



Social 7s

PLAYING RULES

Social 7s employs a set of simple, easy to understand rules creating a fast, action-packed game with maximum participant involvement catering to mixed or same sex teams.

1 Teams

- 1.1 A team can have a maximum of seven players on the field at any one time.
 - 1.1.1 If it is a mixed competition, it is strongly recommended that each team have a maximum of three males on the field at any one time.
- 1.2 A team is not required to have a set minimum number of players to be able to play the game.
- 1.3 A team may have more than seven players on their team list and make substitutions during the game without restriction.
- 1.4 A team is not required to wear a uniform.

2 Equipment

- 2.1 Shoes must be worn by all players. Metal cleats and shoes with screw in studs are not permitted.
- 2.2 Gloves are optional for all fielders.
- 2.3 Helmets are optional for all batters and base runners.

3 The Game

- 3.1 The recommended number of innings per game is four, taking approximately 50 minutes to complete a game.
- 3.2 One innings is completed when each team has batted and fielded.
- 3.3 A team's turn at bat concludes when all players (maximum seven) have batted, regardless of the number of outs.
 - 3.3.1 If the last batter hits the ball, play will stop when a fielder has the ball and is on the Strike Zone Mat. If a runner is between bases at that time, they are deemed to be at the last base they reached.
- 3.4 Batters bat in a set order. When a substitution is made, the substitute takes the batting position of the player they have replaced.
- 3.5 A pitcher can only pitch in one innings of the game.
- 3.6 The fielding team must have a pitcher and home plate fielder, with all other fielders positioned as the fielding team chooses, within the field of play.



Social 7s

PLAYING RULES

- 3.7 The Competition Organiser will determine the method of deciding which team bats and which team fields first.**
- 3.8 The winner of the game is the team that scores the most runs.
- 3.9 In the event of a tied game, the Competition Organiser may choose to award equal points to both teams, or play a tiebreaker to determine a winner.
- 3.9.1 A tiebreaker consists of an extra innings of play, with each team having three batters each.
- 3.9.2 Each team is allowed to choose their three batters.
- 3.9.3 The team who fielded last will remain in the field and bat second in the tiebreaker.
- 3.9.4 Any player, including a player who has already pitched during the game, can pitch in the tiebreaker.

4 The Pitch

- 4.1 The pitcher has at least one foot on the pitching plate when releasing the ball to pitch.
- 4.2 The ball is to be delivered in an underarm motion and at any stage during the pitch should reach a height above the batter's shoulder.
- 4.3 A windmill pitching action is not permitted.**
- 4.4 The ball must be delivered on the first forward motion of the arm.**
- 4.5 A catcher is not required 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.

5 Fair ball

- 5.1 A fair ball is a batted ball that:**
- 5.1.1 Settles or is touched on or between the foul lines, between the Strike Zone Mat and first base, or between the Strike Zone Mat and third base.**
- (a) The outside of the Strike Zone Mat is considered as part of the foul lines.
- 5.1.2 Bounds past first or third base, on or over fair territory, regardless of where the ball hits after going over the base.**
- 5.1.3 Touches first, second or third base.**
- 5.1.4 While on or over fair territory, touches the person or clothing of a fielder.**



Social 7s

PLAYING RULES

5.1.5 First falls on or between the foul lines beyond first and third base.

- (a) If a home run boundary is used, if the ball lands over the boundary line over or between the foul lines, the batter is automatically awarded a home run (they must still touch all bases).
- (b) If a line or cones are used to mark the home run boundary, and a ball that is deemed fair bounds over the boundary, the batter is automatically awarded three bases (they must still touch all bases).

6 Foul ball

6.1 A foul ball is a batted ball that:

- 6.1.1 Settles on foul territory between the Strike Zone Mat and first base, or between the Strike Zone Mat and third base.**
- 6.1.2 Bounds past first or third base, on or over foul territory.**
- 6.1.3 First touches on foul territory beyond first or third base.**
- 6.1.4 Touches the batter or the bat in the batter's hand(s) a second time while the batter is within the batter's box.**

6.2 Base runners cannot advance on a foul ball.

7 Strike

7.1 A strike is determined:

- 7.1.1 for each correctly pitched ball that hits any part of the Strike Zone Mat on the full**
- 7.1.2 for each pitched ball (correct or incorrect) swung at and missed**
- 7.1.3 when a pitched ball, that is not swung at, hits the batter and the batter has a foot on the Strike Zone Mat**
- 7.1.4 for each foul ball when a batter has none or one strike on them.**

8 Ball

8.1 A ball is called for each pitched ball:

- 8.1.1 not swung at, that does not hit the Strike Zone Mat on the full**
- 8.1.2 not swung at, that is not delivered correctly**
- 8.1.3 that hits the batter when not swinging at the pitch, provided the batter does not have a foot on the Strike Zone Mat.**



Social 7s

PLAYING RULES

9 Out

9.1 The batter is out when:

9.1.1 the third strike is swung at and missed

9.1.2 the ball is hit and caught in fair or foul territory

9.1.3 they do not reach the safety base before a fielder, who is in contact with 1st base, has possession of the ball and is in control of it.

(a) A batter is permitted to run through the safety base. However, if they turn and attempt to run to 2nd base and then retreat to 1st base, they will be out if a fielder has possession and control of the ball at 1st base before the batter returns to 1st base.

9.2 A base runner is out when:

9.2.1 they do not reach the base they are attempting to reach before a fielder, who is in contact with the base that the runner is attempting to reach, has possession and control of the ball.

(a) If a safety zone is used at 2nd or 3rd base, a base runner must reach this zone before the fielder has the ball at the base.

9.2.2 they do not reach home plate before a fielder, who is in contact with the Strike Zone Mat, has possession and control of the ball.

9.2.3 they overrun 2nd or 3rd base and a fielder has possession and control of the ball at the base before the runner returns to the base.

(a) **If a safety zone is used, a runner must return to the safety zone before a fielder has possession and control of the ball at the base.**

9.2.4 they attempt to slide or dive into a base

9.2.5 they leave the base before the ball is hit

9.2.6 they interfere with, or prevent a fielder from making a play. All other runners will return to the last base held at the time of the interference.

10 Advancing Bases & Scoring Runs

10.1 A batter gains a walk to 1st base when three balls are pitched. All base runners, forced by other base runners, advance one base.

10.2 The 7th (last) batter cannot be walked. The batter will continue to bat until they have either hit the ball in play or are out.

10.3 All base runners, when forced to do so, must run on a fair batted ball.

10.4 A base runner can advance on a batted ball that is caught, including a foul ball. There is no requirement for a base runner to tag up and wait for the ball to be caught.



Social 7s

PLAYING RULES

- 10.5 Once a base runner has reached halfway to the next base they are running toward, they cannot turn back. If they do turn back, they are liable to be put out at the base they were attempting to reach.
- 10.6 Each base reached by a batter or base runner equals one run. For example, if a runner is on 2nd base and the batter hits the ball and reaches 3rd base and the runner reaches home, five runs will be scored – three by the batter and two for the two bases advanced by the runner.
- 10.7 If a batter hits a home run (ie. reaches home plate from their hit), they will score a bonus run for a total of five runs.
- 10.8 If a dead ball line is used and the ball crosses the line:**
- 10.8.1 On an overthrow, base runners are awarded two bases from the time of the throw**
- (a) If two runners are between the same bases, the award is based on the position of the lead runner.
- 10.8.2 On a play where a fielder loses possession of the ball, such as on an attempted tag, each runner is awarded one base at the time the ball crosses the line.**
- 10.9 A fielder cannot tag a runner to make an out.
- 10.10 A base runner is awarded the base to which they are running when a fielder, not in possession of the ball and not fielding a batted ball, obstructs a base runner.
- 10.11 If a batting line is used and the batter steps over the line and hits the ball, the fielding team has the option of taking the result of the play or cancelling the result of the play and having the batter bat again with the same balls and strikes they had before that pitch.