



Recreational Wiffleball League Rulebook

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1. League Format & Philosophy

Game Format

- Standard indoor wiffle ball with live base running and baseball-style innings.
- One team bats while the other team fields; teams alternate each half-inning.
- Recreational play is intended to be competitive but not overly aggressive; unsafe play is not permitted.

2. Divisions, Eligibility & Rosters

2.1 Division

- Adult Coed Recreational Division.
- All players must be **18+ by the first game date**.
- Recreational level – competitive but not elite; rough or dangerous play is not tolerated.

2.2 Rosters

Roster Size

- Minimum: 5 players.
- Recommended maximum: 15 players.
- Only rostered players may participate in league games.
- All players must complete required waivers and provide current contact info.
- Rosters lock on a league-defined date.

2.3 Coed Eligibility

- Any mix of genders is allowed on the roster.
- All hits, runs, and outs count the same regardless of who records them.
- Teams are encouraged to rotate players fairly and maintain inclusive participation.

3. Field & Equipment

3.1 Field Layout

- Base paths are 40 feet.
- The pitching mound / pitching line is 35 feet from home plate.
- The outfield extends to the facility nets. The nets are treated as out of play.



- Foul lines run from home plate to the side and back net boundaries.
- Standard bases are used at first, second, and third.
- Runners must touch each base in order.

3.2 Strike Zone

- A strike zone target/plate is placed directly behind home plate.
- Any legal pitch that hits the metal plate or surrounding frame in the air is a strike.
- Pitches that bounce on the floor and then hit the strike zone do not count as strikes.

3.3 Ball & Bat

- Ball: Only official league wiffleballs (provided by the facility) may be used.
- Bat: Only league-approved wiffleball bats (provided by the facility) may be used.
- Bats may not be weighted, taped, or modified in ways that change performance.
- Teams/players may not bring their own balls or bats.

3.4 Player Equipment

- Athletic shoes appropriate for indoor surfaces required (no metal cleats; no open-toed shoes).
- Gloves are optional but must be soft and safe for indoor play.

4. Game Timing & Structure

4.1 Game Length

- Standard Game: Up to 6 innings or 50 minutes of play, whichever comes first.
- No new inning may start with less than 5 minutes remaining in the scheduled time block.

4.2 Innings & Home/Away

- Games use standard baseball-style innings:
 - Away team bats in the top of each inning.
 - Home team bats in the bottom.
- A half-inning ends when the batting team records 3 outs or the league's maximum runs per inning (if used) is reached.



4.3 Regular Season Ties

- If the score is tied when time expires and the current inning is complete, the game ends in a tie.
- If time expires mid-inning, the teams will complete the current inning.

5. Team Size, Substitutions & Bench Area

5.1 Players on the Field

- Standard defensive alignment is 6 fielders when a full team is available: pitcher, first base, second base, third base / shortstop area, and 2 outfielders.
- Teams may play with 5 defenders if short-handed, but must meet the minimum-player requirement to avoid forfeit.
- Fielders may reposition between pitches.

5.2 Batting Order

- Each team sets a batting order including all players who will bat.
- All players present may be in the batting lineup; the order must stay consistent for the game.
- Late-arriving players may be added to the end of the batting order, at the next dead ball.

5.3 Substitutions

- Free substitutions on defense between innings.
- Defensive substitutes may also enter between batters during a half-inning, provided they do not delay the game.
- If a player leaves mid-game due to injury or other reason, their spot in the batting order may be:
 - Skipped without an automatic out (recommended recreational option)

5.4 Bench & Dugout Area

- All non-fielding players and spectators must remain in designated bench/dugout or spectator areas, clear of the playing field and throwing lanes.
- Only players and one team captain may communicate with officials or site staff regarding rules or scores.



6. Basic Playing Rules & Scoring System

The rules of play are similar to baseball/softball.

6.1 Live Base Running

- Standard live base running is in effect.
- Runners may advance at their own risk on fair batted balls, overthrows, or uncaught balls in play.
- No leading off or stealing.
- A runner must stay in contact with the base until the pitch reaches home plate / the strike zone area.
- Tagging up is allowed on caught fly balls.
- Force plays and tag plays are in effect.
- Sliding and diving are permitted at the player's own risk.

6.2 Outs

- A batter or runner may be out in the following ways:
- Strikeout: 3 strikes.
- Fly ball caught in fair or foul territory.
- Ground ball fielded and thrown to a force base before the runner arrives.
- Runner tagged while off base.
- Batter or runner interference.
- Bunt attempt.

6.3 Fair / Foul Balls

- A batted ball is fair if it lands in fair territory or touches a base before passing first or third.
- A batted ball is foul if it lands completely outside the foul lines before reaching first or third base.
- A ball caught in foul territory may still be recorded as an out.

6.4 Scoring

- A run scores when a baserunner legally touches home plate before the third out is recorded on a play that does not remove the force to score.
- Official score is kept on the scoreboard and/or official score sheet.
- Teams are responsible for verifying score accuracy after each half-inning.
- The official scorebook / record is final once confirmed.

6.5 Restricted Actions

- Bunting is not allowed.
- No pegging runners with the ball for outs.



- No dangerous collisions, malicious contact, or reckless slides.

7. Pitching Rules

7.1 Pitching Style

- Only overhand pitching is allowed.
- No sidearm or underhand pitching.
- Pitchers must deliver from behind a designated pitching line/mound.

7.2 Pitch Rotation

- To promote safety and fairness, teams are encouraged to rotate pitchers and avoid overuse.
- The league may require pitchers to rotate every two innings or set a maximum innings/pitches per game; any such limits will be announced before the season.

7.3 Count, Strikes & Pitch Limits

- Batters start with a 0–0 count.
- A pitch is a strike if:
 - The batter swings and misses, or
 - The batter swings and fouls the ball (up to the foul limit), or
 - The pitch hits the strike zone plate/target in the air.

A pitch is not a strike if:

- It bounces on the floor before hitting the strike zone, or
- It misses the strike zone and the batter does not swing.
- A batter walks on 6 balls.

7.4 Safety

- No “pegging” (throwing the ball at a batter or imaginary baserunner).
- No quick-pitching before the batter is reasonably set in the box.
- Umpires or site supervisors may remove a pitcher who is throwing excessively hard, wild, or unsafely.



8. Coed Rules

8.1 Inclusive Participation

- This is a coed recreational league.
- Any mix of genders may appear in the lineup and fielding alignment unless the league director announces a specific roster minimum before the season.
- Teams are strongly encouraged to:
 - Build rosters that reflect mixed participation.
 - Rotate players so all genders receive at-bats and defensive opportunities.
 - Avoid lineups or rotations that repeatedly marginalize any player group.

9. Sportsmanship & Conduct

9.1 Expectations

- Show respect for opponents, teammates, officials, and staff at all times.
- No fighting, threats, harassment, or discriminatory language.
- Only captains should discuss calls with officials/site staff, and only in a calm manner.

9.2 Penalties

- Possible consequences for poor conduct:
 - Verbal warning.
 - Removal from the game.
 - Suspension from future games or the league.
 - Forfeiture of a game or removal of a team from the league in severe cases.
- The league reserves the right to escalate discipline for serious or repeated misconduct.

10. Forfeits

A team is a forfeit if:

- Fewer than 52 players are present and ready to play within 5–10 minutes of the scheduled start time (per posted policy), or
- They cannot field a legal team after ejections and/or injuries, or
- They refuse to continue playing, or
- They use ineligible or non-rostered players after a warning.
- Forfeit scores may be recorded as a standard (e.g., 6–0 or league-defined equivalent) for standings and tiebreakers.



11. Officiating & Game Management

- Games are self-officiated by teams using the honor system
- A League Director will be onsite to assist with rules and scoring.
- When disputes occur:
 - Teams should attempt to resolve quickly and fairly.
 - If teams cannot agree, replay the pitch or at-bat whenever practical (“play it again”).