



BASEBALL

WA

Senior Competition Regulations

Season 2026-27

Table of Contents

Section 1 – Authority of Regulations	5
1.1 - INTRODUCTION & DOCUMENTATION	5
1.2 - BREACHES OF REGULATIONS.....	5
1.3 - EXEMPTIONS.....	5
1.4 - SUMMARY OF PLAYING RULES	6
Section 2 – Club Administration.....	7
2.1 - COMPETITION NOMINATIONS	7
2.2 - NEW CLUB ENTRY CRITERIA.....	7
2.3 - ANNUAL TEAM NOMINATIONS	7
2.4 - WITHDRAWAL OF A TEAM.....	8
2.5 - DEFUNCT CLUBS	8
2.6 - GRADING	8
2.7 - REGRADING	8
2.8 - AWARDS	8
Section 3 – Player Registrations	9
3.1 - PLAYER REGISTRATION	9
3.2 - JUNIOR AGED PLAYERS – League Age 18 and below	9
3.3 - PLAYER TRANSFER & CLEARANCE.....	9
3.4 - DUAL REGISTRATION & PLAYER PERMITS	10
3.5 - ELIGIBILITY TO TRANSFER - State League & Reserves	10
3.6 - TRANSFER AGREEMENT NOT REACHED	10
3.7 - TEMPORARY RESIDENTS	11
Section 4 - Club Responsibilities	14
4.1 - GENERAL OBLIGATIONS.....	14
4.2 - CORRESPONDENCE	14
4.3 - FINANCE.....	14
4.4 - UNIFORMS	14
4.5 - COACHING	15
4.6 - SCORERS	15
4.7 - UMPIRES	16
4.8 – LIVE STREAMING.....	17
Section 5 - Game Day Disputes.....	19
5.1 - PROTESTS & DISPUTES (BREACH OF REGULATIONS)	19
5.2 - FORFEITS.....	20

5.3 - BYE SITUATIONS (No Game Situations)	20
5.4 - PLAYING MULTIPLE GAMES IN A DAY	21
Section 6 – Equipment & Facilities	22
Section 7 – General Playing Conditions	24
7.1 - PARTICIPANTS	24
7.2 - PRE-GAME / WARM-UPS	24
7.3 - COMMENCEMENT OF GAMES	24
7.4 - DESIGNATED HITTERS (DH)	25
7.5 - BATTING LINE-UPS & DEFENSIVE CHANGES	25
7.6 - TIME DELAY REGULATIONS	25
7.6.1 - Designated Base Runner/ Speed Up Runner	25
7.6.2 - Innings Changeover	25
7.7 - PITCHING RESTRICTIONS	26
Section 8 - Game & Season Duration	27
8.1 – COMPETITION SCHEDULING	27
8.2 – GAME DURATION, CANCELLED, TERMINATED or SUSPENDED GAMES	27
8.3 - TIME LIMITED GAMES	28
8.4 - INTERNATIONAL TIE BREAKER	28
8.5 – MERCY RULE	28
Section 9 – Risk Management	29
9.1 - Playing Conditions	29
9.2 - SLIDE/COLLISION RULE	29
9.3 - BLOOD RULE	30
9.4 - CONCUSSIONS	30
9.5 – PROHIBITED SUBSTANCES	30
9.6 – Extreme Heat policy	30
9.7 - RECOMMENDED PENALTIES & OFFENCES	31
9.8 – YELLOW CARD RULE	34
Section 10 - Post Season / Finals	35
10.1 - STANDINGS	35
10.2 - CLUB ELIGIBILITY	35
10.3 - PLAYER ELIGIBILITY – Game Credits	35
10.3.1 – STATE LEAGUE	35
10.3.2 – SUMMER COMPETITIONS	36
10.3.3 – WOMEN’S ELITE SERIES	36
10.3.4 - WINTER LEAGUE	36

10.4 - GRADING	37
10.5 - PLAYING UP or DOWN	37
10.6 - PREMIERSHIP FORMAT – Finals	38
10.7 - TIME LIMITS	38
10.8 - DRAWN GAMES IN FINALS	38
Section 11 - Appendices	39
COMMUNITY UMPIRES / GREEN SHIRT PROGRAM	39
BASEBALL WA REPORTED PLAYER & TRIBUNAL PROCEDURES	40
BASEBALL WA – CODE OF CONDUCTS	41
CRT6 – CONCUSSION RECOGNITION TOOL	44
USING THE NEW SMA EXTREME HEAT POLICY	46

Section 1 – Authority of Regulations

1.1 - INTRODUCTION & DOCUMENTATION

1. These regulations are made by **Baseball WA Limited (Baseball WA)** pursuant to the Constitution and are for the State Baseball League, Women's & Community Baseball League.
2. The aim of these regulations is to ensure safe, fair, and equitable competition and systems for which baseball is to be conducted and played.
3. These regulations are binding on clubs, players, club officials, umpires, committees, and tribunals.
4. These regulations must be read in conjunction with:
 - a. Baseball WA – WA State Baseball League – State League Compliance Regulations
 - b. Baseball WA Junior By-laws
 - c. Baseball WA Constitution
 - d. Baseball WA Policies
5. Unless otherwise stated in these regulations, the Official Baseball Rules (OBR) as currently endorsed by Baseball Australia will prevail.
6. Baseball WA has the right to amend the regulations as it deems necessary during the season.
7. Any changes to these regulations within season will be communicated by notice from Baseball WA to each club with changes taking effect on the date specified within the notice.

1.2 - BREACHES OF REGULATIONS

1. Any association, club or member committing a breach of these Regulations may be subject to penalty.
 - a. Adjudication of such matters is delegated to either the Tribunal, Competitions Department or Board of Management as is appropriate to the particular offence.
2. Any person or club under suspension or disqualification shall be barred from taking part in any match under the control of Baseball WA.
3. Failing to carry out any reasonable direction shall be liable to additional suspension, disqualification or other such penalty as may be determined.
4. An offence must be served within the grade in which the penalty occurred and as documented in the Report with the next eligible playing date clearly stated.
5. Where a Penalty is not specified in these regulations, Baseball WA reserves the right to use its discretion to determine and impose a Penalty.
6. Each club acknowledges that it is not entitled to rely upon an Official's interpretation of these Regulations, and that these regulations are distinct from and in addition to the Baseball Australia – Rules of the Game.

1.3 - EXEMPTIONS

1. Clubs have the right to apply for exemptions to the Baseball WA Competitions Department.
2. Baseball WA will consider, an application by a Club for an exemption to these Regulations where it can demonstrate that exceptional circumstances exist. Baseball WA will determine (at its sole discretion) whether or not the circumstances warrant any exemption applied for. Any such determination is final and not subject to any further review or challenge.
3. Exemption requests should be emailed to competitions@baseballwa.asn.au

1.4 - SUMMARY OF PLAYING RULES

Below is summary of rules to be used as a guide only. There may be some inconsistency between this table and elsewhere in these regulations. If this occurs, the regulation outside of this summary will take precedence.

	State Baseball League			Community Baseball League		Women's Baseball League			Winter Baseball League		
	State League	Reserves	Lower Grade	North	South	Elite	Division 1	Division 2	Seniors	Under 15s	Under 13s
Minimum Age	LA16		LA15	LA15		LA15	LA15	LA14	LA15		
Player Limit	24			14		24		14	14		
Batting Line-ups	9 Batter			14 Batter		9 Batter		14 Batter	14 Batter		
Pitching Limits	TR - 100 Innings	TR - 40 Innings	N/A			TR - 40 Innings	N/A		All Players - 3 Innings Max		
Finals Eligibility	8 Games	6 Games				3 Games	6 Games		3 Games		
Innings Limit	9 Innings (DH - 7 Innings)			7 Innings							
Mercy Rule	9 Innings Games: 15 after 5 / 10 after 7			7 Innings Games: 15 after 3 / 10 after 5							
Bat Regulations	Wood		BBCOR	Wood, BBCOR or USA Bat Certified							
Coaching	Level C	Level B				Level C	Level B				
Scoring	Level 2	Level 1	Level 0			Level 1	Level 0				
Umpiring	WABUA	WABUA	Community Accredited			WABUA	Community Accredited				

Section 2 – Club Administration

2.1 - COMPETITION NOMINATIONS

No Association or club affiliated with Baseball WA shall arrange or take part in any match - with any team - without first obtaining the consent of Baseball WA. Such consent shall not be granted unless the governing body of baseball in the State in which the match is being played and/or Baseball Australia has sanctioned such a match.

Note: Pre-season/scratch matches are not applicable to this regulation.

2.2 - NEW CLUB ENTRY CRITERIA

1. Where a non-member club seeks membership with Baseball WA, an application must be submitted for consideration by the Competitions Department by 31st July.
2. The application must include the following:
 - a. Covering Letter.
 - b. Certificate of Incorporation.
 - c. Copy of Constitution.
 - d. Committee details including mobile phone and email addresses.
 - e. A high-resolution copy of the club logo or emblem.
 - f. The proposed uniform of the club.
 - g. A detail description of the playing fields, changerooms and clubrooms.
 - h. The number of teams the club is submitting.
3. Notice of the decision will be provided within 14 days of receipt of application.

2.3 - ANNUAL TEAM NOMINATIONS

1. Clubs are required to nominate teams for each competition & grade by August 31 each year.
2. Nominations must include (via provided spreadsheet):
 - a. Nominated Grade
 - b. Full Team list
 - c. Head Coach – Team Contact
 - d. Scorer
3. The Competitions Department shall consider nominations from all clubs when determining grading but shall have complete discretion when the final grading and fixtures are decided.
4. Team nominations will not be accepted after August 31 each year unless approved by the Competitions Department.
5. The Competitions Manager may apply a late nomination fee of \$200.
6. The Competitions Manager has the right not to accept any team's nomination or may at their absolute discretion apply conditions as they deem appropriate for the nomination to be accepted.
7. Any team nominated by a club must pay the affiliation fee as specified on the nomination form.
8. Any club which is un-financial with Baseball WA, the WA Baseball Umpires Association, and/or the WA Baseball Scorers and Statisticians Association as at the closing date for nomination of teams shall be excluded from the relevant competition and Forfeit any right of representation to Baseball WA until the outstanding debt has been paid.
9. **WINTER LEAGUE:** Nominations close end of February each year.

2.4 - WITHDRAWAL OF A TEAM

1. A club withdrawing a nominated team before the season commences, but after the fixtures are finalised, shall pay a maximum penalty of \$200.
2. Any club that withdraws a team after the season commences shall pay the full team nomination fee for that season.

2.5 - DEFUNCT CLUBS

1. Clubs can be expelled or withdrawn from Baseball WA and be declared defunct.
2. No club shall be defunct until declared by the board.

2.6 - GRADING

1. Prior to the commencement of the season, the Competitions Department shall advise each club of the grade their teams have been allocated to for the upcoming season.
2. Should a club object to such grading, they are to lodge an objection via email to the Competitions Department within 48 hours of the date/time of the initial notification.
3. The Competitions Department shall have sole consideration of grading.

2.7 - REGRADING

1. At the discretion of the Competitions Manager, a regrade of any team may occur at any time in the competition prior to the completion of fifty percent (50%) of the scheduled games.
2. Any team regraded will retain the playing history of their previous grade – Winning Percentage, 'for' and 'against' etc.

2.8 - AWARDS

Refer to the Baseball WA Awards Policy for more information on criteria and awards presented.

1. For Players to be eligible for awards, Team Score Books and Statistics must be forwarded to the Western Australian Scorers and Statisticians Association for assessment.
2. Notice will be sent to all clubs and posted on the website prior to the last regular season scheduled game of where and when Score Books must be dropped off.
3. Any Player ejected from a game and found guilty of the offence shall not be considered for awards of best and fairest.
4. For the Annual Awards Night, Baseball WA will allocate clubs a number tickets as follows:
 - a. State League - 10 tickets
 - b. All other clubs – 5 tickets

Section 3 – Player Registrations

3.1 - PLAYER REGISTRATION

1. A player must be registered with Baseball WA to play in any sanctioned match.
2. A player can only be registered to play for one club at any one time.
3. Players may play their first game of baseball with any club.
4. Players must be League Age 16 (Refer to Baseball WA League Age Chart) to play State League and State League Reserves.
5. Players must be League Age 15 (Refer to Baseball WA League Age Chart) to play State Baseball League Lower Grades, Community Baseball League or the Women's Baseball League – Elite and 90 Division.
6. Player must be League Age 14 to play Women's Baseball League - 80 foot division and Winter League.
7. Players 1 year out of League Age can request for approval to play via the Competitions Manager.
Note: Any approved player will be unable to play the position of Pitcher or Catcher.
8. All players shall complete official registration via the approved Baseball WA registration data base. Failure to do so will result in a \$200 fine and forfeiture of game/that the player participates in prior to being posted on the data base.
9. The Competition Department reserves the right to refuse registration of a player if it considers his safety is threatened by participation in baseball.

3.2 - JUNIOR AGED PLAYERS – LEAGUE AGE 18 AND BELOW

1. All Junior Aged Players must be allowed clearance to another Club unless unfinancial.
2. All Junior Aged Players are bound by pitching and catching restrictions as per the Baseball WA Junior By-laws, irrespective of the grade they play.
3. Junior Aged Players wishing to play State League and State League Reserves must apply for transfer as per Rule 3.5.
4. Breach of this regulation will result in a forfeit (if the offending team won) and a two (2) game suspension for the Head Coach.

3.3 - PLAYER TRANSFER & CLEARANCE

1. No player who is registered as a playing member with one club shall be allowed to play with another club until the player has obtained a clearance from the club with which he is already registered, unless dual clearance granted by Baseball WA.
NOTE: A player is permitted to play with one club and coach at a different club.
2. Players seeking clearances will complete registration with their new club. The new club will request clearance from the original club, in which the original club has one week to complete before being escalated to Baseball WA.
NOTE: Players seeking clearances are required to be financial with their original clubs prior to the clearance being granted.
3. For a clearance to be considered it must be lodged between 1st July and 31st December. All other clearances must be submitted to the Baseball WA Competitions Department for approval.
EXCEPTION: where a clearance is requested by a person who has not previously played baseball during the season in any recognized baseball competition in Australia or overseas.
STATE LEAGUE & RESERVES ONLY: Clearances must be lodged between 1st July and 11th November.
4. Playing an unregistered or uncleared player will result in forfeiture and a fine of \$200 against the offending club.

5. Interstate players must produce a clearance from their last club with which they played and submitted to the Baseball WA registrar prior to playing.
6. A Club can at any time clear or release a player of any further obligations to the club by its own volition.
7. Any **State League or Reserves** player shall not be granted a clearance to another club without the approval of Baseball WA Competitions Department.

3.4 - DUAL REGISTRATION & PLAYER PERMITS

1. Players may obtain a permit to play in a grade that their club does not currently participate in without the need to transfer or receive clearance – i.e. they will be a Dual Registered player.
2. **The Baseball WA Dual Registration form must be completed, signed by both clubs, and submitted to the Baseball WA Competitions Department for approval.**
3. A Dual Registered player is eligible to play finals with either club subject to satisfying finals eligibility with both grades.

3.5 - ELIGIBILITY TO TRANSFER - STATE LEAGUE & RESERVES

Baseball WA is placing restrictions on the ability of Players to move between State League and Reserves.

1. Players who play State League and State league Reserves (**within the previous three (3) season**) may only transfer to another Club if an agreement between both is agreed.
2. Agreements between clubs may include financial compensation.
3. Agreements must be forwarded to the Baseball WA Competitions Department.

3.6 - TRANSFER AGREEMENT NOT REACHED

1. If no agreement can be made, players may request approval of transfer to the Baseball WA Competitions Manager.
2. The Baseball WA Competitions Manager will appoint a Transfer Panel, which they will Chair, to determine if the Transfer Agreement will be approved.
3. The Transfer Panel will consider the interests of Baseball and of the Player in making their decision.

In relation to the 'Interests of Baseball' the Transfer Panel should attempt to:

- a) *Ensure sufficient support in membership of Clubs be maintained.*
- b) *Prevent stronger clubs from obtaining an unfair proportion of the best players at the expense of weaker clubs.*
- c) *Provide Clubs with an incentive to provide time and effort in the development of junior and senior baseball, and*
- d) *Open and Honest discussions are had between Clubs and Players are had in respect to the ongoing development and opportunities available.*

In relation to the 'Interests of the Player' the Transfer Panel should have regard to:

- a) *The Player's age.*
- b) *The period of service the player has given to the club and any financial or other benefits that have been given to the player by the club.*
- c) *The willingness and ability of the club to select the player in its State League team.*
- d) *The positions and performance level of the player.*
- e) *The circumstances under which the player was recruited to the destination club.*
- f) *The benefits available to the player and the club he wishes to transfer to.*

3.7 - TEMPORARY RESIDENTS

1. A player who is not an Australian or New Zealand citizen or permanent resident shall be deemed to be a temporary resident - aka "Import Player"

NOTE: This does not apply to players League Age 18 or under

2. Clubs must notify the Baseball WA Competitions Department of Temporary Residents via email before such player plays their 1st game. Should Baseball WA request VISA information, this is to be provided within 24 hours or player will not be allowed to take field.
3. Any current temporary resident who has applied for permanent residency of Australia may be allowed to play in Baseball WA Competitions under the same rules and restrictions that apply to Australian or New Zealand citizen or permanent residents.
4. Any Temporary Resident returning to Western Australia after their third (3rd) consecutive year will no longer be classified as a Temporary Resident.

NOTE: All State League Transfer Panel Regulations apply to Temporary Resident.

5. Any Temporary Residents that remains within Western Australia for a consecutive period longer than twenty four (24) months, AND, meets one of the additional criteria below will no longer be classified as a Temporary Resident.
 - a. Involved in one of Baseball WA 'Offseason' Programs administered by either the Baseball WA Participation Manager or High-Performance Manager
 - b. Coached a Little League WA Charter Team
6. Clubs are limited to fielding a maximum of two (2) temporary residents in any one (1) game unless approved by the Baseball WA Competitions Department.
 - a. **State League** – No restrictions on maximum number of imports per game. Refer to Points Spread Regulations below.
 - b. **Exemptions:** Written application may be made to the Baseball WA Competition Department to allow Import Players to play grades other than State League and Reserves.
Applications should include:
 - i. All of the above information
 - ii. Player Contract with Club
 - iii. A Player Biography that includes Coaching Experience
7. **Reserves & Lower Grade Import Exemptions**
 - a. **Student Visas** - Any person on a Student visa may play in any grade (Except State League) without "Temporary Residents" restrictions, but must provide the following information.
 - i. Copy of passport
 - ii. Copy of VISA

3.8 - PLAYER POINTS SYSTEM (STATE LEAGUE)

The Player Points System (PPS) is designed to limit the number of high-rated players fielded by a team in each game, encouraging clubs to retain and develop local talent while fostering a stronger and more balanced league overall. Each player is assigned a points value based on their playing history and experience, and each club must manage a game-day team within a set points cap.

Player Points Allocation Matrix

Category	Club Player	Club Player 6+ Years	Club Transfer (3 Season Penalty)	Temporary Residents (TR)
Under 18s	1	1	3	-
Adults	1	1	3	-
Post-College / WA AYC U18s	1	1	4	-
Previous TR	3	1	5	-
Professional	3	3	5	-
Team Australia	4	4	6	-
USA, Canada & Latin America	-	-	-	5
Japan & South Korea	-	-	-	4
Europe / Other	-	-	-	3
Student Visas	-	-	-	3

Total Team Points Cap

1. Points will be accumulated to all players that:
 - a. Complete 3 Defensive Outs
 - b. Have one (1) Plate Appearance
 - c. Pitch to one (1) Batter.
2. All Games including Finals - Maximum total points is thirty (30).
3. Extra Innings – 1 additional point added per inning

Definitions:

1. Club Players – Refers to players that are:
 - a. New to baseball and never previously registered
 - b. Three (3) or more consecutive seasons at the club
 - c. Transfers from club/s that have a signed junior development/pathway agreement.
 - d. Previous Australian Professional Players (3+ seasons post Professional)
 - e. Previous Team Australia Players (3+ seasons post Team Australia) that also do not meet the criteria for Professional Player.
 - f. Temporary Residents who have remained at a club for 6 seasons.
 - g. Players who have not participated in baseball for at least 3 consecutive seasons
2. Professional – Refers to players that are:
 - a. ABL players, including Perth Heat players
 - b. MLB affiliates
 - c. MLB-partnered independent leagues
 - d. Any of the above, within the last 3 years
3. Club Transfer – Refers to players that are:
 - a. Previously registered with another club within Western Australia.
4. Previous TR – Refers to:
 - a. Players who were previously registered as a Temporary Resident, but now meet the requirements within Regulation 3.7 to no longer be classified as such

Section 4 - Club Responsibilities

4.1 - GENERAL OBLIGATIONS

1. Any State League Club (or club promoted to State League) must comply with the Baseball WA State League Compliance Regulations.
2. Clubs must not play any person who is not a registered player with Baseball WA.
3. Clubs must maintain their playing fields, equipment and facilities to the 'minimum' standards or request a rescheduling of games to an appropriate field and facility. **NOTE:** Failure to meet this obligation to an appropriate standard will result in a maximum \$1,000 fine.
4. Baseball WA will occasionally require compulsory attendance to meetings and events. **NOTE:** Failure to attend a Compulsory meeting or event held by Baseball WA will result in a \$100 fine.

4.2 - CORRESPONDENCE

1. All correspondence received by the Competitions Department of Baseball WA must be endorsed by a member of a club executive committee.

4.3 - FINANCE

1. Clubs must pay the fees and levies by the dates stipulated.

Failure to comply with this stipulation will incur the following penalties:

- A. No Premiership wins awarded for any games played during the first thirty (30) days of a Club being un-financial.
- B. Should the Club remain un-financial after 30 days, no team within that Club shall be permitted to play in sanctioned competition.
- C. Any club un-financial to Baseball WA after 14 Days will not be allowed to use any temporary residents to play or coach in any grade.
- D. In addition to the monetary penalties stipulated, a penalty interest rate as determined by the Board shall be charged on all overdue Baseball WA accounts and fees.

4.4 - UNIFORMS

1. All club uniforms (Including displayed sponsors) must be approved by Baseball WA.
2. Club Uniforms include:
 - a. Club Cap
 - b. Playing Top – Including unique numbers no smaller than 15cm
 - c. Club Pants, belt and socks
3. Caps, Playing Top and pants must be uniform amongst all participants in a game and must appear consistent with the sport of baseball.
4. Applies to any participant occupying a position within the playing area - including the dugout/bench - and at any time from pre-game diamond work to the conclusion of the game.
5. Any changes to the colours or design of uniform must receive written approval by the Baseball WA Competitions Department. Changes are recommended to be received by the end of July to ensure any alterations can be made prior to the start of the season.

4.5 - COACHING

All Coaches are bound by the Baseball WA Code of Conduct – refer to appendices – and only the Head Coach is allowed to address Umpires or Officials.

1. All coaches of teams in Baseball WA competitions are encouraged to attain formal coaching accreditations via Baseball Australia's National Coaching Pathway.

2026-27 SEASON - State League coaches must have the current Level C Certificate.

2027-28 SEASON - All other Senior Coaches must have the current Level B Certificate.

Penalties:

- Forfeiture of Game
- Fine of \$100

4.6 - SCORERS

The WA Baseball Scorers and Statisticians Association (WABSSA) shall be responsible to Baseball WA for the training, conduct and game performance of scorers in all Baseball WA competitions.

State Baseball League

1. Each team shall provide a scorer who shall keep a detailed score for their team in a Baseball WA approved scorebook.
2. Both scorers shall sit together and as far away from both team benches as possible.
3. Home team shall supply a scorer to live score using GameChanger.
4. Game reports are required and are to include: reporting incidents that have occurred during the game that need to be addressed by the Competitions Department: i.e. Injuries, Ejections and/or Protests
5. Scorers are recommended to be accredited to the following levels:
 - a. State League – Level 2
 - b. State League Reserves – Level 1
 - c. Big League (Division 1 and 2) – Level 1
 - d. Other grades are recommended to attain formal scoring accreditations vis WABSSA
 - e. Game Changer training
6. Failure to provide any of the above points in State League or Reserves shall attract a \$100 fine.

All other grades Summer Competitions

1. Each team shall provide a scorer.
2. Home teams must supply a scorer to live score using GameChanger.
3. Away teams must supply a scorer to complete a Baseball WA approved scorebook.
4. Game reports are required and are to include: reporting incidents that have occurred during the game that need to be addressed by the Competitions Department: i.e. Injuries, Ejections and/or Protests
5. Any changes to statistics must be made prior to the first finals game.
6. Failure to provide any of the above points shall attract a \$50 fine.

WINTER LEAGUE

1. Each team shall provide a scorer.
2. Home teams must supply a scorer to live score using GameChanger.
3. Away teams must supply a scorer to complete a Baseball WA approved scorebook
4. No Game Report are required for Winter League. Any Issues or concerns should be reported to the Baseball WA Competitions Manager.

4.7 - UMPIRES

The WA Baseball Umpires Association (WABUA) shall appoint an Umpires coordinator who shall be responsible to Baseball WA for the training, conduct and game performance of umpires in all Baseball WA competitions.

1. Umpires are official representatives of Baseball WA when officiating at Baseball WA sanctioned games.
2. Umpires must sign the scorebook after verifying all scores match including those within GameChanger.
3. Umpires must complete a Baseball WA Ejection Report form.
4. All grades are to have a minimum of TWO (2) umpires each game.
5. Where an official umpire is provided for home plate, the home team will provide the base umpire.
6. Singlets, thongs, and sandals are not permitted.
7. Umpires in chief are not permitted to umpire from behind the mound.

Zero Tolerance

1. Baseball WA will enforce 'zero tolerance' to ensure that Coaches and Managers take a proactive role in eliminating Umpire abuse.
2. No player, coach or manager is permitted to confront a Community 'Green Shirt' Umpire under any circumstances.
3. It is expected that spectators, coaches, club officials and players show support for their team but cannot take any action that directly or indirectly conveys dissent or negative connotation towards any action of a Community Umpire.
4. This will include players, coaches, officials, spectator must not argue, comment, gesticulate, or communicate in any manner that may convey to the umpire negativity in any form.
5. Comments or actions directed at their own team which may be overheard or witnessed by the umpire are considered to be indirect communication. These are not permitted, and the club and the perpetrator will be subject to penalty under this regulation.
6. The Community Umpire has the authority to immediately cease the game until the club of the offending person(s) take action to remove the offending person(s) from the vicinity of the playing and spectating area.

NOTE: A mandatory one (1) game penalty will apply for breach of this regulation on the first offence. A two (2) game penalty will apply for each subsequent breach.

4.8 – LIVE STREAMING

All Baseball WA sanctioned games conducted under these Regulations must be live streamed through the GameChanger platform, unless an exemption has been granted by the Baseball WA Competitions Department.

Responsibility for the Stream

1. The Home Team is responsible for ensuring that:
 - a. an appropriately authorised person is designated to undertake the live stream
 - b. the live stream is commenced 5 minutes prior to the scheduled commencement of the game
 - c. provide a clear and reasonably stable view of the principal playing area
 - d. show home plate, the pitcher and the general field of play wherever reasonably practicable
 - e. be positioned so that it does not interfere with players, coaches, umpires, scorers or spectators.
 - f. the live stream remains active for the duration of the game, subject to reasonable technical interruptions
 - g. the live stream is associated with the correct GameChanger game and teams.
2. Creating a separate or duplicate fixture for the purpose of live streaming is not permitted without Baseball WA approval.
3. A stream conducted through Facebook, YouTube or any other platform does not satisfy this Regulation.
4. A club may simulcast or republish its GameChanger stream on another platform, however, the game must still be streamed through GameChanger.

Recording Usage

5. The club must ensure that the completed game recording remains available through the official GameChanger team account.
6. A club must not delete, replace, edit, conceal or restrict access to a required GameChanger recording without Baseball WA approval.
7. Baseball WA may require access to a recording for:
 - a. competition administration
 - b. integrity or safeguarding matters
 - c. disciplinary or tribunal proceedings
 - d. umpire, scorer or coach education
 - e. media and promotional activities
 - f. another legitimate Baseball WA purpose
8. Once notified that a recording may be relevant to an incident, complaint, protest or disciplinary matter, the club must preserve the recording until Baseball WA authorises otherwise.
9. GameChanger footage cannot be used to challenge an umpire's judgement decision.

Audience Settings

10. The GameChanger audience setting must be set to allow public or fan access unless otherwise directed by Baseball WA.
11. A club must not restrict the stream to players, team staff or confirmed family members without Baseball WA approval.
12. Baseball WA may direct that access to a stream be restricted where necessary for privacy, safeguarding, integrity or legal reasons.

Audio and Content

13. Where audio is enabled, the streaming equipment should be positioned to minimise the recording of private conversations in dugouts, change rooms and team meeting areas.
14. Any commentary or other content included in the stream must comply with Baseball WA and Baseball Australia policies and codes of conduct.

Technical Failure

15. Where a GameChanger stream does not commence, is interrupted or ends before the conclusion of the game, the responsible club must make reasonable attempts to establish or restore the stream.
16. The club must notify Baseball WA of any Technical Failures within the teams game report.
17. Where a local recording is available following a live-stream failure, the club must retain that recording and upload or provide it as directed by Baseball WA.
18. A technical failure will not ordinarily constitute a breach where Baseball WA is satisfied that:
 - a. the club made reasonable preparations;
 - b. the required equipment was available and operational before the game;
 - c. the failure was outside the club's reasonable control;
 - d. reasonable attempts were made to restore the stream; and
 - e. the failure was reported in accordance with this Regulation

Section 5 - Game Day Disputes

5.1 - PROTESTS & DISPUTES (BREACH OF REGULATIONS)

1. **Protesting a game shall never be permitted based on judgment decisions by the umpire or an allegation that an umpire misapplied the rules or otherwise rendered a decision in violation of the rules.**
2. Where the Head Coach, Manager or Club Official protests a game, claiming a violation these Regulations, notification must be received within the Game Report submitted to Baseball WA.
3. Notification must also be provided (via email) outlining the possible breach of regulations to the Baseball WA Competitions Manager within 24 hours
 - a. The Competitions Manager will forward the issue on to the Baseball WA Competitions Department for review and determination.

Email Address: competitions@baseballwa.asn.au

Penalties

4. Where the penalty for breach of regulation is not stated within this document, a minimum penalty of two (2) games suspension for the Head Coach and Forfeiture of the game in which the breach occurred will apply. **STATE LEAGUE** - an additional financial penalty of \$200 will be imposed.
5. During finals, the P&D (Competitions Department) will meet within 24 hours.

Notice of Appeal (Special Review Panel)

6. A Club seeking to appeal a decision of the Competitions Department must lodge with the Baseball WA Competitions Manager a 'Notice of Appeal', setting out full details of the grounds of appeal, within forty-eight (48) hours of the written notification of the Competition Department findings.
7. The Club shall be notified within twenty-four (24) hours of receipt of the Notice of Appeal as to whether an appeal hearing is to be granted. If granted, the time, date and place of the appeal hearing will be advised in due course.
8. The Club shall submit a fee of \$250 to Baseball WA Accounts Dept, copying in Baseball WA Competitions Department with receipt of payment.

Email Address: accounts@baseballwa.asn.au

9. If the 'Grounds for an Appeal' are met, the fee of \$250 shall be returned to the Club.
10. The Baseball WA Competitions Manager shall appoint a person to the position of Appeals Officer being either the CEO of Baseball WA, The Baseball Australia or Baseball WA Integrity Manager, or Baseball WA Board Member.

Grounds for an Appeal

11. The Appellant must satisfy the Appeals Officer, in that person's sole discretion, that there is a reasonable expectation the Special Review Committee will review the decision on the basis one or more of the following grounds of appeal is satisfied:
 - a. That new evidence, being evidence that, with reasonable diligence, could not have been made available at the time of the original decision, has become available that will significantly alter the original decision made.
 - b. That a penalty imposed is manifestly excessive, being a penalty that is well outside the recommended penalty set forth above and/or penalties imposed in comparable cases.

5.2 - FORFEITS

1. Clubs must notify the Baseball WA Competitions Department and the WA Baseball Umpires Association as soon as possible with notice of a forfeit.
2. The minimum number of players to avoid forfeiture is nine (9) for State League & SL Reserves.
3. For all other grades the minimum number of players required to avoid forfeiture is eight (8).
NOTE: Teams will not be penalized with an automatic out when playing with 8 players.
4. Where a forfeit situation occurs for any team, no player from the forfeiting team shall play in a lower grade on that day, unless they played in the lower grade the previous week or if they have played the greater number of games in the lower grade.
5. A game declared a forfeit shall have a score recorded as 9 to 0 in a scheduled nine innings game or 7 to 0 in a scheduled seven innings game in favour of the non- offending team.
6. **Penalties for forfeiture by teams:**
 - a. **First Offence - \$200**
 - b. **Subsequent Offences - \$400**
7. Fines to be collected by Baseball WA and passed on to clubs as compensation for missed game revenue.
8. Fees may be payable to WABUA if Officials were appointed to forfeited game.
9. Penalties for forfeiture by teams do not apply to situations where a team having started a game in accordance with these regulations forfeits as a result of not having enough players to complete the game.

5.3 - BYE SITUATIONS (NO GAME SITUATIONS)

1. Where no game is played by a team on a day, up to two (2) players are eligible to play in a lower grade,
2. Players who have received a greater amount of regular season game credits in that grade or lower do not count towards the two player limit.
3. **STATE LEAGUE:** Where no game is played by State League the following calculation shall occur to determine eligibility for lower grades:
 - a. State League Game Credits / Number of State League Games
 - b. Lower Grade Game Credits / Number of Lower Grade Games
4. If the Lower Grade ratio is higher, then that player is eligible to participate in the lower grade.

5.4 - PLAYING MULTIPLE GAMES IN A DAY

Players are restricted to two (2) games per day regardless of grade played and scheduled double headers.

WA State Baseball League – League and Reserves:

1. A maximum of four (4) players aged under 23 (League Age 22 and below) are eligible to commence a second game in a different grade without penalty.
2. Up to two (2) players aged 23 (League Age 23 and over) and over are eligible to a second game in a different grade without penalty.
3. A Combined maximum of four (4) players are eligible to commence a second game in a different grade.

A Grade and below:

4. A maximum of two (2) players may start a second game without penalty. These players must not play in front of an eligible player who is yet to play a game that day.
5. A player may only enter the second game of a day in a lower grade if that grade is only one (1) “club grade/division” lower than the first game played on that day.

Community Baseball League:

6. No State League or State League Reserves player is eligible to participate in the Community Baseball Leagues.
7. Players of the WA State Baseball League are ineligible to play in the Community Baseball League without seeking approval from the Competitions Department.
 - a. **EXEMPTION:** Junior Age players (League Age 18 and below) are eligible to participate in both the State Baseball League and Community Baseball League.
8. A maximum of two (2) players per game may start a second game without penalty.

WA Women’s Baseball League:

9. Players of the WA Women’s Baseball League are eligible to play multiple games in a day either within the WA Women’s Baseball League or as an additional game in either the WA State Baseball League or Community Baseball League.

WINTER LEAGUE:

10. Players are eligible to play multiple games in a day across any Senior Division and for any team to avoid forfeiture.
11. A maximum of two (2) players per game may start a second game without penalty.

Section 6 – Equipment & Facilities

6.1 - BASEBALLS

Games will not commence without the required number of approved balls.

1. The Home Team (including games at Baseball Park) will supply new balls for games in each grade during regular season games. For Finals, the host club is responsible for supplying balls and Baseball WA will provide balls for finals games hosted at Baseball Park
2. State League teams are required to supply four (4) approved baseballs per game.
3. All other grades are required to supply two (2) approved baseballs per game.
4. Match balls of the approved type and quality must be replaced immediately and as necessary to complete the game with the required number of balls.

Approved Balls:

1. State League – Mizuno MB380, Diamond Ace Major League, Brett BR-100, Rawlings ROLB-1
2. All other grades – As above and Easton 600, Wilson A1010 & Skyline PK030

Failure to supply approved baseballs will result in a \$100 fine per offence. A subsequent offence will also result in the forfeit of the game scheduled to be played.

6.2 - BATS

Illegal bats will be removed from the game and the player will also be ejected from the game.

1. State League & State League Reserves
 - a. Players must use Wood or Wood Composite / laminated bats with a Maximum barrel 2.75" and a Maximum length of 42".
2. State Baseball League (A to E Grade)
 - a. As above.
 - b. Any other bat (either composite or hybrid bat) must be stamped with BBCOR Logo.
3. All other Competitions
 - a. As above.
 - b. Any other bat (either composite or hybrid bat) must be stamped with BBCOR or USA Bat Logos to be considered a legal bat.
 - c. A bat must not have a drop (weight to length) greater than -8 ounces to be considered a legal bat.
 - d. No BPF Bats or USSSA Bats are allowed.



6.3 - HELMETS

1. All base coaches in ALL grades are required to wear protective helmets.
 - a. Failure to wear a helmet will result in a person's removal from base coaching until a coach complies with this rule.
 - b. If a coach continues to return without a helmet - after being warned - then the offending person shall be ejected from the game.
2. Junior players (League Age 18 or under) must wear a double eared helmet when base coaching or assisting a team (bat boy/girl).
3. The wearing of two-eared helmets is compulsory for batting and base-running.
 - a. All helmets must be uniform in colour for each grade and in good condition and must meet the NOCSAE requirement.
 - b. Double-eared helmets must be worn at all times by batters and base runners in ALL Competitions.
4. Any fielder may wear a non-shiny helmet the same colour as the club's cap.

6.4 - MASKS

1. Any person warming up a pitcher shall wear a face mask and a helmet no matter whether in the bullpen or on the playing field.
2. The face mask will have a throat guard attached to it unless the throat guard forms part of the mask.

6.5 - PLAYING FACILITIES

1. The following are the minimum requirements necessary for all levels of baseball played under the control of Baseball WA. **NOTE:** Clubs must ensure all equipment meets safety standards for players, officials, and spectators.
 - a. The 1st base tramline is to be clearly marked.
 - b. 1st & 3rd foul lines clearly marked from 1st and 3rd bases respectively.
 - c. Flagpoles, a minimum height of 1.5m are to be positioned at the extremities of the foul lines.
 - d. 1st, 2nd & 3rd bases to be adequately pinned or adequate weight to not be easily dislodged on contact.
 - e. Pitching Mounds are mandatory in all grades.
 - f. A back net (minimum size 4m wide x 3m high) is mandatory.
 - g. A designated 'dead ball' line from the edges of the back net and parallel to the 1st & 3rd base lines. (White line marking is acceptable)
 - h. Seats or benches for at least 14 people at each bench area.
 - i. Shade for all players on the home and visitor's bench.
 - j. 15 litre drinking containers with ice for each bench.
 - k. Provision of a shelter, table and chairs for the scorers suitable to seat 3 persons.
 - l. Access to both male and female toilets within reasonable distance of the diamond.
 - m. Sufficient L screens for pre-game batting practice for all teams.
 - n. A Home run 'fence' using plastic cones is mandatory if a fence is not available. (any batted ball crossing this "fence' but having bounced prior to the 'fence' shall result in a stand-up double).
2. **State League and State League Reserves** - refer to the WA State Baseball League Compliance Document for minimum facility requirements.

Section 7 – General Playing Conditions

7.1 - PARTICIPANTS

1. Listed on the line up sheet that is handed to the plate umpire prior to the commencement of the game. Persons not listed will not be permitted to enter the game as a player.
2. **Maximum number of persons permitted to participate in a game is twenty-four (24) - including coaching and medical staff.**
3. Community Baseball League, Women's Division 2 & Winter League – The maximum number of players permitted to participate in a game is fourteen (14) – excluding coaching and medical staff.
4. **Anyone entering the playing area including the dugout/bench** at any time from pregame diamond work to the conclusion of the game must be attired in the minimum requirements of Club Cap, Club Playing Top and Club Baseball Pants – i.e. Full Uniform.
5. Bat Persons - must be League Age 10 years and older and be in full uniform. **NOTE:** A double-eared helmet (NOCSAE Compliant) is compulsory within the playing area.
6. Any fielder may wear a non-shiny helmet the same colour as the club's cap.

7.2 - PRE-GAME / WARM-UPS

1. Other than wherein described all warm-ups must take place outside the playing diamond area (infield).
2. It is the home team manager's responsibility to ensure that the diamond is available for the visiting team to warm up for a period of seven (7) minutes, twenty (20) minutes before the scheduled starting time.
3. The home team is entitled to warm up on the diamond for a period of seven (7) Minutes, twelve (12) minutes before the scheduled start time.
4. In the event of the diamond not being available for the visiting team twenty (20) minutes before the scheduled start time, the visiting team is entitled to take its full seven (7) minutes by using time normally allotted to the home team.
5. Neither team may continue warming up past five (5) minutes before the scheduled starting time.

7.3 - COMMENCEMENT OF GAMES

1. The Team Manager/Coach shall, 30 minutes before the commencement of the game, supply the Scorers with official line up information.
2. The Manager of each team shall hand to the Umpire-In-Chief, five minutes before the official commencement of the game, 2 copies of an official line up sheet listing the starting line-up, their order at bat and position in the field.
3. All games will start on time irrespective of whether teams have completed their pre-game warmups unless the preceding game or games cause a legitimate delay. If the same Umpires are involved, then a minimum of 30 minutes between games is required
4. Any alteration to an official game starting time must be approved by the Competitions Manager one (1) week prior to the revised starting time

7.4 - DESIGNATED HITTERS (DH)

1. The Designated Hitter (DH) is a player who bats in the place of the pitcher.
2. The DH must be selected prior to the game.
3. The DH Rule will apply as per current MLB Rule.
4. The DH is not allowed in grades that use 14 batter line-ups and unlimited defensive changes.

7.5 - BATTING LINE-UPS & DEFENSIVE CHANGES

All grades must follow the Official Baseball Rules.

7.5.1 - Community Baseball League, Women's Division 2 & [Winter League](#):

1. A maximum squad size in any one (1) game of fourteen (14) players.
2. Every player on a team roster shall be included in the team's batting line-up for the full duration of the game.
3. Defensive changes are unlimited and can be made at any time.
4. All players must be in the batting line-up – if a player does not complete their allotted Plate Appearance, they will be deemed to be removed from the game and can no longer participate.
5. All other subsequent batters will move to the next batting position.
6. No automatic out will apply when a player is removed from the game.
7. Defensive visits – A second trip to the same pitcher in the same inning will not cause the automatic removal of the player, and said player is eligible to move to another position on the field.

7.6 - TIME DELAY REGULATIONS

"Speed up rule" – the intention of these regulations is to eliminate unnecessary time-wasting during games.

7.6.1 - Designated Base Runner/ Speed Up Runner

1. A coach may use a designated runner to replace the catcher when there are two (2) outs, or if one (1) out and in a 'Double Play' situation.
2. A coach may use the same rule as above for pitchers when playing on fields using an artificial mound or agreed upon at the start of the game.
3. A player listed on the bench must be used – if no bench available the last batter OUT will be the 'designated base runner'.

7.6.2 - Innings Changeover

1. Maximum changeover between innings shall be 90 seconds – at this point the Chief Umpire will call, "ball out".

PENALTIES:

- A. If the Pitcher is not ready within the allocated time, the Chief Umpire shall call "Play Ball" and indicate "One Ball" on the batter if in the opinion of the umpire the Pitcher continues to delay the game.
- B. If the Batter is not ready, the Chief Umpire shall call "Play Ball" and indicate "One Strike" on the Batter.
- C. A "Ball" or "Strike" will be called by the Chief Umpire for each subsequent 10-second delay.

7.7 - PITCHING RESTRICTIONS

7.7.1 – Temporary Residents

Regular Season – State League

1. Temporary Residents are restricted to 100 combined completed innings throughout the course of the regular season in State League.
 - a. Assumptions for calculation:
 - i. 40% of scheduled State League Innings
 - ii. 20 games at 9 Innings = 180 Innings
 - iii. 10 games at 7 Inning = 70 Innings
 - iv. 250 total available Innings
2. Any individual pitcher is limited to 100 Innings per regular home and away season.
3. New pitching restrictions will apply at the commencement of the post season.

7.7.2 - Regular Season – Reserves and below

4. Temporary Residents are restricted to **40 combined** completed innings throughout the course of the regular season in any one (1) grade State League Reserves and below.
5. New pitching restrictions will apply at the commencement of the post season.

7.7.3 - Post Season / Finals Restrictions – All Grades

1. Only one (1) temporary resident may pitch for a team in any individual game.
2. No temporary resident may pitch in consecutive post-season games for the same team.
3. The temporary resident will not be eligible to pitch for any team until after the completion of the next scheduled game for which they last pitched.
4. **Relief Pitcher Rule (State League Only):** A team may nominate an import pitcher as a 'Relief' pitcher who may not start any finals game, but may throw a total of nine (9) innings per finals series. Note: For the Wildcard Game a Relief pitcher may throw a total of three (3) Innings.

7.7.2 – Community Baseball League & Winter League

Per Game Inning Cap

Pitchers may only pitch for a maximum of three (3) Innings per game regardless of the allowed pitch count.

Section 8- Game & Season Duration

8.1 – COMPETITION SCHEDULING

1. The Competitions Manager shall appoint a person to fixture the Regular Season.
2. Fixtures may be amended from time to time as required during the regular season
3. If fixtures are amended, Baseball WA will update online fixtures and notify the Presidents and Secretaries of the affected Clubs and WA Baseball Umpires Association as soon as possible.

8.2 – GAME DURATION, CANCELLED, TERMINATED OR SUSPENDED GAMES

1. Refer to the Official Rules of Baseball
2. Except for State League & Reserves, regular season games cancelled due to weather, darkness, or other conditions, Baseball WA will not reschedule any make up games.
3. If both clubs can arrange the game to be replayed, then Baseball WA will allow that game to be played. All make up games must be made up prior to the final week of the regular season.
4. Games shall commence at times stated in the fixture, subject to the Umpire being satisfied that the playing field is fit for the playing of the match.
5. The Umpire may 'Call' a game due to bad weather, darkness or other field related conditions.
6. Any game called due to bad weather or darkness with the following completed innings will be deemed a 'Official' game:
 - a. 9 Inning games – 5 completed innings.
 - b. 7 Inning games – 4 completed innings.
7. Where a game is not commenced or terminated prior to being an official game, both teams shall be awarded a game credit for their players.

State Baseball League - State League

- | | |
|-------------------------------------|-------------------------|
| 1. Single Games | - 9 Innings |
| 2. First game of Double Header | - 7 Innings (2 Hours) |
| 3. Second Game of Double Header | - 7 Innings |
| 4. Night Games (FRIDAY) | - 9 Innings (3 Hours) |
| 5. Night Games (MONDAY to THURSDAY) | - 9 Innings (2.5 Hours) |

State Baseball League – Lower Grades

- | | |
|--------------------------------|-------------------------|
| 6. Single Games (Reserves) | - 9 Innings (2.5 Hours) |
| 7. Single Games (Lower Grades) | - 9 Innings (2 Hours) |
| 8. Night Games | - 7 Innings (2 Hours) |

Community Baseball League

- | | |
|-----------------|-----------------------|
| 9. Single Games | - 7 Innings (2 Hours) |
|-----------------|-----------------------|

Women's Baseball League

- | | |
|---------------------------|--------------------------|
| 10. Single Games (Sunday) | - 7 Innings (2 Hours) |
| 11. Women's Elite Series | - 7 Innings (1.45 Hours) |

Winter League

- | | |
|----------------------|--------------------------|
| 12. Senior Divisions | - 7 Innings (1.45 hours) |
|----------------------|--------------------------|

8.3 - TIME LIMITED GAMES

1. When the time limit has been reached in a time-restricted game, the inning currently being played shall be immediately declared the last inning of the game, with any rules normally applying to the final inning of a regulation game, being applied to that innings.
2. Where the time limit has been reached in a time restricted game, and the declared last inning of the game has been completed with both teams possessing an equal score, the game shall be declared a "Tied Game".
3. An inning is deemed to have commenced immediately after the third out is made in the previous inning.
4. If time limit games are not started on time, the full time allotted should be played so long as completing the game will not be restricted due to curfew, darkness, or the start of a subsequent game.

8.4 - INTERNATIONAL TIE BREAKER

1. Where both teams have an equal score at the completion of designated innings and the time limit has not been reached, play shall continue under International Tie Breaker until one team leads after equal innings have been played, providing the time limit for the game has not been exceeded.
2. Nine (9) Inning State League games - must be played to a result with International Tie Breaker Commencing in the 10th Inning if both teams have an equal score at the completion of 9 Innings.
3. Seven (7) Inning State League Night Games - must be played to a result with International Tie Breaker Commencing in the 8th Inning if both teams have an equal score at the completion of 7 Innings.
4. Current Official Baseball Rules (OBR) will apply.

8.5 – MERCY RULE

1. 9 Inning Games:
 - a. The Mercy Rule will come into effect when a team leads by ten (10) runs after seven (7) completed innings or fifteen (15) runs after five (5) completed innings.
2. 7 Inning Games:
 - a. The mercy rule shall come into effect when a team leads by ten (10) run after five (5) completed innings, or fifteen (15) runs after three (3) completed innings.
3. At the first occurrence that each team is put in a "mercy" situation, the Umpire in Chief shall call time and offer Mercy to the losing team's Coach and/or Manager. The losing team's Coach and/or Manager then has the choice as to whether to accept the offer of Mercy or continue playing. After the initial offering of the option of mercy the losing team's Coach and/or Manager can then invoke the Mercy at any point in time up until the natural conclusion of the game, whilst the "mercy" situation continues to exist.
4. If at the end of any later innings should the run deficit have increased from the previous innings, the Umpire in Chief shall enforce a mandatory mercy, declare the team ahead as the winner and the game over.

Section 9 – Risk Management

9.1 - PLAYING CONDITIONS

1. During any game played under the auspices of Baseball WA any Baseball WA Official (employee), Board Member, or Umpire In Chief is empowered to terminate a game if in their judgement weather, darkness, or other conditions are such that players and/or spectators are exposed to a significant risk of injury.
2. The Umpire in Chief may delay the start of a game for up to thirty (30) minutes to enable the club to make the ground acceptable for play.
3. At any point prior to the umpire-in-chief taking control of the diamond, the home club may declare the diamond unplayable and one or more games schedules for that day cancelled.

The home team must as early as possible:

- a. Notify the Baseball WA Competitions Department
- b. Notify the visiting club

9.2 - SLIDE/COLLISION RULE

The intent of this rule is to ensure the safety of the defensive player while making plays on runners in different circumstances.

1. A runner attempting to break up a double play at 2nd or 3rd base must slide directly into the base and not beyond the base. It is an illegal slide if; the runner slides away from the base line in the direction of the fielder; the runner uses a rolling or cross body block, or if the runner uses a pop-up slide into the fielder.
2. When sliding the runner's lead leg must be below the knee of the infielder and should first contact the base at its nearest side.
3. Contact is allowed if the runner; makes a legal slide directly to the base; or is on the ground at the time of contact and the fielder moves directly down the line between the two bases to attempt a play. Interference shall NOT be called.
4. If the runner does not slide, he shall not intentionally create contact or intentionally attempt to dislodge the ball on a tag play. On close plays the runner should slide. When the player is obviously out, the runners should get in a rundown, try to avoid the tag, or give themselves up.

Game Penalty

1. If a slide is deemed to be illegal, the runner shall be called out.
2. If the illegal slide has occurred on a forced play, irrespective of what base is involved, the batter runner shall also be called out due to the "interference" of his teammate whether or not the fielder attempts to complete the play.
3. A Player who intentionally creates a collision or intentionally dislodges the ball shall be called out and ejected from the game.
4. If "interference" is called, other runners shall not be allowed to advance. Example: bases loaded no outs double play attempt at second base and interference is called. The runners at second and third must return to their original base.

9.3 - BLOOD RULE

1. If any player bleeds during a game, then the umpire shall stop the game and the player shall be removed from the playing area whilst the player receives first aid treatment. Prior to re-entering the playing area, the bleeding must have been stopped, all contaminated clothing and equipment replaced or cleaned and wound covered.
2. If a player is removed from the playing area whilst base-running, a team-mate shall take the place of the baserunner for the purposes of base-running only with no penalty to the batting team.

9.4 - CONCUSSIONS

Any player with a suspected concussion should be – IMMEDIATELY REMOVED FROM PRACTICE OR PLAY and should NOT RETURN TO ANY ACTIVITY WITH RISK OF HEAD CONTACT, FALL OR COLLISION, including SPORT ACTIVITY until ASSESSED MEDICALLY, even if the symptoms resolve.

Players with a suspect concussion should **NOT**:

1. Be left alone initially (at least for the first 3 hours). Worsening of symptoms should lead to immediate medical attention.
2. Be sent home by themselves. They need to be with a responsible adult.
3. Drink alcohol, use recreational drugs or drugs not prescribed by a health care professional.
4. Drive a motor vehicle until cleared to do so by a healthcare professional

The umpire shall immediately direct a player to leave the playing field if the player is suspected of having a concussion based on all reasonable concussion tests.

Any player with a suspected concussion can be replaced via the normal substitution manner.

REFER TO APPENIX – CRT6 – CONCUSSION RECOGNITION TOOL

9.5 – PROHIBITED SUBSTANCES

1. A person shall be ejected from a game for the use of prohibited substances including but not limited to - smoking, vaping, consuming an alcoholic beverage or chewing/dipping of tobacco.
2. Alcohol is only to be consumed within designated areas.
3. Any player, coach or umpire who, indulges in any of the activities mentioned in this playing condition may be reported.
4. Any member or sporting personnel found to have behaved inappropriately because of overconsumption of alcohol (e.g. sexual harassment, verbal abuse, physical assault, neglect of a child) or under the influence of other substances will face disciplinary action as outlined in our Member Protection Policy or Code of Conduct.

Penalties:

Breach of regulation 9.5 may result in, but is not limited to:

- Fines and/or Forfeiture / Removal of Wins

9.6 – EXTREME HEAT POLICY

1. Extreme Heat Policy: Refer to Sport Medicine Australia (sma.org.au) – Extreme Heat Policy 2021 for Mitigating Heat Stress Risk.
2. Refer to Appendix – Using the SMA Extreme Heat Policy

9.7 - RECOMMENDED PENALTIES & OFFENCES

CLASS A – GENERAL MISCONDUCT

The following Recommended Table of Penalties sets forth recommended ranges which may be offered to reported person:

1. Reports are not restricted to an offence listed in the Table.
2. Offences towards Umpires should be graded higher than if made to another person
3. The conduct of Auditory Offences should be graded as follows:
 - (a) Threatening – High/Extreme
 - (b) Abusive/Obscene – Medium
 - (c) Insulting - Low

Class A - Recommended Penalties Table.

STANDARD RANGE OF PENALTIES	
Auditory Offences – Using Abusive, Insulting, Threatening of Obscene Language towards another person or an Umpire	1-6 Games
Equipment Abuse – An act of aggression utilising playing equipment and/or directed at facilities that damages property	1-6 Games
Dissent – Any conduct that undermines the umpires ability to officiate and control a game including arguing judgment calls, disobeying and umpire's direction and/or discourteous or disrespectful behaviour directed at an umpire.	1-6 Games
Touching an Umpire – Any intentional, unwanted physical contact with an umpire.	3-6 Games
Unsportsmanlike conduct – Any conduct not otherwise covered in this section that is not in the spirit of the game or is otherwise unbecoming of a person involved in baseball. May include breaches of code of conduct, or otherwise bringing the game into disrepute.	1-12 Games

CLASS B – DANGEROUS ACTS

The following Recommended Table of Penalties sets forth recommended ranges which may be offered to reported person:

1. Reports are not restricted to an offence listed in the Table.
2. Offences towards Umpires should be graded higher than if made to another person
3. The conduct should be graded as follows:
 - (a) Intentional – High/Extreme
 - (b) Careless – Medium
 - (c) Attempting – Low
4. The Impact Guidelines are as follows:
 - (a) Low – Minimal to no impact and person suffered no or minimal ongoing issues
 - (b) Medium – Some impact and person left the game for a period of time, some ongoing treatment required, and/or may miss games.
 - (c) High – Major impact and person was unable to continue in their capacity for the remainder of the game, major ongoing issues that require medical intervention and may miss games
 - (d) Extreme – Major impact with serious injury to the person, likely to miss a significant number of games.

Class B - Recommended Penalties Table.

STANDARD RANGE OF PENALTIES	
Spitting – Spitting on or at any individual	1-6 Games
Rough Conduct and/or Dangerous Play – a person engages in intentional or careless conduct that is likely to cause injury to an opposing player or official. Includes intentionally throwing at a batter, tripping, barging or sliding that is outside the rules of the game	3-12 Games
Striking – Intentionally striking another person in any way. May include attempting to strike where an intentional, but unsuccessful attempt to strike another person occurred.	8-12 Games
Participating in a Melee or Wrestling – An incident involving persons who are grappling or otherwise struggling with one another, and which is likely to bring the game of baseball into disrepute.	6-12 Games
Melee – ‘3rd Person In’ Rule - A third player must not get involved in a fight or altercation between two other players regardless of their intentions.	2 Games
Bench Clearing – An escalation where players, substitutes and coaches abandon their position to enter the playing area and engage	1-8 Games

SERIOUS BREACHES

Conduct which, in the opinion of the Baseball WA Competition Manager and/or Tribunal Chairperson, amounts to sufficiently serious will be referred directly to the Tribunal and no penalty offer provided.

GUIDELINES FOR PERMANENT DEREGISTRATION

To clarify the expected thresholds for Permanent Deregistration:

- (a) the Tribunal Outcomes results in the person receiving a single sanction of twelve (12) or more games that does not include suspended penalties
- (b) the person has cumulative sanctions of sixteen (16) or more games that does not include suspended penalties within a five-year period
- (c) the person has accumulated four or more substantiated breaches within a five-year period

BREACH OF JUDICIARY ORDER

Where a person or a club **knowingly** breaches an order previously given by the Tribunal Panel the following sanctions may apply:

- (a) **Reported Person** – Permanent Deregistration
- (b) **Club** – minimum \$1,000 fine

*As per the Baseball WA Reported Player & Tribunal Procedures.

The following Recommended Table of Penalties sets forth recommended penalties which may be offered to an ejected person, based on a grading determined by the Tribunal as low, medium, high or extreme.

9.8 – YELLOW CARD RULE

1. This rule may be invoked for offences committed of a minor nature - which may previously had resulted in a warning being given - includes, but is not limited to:
 - a. Dangerous play
 - b. Dissent
 - c. Equipment abuse
 - d. Minor obscenities, and
 - e. Misconduct
2. If, in the opinion of the Umpire, an offence has occurred as provided for in this regulation, the Umpire must show a Yellow Card and both the offender, and the team manager must be informed.
3. A person who receives two Yellow Cards in the same game shall be ejected from the game after the second offence but will not be required to attend a Tribunal Hearing.
4. The Umpire is to record the details of the offence that led to the issue of the Yellow Card in the scorebook and the time the offence/s occurred.
5. The Competitions Department will maintain a register of Yellow Card offences.
6. The first and second Yellow Card offences during a competition season shall incur no penalty.
7. Any player that incurs a third Yellow Card, and any subsequent Yellow Card, during a season, shall be suspended from participating in the next scheduled game of the competition in which the last Yellow Card was received, as well as all games in other grades and divisions prior to the next scheduled game.
8. A person suspended under this Playing Condition will be notified by the Competitions Department via their club.
9. A person may appeal to the Competitions Department against the issue of a Yellow Card. Such appeals are to be lodged in writing, stating the reasons for the appeal within 48 hours of the game and shall be accompanied by a two hundred (\$200) dollar fee.
10. If the Competitions Department deems that the appeal is not frivolous, they will arrange for the refund of the fee and notify the Tribunal Chairperson. Note: Mere denial of the offences does not constitute grounds for an appeal and will result in the loss of that fee.
11. Upon receiving a properly made appeal, the Tribunal Chairperson shall decide if the matter should be referred to the Tribunal for resolution, such decision being final and not subject to further appeal.

Section 10- Post Season / Finals

To determine the Grand Final teams, a final round of post season games (finals) will be played for each grade.

10.1 - STANDINGS

1. Standings will be in order of WINNING PERCENTAGE, i.e.: $(\text{WINS} + .5 \times \text{\# TIES}) / (\text{TOTAL GAMES PLAYED})$
2. If teams are tied in the standings, then the below order will be followed until one (1) team is ranked higher:
 - a. The team having the best win loss record in games contested between the teams tied.
 - b. The team having the best runs against per defensive innings ((runs against)/ (defensive innings)) in the games contested between the tied.
 - c. The team having the best runs against per defensive innings ((runs against)/ (defensive innings)) in the games contested between all teams.
 - d. The team having the best run differential (runs scored – runs against).

10.2 - CLUB ELIGIBILITY

1. Any club that owes monies to Baseball WA and/or WA Baseball Scorers and Statistician Association and/or WA Baseball Umpires Association ten (10) days before the first game of any Finals shall be disqualified from having ANY team participate in the finals.
2. If a club is disqualified from competing in the finals as a result of being unfinancial then in each grade where that club's teams are disqualified, all other financial teams shall move, in order, up the premiership table. These positions shall constitute the finishing order only for the purposes of playing the finals in each grade.

10.3 - PLAYER ELIGIBILITY – GAME CREDITS

10.3.1 – STATE LEAGUE

1. A person must receive game credits in at least eight (8) regular season games for that club during the season to be eligible to play in final round fixtures.
2. Players will only receive game credits for State League Games if they were listed in the starting line-up or if they came in to pitch in the game (Position Player/DH must complete 3 outs or 1 plate appearance and Pitcher must complete a batter).
3. State League players will continue to receive game credits until the final regular season games are completed.
4. **Perth Heat Player Qualifications for Club Baseball – Australian Players Only**
 - a. **Import Players are not eligible under this rule**
 - b. **A Perth Heat player must achieve a total combined of eight (8) games for their Club and/or the Perth Heat.**

10.3.2 – SUMMER COMPETITIONS

1. A person must receive game credits in at least six (6) regular season games for that club during the season to be eligible to play in final round fixtures for that club in grades below State League.
2. Where a player has not met the minimum game credits, they will be eligible to play finals where all of the following conditions are met:
 - a. The player was registered as a player for that club before the commencement of the season.
 - b. The player is playing the highest grade they have received a game credit in for that season.
 - c. The player (or their representative club) must notify the opposition five (5) days before the commencement of the game if the player has not met the minimum game credits.
3. If, in the opinion of the Baseball WA Competitions Manager (or other Baseball WA representative), the participation of a player who has not met the minimum game credits brings the game into disrepute, that player is not eligible to participate despite meeting the requirements above.
4. When calculating player eligibility for final round fixtures ALL regular season games in which the player participated in (started or substituted into the line-up) for that club shall be considered.
5. Players are required to participate in a minimum of Position Player/DH must complete 3 outs or 1 plate appearance and Pitchers must complete a batter.

10.3.3 – WOMEN'S ELITE SERIES

1. A person must receive game credits in at least two (2) regular series games for that club during the season to be eligible to play in final round fixtures for that club.
2. When calculating player eligibility for final round fixtures ONLY Women's Elite Series fixtures will be counted towards player eligibility.
3. Players are required to participate in a minimum of Position Player/DH must complete 3 outs or 1 plate appearance and Pitchers must complete a batter.

10.3.4 - WINTER LEAGUE

4. A person must receive game credits in at least three (3) regular season games for that club during the season to be eligible to play in final round fixtures for that club.
5. Where a player has not met the minimum game credits, they will be eligible to play finals where all of the following conditions are met:
 - a. The player was registered as a player for that club before the commencement of the season.
 - b. The player is playing the highest grade they have received a game credit in for that season.
 - c. The player (or their representative club) must notify the opposition five (5) days before the commencement of the game if the player has not met the minimum game credits.
6. If, in the opinion of the Baseball WA Competitions Manager (or other Baseball WA representative), the participation of a player who has not met the minimum game credits brings the game into disrepute, that player is not eligible to participate despite meeting the requirements above.
7. When calculating player eligibility for final round fixtures ALL regular season games in which the player participated in (started or substituted into the line-up) for that club shall be considered.
8. Players are required to participate in a minimum of Position Player/DH must complete 3 outs or 1 plate appearance and Pitchers must complete a batter.

10.4 - GRADING

1. Players are eligible for finals play in the grade where they have played greatest percentage of fixture games for that grade.
2. If a player has an equal percentage in more than one grade, they are eligible to play in the lower of the two grades.
3. Junior Players are not automatically qualified to play in any senior grade final they wish. The player must play in the senior grade that they have played the most number of senior games.
4. State League Reserves – Where a club has both State League & State League Reserves playing in finals, a player who has qualified for State League Reserves finals can start in the State League finals and not impact their State League Reserves finals eligibility.

10.5 - PLAYING UP OR DOWN

1. A player shall not be eligible to play in the finals for a team graded lower than the grade for which the player has qualified.
2. Players may participate in a higher grade under the limitations of these regulations.
3. For the purposes of this regulation, the standard grading hierarchy shall be as noted previously in this document.
4. If a player starts in a higher grade final then that player will not be eligible to play in the lower grade final for the remainder of the finals.
5. A player may come off the bench/bullpen and return to the lower grade that he has qualified for.

Two or more teams from the same club in the same Grade/Division

1. A player may only participate in a playoff game for which team they have played more games for.
2. If there is an equal amount of games played, the club may choose the team in which the player participates with for the duration of finals.
3. The player may only participate with the chosen team during the finals and not with any other team in that division.

10.6 - PREMIERSHIP FORMAT – FINALS

1. The finals including venues, start times and field allocations will be determine by the Baseball WA Competitions Department.
2. Games will be fixtured at a field or facility suitable to the League.
3. After State League Semi-Finals the team who is ranked highest after the regular season will assume home team status for game one & three if required.

Finals including four (4) teams shall be played as follows:

- a. First Semi Final (SF1): the third team shall play the fourth team.
- b. Second Semi Final (SF2): the first team shall play the second team.
- c. Preliminary Final (PF): the winner of (SF1) shall play the loser of (SF2)
- d. Grand Final (GF): the winner of (SF2) shall play the winner of (PF)

Finals including five (5) teams shall be played as follows:

- e. Elimination Final (EF): the fourth team shall play the fifth team.
- f. First Semi Final (SF1): the first team shall play the winner of (EF).
- g. Second Semi Final (SF2): the second team shall play the third team.
- h. Grand Final (GF): the winner of (SF1) shall play the winner of (SF2).

Community League shall be played as follows:

- a. Elimination Final 1 (EF1): the first team shall play the fourth team.
- b. Elimination Final 2 (EF2): the second team shall play the third team.
- c. Divisional Final: The winner of (EF1) shall play the winner of (EF2).
- d. North v South: the Winner of the North Division will play the Winner of the South Division.

10.7 - TIME LIMITS

- | | |
|---|-----------------------------|
| 1. SBL - State League & State League Reserves | - 9 Innings (No time limit) |
| 2. SBL - A Grade and Below | - 2 hours or 9 Innings |
| 3. Community Baseball Leagues | - 2 hours or 7 Innings |
| 4. WA Women's Baseball League | - 2 hours or 7 Innings |
| 5. Winter League | - 1.45 hours or 7 Innings |

10.8 - DRAWN GAMES IN FINALS

1. There shall be no drawn games in the finals.
2. Where both teams have an equal score at the completion of designated innings and/or the time limit has been reached, play shall continue under International Tie Breaker until one team leads after equal innings have been played.

Section 11 - Appendices

COMMUNITY UMPIRES / GREEN SHIRT PROGRAM

The aim of the Community Umpire (Green Shirt) program is to make all beginner/inexperienced officials easily recognizable to all players, coaches and spectators with the objective being that people will identify that these officials are 'learners'.

The program has been successfully implanted in other sports and states. The program found that the abuse received by inexperienced officials was reduced and contributed to a greater retention of officials at grass root levels of all sports.

Community Umpires will be designated by wearing a supplied Green Shirt.

TRAINING & DEVELOPMENT

- Training and Development of Community Umpires will be handled by the WA Baseball Umpires Association.
- Please contact the WA Baseball Umpires Association for further information.

Zero Tolerance

- It is expected that spectators, coaches, club officials and players show support for their team but cannot take any action that directly or indirectly conveys dissent or negative connotation towards any action of a Community Umpire.
- This will include players, coaches, officials, and spectators must not argue, comment, gesticulate, or communicate in any manner that may convey to the umpire negativity in any form.

There is to be no confrontation of a Community Umpire.

- Comments or actions directed at their own team which may be overheard or witnessed by the umpire are considered to be indirect communication. These are not permitted and the club and the perpetrator will be subject to penalty under this regulation.
- The Community Umpire has the authority to immediately cease the game until the club of the offending person(s) take action to remove the offending person(s) from the vicinity of the playing and spectating area.
- A mandatory one (1) game suspension will apply to anyone who breaches the above. A two (2) game suspension will apply to any subsequent breaches.

BASEBALL WA REPORTED PLAYER & TRIBUNAL PROCEDURES

Only League Officials, Umpire Officials or Club President's are permitted to lodge a Report on any player, club or club official who commits or engages in conduct which may result in a Reportable Offence as per the Rules of Baseball, Baseball WA By-Laws, Regulations or Policies.

Reports must be submitted to Baseball WA's Competitions Manager by 12 Noon Monday.

Clubs: Reports submitted by a Club President must include the payment of a \$250 bond that will be refunded if the matter is upheld.

WABUA: Provide Competitions Manager with an assessment of Ejection to determine a suitable Penalty Offer. Refer to the Table of Penalties to determine Offense and Severity in respect of Ejection.

The Competitions Manager

Monday

1. Shall assess the Reports in respect of Table of Penalties to determine suitable Penalty Offer.
2. Provide Reported Person and Reported Person's Club notice of Penalty Offer.
 - a. Downgraded 'Penalty Offers' may be made.
3. Advise Tribunal Chairperson of any potential cases ensuring to flag any direct to judiciary hearing or serious cases.

Tuesday

1. Early Guilty Pleas (Penalty Offer Acceptances) must be received by 5pm.
2. Confirm with Tribunal Chairperson, any cases that are progressing to Judiciary Hearing and include:
 - a. Copy of Report by Reporting Person's
 - b. Copy of Report by Reported Individual
 - c. Any Penalty Offer that was prescribed
 - d. Any relevant Rules, Regulations, By-Laws or Policies.

Wednesday

1. Advise all parties that the tribunal will proceed and include:
 - a. Date and Time of the hearing
 - b. A copy of the Tribunal Procedures
 - c. A copy of all Reports

Thursday

1. Advise of any parties unable to attend and discuss alternative options to provide relevant information required.

Friday

1. Confirm Tribunal Outcome with Reported Person and their Club.
2. Provide a copy of Appeal Procedure and deadline.

BASEBALL WA – CODE OF CONDUCTS

The Code of Conduct is a framework that outlines the standards of behaviours and ethical conduct expected of all club members, providing role-specific principles to guide individual behaviour and decision-making.

It should be a priority of all clubs to ensure that a current Code of Conduct is in use and easily accessible and understood by all members.

Committee Member

- Respect the rights and dignity of every person regardless of gender, race, ethnicity or sexual orientation and ensure that the club promotes a safe and inclusive environment.
- Protect the integrity of sport at all times by ensuring that the behaviour and conduct of every person is consistent with the laws of the game, the principles of fair play and the standards of safe and inclusive sport.
- Protect the safety and wellbeing of members at all times by ensuring that appropriate safeguarding measures and policies are in place, easily accessible and understood by every person, and reviewed regularly.
- Be impartial, consistent and transparent in your conduct and decision-making. Accept responsibility for your actions.
- Make decisions in the best interests of your members and the sport.
- Promote a safe and inclusive environment, in which every person feels welcomed and is protected and free from discrimination, harassment and abuse.
- Ensure that all players, coaches, officials, parents and spectators place wellbeing and enjoyment ahead of performance and outcomes.
- Create pathways that support players, coaches and officials to improve their skill development.
- Provide equal opportunities for all players, coaches and officials to participate, regardless of their gender, ability or cultural background.
- At all times act as a role model for others, displaying high standards of good sporting behavior.
- Never engage in inappropriate conduct including the use of offensive language, drinking or smoking, whilst in an official capacity.
- Ensure that all members are made aware of their rights and responsibilities under the appropriate legislation including: Member Protection Policy, Code of Conduct, Child Safe Policy and Anti-discrimination Policy, and know the process by which to refer a complaint or breach.

Player

- Adhere to the principles of fair play and always play by the rules, respecting the traditions of the game and the spirit of competition.
- Respect the rights and dignity of every person including teammates, opponents, coaches and officials and never engage in behaviour that abuses, provokes or harasses others.
- Respect the decision of coaches and officials and never argue with them.
- Always play to the best of your abilities and participate for enjoyment not results.
- Never engage in inappropriate conduct including the use of offensive language and gestures that are demeaning to others.
- Care for the equipment and facilities made available during training and competition.
- Always consider the safety and wellbeing of other participants before performance and results.
- Adhere to anti-doping policies and never engage in match fixing or betting.
- Never engage in inappropriate conduct including drinking or smoking whilst in the presence of junior participants.

Coach

- Respect the rights and dignity of every person regardless of gender, race, ethnicity or sexual orientation.
- Promote a safe and inclusive environment, in which every person is protected and free from discrimination, harassment and abuse.
- Ensure every person has equal opportunity to participate regardless of age, ability or experience.
- Ensure that all equipment and activities meet safety standards and are appropriate to the age and abilities of every person.
- Promote the principles of fair play and discourage foul play and/or unsportsmanlike behaviour.
- Always consider the safety and wellbeing of participants before performance and results and follow the advice of a physician/medical officer in determining when an injured participant may return to training and competition.
- Maintain respectful and appropriate relationships with every person, especially to participants to which you owe a duty of care.
- Never engage in inappropriate conduct including the use of offensive language, drinking or smoking, whilst in an official capacity.
- Ensure coaching qualifications are up to date and accredited by the appropriate sporting body.
- Follow the guidelines and rules set down by the club and governing body.
- Call out and refer to club authorities all acts of unethical behavior, whether from players, officials, parents or spectators.
- At all times act as a role model for others, displaying high standards of good sporting behavior.

Official

- Respect the rights and dignity of every person regardless of gender, race, ethnicity or sexual orientation.
- Promote a safe and inclusive environment, in which every person is protected and free from discrimination, harassment and abuse.
- Always ensure the safety and wellbeing of players above all else.
- Maintain respectful and appropriate relationships with every person, especially to the players.
- Be impartial, consistent and transparent in your conduct and decision-making. Accept responsibility for your actions.
- Avoid situations that may lead to or call into question conflict of interest.
- Avoid engaging in verbal communication with coaches, club officials, parents and spectators during play except in instances of medical emergencies or to call out acts of unethical behaviour.
- At all times act as a role model for others, displaying high standards of good sporting behavior.
- Never engage in inappropriate conduct including the use of offensive language whilst in an official capacity.
- Adhere to the laws of the game and the principles of fair play, ensuring that the spirit of competition is respected by all players, coaches and officials.

Parents and Spectators

- Never engage in inappropriate conduct including the use of offensive language, drinking or smoking whilst in the presence of junior participants.
- Encourage players to play by the rules and to show respect at all times to coaches, officials and opponents.
- Respect the rights and dignity of every person including players, coaches, officials, parents and spectators; and never engage in behaviour that abuses, demeans, provokes or harasses others.
- Understand that sport is designed to be fun and that participating for enjoyment and wellbeing should always come before performance and results.
- At all times act as a role model for others, displaying high standards of good sporting behavior.

- Call out and refer to club authorities all acts of unethical behavior, whether from players, coaches, officials, parents or spectators.
- Participate in positive cheering that reinforces and encourages participant efforts.

CRT6 – CONCUSSION RECOGNITION TOOL

CRT6™



Concussion Recognition Tool

To Help Identify Concussion in Children, Adolescents and Adults

What is the Concussion Recognition Tool?

A concussion is a brain injury. The Concussion Recognition Tool 6 (CRT6) is to be used by non-medically trained individuals for the identification and immediate management of suspected concussion. It is not designed to diagnose concussion.

Recognise and Remove

Red Flags: CALL AN AMBULANCE

If **ANY** of the following signs are observed or complaints are reported after an impact to the head or body the athlete should be immediately removed from play/game/activity and transported for urgent medical care by a healthcare professional (HCP):

- Neck pain or tenderness
- Seizure, 'fits', or convulsion
- Loss of vision or double vision
- Loss of consciousness
- Increased confusion or deteriorating conscious state (becoming less responsive, drowsy)
- Weakness or numbness/tingling in more than one arm or leg
- Repeated Vomiting
- Severe or increasing headache
- Increasingly restless, agitated or combative
- Visible deformity of the skull

Remember

- In all cases, the basic principles of first aid should be followed: assess danger at the scene, check airway, breathing, circulation; look for reduced awareness of surroundings or slowness or difficulty answering questions.
- Do not attempt to move the athlete (other than required for airway support) unless trained to do so.
- Do not remove helmet (if present) or other equipment.
- Assume a possible spinal cord injury in all cases of head injury.
- Athletes with known physical or developmental disabilities should have a lower threshold for removal from play.

If there are no Red Flags, identification of possible concussion should proceed as follows:

Concussion should be suspected after an impact to the head or body when the athlete seems different than usual. Such changes include the presence of **any one or more** of the following: visible clues of concussion, signs and symptoms (such as headache or unsteadiness), impaired brain function (e.g. confusion), or unusual behaviour.

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1: Visible Clues of Suspected Concussion

Visible clues that suggest concussion include:

- Loss of consciousness or responsiveness
- Lying motionless on the playing surface
- Falling unprotected to the playing surface
- Disorientation or confusion, staring or limited responsiveness, or an inability to respond appropriately to questions
- Dazed, blank, or vacant look
- Seizure, fits, or convulsions
- Slow to get up after a direct or indirect hit to the head
- Unsteady on feet / balance problems or falling over / poor coordination / wobbly
- Facial injury

2: Symptoms of Suspected Concussion

Physical Symptoms
Headache
"Pressure in head"
Balance problems
Nausea or vomiting
Drowsiness
Dizziness
Blurred vision
More sensitive to light
More sensitive to noise
Fatigue or low energy
"Don't feel right"
Neck Pain

Changes in Emotions
More emotional
More Irritable
Sadness
Nervous or anxious

Changes in Thinking
Difficulty concentrating
Difficulty remembering
Feeling slowed down
Feeling like "in a fog"

Remember, symptoms may develop over minutes or hours following a head injury.

3: Awareness

(Modify each question appropriately for each sport and age of athlete)

Failure to answer any of these questions correctly may suggest a concussion:

"Where are we today?"

"What event were you doing?"

"Who scored last in this game?"

"What team did you play last week/game?"

"Did your team win the last game?"

Any athlete with a suspected concussion should be - IMMEDIATELY REMOVED FROM PRACTICE OR PLAY and should NOT RETURN TO ANY ACTIVITY WITH RISK OF HEAD CONTACT, FALL OR COLLISION, including SPORT ACTIVITY until ASSESSED MEDICALLY, even if the symptoms resolve.

Athletes with suspected concussion should **NOT**:

- Be left alone initially (at least for the first 3 hours). Worsening of symptoms should lead to immediate medical attention.
- Be sent home by themselves. They need to be with a responsible adult.
- Drink alcohol, use recreational drugs or drugs not prescribed by their HCP
- Drive a motor vehicle until cleared to do so by a healthcare professional

USING THE NEW SMA EXTREME HEAT POLICY

To predict the heat risk associated with participation in a relevant sporting classification, the temperature and humidity for the location where competition or practice will be taking place needs to be acquired. It is essential that the peak temperature during the time of play is used ***with the accompanying relative humidity at that specific time***. If the peak relative humidity is used for a particular day, which usually occurs when temperature is lowest, heat stress risk will be over-estimated and competition unnecessarily disrupted or cancelled.

To obtain a forecast of temperature and humidity for the upcoming 72 hours:

1. Visit: <http://www.bom.gov.au/places/> and enter your location/post code.
2. Click on: "DETAILED 3-HOURLY FORECAST"
3. Select the specific day/date of enquiry
4. Identify the column with the nearest time to the planned competition/practice
5. Note the "Air Temperature (°C)" value
6. AND IN THE SAME COLUMN, note the concurrent "Relative Humidity (%)" value found towards the bottom of the entry for that date

NOTE: Reported temperatures and humidity values will only be estimates. The most accurate conditions can be measured locally with devices such as the Environmental Measurement Unit (EMU) from The University of Sydney.

The combined Air Temperature (x-axis) and Relative Humidity (y-axis) should then be plotted on the appropriate figure for your specific sport. The point of intersection of these two values will subsequently fall in one of 4 coloured zones indicating a given level of heat stress risk:

GREEN: Low Risk

YELLOW: Moderate Risk

ORANGE: High Risk

RED: Extreme Risk

