown, the batter shall be call out.
- E. A courtesy runner from home shall have both feet behind a line that is located approximately 72 feet from the chalk line that indicates the front edge of first base.
- F. Any player can have a courtesy runner at any time after (s)he has safely reached a base.
- G. Any courtesy runner that has (1) safely reached first base from home, or (2) replaced a runner at a base, cannot be a courtesy runner again in the same inning and will be considered an illegal courtesy runner as soon as they step on the base where they are replacing a runner or steps into the runner's box at home.

**Exception:** A courtesy runner may run twice in the same inning if the game is in the unlimited run inning and the courtesy runner's team has scored five or more runs.

**Exception:** if a team has no available courtesy runner, then a courtesy runner may run twice in an inning provided both managers agree on who (s)he is.

- H. Any player that has a courtesy runner cannot be a courtesy runner for others in the same inning and shall be called out if (s)he takes position on a base.
- I. A courtesy runner that is on base may be replaced by another courtesy runner.

***If courtesy runner rules A–H above are violated, the umpire shall call the runner out. If not noticed by the umpire, an appeal by the opposing manager must be made prior to the next pitch, and the umpire shall call the courtesy runner out if (s)he was in violation.***

- J. All courtesy runners from home shall run to the line to the right of the 1st base bag. They shall continue in the same direction until they stop. If at any time before time-out has been called, and while the ball is still in play, the runner turns onto the playing field (fair territory), the runner shall be called out. The play will be declared dead and base runners shall only advance one base from where they started.
- K. If a batter who has a courtesy runner from home also runs and touches or passes the halfway point line, (s)he and his runner shall be called out. The play will be declared dead and base runners may not advance.


## 6. FIVE RUN RULE

- A. Five (5) run limit:** No team shall be allowed to score more than five (5) runs in any half-inning unless it is the 7th inning or the “last” inning (because of time considerations) as agreed upon by both managers and the umpire.
- B. Last inning exception:** In the last inning both teams may score as many runs as possible before making three outs.

## 7. BASE RUNNING

- A. Runner off base:** Runners at 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> bases shall either be on the base or on the run line (or projection thereof) when the batter makes contact with a pitched ball. The exception is 1B, where the runner may have a foot on the foul line. Runners cannot stand behind the base/line. A pinch runner from home must have both feet behind the line drawn next to home plate until the batter makes contact.
- B. Leaving the base early:** Any runner who leaves a base before contact is made shall be declared out by the umpire and the ball shall be deemed dead. Runners may not advance, and the batter returns to the previous count unless the runner from home has been called out, in which case the batter is automatically out. Contact must be made for a runner to be called out.
- C. Sliding:** There will be no intentional sliding at any base, including home base. The umpire shall declare the runner out who intentionally slides.

### D. Runners called out on base

1. Runners at any base, including home plate, will be called out if the defensive player at the base has control of the ball prior to the arrival of the runner. The same rule applies to a runner returning to a base. A base runner will also be called out if they are tagged prior to arriving at or returning to any base other than home.
2. When an offensive player is running to first base, they shall run to the runner's line to the right of first base (not the base) unless they are attempting to advance. In order to remain safe both feet must cross the line. If the runner fails to do so and there is a defensive play at the base, (s)he shall be called out.
3. When an offensive player is running to second or third base, they must run to the side of the base that is opposite of the direction of an incoming play. If, in the umpire's judgment, the runner fails to do so and interferes with the play, (s)he shall be called out.
4. Any offensive player returning to base must return to the line extending from that base and avoid touching the base or interfering with the play. If, in the umpire's 

judgment, the runner fails to do so and interferes with the play, (s)he shall be called out.

5. A runner who is running to home from third (3<sup>rd</sup>) base cannot return to third (3<sup>rd</sup>) base after passing the commit line. An attempt to do so shall be called an out.
6. A runner who touches home plate prior to or instead of crossing the scoring line shall be called out. Also, if the runner runs inside the base of the scoring line and in the umpire's judgment, the runner interferes with the play, (s)he shall be called out.

#### **E. Runner hit by batted ball.**

1. If a runner is touching the base or its run line when hit by a batted FAIR ball the ball is "Dead". The batter is awarded 1<sup>st</sup> base and all runners advance one base if forced to do so.
2. If a runner is hit by a batted ball when off the base in FAIR territory the ball is "Dead." The runner shall be called OUT. The batter is awarded 1<sup>st</sup> base and all runners advance one base if forced to do so.
3. If a runner is hit by a batted ball while in FOUL territory the ball is "Dead" and the runner returns to the base. The ball is called FOUL and a strike is assigned to the batter.

**F. Over-running a base:** Runners may over run all bases coming from either direction without touching the base. The overrun must be in a straight line beyond the base. If the runner makes an attempt to go to the next base (as indicated by an arc in the run toward the next base) the runner can either be forced out at the closest base or tagged out. If, after running in a straight line beyond a base, runners decide to proceed to the next base, they may do so at their own risk, and without returning to touch the base last passed.

**G. Base Path.** A base path is an imaginary line that is 3 feet on either side of a direct line between any two bases, as defined by the SSUSA Rules. Any runner who moves outside of the base path to avoid a tag by a fielder, except to avoid interfering with a fielder, shall be called out.

### **8. SUBSTITUTIONS**

- A. If a manager has more than eleven players present, all players, including a guest player, shall take a regular turn at bat. However, the Manager shall rotate players so that no more than eleven players shall take the field during the defensive half of the inning. No player shall sit out more than once until all players have sat out once. Managers may exempt a pitcher from this rule.

## GENERAL RULES

### 1. Interference and Obstruction:

- A.** Interference is an act an offensive player or team member that impedes, hinders or confuses a defensive player attempting to make a play. That includes moving to field a ball, to catch a ball at a base, or attempting to throw a ball.
- 1 If an offensive player interferes with a defensive player attempting to make a play, the runner will be called out.
  - 2 If the interference prevented the defensive player from making a throw to another base for an out, that runner will also be called out.
- B.** Obstruction is the act of a defensive player who is not in possession of the ball, or in the act of fielding a batted ball, or about to receive a thrown ball, who impedes the progress of a runner who is legally running the bases.
- 1 If a defensive player who is not participating in the play is in the runner's path and impedes him/her, obstruction will be noted by the umpire while the play continues and if the runner makes the next base safely, he will be awarded as extra base or if he is out at the next base, the obstruction will be called and he will award the base.
- C. The burden is on the base-runner to avoid contact with a defensive player.** Runners going to any base or returning to any base must run to the runner's line on either side of the bag, depending on which direction the ball is coming from. (See rule 7.D.3-4) If, in the opinion of the umpire, the runner could have avoided contact the runner will be called out.

- 2. Ball thrown back to pitcher:** If a ball returned to the pitcher by the catcher after a fairly delivered pitch is dropped or overthrown, ball is dead and runners may not advance.
- 3. Time out:** When the ball is in control by a player standing in the infield, and base runners have stopped, the umpire will call "Time Out", preventing any continued advance by the base runners until the next ball is pitched.
- 4. Infield fly:** The Infield fly rule is waived. However, if, in the umpire's opinion a defensive player has intentionally permitted a ball to drop in order to make a double play, the umpire may rule the batter out and return any runners to their original base.
- 5. Run downs:** A rundown begins when the ball is thrown and caught by the baseman in front of the runner. If a runner in a run down changes direction more than once (reversing direction to the base he came from is the first change), while running the bases (s)he will be called out. If, during a run down, the ball is overthrown it is no longer a run down and runner may advance.



6. **Runner leaving field of play:** Any runner, excepting those replaced by a courtesy runner, who has reached base safely and then intentionally leaves the playing field or intentionally enters a dugout shall be called out unless time out has been called by the umpire.
7. **Out-of-play ball:** Any ball while in play that goes out of the field of play or into a dugout shall be declared a dead ball and all runners being awarded two bases. Regardless of who made the throw, two bases will be awarded from the last base touched at the time the thrown ball was released.

## POST SEASON TOURNAMENT SPECIFIC RULES

All rules are the same as the regular season with the exception of the following: (Note – regardless of the start day, the tournament is considered a one “week” event and all “week” based rules apply unless specifically modified below.)

1. **Paired Players:** For the post season tournament, if both paired players are available for a given game, the manager shall have one player play the first 3 ½ innings and the other the remaining innings. If there is a shortage of players, the Player Agent with approval of the President may consider allowing paired players to play simultaneously.
2. **Part Time Players:** Part time players shall not play any more games during the tournament, than they are assigned during the regular season, except with permission from the Player Agent with the approval of the President.
3. **Shortage of Players:** Tournament teams short of players shall be allowed to augment their team with fill-in players much like the regular season with 8 players required to avoid a forfeiture. The Player Agent will provide players to any team with 8 or 9 rostered players following the same criteria as regular season but shall not include any Guest Players. The assignment of players must be approved by both managers and if they cannot agree, the President will have the final say. When playing with 10 players, a courtesy catcher may be assigned to play defense only ((s)he will not bat) by the Player Agent, otherwise the opposing team will provide the courtesy catcher.
4. **Tie:** In the event of a tie at the end of 7 innings, the game shall continue until one team wins.
5. **Game cancellation:** In the event of a game cancellation, whether the result of a rainout, heat, or an unplayable field, the League President shall attempt to schedule doubleheader(s) the next scheduled playoff day, if feasible. If such a doubleheader is not feasible, then the higher seeded team that was cancelled shall be declared the winner of that cancelled game

## MISCELLANEOUS RULES

1. **Umpires:** Umpires for a game will be handled as follows:
  - A. The league assigned umpires will have first priority and managers must accept the umpires that are assigned to their game.
  - B. If no umpires or only one is assigned by the league, a league player may be selected from the stands with the approval of both managers. The umpire(s) shall remain for the duration of the game unless he/she must leave for personal reasons. Managers cannot remove an umpire after has been approved.
  - C. If there are no assigned umpires or volunteers from the stands, the team at bat shall provide two umpires each inning.
  - D. In all games where a league umpire is assigned, the league assigned umpire shall be the lead umpire and shall have the final call as to interpretation of the rules.
2. **Ejections:** Any player who is ejected from a game by an umpire will automatically incur a one-game suspension. Further league sanctions may occur.
  - A. If the ejected player is a base runner, (s)he will be declared out.
  - B. In addition to the ejection and any other punishment imposed on a player, if that player is ejected for a second time within the same season for any rule infraction, that player shall automatically be suspended for an additional 3 games.
  - C. In addition to any other punishments, if that player is ejected for the third time within the same season for any rule infraction, that player shall forfeit their eligibility for the remainder of that season. Further league sanctions may occur.
  - D. If a player is ejected for three times in a season and is ejected again for any rule infraction in the next season, that player will be suspended from the league for a full 12 months;
3. **Forfeiture:** Teams must have 8 of its rostered players to start a game or a forfeit will be called. Once a game has started, if a player(s) is injured and cannot continue or has to leave the game for a personal reason, the game will continue with the remaining rostered players and whatever fill-ins currently playing but no additional player may be added.
4. **Game cancellations:** Regular season game cancellations shall be handled as follows:
  - A. **Unplayable conditions:** Games scheduled to be played in 90 degrees or higher, or become otherwise unplayable because of rain or condition of the field, shall be ➡

cancelled. Games that can be played prior to the rain or heat or at the other field, can be played but will not be counted in the standings.

- B. Games stopped because of adverse conditions:** In the event that a game completes at least 4 innings, but is stopped due to heat, rain, or field conditions making the remaining innings unplayable, the scores for any such shortened game shall revert back to the last full inning completed, and the games shall be counted. If both managers cannot agree to stop the game, the umpires shall have the final say on whether the game shall continue or be stopped. If stopped before the completion of 4 innings, the games shall be recorded as a cancellation.

**5. Game times:** Every effort shall be made by members to get games started on time.

- A. Infield practice:** Following the first inning, a limited infield practice shall be allowed between innings with only one ball being thrown to each of the infielders and must be completed prior to a batter coming to the plate.
- B. Batting practice:** Since batting practice is only available for the early games, it shall stop ten (10) minutes before the start of game time to ensure the game starts on time. No player shall hit more than three (3) pitched balls during batting practice
- C.** To avoid a forfeit a 5-minute grace period will be allowed. If a team can field at least 8 players at the scheduled game time then the game must start on time.

**6. Length of games:** All games shall consist of 7 innings and if the score is tied after the 7<sup>th</sup> inning, the game shall be recorded as a tie.

- A. Ending a game before completion:** For all games, the managers may, by mutual agreement, end a game at any time after it is official, i.e., after 4 innings, or 3 ½ innings with the home team leading, if weather conditions or other emergency situation halts play.

**B. 10 Run Rule:**

1. If the home team is leading by 10 runs or more going into the 6<sup>th</sup> inning, the visiting team shall bat twice (6<sup>th</sup> and 7<sup>th</sup> inning at bats). If the visiting team takes the lead after its at bats, the home team shall have both their 6<sup>th</sup> and 7<sup>th</sup> inning at bats available to them.
2. If the visiting team is leading by 10 runs or more after batting in the 6<sup>th</sup> inning, the home team shall bat twice (6<sup>th</sup> and 7<sup>th</sup> inning at bats). If the home team takes the lead after its at bats, the visiting team shall have their 7<sup>th</sup> inning at bats available to them.

**7. Harassment and Foul Language:**

- A.** Any player harassing or being abusive physically or verbally toward another player or the Umpire may be ejected from the game and is subject to suspension or expulsion from the Association.



- B. Any player using foul language, though not directed at another player, shall be given one warning and if foul language occurs again, the player shall be ejected from the game. The exception is the use of the “F” word or other vulgar or profane words, where the player shall be ejected immediately at the umpire’s discretion.
- C. The above also applies to league members in the stands and sidelines. If the umpire hears, or is told by a manager, of a league member in the stands or sideline using persistent foul language, the umpire shall issue a warning to the individual. If the individual persists, the umpire will recommend to the president that the player be suspended for one game.
8. **Disputes:** When there is a dispute over a call made by the umpire, **only the managers** shall be involved in the discussion. If any manager or player persists in arguing the call, (s)he will be subject to ejection by the umpire.
9. **Suspensions:** Managers will be responsible for player’s actions. A manager has the authority, after one warning, to suspend a player for up to one game per season. A manager may bring further recommendations for suspension to the league administration for consideration.
10. **Appeals:** Any player who wants to make an appeal on a play may request a time out but must ask the manager or assistant manager to call for the appeal. All appeals must be made by the manager or assistant manager prior to the next pitch. If any other player attempts to make the appeal direct to the umpire, the appeal will be denied. A team/manager shall be allowed only two appeals per game to “overturn an umpire call”. Appeals regarding rules like missing a base and leaving the base early that require the defensive team to appeal/challenge are not limited by this rule.
11. **Protests:** A manager must inform the umpire prior to the next pitch when (s)he is playing under protest. The umpire will inform the opposing manager and the league president. A protest may be made only on rule infractions. Protests will be adjudicated by the rules committee.
12. **Courtesy Catcher:** If, in the opinion of the umpire, a Courtesy Catcher fails to cover home plate when a play is being made to throw out a base runner heading to home, the following shall apply:
- A. The umpire shall declare a dead ball.
  - B. The runner going home is declared out.
  - C. All runners already on base can advance one base and the batter is awarded one base unless a successful play is made on them prior to the throw.
  - D. Note that if no throw is made to home, the run shall score and all runners shall be awarded the bases they successfully reached, regardless of the failure to cover.
13. **Authorized people on field:** During a game, no one is to be on the playing field except its defensive players, 2 base coaches, batter, on-deck batter, and courtesy base runners.





**14. Dugout Use:**

- A.** Players not involved in the current game must remain out of the dugout until the current game is over and its players have exited the dugout.
- B.** Players finishing a game must exit the dugout in a timely fashion.

**15. Player re-assignment:** No player will be re-assigned to another team at his request for any reason. If they no longer want to play for the team to which they were assigned, they may be inactive for the remainder of the current season.

**16. Player leaving game:** No player shall remove himself/herself from the game without notifying his or her manager.

**17. Smoking and Drinking** are disallowed at all fields. Violations may result in suspension or expulsion.

**18. Handicapped Parking:** The City of La Mesa and the La Mesa Senior Softball League remind members that the fields' parking spaces marked '**Handicapped**' must be available for members of neighboring institutions whose needs are far greater than those of the league's. Softball players must be diligent in respecting those needs by not using said HANDICAPPED PARKING spaces. Managers please notify your players of this policy regularly.

# APPENDIX 1: APPROVED AND BANNED BAT LIST SUMMARY

## SSUSA Approved Bats

Beginning on Jan. 1, 2014, Senior Softball-USA licenses new senior bats and publishes an Approved Bat List for all sanctioned SSUSA Tournaments.

The following bats have been approved for Senior Softball-USA use:

***Updated April 15, 2021***

### **Adidas:**

All Adidas slow-pitch bats stamped 1.21 BPF or lower are approved.

### **Anarchy:**

All Anarchy slow-pitch bats stamped NTS Certified with the SSUSA Logo are approved. All Anarchy slow-pitch bats stamped 1.21 BPF or lower are approved.

### **Axe:**

All Axe slow-pitch bats stamped NTS Certified with the SSUSA Logo are approved.  
All Axe slow-pitch bats stamped 1.21 BPF or lower are approved.

### **Combat:**

All Combat slow-pitch bats stamped 1.21 BPF or lower are approved.

### **DeMarini:**

All DeMarini slow-pitch bats stamped NTS Certified with the SSUSA Logo are approved. All DeMarini slow-pitch bats stamped 1.21 BPF or lower are approved.

### **Dudley:**

All Dudley slow-pitch bats stamped NTS Certified with the SSUSA Logo are approved.  
All Dudley slow-pitch bats stamped 1.21 BPF or lower are approved.

### **Easton:**

All Easton slow-pitch bats stamped NTS Certified with the SSUSA Logo are approved.  
All Easton slow-pitch bats stamped 1.21 BPF or lower are approved.

### **Elite Sports:**

All Elite slow-pitch bats stamped NTS Certified with the SSUSA Logo are approved.  
All Elite slow-pitch bats stamped 1.21 BPF or lower are approved.

### **Juno:**

All Juno slow-pitch bats stamped NTS Certified with the SSUSA Logo are approved.  
All Juno slow-pitch bats stamped 1.21 BPF or lower are approved.

### **Louisville Slugger:**

All Louisville Slugger slow-pitch bats stamped NTS Certified with the SSUSA Logo are approved.  
All Louisville Slugger slow-pitch bats stamped 1.21 BPF or lower are approved.

**Miken Sports:**

All Miken slow-pitch bats stamped NTS Certified with the SSUSA Logo are approved.

All Miken slow-pitch softball bats stamped 1.21 BPF or lower are approved, excluding the Original Gray Miken Ultra.

**Proton Sports:**

All Proton slow-pitch bats stamped NTS Certified with the SSUSA Logo are approved.

All Proton slow-pitch softball bats stamped 1.21 BPF or lower are approved.

**Pure Sports:**

All Pure slow-pitch bats stamped NTS Certified with the SSUSA Logo are approved.

All Pure slow-pitch softball bats stamped 1.21 BPF or lower are approved.

**Reebok:**

All Reebok slow-pitch bats stamped 1.21 BPF or lower are approved.

**Suncoast:**

All Suncoast slow-pitch bats stamped NTS Certified with the SSUSA Logo are approved. All Suncoast slow-pitch bats stamped 1.21 BPF or lower are approved.

**Worth:**

All Worth slow-pitch bats stamped NTS Certified with the SSUSA Logo are approved.

All Worth slow-pitch softball bats stamped 1.21 BPF or lower are approved.

REVISION RECORD			
Rev.	Date	Items Revised	Initial
N/C	April 2014	Original issue.	
1	March 2016	Complete revision and reorganization	Rules committee
2	June 2016	Partial revisions, deletions and additions	Managers & Rules Committee
3	October 2016	Partial revisions, deletions and additions	Rules Committee
4	January 2017	Partial revisions, deletions and additions	Rules Committee
5	March 2017	Partial revisions, deletions and additions	Managers & Rules Committee
6	May 2017	Partial revisions, deletions and additions	Rules Committee
7	July 2017	Complete revision and reorganization	Rules Committee
8	Oct 2017	Partial revisions, deletions and additions	Managers & Rules Committee
9	Nov 2017	Partial revisions, deletions and additions	Managers & Rules Committee
10	Dec 2018	Partial revisions, deletions and additions	Rules Committee
11	April 2019	Partial revisions	Player Rep and Rules Committee
	August 2019	Partial revisions and additions, including playoffs and legal bats	Managers and Rules Committee
12	February 2020	Partial revisions regarding assignment of players	Rules Comm., Pres. and PA

13	July, August and September 2021	Partial revisions, corrections, ball on the grass rule and limit on infielders, runners	Rules Committee, Pres., PA, Managers
14	May 2022	Partial revisions including ball in the net rule at Kuhlken, first base runner's line, and minor corrections	Managers, Pres. and Rules Comm.
15	July 2022	Partial revisions including modification of base running rules and, adding Floaters, interference/obstruction expansion, game cancellation, and other less significant changes / corrections.	Rules Committee, Pres., PA, Managers
16	July 2022	Retracted the new line-to-line running rules due to player objections and reverted to previous running rules.	Rules Committee, Pres., PA, Managers
17	Nov 2022	Partial revisions including modifications including post season rules, adding home runs, adding rule on runner hit by batted ball and on forfeitures, and clarifications on several other rules	Rules Committee, Pres., PA, Managers
18	Apr 2023	Changes in uniform rule, limiting appeals to 3 per team/game, clarification on courtesy runner running to 1B.	Rule Committee, Pres.
19	August 2024	Changes in uniform rule, limiting appeals to 2 per team/game. 1 <sup>st</sup> base line. 3 warmup pitches. Runner going to 1 <sup>st</sup> base must have both feet across the safety line to <i>remain</i> safe. Conditional game cancellations. Game start times. Minimum number of players.	Rule Committee, Pres
20	Sept. 2024	Clarification of some verbage	“
21	Oct 2025	P 17 section 5 Courtesy Runner – eliminate “and in the umpire’s opinion, he/she is either intending to advance or is trying to ‘deke’ the defense”...	Rules committee