

## ACTIVITY RULEBOOK

**Wiffleball**

*Wiffleball is a non-contact activity, however contact and injuries are a possibility. The Intramural Sports program assumes no responsibility for injuries and all participants must electronically acknowledge/consent to the online waiver in IMLeagues prior to participating. By agreeing to the online waiver, each participant agrees to rules and policies outlined in this and all other documents provided by Intramural Sports.*

*All information in this rule book pertains to the facilitation of Wiffleball contests and its season administration. For questions or concerns, please contact [intramurals@uwlax.edu](mailto:intramurals@uwlax.edu).*

**REMINDER:** all participants are encouraged to review the participant handbook and general rules overview prior to participating in each activity in which they are interested. View these documents by visiting the [“Rules” website](#).

*UWL Intramural Sports welcomes all students and faculty/staff members meeting eligibility guidelines. Participants may compete in the gender league with which they identify. For any eligibility concerns, please contact [intramurals@uwlax.edu](mailto:intramurals@uwlax.edu).*

**Section 1: Starting the Contest****Start (Game) Time**

Game time is forfeit time. It is recommended teams arrive at the contest site 15 minutes prior to the scheduled start.

**Facility and Contest Set Up****a. Playing Location**

Wiffleball is played in Mitchell Hall Gyms (113 and 114). It is recommended teams review their schedules prior to each contest. Intramural Sports will not contact teams to remind them of contest dates, times or locations, however participants have the option to receive automated email reminders from IMLeagues during the roster addition process.

**b. Fields**

Fields are set up by staff only. All playing equipment is property of the Recreational Sports Department.

**c. Officiating**

All contests will be officiated by at least one (1) and possibly two (2) trained umpire(s). All decisions made by umpires are final, except those eligible for protests.

Intramural Sports is always looking for officials and would love to have you join our team! To learn more about officiating, visit our [“Become an Official” website](#).

**d. Captain’s Meeting**

Captains are to meet with the contest umpire(s) prior to each contest to review rules, eligibility, legal equipment and to determine possession/team sides.

**Equipment**

Intramural Sports provides game bats and balls. Participants are NOT allowed to use gloves or any other fielding aids while playing defense.

**Participation**

- Teams consist of eight (8) players in the field
- Teams must have a 1:1 male-to-female ratio when playing defense. The following ratios are permissible:
  - Four males and four females (4:4)
  - Four males and three females (4:3)
  - Three males and four females (3:4)
  - Three males and three females (3:3)
  - All other ratios are not permissible
- There are no gender-specific restrictions regarding defensive alignment/positioning
- Teams may begin with as few as six (6) players
  - If at any time a team is reduced to less than six (6) players, a default will occur

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**Participation (continued)**

- If both teams agree, a team with six (6) players may use the opponent as a catcher. He/she will not make any plays during a live ball including catching a force out
- Seven (7) or eight (8) defensive players = defense provides own catcher
- Six (6) defensive players = defense may request a player from the offensive to return pitches only
- Teams may set up their lineup in any order they desire as long as everyone bats once before anyone bats for a second time and the lineup stays consistent throughout the game
  - A team batting line-up may consist of up to twelve (12) players
  - Participants arriving late must check in with the scorekeeper and may enter the game at the end of the line-up only
  - Lineup cards will be provided by Intramural Sports and are to be filled out by the team captain AND examined by the umpire(s) prior to contest commencement. Any team and/or individual batting out of order will be called out by the umpire
- All players may withdraw and re-enter the game once in the same spot in the batting order
  - Notify the scorekeeper when making substitutions
  - Once a substitute enters the game and is removed from the game, he or she may not re-enter for the rest of the game

**Eligibility****a. Sport Club Athlete**

- Only two (2) current baseball club members are permitted on a single roster
- The most recent available club roster will be used to filter eligibility
- There are no restrictions on the number of previous club players per team, as long as the previous members are no longer competing at the club or intercollegiate level
- If an intramural participant is trying out for a club team, the participant is eligible for intramural competition as long as they were not listed on the most recent club roster used by administration for eligibility checks

**b. Intercollegiate Athlete (NCAA, NAIA, NJCAA, etc.)**

- Current members of the UWL baseball and softball teams may not participate in any intramural activity related to their sport during the current academic year while on the team's active roster. A player not on the official roster during the current semester is permitted to participate. Roster verifications will be conducted with members of the UWL Athletics Department
- Only two (2) members of a previous college team are permitted on a single roster
- Teams may have one (1) current club player and one (1) former college player on their roster

Intramural Sports administration will search and filter athletic athlete eligibility. It is not guaranteed that all roster violations will be noticed. Teams, players, officials and additional staff members are allowed to protest team rosters

When in-doubt about your roster or eligibility, please ask early. Contests (including playoffs) may be forfeited retroactively if ineligible rosters are discovered mid-season

**Section 1: Playing the Contest****General Game Play**

- Contests will consist of seven (7) innings or 40 minutes, whichever comes first
  - A new inning will not be started with five (5) minutes left in the contest (40 minutes after start time)
- For tied contests in the league play, one (1) extra inning will be played. If still tied, the contest will end
- For tied contests in playoffs, extra innings will be played until a winner is declared
- Team members will pitch to their own team either under hand or over hand
  - Once the ball is in play, pitchers cannot participate in the defensive plays
  - If the pitcher intentionally interrupts the play, the batter of that play will be ruled out
- Every pitch is a strike and the batter gets three (3) strikes (or 3 pitches) before an out is called
  - A foul ball is considered a strike
  - On the 3rd strike, if the batter fouls off the pitch they are out
  - There are no walks
- There is no stealing or leading off. An out will be recorded if the base runner leaves the base early
- There is no sliding or diving

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### General Game Play (continued)

- An area will be marked around home plate indicating a force out for player safety. Defensive players simply treat this area like any other base when a runner is committed to running home for an attempted score from any distance (i.e. passing third base and not properly returning to it safely)
- The catcher position counts as an infield position
- Teams may utilize a 1st and 3rd base coach
- Once the ball is returned to the pitcher, the play is dead until the next hit. Pitchers cannot intentionally interfere with a team's attempt to return the ball (i.e. intentionally miss a throw)
  - Runners may only advance to the base they started to before the pitcher received the ball
- Teams may use a courtesy runner in the case of an injury
  - The courtesy runner will be the last person of that gender to record an out or score
  - If no outs or runs have been recorded, the person of the same gender before the injured participant in the lineup will assume the courtesy runner position

### Mercy Rule

The game will be called if a team is ahead by 20 runs at the completion of the 4th inning or 15 runs at the completion of the 5th or 6th innings.

### Section 3: Winning Specifications

#### Contest

Teams receive a win in standings by leading after the designated regulation time period or after applicable overtime period(s). Losses and ties are included in standings as well.

#### Playoffs

All rules apply to playoffs. To qualify, teams must win at least one (1) contest and maintain a sportsmanship average of 4.0 during the regular season in addition to following forfeit policies. Other scheduling differences may apply to certain playoff circumstances. Qualification is monitored at the discretion of Intramural Sports administration.

#### Protests

Protesting is permitted. If a team wishes to protest eligibility, rule implementation/interpretation or a perceived scoring error in-game, they shall notify a staff member right away. To file a post-game protest, email the program at [intramurals@uwlax.edu](mailto:intramurals@uwlax.edu) or visit the [Online Protest Form](#). Teams may not protest officials' judgment calls (i.e. incomplete vs. complete pass, foul vs. no foul, violation vs. no violation, inbounds vs. out-of-bounds, etc.).

### Section 4: The Playing Surface

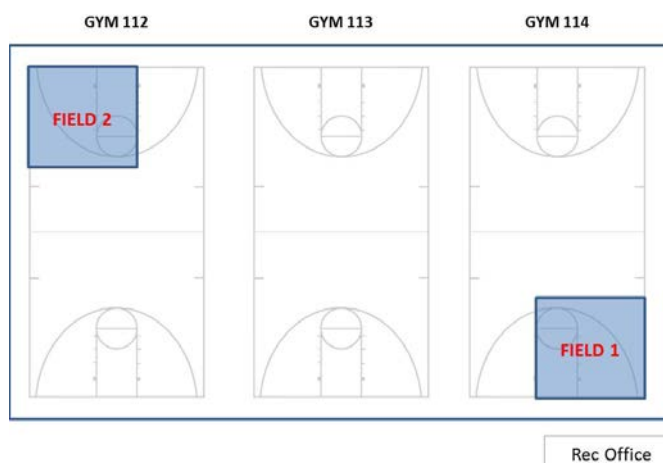
All contests are played in the Mitchell Hall Gyms. Only one (1) field is used during the season, but a second field may be added if deemed necessary by administration.

Any ball which strikes the ceiling or any part of the overhead facility (including divider, suspensions from ceiling, or rafters) inside fair territory and lands in fair territory is a fair ball.

Any ball, which strikes the ceiling or any part of the overhead facility in foul territory, is a foul ball.

Any ball caught off the overhead facility is an out.

Any ball that hits the wall or bleachers cannot be caught for an out.



*Other than the specifications listed in this rulebook, official [WIAA](#), [NFHS](#) and/or [NIRSA](#) rules will be followed.*