



# Social 7s

## ABBREVIATED RULES

### BATTING

- The batter can be struck out, caught out or put out before reaching base.
- Four innings per team; all seven players bat each innings in the same order.
- Three balls is a walk; a ball is determined by a pitch that is not swung at and does NOT land on the Strike Zone Mat (first bounce).
- Three strikes is an out, a strike is determined by:
  - a swing and a miss
  - hitting the ball outside the field of play (first bounce)
  - the ball landing on the Strike Zone Mat
- A batter is not out if they hit a foul ball when they already have two strikes
- The last batter cannot be walked; they must either hit the ball or be struck out. If the last batter hits the ball, play stops when a fielder has the ball on the Strike Zone Mat.
- Each base a batter reaches equals one run.
- A home run by a batter scores a bonus run (five runs total).
- **A foul ball is determined by the ball landing outside the foul line.**
- **The ball is in play if it lands inside or on the foul line, unless it rolls outside the foul line in the infield.**

### PITCHING

- The ball is delivered in an underarm motion and will reach a height higher than the batter's shoulder.
- The pitcher has one foot on the pitching plate when releasing the ball to pitch.
- No catcher needed to catch the pitch. However, a home plate fielder fields in a position at least two metres behind the batter to return the pitch to the pitcher.
- A player can only pitch in one inning of the game.

### ON BASE / RUNNER

- If the ball is hit you can run (including on a caught ball).
- If the ball is hit foul, runners must return to original base.
- If the ball is not hit, you can't run (no stealing).
- The batting team can only have one runner per base.
- Base runners can't slide or dive into base.
- Base runners must wait until the ball is hit before leaving base.
- Once a base runner reaches halfway to the next base, they cannot go back.
- When running to home, base runners run through the home plate (not the Strike Zone Mat).

### FIELDING

- The fielding team must have a pitcher and home plate fielder. All other fielders are to be positioned in the field of play and can field where they like.
- Fielders cannot tag runners; outs are made by a fielder in possession of the ball touching the base the runner is trying to reach.
- If a runner overruns a base, they will be out if the fielder has the ball and touches the base before the runner returns, except at first base.
- Fielders cannot stand on or next to a base unless they are about to field a ball.

### DECISIONS & SCORING

- The game coordinator is responsible for scoring and adjudicating.