

Irondequoit Parks & Recreation Department

2023 Tuesday Morning Over 55

League Rules

1. **General Makeup** - This league is to be composed of competitive, pre-set teams. To be eligible to compete, a person must be at least 55 years of age during the calendar year 2023. New players must come through the draft process.
2. **LEAGUE FACTS:**
 - a. League play generally begins on the first Tuesday in May
 - b. Season is 15 games plus double elimination (when schedule permits) (2022) playoffs
 - c. Regular Games are played on Tuesday Mornings
 - d. RocSports (SSUSA) Umpires on Marked fields with 70' Bases
 - e. Game Balls – Game balls are provided by the town of Irondequoit. They are Core .40 or .44 (less lively) balls at the discretion of the town. They will be the same ball used by the Monday night league to avoid inventory problems associated with multiple ball types.
 - f. League fee: \$500.00 (**Must paid by week 2 or games forfeited**)
3. **Game**
 - a. **SSUSA Rules** – governs all play, except where league rules vary. (2023)
 - i. **Pitching**
 1. 6-12 foot arc
 2. illegal (flat, high) pitches called in the air
 3. Standard pitching motion (stop, present the ball, one step approach)
 4. Pitcher must between the mound and the six foot mark (behind the mound) when pitching motion starts
 5. Count 0 – 0 with none to waste (2022)
 - ii. International Tie Breaker Rule
 - b. **Game Times** – 9:45 am & 11:15 Am until late June. Then, 9:00AM and 10:30 AM. The time changes are a historical concession to bus drivers for area school districts but also are an acknowledgement that early games in spring can be too cold to play. Games are 1 hour and 30 minutes long. No Inning can start after 90 minutes unless it is a tie game. Games called for time will be considered complete games (see rule “F”) Currently, while umpires are encouraged to “move games along”, they are NOT encouraged to rigorously enforce the 90 minute game limit.
 - c. **Score Keeping and Dugouts** – The Home Team sits on the first base side and has the responsibility of keeping the official scorebook. If teams

Irondequoit Parks & Recreation Department

2023 Tuesday Morning Over 55

League Rules

use the scoreboard, the home team has responsibility for recording game progress.

- d. **Pre-Game** – Teams may hit before the 1st Game.
- e. **Players** – Team **MUST** have eight players to start a game. If a team has 8 or 9 players, the opposing team must provide a catcher for defensive purposes. “Defensive Purposes” is defined as all plays a catcher might make if he were a regular team member. Fewer than eight player constitutes a forfeit. Once a game is forfeited, the forfeiting team may ask for players from the other team for the purpose of letting everyone play ball. It is hoped that the teams will cooperate. Late players may be added to the end of the roster even after a team has batted around.
- f. **Regulation Game** – 7 innings. In the event of rain or some other event that prohibits play, 4 ½ (home team ahead) or 5 (visiting team ahead) innings constitutes a completed games. If the home team takes the lead at any time in or after the bottom of the 5th inning and the game is subsequently called, it is considered a complete game with the home team declared the winner. If a game is called and ruled incomplete or if the game is tied, the make-up games begins at the point when play was stopped. The same players must be in the book in the same order as the first game. New players will be treated as substitutes in accordance with SSUSA Rules.
- g. **Extra Innings** – If a tie exists after seven innings, teams can use up to two innings to break the tie. Each team places the last batter (or his legal substitute) from the previous inning at second base (no courtesy runner). A Courtesy runner is allowed once the runner on second reaches third base. Each batter starts with a 1 and 1 count. Play then proceeds as if it were the 7th inning. No run rule applies in extra innings.
- h. **Standings** –Standings are determined by a teams winning percentage, head to head competition, total runs for, total runs against, shut-outs, coin flip
- i. **Champions / Playoff seeding** – In case of a tie, head to head competition will determine the champion/higher seed. If there is still a tie, then run differential in head to head games will decide the winner. If still a tie, then run differential against the entire league will be used. If still a tie, a coin flip will decide
- j. **Five Run Rule** – Each team may score no more than 5 runs in innings 1-6. In Innings 7 (8-9 in case of a tie) the visiting team may score as many runs as possible before three outs are recorded. Home team may score as many runs as required to go ahead by at least 1 run or before three outs are recorded.

Irondequoit Parks & Recreation Department

2023 Tuesday Morning Over 55

League Rules

- k. **Equipment** – SSUSA Rules govern except, a Player must use USA (ASA) stamped bats or SSUSA BPF 1.20 stamped bats (2019). No bats on the ASA restricted list are allowed. If a player uses an illegal bat, he is declared out and disqualified from the current game as well as the next game. 2nd Offense: Disqualified for the remainder of the season. Each team will supply its own uniforms and equipment. NO SENIOR BATS!!!
- l. **Score Sheets** – The Home Team is responsible to keep the official book for the game. The lineups MUST CONTAIN PLAYER’S LAST NAMES
- m. **Balls Hit Over the Fence** - For reasons of public safety, balls hit over the outfield fence (fair or foul) will be declared outs, with any runners returning to the base from which they began. Balls hit over the side fences (parallel to the foul lines) are not outs.
- n. **Base Running**
 - i. A double first base will be used and the runner must touch the orange outside base on all infield hits. Failure to do so will result in a call of “out” This is a live call (not appeal necessary) 2023).
 - ii. Runners may not overrun second and third bases.
 - iii. Runners must touch the alternate home plate provided for the runners. A runner who touches home plate will be called “out”. Players covering home plate (normally the catcher) must be touching the home base (which includes any part of the mat or board) while in possession of the ball for an out. Touching the alternate (runners) home plate or tagging the runner after he crosses the “commit” line does not make a runner “out”.
 - iv. Sliding – is allowed at all bases.
- o. **Blocking the Base and Tagging Runners** – In all situations at second or third base, *the obligation to avoid a collision at the base lies with the runner*. The umpire shall declare runners out if a serious collision occurs at a base. At first base, the player entering the other person’s space shall be regarded as the cause of the collision.
- p. **Pinch Running** – After a batter reaches first base, “pinch running” should occur ONLY when runners are injured or permanently incapacitated. A player who has a “courtesy” runner may not run for others. Any player on a team is allowed to be a courtesy runner, except those for whom a courtesy runner has been provided. However, no one may be a courtesy runner more than once an inning. Any courtesy runner whose turn at bat occurs while he is on base shall be declared out. Teams may not use more than 2 courtesy runners in any inning except by

Irondequoit Parks & Recreation Department

2023 Tuesday Morning Over 55

League Rules

agreement with the opposing manager. A player may only be a courtesy runner twice (2x) in a game (2015).

- q. **WEATHER:** 336-6772 McAvoy Phone Number
 - i. The Commissioner will make the final call on weather conditions before the games start. After the game starts, the umpire makes the call. If possible, notification of a rain out will be made by 8:15 AM. If captains do not hear from the commissioner, teams should proceed to the field prepared to play.
 - ii. Rain-outs – Games will be made up according to league agreement.
- r. **Player Injured** – (Leaving BEFORE the game is complete) If there is no other roster player or legal substitute available, a team will not be penalized if one or more players are injured/have to leave before a game is completed providing they have at least 8 remaining players (see rule “e”). If a player is ejected and there is no substitute for that player, an out will be recorded every time that player is due up to bat.
- s. **Speed of Play** – Player should change side as rapidly as possible between half innings. Relief pitchers may have up to 5 warm-ups. Balls hit into foul territory or over the fence must be retrieved (if possible) by the team at bat.

4. **ROSTERS:**

- a. **Eligibility** - Rosters, waivers of liability and fees must be submitted by the second game of the season. Teams failing to comply will risk forfeiture of games starting week 3. All players must be 55 or old in the calendar year. If it is determined that a team has used an ineligible player, all games in which said player participated will be forfeited. Rosters may include up to 16 active players. All new players will be assigned to teams based on a drafting process developed by the managers.
- b. **Injured Reserve (2016)** - A player that is unable to play due to an injury or any other reason may be placed on the Injured Reserve list for that team. Once a player is placed on that list during the season, he must remain on it for the balance of the season and cannot play games. Any player placed on the IR before the draft can be removed during the season after 5 games. Once a player is placed on the injured reserve list they do not count toward the 16 man roster (even though that player is still attached to the team) *The purpose of the IR is to free up a roster spot while still allowing the injured player to stay on the team and in the league.* When, a player comes off the IR (next season) there must be a roster spot available for them within the 16 Man max.

Irondequoit Parks & Recreation Department

2023 Tuesday Morning Over 55

League Rules

- c. **Supplemental Draft (2016)** - *If a player on a team goes on the IR (is therefore unable to play FOR THE REMAINDER OF THE SEASON), the manager will have (at his option only) the right to Draft a player off the Approved Sub List. That player will become a full member of the team and will remain (at the manager's and player's discretion) on the roster going into the next season.*
 - d. **Non Playing Manager (2022) ~~Over 70 Manager (2016)~~** – *Any manager (or assistant manager (2017)) ~~over 70 (or turns seventy in the current season)~~ may elect to take themselves off their regular roster to make room (under the 16 player cap) for another player. That manager agrees that by doing so, they will only play if the team is short players (under 11) or it is in a situation where the game is out of hand either way. If they do play, they must be treated like any other player (ie. They must bat, field ,run as required by SSUSA rules).*
 - e. **Trades** – Teams have the right to trade players before or during the season. The trade must be approved by both managers involved as well as any players involved.
5. **THE DRAFT** – To help insure the competitive balance in the league, it was agreed in 2004 to require all new players to the league to enter a draft process held each year just before the league season begins. The guidelines for this process are as follows:
- a. New potential players must contact the league commissioner(s) (currently Mike Allen and Joe Colombo) and announce their intention to play regularly on Tuesdays for any team, if drafted.
 - b. New potential players must be at the Draft Workout to be considered eligible to be drafted. Players that were on a team in a prior year or on last year's sub list need not be present at the workout to be eligible for draft.
 - c. If a player is drafted #1 overall, they may be exempted from rule 5-b. However, if they do not participate in the draft and are NOT selected first, they will be ineligible to play that season. The Commissioners can grant exceptions under extreme circumstances but managers not picking the player must agree. For instance: if a exempted player is picked 4th, 1-3 managers have to agree with the exemption.
 - d. The list of available players will be circulated to the manager will in advance of the draft meeting and after the roster for all teams have been reviewed. The actual draft will occur a week or two before the league begins.

Irondequoit Parks & Recreation Department

2023 Tuesday Morning Over 55

League Rules

- e. Teams draft in reverse order as they finished during the previous regular season. (2020) Any Forfeits in the previous regular season will be counted as wins when determining the draft order.
- f. All players NOT drafted in a particular season automatically go on the approved sub list. Only players on the “Approved Sub List” are allowed to be used as substitutes during the regular season.
- g. The Draft is the only way a player may enter the league. There is no other mechanism for adding a player to a roster.
- h. Trades are allowed but all platers and managers involved must agree to the terms.
- i. (2021) All teams must enter the draft with a maximum of 12 players. (2022) This cut-down must be made at least 7 days before the draft cut-off to allow the commissioners to contact released players and get them in the draft.
- j. (2021) A player may be released to the sub-list mid-season. That player will then be available to sub for other team but NOT available for a supplemental draft.
- k. (2021) Player can no longer release themselves into the draft.

6. MANAGERS

- a. Responsible for providing a representative at all league meetings
- b. Responsible for maintaining their team roster
- c. Responsible for recording the record of all the team’s players in the game.
- d. Responsible for the control of their players
- e. Responsible for reporting the Scores of their games to the commissioner
- f. Responsible for collecting and paying the fee for their team.

7. PLAY OFFS

- a. All Teams will participate
- b. The teams placing 1st and 2nd have a first round bye
- c. (2022) The format of the playoffs will be double elimination if there are enough weeks left in the schedule.
- d. (2022) The winner’s bracket will be played on the 1st day by adding a third game slot. The format remains the same. Teams in the 3rd – 6th position would be required to play a triple header should they make it to the finals.
- e. Loser’s and Finals will be played in successive weeks as the schedule permits.

Irondequoit Parks & Recreation Department

2023 Tuesday Morning Over 55

League Rules

8. EJECTED PLAYERS

- a. Must leave the grounds immediately, including the parking lot.
- b. Players ejected for Abusive Language or unruly behavior
 - i. 1st Occasion → 1 additional game suspension
 - ii. 2nd Occasion → 3 additional games suspension
 - iii. 3rd Occasion → rest of the season suspension
- c. Players ejected for Fighting
 - i. Immediate suspension for the season if they are the aggressor
 - ii. A player involved in a fight only to defend himself will receive a one game suspension.
- d. Players ejected for contact with an Umpire or League Official
 - i. Suspension for the current season.
 - ii. Additional suspension may occur after review by the managers and the recreation director.
- e. Players ejected for using an Illegal bat (2015)
 - i. 1st Offense → 1 additional game suspension
 - ii. 2nd Offense → rest of the season suspension

9. PROTESTS

- a. Must be made to the umpire by the manager before the next pitch.
- b. Must be recorded on the official book
- c. A written explanation to the commissioner must be made within 72 hours
- d. If the protest involves SSUSA rules, the umpire association's rules official will adjudicate the protest.
- e. If the protest involves league rules and does not involve the SSUSA rules, the commissioner(s) will have the final say.

10. Safety Rules (2018)

- a. **Use of a Mask** - The use of a mask is mandatory for the pitcher. At any other position the use of a mask is the choice of the player. A pitcher or a player at any position can use any other SSUSA approved safety gear.
- b. **Use of a Screen for the Pitcher** – At the start of the 2016 season a pitching screen was tested and rejected.

11. Substitutes (2016)

- a. A team is only allowed to use a Substitute player (off the official sub list (see Draft)), when they have **less than** 12 regular players available.
- b. If a regular player says he cannot make a game, a sub is called and then the regular player comes to the game, the sub must still play.