



SSNL GENERAL TECH STANDARD RULES AND REGULATIONS

The following regulations will apply to ALL qualification and provincial tournaments under the jurisdiction of School Sports Newfoundland and Labrador (SSNL). Please consult the technical standards, which follow the specific sport rules.

1. All SSNL sports have some sport specific rules that differ from Provincial Sport Organization or National Governing body playing rules so make sure you and the Officials review these in the tech standards that follow. They **MUST** be followed.
2. No player will be permitted to play wearing a cast made of plaster, fibreglass or any other material considered dangerous by the official.
3. All school teams **MUST DECLARE AND REGISTER** through the [SSNL HUB](#) by the designated dates. Any school teams not declared and registered through the HUB by the designated dates will not be permitted to participate in SSNL Events (Foundation, Qualifier, or Provincial).
4. SSNL has instituted a maximum point spread to be used in tie breaking situations and to promote SSNL ideals of sportsmanship. All games should be recorded on the SSNL tournament page website and at the playing venue(s) and reported to media using only the maximum point spread as set out in the technical standards of each sport. In the tie-breaking procedure, the goal/point spread must credit all the points for the losing team only (eg. If sport has a max 7-point reporting spread and score was 12-2 then report/post as 9-2, not 7-0).
5. There is a no fighting policy in all SSNL events. Any violation will result in an immediate expulsion from the tournament and a possible multi-year suspension from all SSNL activities.
6. Players and fans are not permitted to engage in behaviour where they are intentionally trying to
7. distract players or are impeding on the playing surface. Failure to comply could result in in-game penalties, expulsion from the playing venue, and further discipline from SSNL.
8. SSNL has banned the use of **electronic and mechanical noise makers** (Air horns, mega phones, **[NEW 26-27]** Stadium Horns, and Loud Cups) during SSNL events. SSNL will provide signage to all schools..
9. SSNL will follow the NL Schools/District/School policy regarding the requirements for a Teacher Sponsor.
10. Members of the coaching staff must complete the CAC Safe Sport Training.
 - ["Making Headway"](#) - To be completed by minimum of one member of the coaching staff
 - ["Safe Sport" Training](#) - To be completed by all Coaches and Teacher-Sponsors
 - ["Rule of Two"](#) - To be completed by all Coaches and Teacher-Sponsors
11. Players who are not dressing for a game are permitted to still sit in the bench area, but are still subject to all rules governing appropriate team behaviour.



12. Team composition is at the discretion of the coach and can change from the Qualifier to the Provincial Tournament. SSNL does encourage, however, that coaches consider rewarding those players that helped win a Provincial berth with a place on the team for that tournament as well.
13. SSNL game referees are to be instructed to remain on the floor after the game to sign the score sheet and participate/oversee the shaking of hands by teams.
14. In-Game Protests: It is expected that all tournament game related protests be made in-game when the issue arises. Teams wishing to protest must do so in game by telling the Referee (or in sports where self-refereeing is used, stop and tell the convenor or other designated official) at the next available stoppage in play. The Tournament Protest Committee shall review and rule on the issue within a reasonable time before the game will re-commence. For Provincials, the SSNL Rep may be used to help with the ruling. You CANNOT protest discretionary calls by the referee. **Protests must still be accompanied in game by a \$50 protest fee or they will not be considered.** See "Protest, Disciplinary Infractions, and Appeals" section in the SSNL Varsity Manual for more details.
15. Coaches are not permitted to change any SSNL rules at the coaches meeting or at any other time by consensus vote. Any change in rules in this situation could result in a loss of points by infringing teams, potential school fines and sanctions, and/or the entire tournament being voided.
16. The use of unauthorized video replays is banned from SSNL events as a measure of officiating.
17. No cell phones or any person who is not a minor official are permitted at scorer's tables.
18. Game officials **MUST** provide written reports to the convenor for all major rule infractions.
19. SSNL philosophy values team accomplishments and sportsmanship. Aside from SSNL sports with an individual component, the Sportsmanship and MVP medals will be the only individual awards presented at SSNL tournaments. There are to be no other individual awards (i.e. Player of the Game or All-Star Team) to be awarded at our tournaments. Failure to comply with this will result in a \$100 fine and possible further sanctions.
20. Fines:
 - a. Schools who have qualified (through winning their Qualifier or a receiving a bye) for a Provincial tournament and who (AFTER REGISTERING their team) do not attend the tournament, will be fined \$300 if the reason for pulling out is not deemed valid by the Varsity Council.
 - b. If said team pulls out of the Provincials after Wednesday 5pm of the registration week they will also be required to pay the full Provincial Tournament registration.
 - c. Any school that withdraws from a Provincial tournament after the schedule has been approved/released will receive a two-year ban on hosting in that sport and gender.



- d. Aside from the fines, teams will still be responsible for any expenses they incurred regarding the Provincial tournament (e.g. t-shirts, meals).
- e. Any school that fails to pay the assessed fines by June 30 of the current year, will be suspended until the fine has been paid.

2026-27 SSNL VARSITY SLO-PITCH TECHNICAL STANDARDS

EVENTS

Unless there is a competition between at least two teams/individuals in any SSNL tournament, there will be no medals or banners awarded.

Provincial champions will be declared in:

1. Boys and Girls 4A
2. Boys and Girls 3A
3. Boys and Girls 2A

RULES

There are rules listed in the Slo-Pitch Tech Standards that are specific to SSNL tournaments. **It is the responsibility of the tournament Convenor to make sure all Umpires are aware of these rules.** SSNL defers to the SPN (Slo-pitch National) [rulebook](#) for all other rules not listed in these technical standards.

TEAM COMPOSITION

1. A maximum of 15 players can be registered for an SSNL tournament. All players can dress in each game.
2. You can start or finish a game with 9 players. See "Scoring & Gameplay" for what happens with the missing player in the batting rotation.

FIELD CONDITIONS

1. Field equipped with regulation bases, properly fastened including a safety base at first base.
2. 1st and 3rd baselines are to be clearly seen from home plate to the fence.
3. There should be a warning track or some indication of the outfield fence.
4. All fences and backstop are to be free of dangerous projections.
5. Team dug-outs and/or benches must be away from the playing area.
6. A regulation field is defined as one measuring 300 ft. all around.



EQUIPMENT

1. SSNL Official Ball: Male Worth 12" Hot Dot, Female 11" Hot Dot. SSNL looks to provide game balls for all tournaments, but in the case we cannot the official ball must be used or in the case of a ball change the previous official ball until the changeover time expires.
2. A pitching circle will be implemented and marked on all fields from which a pitcher must start their delivery with at least one foot inside the circle. The measurements of the circle are as follows:
 - a. The midpoint of the circle must be 50 feet from the front of home plate and the circle has a radius of 4 feet. This provides a minimum pitching distance of 46 feet and a maximum of 54 feet.
3. Baselines: 65'
4. Home plate/strike mat: rectangular, measuring 22 in. wide and 40 in. long.
5. **Any player pitching MUST wear a pitcher facemask.** CSA approved hockey goalie masks and/or CSA approved hockey helmets with CSA approved cages are also permitted to be used.
6. Catcher's **MUST** wear a baseball/softball style catcher's mask with helmet or a hockey style baseball/softball catcher's mask. CSA approved hockey goalie masks and/or CSA approved hockey helmets with CSA approved cages are also permitted to be used.
7. Infielder face masks are recommended, but not mandatory.
8. Helmets with chinstraps are mandatory at the plate and while on the bases. **Any player who takes a pitch, or is on base without a properly secured chinstrap will be called out.**
9. Chest protectors: Optional.
10. Full uniform: Minimum of same color and style shirts and/or pants.
11. Pitchers must not wear white sleeves.
12. Bats (as per SSNL bat policy, see below).
13. The use of Shoes with metal cleats, exposed metal, or toe pieces is PROHIBITED. Shoe sole or heel projections other than the standard shoe plate are prohibited. If a player or coach is found to be wearing illegal shoes, they are to be ejected from the game.
14. Hosts must provide a suitable scoreboard, and an independent scorekeeper.

BAT POLICY

1. Only bats bearing the stamp pictured below will be permitted, however, the stamp **MUST be clearly visible ON THE BAT ITSELF**. Composite and multi-piece bats with a clearly visible USSSA 1.20 BPF thumbprint stamp are permitted.



2. The minimum standard for a legal bat stamp (the bat itself must also meet the criteria listed in #2 above including being checked and approved by the umpire) is a **clearly visible USSSA 1.20 BPF Thumbprint-Style Stamp** as seen above. The sticker has changed, both stickers will be accepted until old bats age out

IMPORTANT: There will be zero tolerance for using illegal bats at SSNL Tournaments. **Any school team found using an illegal bat at an SSNL Tournament could be expelled from the entire tournament and/or have games voided.** It is the responsibility of the coach, players, and school to make sure they understand the rules and do not bring an illegal bat to an SSNL Tournament. It is the responsibility of the tournament convenor and teams to follow the SSNL Bat Policy rules and procedures.

SCORING & GAMEPLAY

1. All players coming up to bat will begin at 1-1 counts.
2. You can start or finish a game with 9 players, however, the missing 10th player will remain as an active spot in the batting order and count as an automatic out each time that spot comes up in the batting rotation.
3. Teams will be permitted to score a maximum of 6 runs per inning except in the last inning of play.
4. The game will be over in the 7th inning when the home team is ahead regardless of the score differential.
5. Teams are permitted to score a maximum of 3 home runs (in-the-park home runs are not included) per game. Subsequent home runs will be counted as an out.



6. Games will end after 4.5, 5.5, 6.5 innings of play if there is a difference of 12 runs. If the home team is losing, the entire inning must be completed. A maximum of a 10-run spread will be used for calculating plus/minus, as well as, for on-site and website/social media entering of scores and for scores provided to general media.
7. As per SPN rules, a game defaulted will result in a 7-0 score for the non-default team.
8. A tie in the round robin remains a tie. In the playoff competition extra innings will be used to decide a winner. During extra innings, teams place a runner (the last out of the previous inning) on 2nd base and the inning starts with 1 out.

LENGTH OF GAME

1. 7 innings OR A minimum of 4.5 innings if there is a 12 run difference after 4.5 innings (see above #4).
2. In the case of a game being called by the umpire for any reason, it shall be resumed at the earliest possible opportunity from the exact point at which it was suspended.

DETERMINING HOME/AWAY TEAM

1. Round Robin: Choice of Home/Away team will be determined by a coin toss before each game.
2. Playoffs: Choice of Home/Away team will be determined by a team's record (use the tie breaking procedure in these tech standards if needed to determine best record).

PITCHING RULE **[NEW 26-27]** [See pages 26-28](#)

1. **AT THE BEGINNING** of each half of the first inning, five practice pitches will be allowed and then 1 pitch at the beginning of each subsequent inning, or when a pitcher relieves another pitcher, one minute may be used to deliver not more than three practice pitches to the catcher, or some other teammate.
2. **LEGAL POSITIONS OF THE PITCHER'S FEET:**
 - A. Preliminary to pitching, the pitcher shall take a position with their pivot foot firmly on the ground within the confines of the pitching zone. The pivot foot must remain in constant contact within the pitching zone, until the release of the ball.
 - B. The other foot (free foot) has no restrictions on position and may be placed on, in front of, to the rear of, or to the side of the pitching zone. After taking this initial position, the pitcher may only take one step with the free foot in a direction of their choice, provided that it is taken prior to, simultaneously with, and during the actions of delivering the pitched ball.
 - C. After the release of the pitch, which action may include a step forward towards the batter, the pitcher may not continue to move forward, other than the normal forward momentum resultant from the pitch to the batter.



EFFECT Sec. 2 C If the pitcher continues to move forward in an attempt to distract the batter, on the first offence, the pitcher shall be warned. On the second offence, the pitcher shall be ejected from the game and the batter awarded first base.

3. PITCHER'S LEGAL MOTIONS ALLOWED IN ACTUAL DELIVERY OF A PITCH:

- A. After assuming the pitching position, the pitcher must hold the ball in front of their body (and be motionless for at least one second) in either one or both hands, before starting the delivery motions. The pitcher must face the home plate / strike mat when starting delivery of the pitch.
- B. The pitcher may hold or grip the ball in any manner before delivery.
- C. Once the pitcher is in the pitchers position the ball must be delivered within 5 seconds. The pitcher must deliver the ball from a standing position, and the windup must be in a continuous motion and may not include a stop or reversal of the pitching motion. The pitcher must release the ball on the first forward motion of the pitching arm.
- D. Only a definite underhand motion is permitted in the delivery of the pitch.
- E. The pitcher may release the pitched ball with the hand above the hip in order to obtain the necessary arc.
- F. Once a pitcher starts their pitching motion, the batter may not request time out.

4. LEGALLY DELIVERED PITCHES:

- A. The pitch shall be delivered at a moderate speed. The umpire shall warn the pitcher who delivers a pitch with excessive speed.
EFFECT: If the pitcher continues to pitch with excessive speed, they shall be removed from the pitching position for the remainder of the game.
- B. The pitched ball must have a perceptible arc of at least 6 feet from the ground before it passes any part of home plate / strike mat and shall not reach a height of more than 12 feet at its highest point from the ground.
- C. The catcher must be within the catcher's area until the pitched ball is batted, reaches or passes the home plate / strike mat.
- D. The catcher shall return the ball directly to the pitcher after each pitch except after a strike out, or an out made by the catcher. The pitcher has 20 seconds to release the next pitch.
EFFECT: Failure to comply will constitute an illegally pitched ball and a ball will be awarded to the batter.



5 NO PITCH shall be declared immediately when:

- A. The pitcher pitches during a dead ball interval.
- B. A baserunner is called out for leaving a base too soon.
- C. A pitcher attempts to “quick pitch” a batter.
- D. The pitcher delivers the ball from the catching glove.

6 ILLEGALLY PITCHED BALLS INCLUDE:

- A. Any pitched ball that does not conform to all the requirements of a legally delivered pitched ball.
- B. All pitches made by the pitcher, when not conforming to pitching restrictions.
- C. Delivering a pitch from other than the pitching zone and pitcher’s position.
- D. The pitcher failing to face the home plate / strike mat on delivery of the pitch.
- E. When the pitcher moves towards the batter after releasing the pitch.

EFFECT In each case an illegally pitched ball shall be called immediately when it occurs and a ball will be awarded to the batter. The umpire, base or plate, will call the illegal pitch loud enough for the batter to hear. However, if the batter swings at an illegally pitched ball, the pitch will immediately become legal. The ball is live and in play if hit by the batter.

7 ILLEGAL PITCHING ACTIONS INCLUDE:

- A. The pitcher, after assuming the pitching position, holding the ball longer than 5 seconds.
- B. Throwing the ball by the pitcher to any fielder, unless performing preliminary warm-up pitches while the ball is dead.
- C. The pitcher failing to take a position within the pitching zone, in an attempt to delay the game.

EFFECT The umpire shall immediately call “TIME” thus causing the play to be dead and award a ball to the batter.

8 APPEALING WHILE BALL IS LIVE:

Any team may appeal a baserunner once. The ball is live and all baserunners may advance with liability of being put out. Unless appealed to, an umpire does not call a player out for having left a base too soon on a caught fly ball, or a touched and subsequently caught fly ball, failing to touch a base as required, batting out of order, or making an attempted start to go to second base after the batter-baserunner has crossed first base, as provided in these rules. No appeal will be considered or allowed, after the next pitch is made to the batter.

NOTE: On appeal plays, the appeal must be made before the next pitch (legal or illegal) or before all defensive players have left fair territory.



9 APPEALING AFTER BALL IS DEAD / DEAD BALL APPEAL

Once the ball has been returned to the infield and “TIME” has been called by the umpire, or the ball becomes dead, any team, with or without possession of the ball, may make a verbal appeal on a runner missing a base or leaving a base prior to a ball being caught. The appropriate umpire must acknowledge the appeal and then make a decision on the play. Baserunners may not leave their bases during this appeal process, as the ball remains dead until the umpire calls “PLAY BALL”.

10 UMPIRE'S JUDGEMENT DECISIONS MAY NOT BE APPEALED:

- A. On a decision involving a ball or strike.
- B. On whether or not a batted ball was fair or foul.
- C. On a call of safe or out on a baserunner.
- D. When a game is called for darkness, rain, panic or other logical reasons.

11 DEFENSIVE CHARGED CONFERENCE:

There may only be one charged conference between the manager, coach or team representative from the dugout area with each and every pitcher in a game. The second charged conference will result in the removal of the pitcher from the pitching position for the remainder of the game, but they can play any other position.

12 QUICK PITCH:

A quick pitch is a pitch made by a pitcher with the intent of catching the batter off guard or off

PARTICIPATION RULE

1. Teams must bat a minimum of 10 players.
2. Unlimited defensive substitutions will be permitted *i.e. The defending team is allowed to place any 10 players from their submitted roster into any defensive position on the field each inning. They do not need to identify to the umpire or scorekeeper what players are being placed into what defensive role. This is completely separate from the batting lineup.*

COURTESY RUNNERS

1. Your team can apply the overall courtesy runner rule a maximum of 3 times per game.
2. Any player on a team's lineup card can be a courtesy runner, but they can only be a courtesy runner once a game.

COMMITMENT LINE

1. The commitment line is a line drawn 20' from the closest corner of the home plate/strike mat facing 3rd base.
2. The commitment line runs perpendicular to the 3rd base line



3. The commitment line shall extend a minimum of 6 feet from the baseline into foul territory.
4. A base runner who touches the COMMITMENT LINE or makes contact with the ground past the COMMITMENT LINE with any part of the body between third base and the safe line at the home plate/strike mat must continue on towards the safe line (at the home plate/strike mat).

SAFE LINE

1. All players attempting to reach the traditional home plate/strike mat must do so by crossing the safe line in foul territory and must have 1 foot on the ground either touching or completely over the safe line in order to be counted as a run.
2. If the defensive player has control of the ball and is in contact with the home plate/strike mat before the player crosses or is touching the safe line with their foot on the ground, the runner is out.
3. All plays at the home plate/strike mat are force-outs.
4. Runners are out if they touch the traditional home plate/strike mat or pass over it in fair territory.

SLIDING

1. There is no sliding at the home plate/strike mat at any time.
2. Sliding is permitted at other bases.
3. Base runners are not permitted to crash into a defensive player who is holding the ball at a base and will be called out if they do so. It is the umpire's discretion in determining if the contact at the base is excessive.

TIE-BREAKING PROCEDURE

1. If a tie occurs in the round robin, it shall remain a tie.
2. If teams are tied at the end of round robin play, the following procedure will be used:
 - a. Outcome of the games between the tied teams.
 - b. Difference of runs for and against among the tied teams.
 - c. Difference of runs for and against among all teams the tied teams played in the tournament.
 - d. Coin toss.

UMPIRES

1. The convenor is solely responsible for providing umpires and a scorekeeper.
2. Where possible, rated officials should be used. A contact to find rated Umpires can be found on the SSNL web site sports web page.
3. Convenors must make sure that Umpires understand that SSNL has some modified rules and they must review the SSNL Technical Standards and make sure they are followed.



WARM-UP

All teams are entitled to a 5-minute warm-up prior to each game they play in the tournament.

PROTESTS, DISCIPLINARY INFRACTIONS & APPEALS

See the SSNL Varsity Manual or General Tech Standards section at the beginning of the document for policy and procedures on all protests, disciplinary infractions, and appeals.

AWARDS

SSNL does not permit individual Player of the Game awards for Qualifiers and Provincial Championships.

For each classification, the following awards are provided:

Qualifier

1. Gold and Silver Medals
2. Individual Sportsmanship Award (1 for entire Tournament)
3. Individual MVP Award (1 for entire Tournament)
4. Qualification Championship Banner

Provincials

1. Gold and Silver Medals
2. Individual Sportsmanship Award (1 per team)
3. Tournament MVP Award (1 award)
4. Team Sportsmanship Banner
5. Provincial Championship Banner.

REGISTRATION FEES

A maximum of \$150 per team.

A Participation fee of \$7 per athlete for the qualification tournament and \$10 for provincials.

SCHEDULING

Type of tournament allowed:	Round Robin, 2 div., or 4 div.
Maximum # of teams in round robin:	5
Maximum # of teams in one venue:	9
Number of games per day allowed:	4
Games scheduled every:	1.5 hours
Earliest a game should be scheduled:	Starts at 9am
Back-to-back games permitted:	1 per tournament



Time between back-to-back round robin games or last round robin game and first playoff game if back-to-back.	30 minutes
Time between last round robin game that leads straight to a final (if back to back)	30 minutes
Time between back-to-back playoff games	30 minutes