

Wiffleball Rulebook

Music City Sports & Social Club. Coming later: Wiffleball is not part of year one. Read with the General League Rules & Code of Conduct.

Backyard rules, Music City league. Plastic ball, skinny yellow bat, big swings, and curveballs with more twists than a Music Row ballad. No gloves, no steals, all fun.

1. Field and Equipment

- **Field:** a mini diamond with **45-foot bases** and the pitching rubber at **35 feet**. Home-run line or fence at about **120 to 150 feet** (marked with cones where there's no fence), depending on the venue.
- **Bat and ball:** league-supplied official-style plastic bat and perforated plastic baseball. Teams may not alter, tape or scuff the ball.
- **Strike zone:** a league-supplied **strike target** (a rectangular frame or mat) behind home plate. A pitch that hits the target is a strike.
- **No gloves.** No metal cleats.

2. Teams and Co-ed Rules

- **Roster:** 10 recommended, 16 max.
- **On the field:** 7 fielders max, with **at least 3 women**. Your roster must include enough women to meet this minimum every game. Teams need at least **5 players (2 women)** to avoid forfeit.
- **Batting order:** everyone present bats. No more than **two men in a row**. If you can't meet that, an automatic out is recorded at the missing spot.

3. Game Length

- **6 innings or 55 minutes**, whichever comes first. No new inning with fewer than 5 minutes left.
- **Run cap:** 6 runs per half-inning, unlimited in the final inning. **Mercy:** 12+ after 4 innings.
- Regular-season ties stand. Playoff ties go to extra innings with a runner starting on second.

4. Pitching

- **Sipper: your own team pitches to you** (cooperative pitching). 4 pitches per batter, then you're out. Speed: easy, lobbed or medium.
- **Sweater:** the opposing team pitches. **Overhand allowed, no "max-effort" heaters.** The ref may warn, then require a pitching change.
- **Swagger:** the opposing team pitches. Any speed; full wiffle movement encouraged.
- Pitchers must have one foot on the rubber when the pitch is released.
- **Hit batter:** awards first base in Sweater and Swagger leagues. A pitcher who hits 3 batters in a game must be changed.
- **Count (Sweater/Swagger):** 3 strikes or 4 balls. A foul with two strikes is a strike only if it's a **foul tip caught**. Otherwise it's a foul. The **3rd foul with two strikes is an out**, to keep games moving.

5. Hitting and Base Running

- **Hits:** fair balls are in play, as in baseball. A fair fly over the home-run line is a **home run**. A fair ball that bounces over is a **ground-rule double**.
- **No bunting. No leading off. No stealing.** Runners leave when the ball is hit.
- **Outs:** strikeouts, caught flies (including foul flies), force outs and tags. **No pegging runners**, ever. You have to tag them with the ball in hand or beat them to the base.
- **Overthrows:** if a throw leaves the field of play, runners get **one extra base**.
- **Sliding:** feet-first only, Sweater and Swagger leagues only.

6. Safety

The ball is light, but a swung bat isn't. **Bat throwing** gets a warning, and the second time the batter is out. The on-deck hitter stands behind the backstop or at least 15 feet behind the plate, away from the action.

Questions? info@musiccityssc.com | musiccityssc.com | *See y'all at the plate.*