

Calgary Men's / Ladies / Coed Slow Pitch League (CMLC) Rules and Regulations – 2026

All players assume all risks and hazards incidental to the conduct of this sport and the risk of personal injury involved.

Playing Field

The official dimensions of the diamond in league play shall be:

- **Baselines** of 70' for all divisions.
- **Pitching distance** shall be a zone of 24" wide from 50' to 65' for all divisions.
- **Commitment Line** will be marked 20' from the scoring line, parallel to the first base line.
- **Pitching Zone** shall be a zone of 24" wide from 50' – 65' from the back of the home plate.
- **Scoring Line** will be marked, from the point of home plate closest to third base, parallel to the first base foul line.
- **Strike Mat** a 22" x 38" rectangular mat will be used in all league divisions.

Equipment

- The league reserves the right to disapprove any equipment, including bat standards of ASA, USSSA, NSA or SPN.
- Bats displaying the new USSSA thumbprint / stamp and that have been officially tested and have the official league stamp/label will be legal for play (see Appendix "3" on the [league website](#)).
- **Illegal Bats**
 - Bats without the official league stamp/label, cannot be used in league play and hence are illegal. Persons caught using an illegal bat will be ejected from the game.
- **Altered and Shaved Bat Policy**
 - To maintain the safety and integrity of play at Jaycee Slow Pitch Park, the following zero-tolerance policies regarding illegal equipment are strictly enforced:
 - **Player Liability:** Any player found using an altered or shaved bat will face an indefinite suspension.
 - **Minimum Player Penalty:** This suspension carries a minimum penalty of **three (3) years** from all events at Jaycee Slo-Pitch Park and NSA.
 - **Management Accountability:** If an altered or shaved bat is discovered during a game and officials cannot identify the owner, the team's coach or manager will be held responsible.
 - **Minimum Management Penalty:** In such cases, the coach or manager will be suspended indefinitely, with a minimum penalty of **three (3) years** from all Jaycee Slo-Pitch Park and NSA events.
- **Official Ball**
 - Balls are provided by the league and will be optic in nature. Only balls provided by the league can be used.
- **Protective Equipment** (Pitcher/Fielder/Batter)

- Pitchers must wear a protective face mask while pitching and must wear the mask consistent with the manufacturer's intended usage of their product and specific to this sport. NOCSAE Helmets (i.e. Lacrosse Type) are recommended. (see Appendix “7” on the [league website](#))
- Batters, on-deck batters and base runners must wear a protective NOCSAE approved batting helmet while in batter's area, in the on-deck area and on base. (see Appendix “8” on the [league website](#))
- The league also strongly recommends that all players wear other types of safety equipment such as shin pads/guards; heart/chest protection; etc. Approved CSA/NOCSAE protective equipment has been known to reduce injuries in sport. **All players play at their own risk.**
- Also (see [references iv., v., vi., vii., viii...](#) Release-Injury to player, Assumption of Inherent Risk, Softball Skills, Pitching Masks/Helmets and Protective Qualities, Penalty-no mask) for additional information.

The Game

- **Official Game**

- To ensure consistency across all matchups at Jaycee Slow Pitch Park, the following rules define an official game:
 - **Maximum Length:** Standard games consist of a maximum of 7 innings.
 - **Playoff Tie Breakers:** In the event of a tie during the playoffs, games may extend beyond 7 innings (refer to the Ties / Tie Break Rule for further details).
 - **Minimum Requirements for an Official Game:** A game is considered official if any of the following conditions are met first:
 - At least **4 full innings** have been completed.
 - At least **3.5 innings** have been completed, provided the home team is leading.
 - A total of **50 minutes** of play has elapsed, regardless of the current inning.
 - **Exceptional Circumstances:** These minimum requirements apply if a game must be shortened due to weather, time limits, or other extraordinary situations

- **Time Limit**

- One hour and twenty minutes (1h 20m)
- No new inning to start after one hour and ten minutes (1h 10m).
- A ten-minute grace for the first game of the night only. Grace time will be used as game time.
 - The grace period can be used to wait for the 9th player, but not the 10th or subsequent players. See also Batting Order / Field.

- **Ties / Tie Breaker Rule**

- Last batter from the previous inning starts on second base, with one out)
- Playoff games will continue until a winner scores more runs in their half inning before third out occurs in extra innings.
- **Regular season league play games will end in a tie and NOT play any extra innings.**

- **Home Team**

- Regular season - the home team is determined by the league schedule.
- Playoffs – the home team is the team with the better record from the regular season.

Player Responsibility to Produce Insurance

- NSA does offer a limited insurance program through our affiliation (see *NSA’s Insurance Program for more details and limitations* <https://www.toolepeet.com/existing-client-service/nsa/>). As Such Players

are presumed to be fully aware that the CMLC League does not carry or provide any medical insurance for any participants and that all players are solely responsible for procuring their own insurance.

- Also see [Reference “v”](#) Player Release and Assumption of Risk

Pitching (Arc of 6 to 12 feet)

Pitching regulations

- THE PITCHER SHALL TAKE A POSITION between 50 and 65 feet from the strike mat and within a 24” wide area defined as the PITCHER’S BOX. One foot must remain planted on the ground in the pitcher’s area throughout their delivery.
 - Preliminary to pitching, the pitcher must come to a full stop with the ball held in the pitching hand or both hands in front of the body.
 - The pitcher must face the strike mat when starting the delivery of the pitch.
 - This position must be maintained at least one (1) second and not more than five (5) seconds before making the delivery.
- After the pitcher has come to a complete stop they have 5 seconds in which they may use any wind-up or arm motion desired, either in front of their body, above their head, or behind their back including stops and pauses, before they must release the ball in a definite underhand motion.
- The pitch must have a perceptible arc of at least 6 feet from the ground before it passes any part of the plate / strike mat and shall not exceed a height of more than 12 feet at its highest point from the ground.
- Also see [NSA Rule 6](#) - Sections 1c, 3a, 3d, 5, 6, 7, 8, 9, 10.

Batting Area

- Is an area adjacent to and on either side of the strike mat.
- The area that is adjacent to the strike mat, within which the batter takes their position when it is their turn to bat.
- Prior to the pitch, the batter must place one foot on the ground anywhere in the batter’s area, not more than 3 feet from the side edge of the strike mat.
- When striking the ball at the front of the strike mat, the trailing foot cannot be completely forward of the front edge of the strike mat.
- When striking the ball at the back of the strike mat, the lead foot cannot be completely behind the back edge of the strike mat.
- See Appendix “6” on the [league website](#).

Strike Mat (All Divisions)

- A 22” x 38” rectangular mat will be used
- Any ball legally delivered during a pitch that touches any portion of the mat before it touches the ground or other object, will be considered a strike, and any ball that does not hit the mat and not swung at will be deemed a ball.
- An out will occur if a defensive player is in contact with the Strike Mat, having full control of the ball in play.
- An out will occur if the batter is in contact with the Strike Mat when the ball is hit or the batter’s foot is entirely in front of the Strike Mat.

- Runners are out if they touch or cross over the “strike mat”, unless to prevent a collision; this does not include the batter’s mat.
- See Appendix “6” on the [league website](#).

Scoring & Commitment Line (All divisions & categories)

- A scoring and commitment line will be used. (See playing field)
- **A player can slide across the scoring line, as long as they do not interfere with the defensive team fielding a ball.**
- **A defensive player cannot tag a runner between the commitment and scoring line.**
- Any player per the umpire’s judgment that run’s into *, collides, interferes or pushes a player with malicious intent to cause a disruption to a play will be subject to ejection.
* purposely drops a shoulder or such, tries to block a throw for an out by physical contact
- Any offensive player purposely interfering with any throw will be called out.

Intentionally Hitting the Middle at the Pitcher

- The **determination of “intentional”** is a judgement call by the umpire; is not subject to appeal and shall not be presumptive / assumed merely in the case of a batted ball striking the pitcher. The **determination of “intent”** (see [reference “i”](#)) will be based on the totality of the facts and circumstances present during the game, including previous **statements and actions** by players, managers and others prior to the incident which results in the umpire’s judgment of intent or lack thereof.
- Penalty – Once **intent has been determined**, a **warning** will be given to both teams, then any batted ball determined by the umpire **intentionally hit up the middle** at the pitcher, regardless of whether or not striking the pitcher, shall result in a dead ball out; the batter will be ejected from the game and may be subject to additional penalties.

Batting Order/Field

- **Single Gender Divisions**
 - Unlimited batting order (standard batting order is 10 batters)
 - A team must start and/or end the game with a minimum of 9 players.
 - A tenth player can be added as soon as they show-up and are ready to play without delaying the game.
 - If starting with nine (9) batters, the tenth spot in the order will be an auto-out.
 - Once the game has started, teams cannot add additional players other than to get to 10.
- **COED 6/4 Divisions**
 - Unlimited Batting Order (Standard batting order is six (6) males and four (4) females).
 - A team must start and/or end the game with a minimum of 9 players; a tenth rostered player can be added as soon as they show-up and are ready to play without delaying the game.
 - If starting with nine (9) batters, the tenth spot in the order will be an auto out.
 - The 9 players must fall into the following conditions:
 - Teams must have a minimum of 5 males / 4 females, or
 - 6 males / 3 females, or
 - if more females at game start, then 4 males / 5 females to start the game.

- A male may never replace a female in the batting order or vice versa for any reason.
- No gender batting order requirements.
- A Female / Female - Pitcher / Catcher combination is **not allowed**; any other combination is allowed.
- To ensure your COED lineup always remains legal, please follow these roster limits:
 - **Male Majority:** You may have a maximum of 3 more male batters than female batters.
 - **Female Majority:** You may have a maximum of 4 more female batters than male batters.
- Extra Player (“EP”). You may use an EP or EP’s during the game (see [Extra Player “EP” Rule](#)). For example, if there are not more than 3 males batters more than females in the batting order using an EP may consist of but not be limited to one of the following:
 - 1 male (7/4)
 - 1 male and 1 female (7/5)
 - 2 males and 1 female (8/5) etc.

Field/Substitutions

- Each team must always keep the proper Male / Female ratio on the field in Coed divisions.
- Standard substitution rules are in effect and must be of the same gender in all divisions.
- **If a player in the batting order is injured and cannot return or be replaced, an auto out will occur in their batting position. If two (2) or more players are injured and cannot return or be replaced, a forfeit will occur.**
- If a player is ejected from a game or leaves not due to an injury, they must be replaced by the same gender player in the batting order, if that player cannot be replaced, a forfeit will occur.

Extra Player (“EP”) Rule

- **Definition:** Any player added to the lineup beyond the standard ten (10) starters is considered an Extra Player (EP).
- **Flexibility & Consistency:** While an EP is permitted to play any of the ten defensive positions on the field, they **must** remain in their original spot in the batting order for the entire game.
- **Substitutions:** A substitution for an EP must be of the same gender as the player they are replacing. All standard substitution rules apply and must maintain gender consistency.
- **Single Injury:** If a player in the batting order is injured and cannot be replaced by a substitute, their spot in the order will become an **automatic out**.
- **Multiple Injuries:** If two or more players are injured and cannot be replaced, the team must **forfeit** the game.
- **Ejections or Early Departure:** If a player is ejected or leaves for a reason other than injury, they must be replaced by a player of the same gender. If no legal replacement is available, the game is a **forfeit**.
- **An “EP” cannot be added after the game has started.**

Bunting (Coed Only)

- Bunting is allowed for females playing coed divisions only.
- Players are not allowed to show or square to bunt and then hit the ball with a full swing.
 - Once a player shows to bunt and does not pull back said action will be considered a strike or an out if a third strike.

- A bunt is a batted ball not swung at, but intentionally met with the bat with the intent of tapping it slowly within the fair territory of the infield.
- If the batter steps on the strike mat or outside the batter's box and then proceeds to hit the ball, the batter will be called out.

Walk Rule (Coed Only)

- If a male batter, followed immediately by a female batter, is walked intentionally or otherwise he will be awarded two bases, and the next batter (Female) must bat.

Run Limits (All Divisions)

- 7 runs per inning, last inning open.

Mercy Rule (All Divisions)

- 15 runs after 5 or more innings or 4.5 innings if the home team has scored the 15 runs to mercy.
 - In any inning where the Mercy Rule applies, a team can score enough runs to bring them out of the run spread of the mercy over and above the 7-run limit.
 - Once out of the mercy situation, no more runs can be scored and their at bat will end or unless three outs occur before the threshold in met.
 - Example: in the bottom of the 6th inning, the home team is down 23 runs, the home team can score up to 9 runs to get out of a mercy

Third Strike Foul Ball

- Baserunners may advance on any legally caught foul fly ball, including a legally caught third strike foul fly ball.

Game Balls

- The OFFICIAL LEAGUE SOFTBALL shall be a solid core ball, must be stamped with an official NSA logo and may not bear any other logos except for the NSA official logo. Along with the logo, the ball must be stamped with a coefficient .52, .47, .44, .40 or less and must be black stitched.
 - Men's division teams will use the 12" softball
 - Ladies' division teams will use the 11" softball
 - COED division teams
 - Men will hit the 12" softball
 - Ladies will hit the 11" softball
- Men's Open – two new 12" balls per game; each team will supply one new ball to the umpire at the start of the game.
- Ladies – Home team will supply one new game ball and the visiting team one good used game ball to the umpire at the start of the game.
- COED – Home team will supply one new 12" and one new 11" ball, the Visiting Team will supply one used 12" ball and one used 11" ball to the umpire at the start of the game.
 - **Men must hit the 12" ball and ladies must hit the 11" ball.**

- Please make sure you have extra league approved balls at the ready for balls that have left the field of play and are not readily recoverable. Make sure the umpire has game balls, as delays cut into your game time. Multiple complaints of game delays may result in league disciplinary action.
- Playoffs – New balls will be supplied by the league for all playoff games. Teams must supply good, used league approved balls that will be used as replacement balls with no delay in playoffs.

Home Runs

- Any un-deflected ball hit over the fence in fair territory will be considered a home run and count toward the home run limit.
- *Walk-offs* for all divisions – the batter and base runners will leave the playfield directly after a homerun is hit.
- **ALL Divisions – 7 home runs total per team per game.** Once the home run limit is reached, any additional home runs above the limit will be scored an out.
- COED Divisions – 7 home runs total, with a maximum of 5 homeruns by male players. No set limit for females, but the total home runs for males & females combined cannot exceed a total of 7.

Courtesy Runners (All divisions)

- **Game Limit:** Each team is permitted a maximum of seven (7) courtesy runners per game.
- **No Runners from Home:** Courtesy runners cannot be used for a batter at home plate; the batter must reach a base safely on their own first.
- **Substitution Timing:** A courtesy runner is only allowed once the batter has established themselves as a safe runner on a base.
- **Gender Requirement:** The runner must be of the same gender as the player they are replacing.
- **Frequency of Use:** A single player cannot act as a courtesy runner twice in the same inning, though they may run multiple times throughout the game.
- **Runner at Bat:** If a player is currently on base as a courtesy runner when it is their turn to bat, the team may use another of their 7 allotted courtesy runners to replace them on base.
 - **Out Penalty:** If a replacement runner is needed for a person at bat (as described above) but no courtesy runners remain, the player at bat will be declared an out.

Temporary Runner for use of Pitchers with Protective Pitching Equipment

- A temporary runner may be used for the pitcher if he/she is on base with two (2) outs and is using protective equipment (protective equipment a pitcher must remove during an at bat IE: pitching helmets, shin pads or chest protection). This rule only applies to the pitcher if he/she was the pitcher at the end of the previous inning or was declared to be the starting pitcher to the home plate umpire at the top of the first inning.
- The temporary runner must be of the same gender as the pitcher,
- Once a pitcher uses a temporary runner, he/she **MUST** continue to use a runner for the remainder of the game and only with two (2) outs,
- If a pitcher refuses to use a temporary runner, he/she **MAY NOT** use a temporary runner for the remainder of the game,
- A temporary runner will not be counted as a courtesy runner, if in use the runner can be any person on the team's roster in proper team uniform,

- If the temporary runner is in the line-up and on base when there at bat comes up, a courtesy runner must be used and will count towards there courtesy runner max usage, if no courtesy runners are available, an out will occur.

Jewelry Rule

- The CMLC League strongly recommends that jewelry not be worn during league play.
- **SOME JEWELRY IS ALLOWED.** Plain wedding bands, plain necklaces free of pendants and charms worn under the uniform, medical alert ID bracelets/necklaces are legal, but should be worn or taped to the body as not to present a hazard. All body piercing (permanent or otherwise) must not be looped in any way. A body piercing that is a "post" type piercing with no dangling parts and no looping parts and no loops whatsoever are legal if judged by the umpire to not present a danger to any participant.
- Casts (plaster, metal, or other hard substances), or other items judged dangerous by the umpire may not be worn during the game.
- See NSA Rule book Rule 3 Sec 6d for more information

Ladies Pregnancy Rule

- If evident and/or confirmed to an official, a player is pregnant, then for reasons of safety and for the possible detrimental effect that such participation may have on other players' performance, the league will not knowingly allow a pregnant player to play.
- **Penalty** – the player will be requested to remove herself from the game, if she refuses, the game will not be played, and a forfeit will occur for the offending team.

Rosters

- **All persons playing in the league MUST be on a league roster, NO EXCEPTIONS**
- Always have a copy of your roster on hand to avoid any issues.
- **Minors:** Players under the age of 18, must have a waiver/release form signed and in place before playing in the league.
- **Single Roster Rule:** Players are restricted to appearing on only one roster per division (Men's, Ladies, or COED) and may only play for that single team within that division.
 - See [reference "ii"](#) One Team, One Roster.
- **Maximum Capacity:** A roster is limited to 25 players, which does not include a non-playing coach and/or manager.
- **May 31st Lock:** All rosters must be finalized and submitted by May 31st.
- **Late Submission Penalties:** Failure to meet the deadline will incur a financial fine and may result the loss of playoff privileges.
- **Automatic Caps:** If a team submits fewer than 25 players by the deadline, their roster size is permanently limited to that submitted number for the remainder of the season.
- **Roster Changes:** Once a roster is full or locked, a team must drop an existing player to add a new one.
- **Prior Approval:** You must notify the league and receive formal approval from a league executive before person plays in a game.
- **Transfer Authority:** All player transfers, additions, or replacements are permitted only with the explicit approval of the League.

- **Playoff Window:** Roster additions or replacements are generally permitted until 21 days prior to the playoff start date.
 - See [reference “iii”](#) for more information of replacements for playoffs within 21 days of playoff start.
- **If Short:** If a team is short players and solely to prevent a forfeit, they must refer to the specific guidelines in [reference “iii”](#) regarding penalties and non-team rostered players.

Ejections / Suspensions

- **If any player is ejected from a game, the coach/manger will also be ejected.**
 - **If the coach/manager is a non-playing member of the team**, two playing members will be ejected, the person at fault and another player in the game picked at random.
 - **If a coach/manager cannot be determined**, the game official will pick a player in the game to undertake as said coach/manager.
 - After an ejection, the individuals will have 2 minutes to leave the dugout and 4 minutes to leave the facility and **cannot return to the facility** until notified by the league. NO umpire, league executive or such can override this the night of the ejection. They **MUST** leave the facility property.
 - If the ejected person(s) do not leave the facility property and/or returns the night of the ejection, the team will forfeit all games played that night and may incur a team suspension.
- **If any spectator is ejected for violation of league, park rules, policies or regulations.**
 - The team will also be ejected unless the team controls said spectator(s) and has them leave the facility.
 - The spectator must follow all the above criteria, IE: 4 minutes to leave the facility, etc.
 - Spectator ejections may come with a suspension for the remainder of year the offence occurs.
- Additional penalties (totals can include multiple years, i.e. ejections do not have to occur in the same year)
 - First ejection – automatic minimum one (1) week (7 days) suspension.
 - Second ejection – automatic minimum three (3) week (21 days) suspension.
 - Third ejection – automatic indefinite suspension.
 - A Severe Violation ejection – automatic indefinite suspension.
- All ejections undergo a formal review within six (6) days, during which the league considers appeals from the player and written input from the umpires’ executive to determine if penalties should be reduced or increased.
- Any person(s) receiving a suspension will be notified in writing via the league or coach/manager/team contact with a start and finish date.
- At no time can any person suspended from the league play or enter the facility or participate in any events at Jaycee Slo-Pitch Park or attend any park or league functions during their suspension or until notified by the league.
- Any team that knowingly or unknowingly uses a player under suspension will default their game(s) and may be assessed a \$250 team fine and be subject to a team suspension. The coach and/or manager will be subject to an automatic multiple game suspension as determined by the league.
- Suspensions may be open to appeal and review, as per Appendix “4” on the [league website](#) (guidelines of appeal).
- Any persons ejected/suspended and found to be at fault will be put on a minimum one (1) year probation period.
- Any verbal threats of violence or confrontation after the ejection towards players, umpires, spectators or league officials is considered severe.

- Please keep quiet and leave if ejected. The league has a very good record of fairness dealing with player/official issues. Contact the league immediately and let us deal with the issues that arise. Don't add to an already rough situation.

Playoff Structure & Tie Breaking

- Teams advance to the playoffs based on their point standings; the league will determine the number of teams advancing depending on the number of teams within each division.
 - **Standard**
 - 10+ team divisions, top 8 teams advance
 - 8/9 team divisions, top 6 teams advance
 - 7/6 team divisions, top 4 teams advance
 - 5 or less team divisions, top two teams advance
 - Some divisions may split.
 - **Tie Break**
 1. Wins
 2. Head-to-Head
 3. Runs for and against by the tied teams
 4. Runs for and against for the season
 5. Coin Flip
- **Playoff format**
 - True double knock out tournament
 - Time limits for all games except the finals
 - It may be necessary to reduce the number of games, teams and time limits if during the regular season, weather or other unknown circumstances cause undue delays to the season. The availability of daylight and diamonds at the end of the season will also contribute to changes to the playoff format.
 - It may also be necessary to play on a night not of your normal night of play and/or weekends.
 - **Playoffs must be completed by the third week of September.** The league will adjust as needed and notify teams of any extraordinary changes to the play-off structure.

Protests

- The league will only accept a protest where the interpretation of a rule or regulation of the league is in question. Judgment calls (i.e., balls or strikes, fair or foul, safe or out) will not be accepted as a protest.
 - A team protesting a game must declare immediately on the field to the game official that the game is being played under protest. This must be noted on the score sheet with the name and signature of both coach/manager of the team protesting and game official.
 - A detailed written explanation of the protest and rule being protested along with a \$150 bond must be submitted of the league within 48 hours, along with any witness statements. The bond can be paid in cash or eTransfer.
 - A review of the protest will be done within six (6) days of the protest, and all parties will be notified of the result. All protest fees will be returned if the protest is successful and forfeited if not.
- **Playoffs only**, a protest must be decided immediately (see [reference "x"](#)).

Forfeits / Defaults

- If short and only to prevent a forfeit, see [Reference “iii” Pickups](#).
- Teams must notify the league a minimum of 12 hours before their game time if they will default a game(s) so that the officials and teams can be notified.
 - If a team fails to notify the league at least 12 hours before the scheduled game time, an additional \$50.00 fine per game will be added to the below fines:
 - 1st forfeit / default, a \$50 fine.
 - 2nd forfeit / default, a \$100 fine, and an automatic league review.
 - 3rd forfeit / default will cause an automatic suspension of the team, a review within (6) six days of the incident will determine if the suspension will be permanent and/or additional fines will be assessed.
- All fines must be paid in full prior to the team's next scheduled game. If a fine is not paid by the next game, that game is automatically recorded as a forfeit.
 - Any team refusing to pay assessed fines will be suspended from the league. This suspension applies to every player listed on the team's roster.

Score Reporting

- All game results **must be emailed** to cmlc@outlook.com within **24 hours**.
 - **Both** teams must submit game results.
 - After the 24-hour window, the first reported score becomes the official record.
 - Any score not submitted within the 24-hour deadline will be recorded as a loss for the non-reporting team.
- Each team is responsible for maintaining an accurate scorebook, though the home team's scorebook serves as the official record of the game.
- Teams should verify scores with their opponents before the game concludes.
- If a discrepancy arises, the league will investigate within six (6) days of the reported results to determine the final outcome.

Rainout & Make-up Games

- If a game cannot be completed (See Official Game), due to weather, the league will do its best to make the games up. Teams will be contacted with a minimum of 24 hours' notice of make-up game times; games could be played on a weekend or other nights than your normal league night of play.
 - Teams that do not show up for a make-up game(s) may forfeit potential points, play-offs and be subject to fines.
 - There will be no reimbursements of funds for games not made-up because a team no shows.
- The league will not make concessions for other league or tournament schedules.
- If games are rained out prior to the game start time, that notification will be posted on the [league website](#).
- League or game officials will make the rainout call once games have started. League officials will also post on the [league website](#) the status of the diamonds by 4:30pm.

Uniforms

- **Uniforms are a requirement for league play**, with full enforcement beginning **June 1st** of the current season.
- All players **must wear shirts of the same color featuring a Team Name and a 6-inch number**.
- If players wear pants, shorts, caps, warm-up suits, sweatpants, pullovers, or wind-shirts, these items should be of a similar color.
- At least 80% of a team must be wearing the same uniform during play.
 - Teams with multiple shirt colors still qualify toward the 80% requirement as long as the shirts display the same team name and a number.
- **Both the uniform design and the team name must be approved by the League before they are used in competition.**
- **Infractions and Penalties**
 - Failure to meet the 80% uniform requirement will result in the loss of home team status for that game.
 - Uniform infractions will result in financial fines.
 - Teams that commit multiple uniform infractions may face permanent removal from the league.

Alignments

As a result of the final standings during regular season play there will be a re-alignment of the teams between divisions, with the effect that the top teams in a division and the division play-off champions may be promoted to the next higher division and the bottom teams in a division may be demoted to the next lower division.

Some teams may be moved more than one division up or down.

It may from time to time be that the league needs to move teams or merge divisions to fill diamond time with-in division nights, outside the movement of the final standings.

First alignment the first week of February, second alignment the first week of March, final alignment at the March league meeting.

The league will deal with all other irregularities and make changes as necessary.

League Classifications

- The league will accept applications from teams who are willing to comply with and abide by all rules and regulations as adopted by the CMLC League. For Classification purposes, categories and classifications recognized by the Division are listed below.
- Most all new teams will be classified in a lower division unless otherwise determined by the coordinator.
 - Said team is of a higher classification.
 - If a team wishes to be classified higher, they may do so at the request of their coach or manager.
 - Once a team/player has been classified, they remain at that classification until the completion of the season.

Category	Classification		
	Men's	Ladies	COED

Division	1	2	3	4	5	A	B	C	A	B	C
Competitive	X	X				X			X		
Intermediate			X	X			X			X	
Recreational					X			X			X

- Individual player movement limits: If a player was on a CMLC League roster in the last three years, depending on division, they can move to a different categorized division.
 - No more than three (3) players from a competitive division can move to a single intermediate team.
 - No more than two (2) players from an intermediate division can move to a single recreational team.
 - No more than one (1) players from a competitive division can move to a single recreational team.
 - Players can move up to any category.
 - Limits do not reflect team alignment movements.

References

- I. **Understanding Intent in League Play:** To maintain the spirit of the game and ensure fair play at **Jaycee Slow Pitch Park**, the league defines Intent as follows:
 - a. **Definition:** Intent is the specific aim, purpose, or state of mind a participant holds at the time an action is carried out.
 - b. **Application:** In the context of league rules—whether regarding player conduct, safety infractions, or game-play maneuvers—the "intent" behind an action may be considered by officials and the league executive when determining penalties or resolutions.
- II. **One Team, One Roster:** To maintain fair competition and clear league standings, players must adhere to the following roster restrictions:
 - a. **Classification Limits:** Players are permitted to play on only one team and be listed on only one roster within a specific classification.
 - i. Example: You cannot play for two different teams in the Men's division.
 - b. **Cross-Classification Play:** You are allowed to participate in multiple classifications.
 - i. **Men's Players:** May play on one Men's team and one Coed team.
 - ii. **Ladies' Players:** May play on one Ladies' team and one Coed team
- III. **Pickups:** To help teams avoid a forfeit during the regular season, the following "pickup" guidelines are in effect:
 - a. **Minimum to Start:** If a team is short, they may pick up a maximum of two (2) players from the same or a lower division to meet the 9-player minimum required to start a game.
 - b. **Replacement Policy:** As soon as a team's regular rostered player arrives at the park, the pickup player(s) must leave the game immediately.
 - c. **Regular Season Only:** The pickup rule applies only during the regular season. This practice is strictly prohibited during the playoffs.
- IV. **Roster Integrity & Penalties:** The league will actively scrutinize team rosters throughout the year. If a player is suspected of not being on an official team roster, they should be protested according to league procedures. Violations of these rules carry the following penalties:
 - a. **Regular Season:** The coach/manager and the ineligible player may be suspended, the team may face probation or suspension, and the team will forfeit all games in which that player participated.
 - b. **Playoffs:** If an illegal pickup occurs during the playoffs, the team will be suspended from the league and will forfeit all games.

- V. **Player Release and Assumption of Risk:** To ensure all participants at Jaycee Slow Pitch Park are aware of their responsibilities regarding safety and skill proficiency, please review the following league policies:
- a. **Liability Release (Safety Equipment):** By choosing not to wear recommended safety equipment, players waive all claims for injuries that such equipment could have reasonably prevented.
 - b. **Scope of Waiver:** This waiver applies to the player and their heirs, holding harmless the **CMLC Slo-Pitch League, Calgary Slow Pitch Society (CSPS), Jaycee Slow Pitch Park, its Board of Directors, and all affiliated staff or sponsors.**
 - c. **Assumption of Inherent Risk:** Players acknowledge that participating in any CMLC sanctioned event involves inherent risks, which they knowingly undertake by electing not to use recommended safety gear.
 - d. **Softball Skills Proficiency:** All participants are presumed to be familiar with and proficient in the necessary skills for league play, including batting, fielding, running, and throwing.
 - e. **Self-Assessment:** Players must satisfy themselves that they possess the required proficiency to participate safely in events sponsored by the CMLC or its affiliates.
- VI. **Pitching Mask/Helmet Policy:** To ensure the safety of all participants at Jaycee Slow Pitch Park, the following rule is strictly enforced:
- a. **Mandatory Protection:** Wearing a protective helmet and mask combo (something that protects the front, back, top and sides of the head) is mandatory while pitching in the CMLC League.
 - b. **Enforcement:** Any player not wearing a protective mask or helmet will not be permitted to play the pitching position.
 - c. **Game Starts:** No game can commence without the pitcher having the proper protection in place.
 - d. **No Exceptions:** This safety requirement is non-negotiable for all divisions.
- VII. **Safety Equipment Disclaimer:** To ensure clear communication regarding the use of safety gear at Jaycee Slow Pitch Park, please note the following league disclaimer:
- a. **No Warranty of Protection:** The **CMLC** and its affiliates make **no warranty** regarding the protective qualities of any mandated or recommended safety equipment.
 - b. **Inherent Risks:** Softball is an impact sport with inherent risks. The league does not make specific claims regarding the performance of any safety equipment and will not accept liability for personal injury.
 - c. **Mandated Pitching/Batting Helmets:** While the mandated helmet is designed to reduce the risk of injuries, it cannot prevent all injuries.
 - d. **Assumption of Risk:** Players can still suffer serious injury while wearing any type of face or safety protection; therefore, **all players participate at their own risk.**
- VIII. **Mandatory Pitching Helmet Enforcement:** To ensure the safety of all participants at **Jaycee Slow Pitch Park**, the following enforcement rules are in effect for all league games:
- a. **No Helmet, No Pitching:** Officials and league staff will not allow any player to take the mound without an approved pitching helmet. There are no exceptions to this safety requirement.
 - b. **Approved Equipment:** The helmet and mask combo must be approved and specific to the sport of softball.
 - c. **5-Minute Grace Period:** If a team does not have an approved helmet and mask combo at game time, they will be granted a maximum of **five (5) minutes** to obtain one. Please note that this time will be deducted from the total game time.
 - d. **Forfeit Rule:** If a team is unable to provide an approved helmet and mask combo after the 5-minute grace period has expired, the game will be forfeited immediately.

- IX. **Late-Season Roster Replacements:** To maintain the competitive integrity of the postseason, the following rules apply to any roster changes made within the 21 days prior to the playoffs:
- a. **Restricted Criteria:** Replacements are only permitted in cases of injury, work-related relocation, or unforeseen circumstances beyond the player's control.
 - b. **Executive Approval:** All changes must be approved by the league executive, who will review each request on a case-by-case basis.
 - c. **Required Documentation:** No roster change will be considered without the following supporting evidence:
 - i. **Injury:** A formal doctor's note confirming the injury and stating that the individual is unable to play.
 - ii. **Work Transfer:** Official correspondence from the employer confirming the relocation or transfer.
 - iii. **Unforeseen Circumstances:** Documentation or correspondence verifying the specific situation that prevents the player from participating.
- X. **Playoff Protest Procedure:** To ensure a fair and timely resolution during the postseason, the following protocol must be followed for all protests:
- a. **Notification:** Immediately notify the onsite league official to facilitate the protest.
 - b. **Game Continuity:** If there is a delay in the official's arrival, the game must continue until they are present on the field.
 - c. **Protest Fee:** A **\$150.00 cash fee** must be provided to the league official before they will intervene or review the situation.
 - d. **Fee Resolution:**
 - i. **Successful Protest:** The \$150.00 fee will be returned to the team in full.
 - ii. **Unsuccessful Protest:** The fee will be forfeited to the league.

**All league rules, policies and regulations are subject to change,
including additions, without notice if due to safety, need or compliance to any situation.
The league will deal with all irregularities and make changes as necessary.**

Appendices

All players must always adhere to all league and facility rules/policies; failure will result in league discipline. All appendices can be found on the [league website](#).

1. [Code of Conduct](#)
2. [Park Policies](#)
3. [Bat Policy](#)
4. [Notice of Appeal](#)
5. [Cannabis Policy](#)
6. [Batters Area](#)
7. [Pitching Helmet Rule](#)
8. [Batting Helmet Rule](#)
9. [Smoking Policy](#)
10. [Alcohol Policy](#)

Official League Website

The league website is your primary resource for all CMLC and Jaycee Slow Pitch Park operations. Please ensure all team managers and players are familiar with the site for real-time updates.

- **Game Info:** All official schedules, current standings, and any necessary schedule updates will be posted directly to the site.
- **Rainout Notifications:** In the event of inclement weather, check the website for official status updates regarding field closures.
- **Governance & Rules:** You can find the full Code of Conduct, League Policies, and current Rulebook available for download at any time.
- **League Contact Info:** Direct contact details for the board and league executive are listed for any inquiries throughout the season.
- **Website:** <http://cmlcleague.com>

Show respect for the game, your fellow players, the officials and opponents.

We all have to wake-up, go to work and love our families after the game.

All other rules governed by NSA Canada Rule book.