

## FOMSA “HOUSE” RULES

- 1) ASA approved single wall aluminum bats only.
- 2) 43 core ball
- 3) No helmets required
- 4) No mercy rule
- 5) Participation league, everyone must play if able
- 6) Bunting and stealing permitted.
- 7) No stealing of home, or advancing on a passed ball
- 8) Runner may not leave before pitch is released
- 9) Play 10, Bat 12 (DH, EH)
- 10) Courtesy runner permitted at any time
- 11) Courtesy runner may not advance via steal, passed ball, or tagging up
- 12) 1 “free” move with every player
- 13) Pitcher may not pitch again if removed from the field
- 14) Sliding into home required if a play is made
- 15) Modified Pitching; traditional bowling motion, wrist no more than 6” from hip; hips square to the plate; arm may not exceed vertical; elbow may not bend; no slingshot;
- 16) All ejections must be reported to the commissioner  
2<sup>nd</sup> ejection, 2 game suspension  
3<sup>rd</sup> ejection out of the league