
SUNDAY EVENING MIXED SLO-PITCH

League Rules 2026

(Updated with new additions)

NSA Team Registration 2026

The registration system is completed through the NSA website. Each player must register using the following link: <https://nsacanada.ca/player-carding-registration/>. All players need to register, although this is a one-time requirement.

The provided score sheet books must be used. When using them, please keep each game on a single page (Team 1 on the front, Team 2 on the back) and make sure correct team names and game date and time.

Icebreaker

This year, the Icebreaker will be played over the April 25–26 weekend in a tournament format. Teams are expected to umpire their own games. It is good sportsmanship to offer umpires for the following game.

Please use the provided score sheets for the Icebreaker and submit them to the executive table. Due to popular demand, the first 2 round-robin games will count toward the regular season so please add to the google sheet before turning in your scoresheets.

SEMSLS League Rules 2026

The league will abide by the current NSA published slo-pitch rules with the following exceptions:

1. Lineup Requirements

10 players on the lineup: 6 males and a minimum of 4 females (unless Extra Player rules are used).

- A maximum of 2 auto outs may be used, only one of which may be female.
 - A team may field more females than males.
 - Minimum to field a legal team: **8 players** (example: 3 females, 5 males + 2 auto outs).
 - NSA Extra Player (EP) rules are in effect (10, 11, or 12 batters):
 - EP must be declared before the game.
 - EP stays in the same batting-order position throughout the game.
 - Teams may use 1 male + 1 female EP (12 batters) or 1 female EP (11 batters) — **no male-only EP**.
 - EP may enter/exit defense anytime without changing batting status.
 - EP may be substituted for; substitute becomes new EP.
 - If starting with EP and a player is removed without legal replacement, that spot becomes an automatic out.
 - Female-designated batting positions must remain female the entire game.
 - **Defensive play still requires max 6 males and min 4 females.**
 - **Auto-out may be waived** during regular season and Icebreaker if both teams agree before play. This does ***not*** apply during the year-end tournament.
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2-5. Additional Eligibility & Uniform Rules

2. No unregistered players allowed.
 3. Minimum age is 16.
 4. No restrictions on senior/junior or fastball players.
 5. No specific uniform is required.
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6. Strike Mats

Strike mats are required and must be supplied by team labelled as HOME team on the schedule - if your team does not have a strike mat you are responsible for finding one or asking the other teams to bring theirs. Must follow NSA dimensions: 24" x 36", covering home plate.

7-8. Sliding & Home Plate Safety

7. Sliding allowed except at home plate.
 8. A home-plate safety line will be used.
 - Touching home plate = automatic out.
 - Runners may be tagged only after passing the commitment line (20 ft from home plate).
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9. Anticipation / Base Running

- Runners may leave base only once the pitch crosses the plate.
 - No stealing.
 - Must return to base if the ball is not hit.
 - Leading off is illegal.
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10. Substitutions

Unlimited substitutions during regular season.

- Players must return to the same batting position.
 - Re-entering players must field before batting.
 - Female batting positions remain female.
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11. Balls & Strikes / Umpires

Teams supply their own umpires.

- Walks advance batter and all forced runners **one base only**, regardless of gender.
 - Any caught foul ball, including foul tips, is an out.
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12–15. Field Setup & Equipment

12. Base paths: **65 ft at the Ranch, Pacific Way & Albert McGowan** and **60 ft at Charles Anderson/Exhibition Park**, pitcher at **50 ft**
13. No “up-the-middle” rule.
14. Commitment line (20 ft from home plate) must be marked.
15. Check NSA website for legal bats. Illegal bats may result in disciplinary action.



16. Game Balls

Any mutually agreed-upon ball may be used. Please respect opponents and avoid hard-compression balls.

League-supplied balls: **Louisville 252NSY**.

- **Ball core for league play is Big Ball .44 Core 400 Compression Small Ball .47 Core**
 - Teams may agree to use a different ball but **must use the same ball for the entire game.**
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17–19. Team Conduct & Game Reporting

17. Team Captain is responsible for team conduct.

18. Infield fly rule is in effect.

19. Game results must be submitted online by Thursday - if you have issues submitting please reach out to the executive email or Facebook messenger.

- All scoresheets must be retained and submitted before the year-end tournament.
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20–22. Pitchers/Catchers, Bunting, Home Runs

20. Pitchers and catchers may be any gender.

21. No bunting allowed.

22. **Home Run Limit: +2**

- A home run by a **female DOES count** toward the team total.
 - Any untouched ball over the fence beyond +2 = OUT.
 - A ball deflected over the fence by a defender does not count toward totals.
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ADDITIONAL UPDATES & CLARIFICATIONS

Big Ball / Small Ball Rule

Females may choose a **big ball or small ball** before their **first swing** of each at-bat.

Eligibility Challenges for Year-End Tournament

- All scores must be recorded in the official scorebook.
 - If a separate scoresheet is used, it must be securely attached to the scorebook.
 - To challenge a player's eligibility, a team must submit **\$100** to an executive.
 - If the challenge is incorrect, the challenging team loses the \$100.
 - If the challenge is correct:
 - The player is ineligible.
 - All games that player participated in are forfeited.
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Pitch Arc Rule (Updated)

Pitch arc will be **6–12 feet**.

Field Notes and Other Rules

Other:

- Each player must have played six league games to qualify for the league tournament. Every attempt possible will be made to enforce this. A player can only appear on one team roster in league and one during the tournament.
- Although not recommended, **games may be rescheduled** but only in exceptional circumstances. Finding two alternative dates and fields is the responsibility of the requesting team and teams involved will incur any cost imposed by city.
- Absolutely **no alcohol or foul language** is allowed on either the ball diamond or on the area surrounding the diamond. Report violations to any of the League Executives. Any infraction of this clause may result in the offending team's removal from the league.
- Please respect those people around you and keep the cigarette smoking off the playing fields and in the dug outs.
- Home teams for Icebreaker and league games are determined by coin toss, even if your team has laid out the bases. It is the responsibility of the team that is staying on the same field for both games to put out bases for that diamond. You will require a safety base for 1st base, and a strike matt for home plate. As well as a normal 2nd and 3rd base.
- **We do not have fields until 4:30pm, so if other associations are using the fields when you arrive please respect their rights. If this means you may have to play an inning or 2 less, then so be it. Give them their space and be courteous.**
- Please respect time limits for games, if starting an inning 15 min before end of time slot please call it open inning. All games will remain in a tie after the end of the open inning. Please do not play out games to break a tie. This includes if you called 6th inning open and tied after that inning the game will remain a tie, DO NOT PLAY the 7th inning in this case.
- Rainouts - we encourage teams to agree to a tie when games are rained out. It is also important to talk to **both** teams that you will play. Do not just leave your first game and leave the second team hanging. Any disputes will be dealt with by the league executive.

****** Field notes ******

For all fields requiring travel please remember to leave yourself enough time to commute even if it means cutting it an inning short to get there on time. All fields are max 5 min drive from other one. Travel fields include: Arthur Stevenson - Westsyde Centennial Park, and Kay Bingham - Parkcrest Elementary.

Please use common sense on all fields. Any damage done to private or public property is the responsibility of the person inflicting it. If hitting a ball over the fence will lead to smashed vehicles or other damage DON'T DO IT. Any intentional damage will lead to player being ejected from league.

Arthur Stevenson

We are only using field 3 at Arthur Stevenson School in Westsyde. Field 3 is marked on backstop. It is the field closest to the school along Soldier Rd. For the visiting team you will be traveling to Westsyde Centennial Park for matching game.

Exhibition Park

Field 3 is closest to Lorne Street; Field 4 will be upper one by water treatment plant and parking is available there. For main parking lot at Charles Anderson ****park at your own risk****. If for some reason the Stadium is being used, it is a short field and very prone to fly balls landing in parking lot or on your vehicle!