



*League Handbook*  
*2026*

(Updated: 2026-04-09)

Website: [www.ottawa60plusslo-pitch.ca](http://www.ottawa60plusslo-pitch.ca)

## **2026 Message from the President**

Welcome Everyone!

For returning players, I extend, on behalf of the league executive, best wishes for another fun and exciting spring and summer of senior mixed slo-pitch.

For new players, I welcome you to the friendly community of The Ottawa 60+ Slo-Pitch League. The Ottawa 60+ Slo-Pitch League was established in 1992 by Bern White with the assistance of Paul Allard, George McCloskey, Ab Eckford, and Jim Coke. Our league operated in its first year with modest numbers: 55 players grouped onto four teams.

How we have grown and prospered since those humble beginnings over 30 years ago! We will operate this year with close to 150 full-time players and 12 teams.

What has not changed over the years is our goal: to provide a safe, friendly, respectful, and fun recreational softball experience for active seniors to enjoy non-competitive slo-pitch, keep fit, and stay socially active. We also offer social events such as an opening and a closing breakfast, a bowling event, an Ottawa Titans game, and batting practice; all of which provide players with opportunities to socialize. Feel free to suggest an event or new activity.

Competitive softball skills are not a priority to be able to participate in our league. We welcome players of diverse abilities with the bottom line being good sportsmanship, fair play, and we play for everyone's enjoyment, not to win-win-win. You need only to be able to play safely.

Several local restaurants support the league by sponsoring a team. We recognize their contribution by organizing post-game luncheons at their locations, on dates spread throughout the season. If you have occasion to visit any of our restaurant sponsors on your own, please be sure to express your gratitude for their support of our league.

The league website ([www.ottawa60plusslo-pitch.ca](http://www.ottawa60plusslo-pitch.ca)) is the main source of information about the league. Any updates regarding the status of the upcoming season will be posted here. Please check the 'News' section regularly for updates and items of interest. At the end of each year, we circulate a Players' Survey which allows you to share feedback and any suggestions.

Our league relies heavily on volunteers to step forward and serve as Umpires, Score Keepers, social events coordinators, and Executive members. Please lend a hand where you can since this is your league and your efforts and cooperation will go a long way to making the season an enjoyable and safe one.

Your entire Executive looks forward to seeing all of you around the diamonds.

Paddy Bryden,  
League President  
613 698 6900

## **2026 League Administration**

| <b><u>Executive Committee</u></b> |                    |  |
|-----------------------------------|--------------------|--|
| PRESIDENT                         | Paddy Bryden       | <a href="mailto:paddy23a@gmail.com">paddy23a@gmail.com</a>   |
| VP OPERATIONS                     | Malcolm Bruce      | <a href="mailto:malcolmrbruce@gmail.com">malcolmrbruce@gmail.com</a>                                   |
| VP SOCIAL                         | Christopher Fraser | <a href="mailto:vpsocial.ottawa60plusslopitch@gmail.com">vpsocial.ottawa60plusslopitch@gmail.com</a>   |
| TREASURER                         | Maureen Feagan     | <a href="mailto:treasurer.ottawa60plusslopitch@gmail.com">treasurer.ottawa60plusslopitch@gmail.com</a> |
| SECRETARY                         | John Parry         | <a href="mailto:mail@ottawa60plusslo-pitch.ca">mail@ottawa60plusslo-pitch.ca</a>                       |

The Executive Committee directs and manages all operations, communications and finances of the League which include:

- Formulate, interpret and implement operating guidelines, activities and rules for the betterment of the League.
- Maintain a positive image and relations with players and sponsors.
- Coordinate communications with team Captains and all League players.
- Prepare an annual budget prior to the beginning of each season based on anticipated expenses and projected revenues.
- Decide all matters pertaining to the finances of the League.
- Oversee the annual selection of Team Captains and the establishment of team rosters.
- Review any Code of Conduct violations and initiate any appropriate action.
- Meet regularly and as required during the year.

### **Elections**

Administration of the league is by an Executive Committee, comprised of five members, elected to their positions by the membership each August.

In even numbered years the positions of President, Treasurer and VP-Social are elected to two-year terms. In odd numbered years, the positions of VP-Operations and Secretary are elected to two-year terms. Candidates may run for only one position per election cycle.

Persons dismissed or resigning, other than for health reasons, from their position during their term may not run again for office.

| <b>Ex-Officio Members (volunteers)</b> |                 |  |
|--|-----------------|--|
| Webmaster                              | Ron Fedoruk     | <a href="mailto:rfedoruk@mail.ubc.ca">rfedoruk@mail.ubc.ca</a>             |
| League Photographer                    | John Flanders   | <a href="mailto:flandersjohn76@gmail.com">flandersjohn76@gmail.com</a>     |
| Umpire Coordinator                     | Louise Perrault | <a href="mailto:louise.perrault@icloud.com">louise.perrault@icloud.com</a> |

## **History of the League**

The Ottawa 60+ Slo-Pitch League is a volunteer based, non-profit co-ed recreational league. Games are played on Tuesday mornings. The league, established in 1992, provides an opportunity for individuals of at least 60 years of age to participate in slo-pitch softball. An annual opinion survey ensures that member suggestions are continually available for consideration by the Executive Committee.

In 1992 the league was composed of 4 teams and 55 players, playing at Carlington Park. By 1994, there were 8 teams involving 110 members. In 1996, the league relocated to the RA Centre, where it continues to hold its games. In 2013 the league expanded to 10 teams.

As the league evolved, an elected executive was established, a rules committee was formed, and umpires and scorekeepers became mandatory. Opening and closing breakfasts were held and weekly batting practices started. An annual exchange visit was established and ran for many years between the league's *Selects* team and a slo-pitch team from Rochester, New York.

The league was founded by Bern White who served as the first president of the league.

| <b>League Presidents</b> |                          |
|--------------------------|--------------------------|
| 2026 -                   | Paddy Bryden             |
| 2025                     | Peter Atkinson (interim) |
| 2021 – 2024              | Robin Boyd               |
| 2016 – 2020              | Steve Kelly              |
| 2015                     | Dick Dinelle (interim)   |
| 2015                     | Bruce Mallett            |
| 2011 – 2014              | Dick Dinelle             |
| 2008 – 2010              | Peter Schryburt          |
| 2006 – 2008              | Merv Montroy             |
| 2005                     | Stu Gibbons              |
| 2002 – 2004              | Bud Garrod               |
| 2000 – 2001              | Bob Cardiff              |
| 1996 – 1999              | Norm Sliter              |
| 1992 – 1996              | Bern White               |

## **Player Code of Conduct**

1. Support the league's principle of sportsmanship described below.
2. Commit to participate in as many of the league's social activities as possible.
3. Inform your captain as far in advance as possible of any absence so a spare player can be assigned.
4. Wear the sponsor jersey provided by league during games.
5. Provide your own softball glove, athletic shoes (no metal cleats), and any "protective" equipment (e.g. helmet, mask etc.) you deem necessary. Bats are provided but a player may use a personal bat provided it is an approved softball bat in compliance with Slow-Pitch Ontario (SPO) regulations and is not damaged or dented in any manner.
6. Accept the decisions of the team captain on all matters relating to team play including assignments of playing position, batting order and the equitable sitting-out of innings.
7. Assist the team captain before, during and/or after games if asked.
8. Recognize and appreciate good performances and effort by your teammates, opponents, umpires and scorekeepers.
9. Refrain from any form of personal abuse towards teammates, opponents, or officials. Refrain from the use of any form of profane, vulgar, obscene, abusive, intimidating language or gestures to opponents, teammates, umpires or scorekeepers.
10. Refrain from unsportsmanlike conduct such as throwing bats, gloves, or any other piece of equipment. Players displaying any form of objectionable or unsportsmanlike conduct may be removed from the game and may be subject to other disciplinary sanction by the league Executive Committee including suspension or permanent expulsion from the League.
11. Expect and demand proper behaviour from your teammates. If you allow a teammate to cheat, play dangerously, intimidate or threaten, argue or shout at officials, teammates or other players, you are condoning that behaviour.
12. Recognize the important contribution of our volunteer umpires, score keepers, and team captains and accept their game decisions in a respectful manner.
13. Immediately report any injury no matter how minor it seems at the time to your team captain who in turn will report it, within 24 hours, to the President.
14. Commit to participate in two-thirds of regular season and playoff games. If unable to make this commitment the player will be assigned to the *Spare List*. Failure to honour this participation commitment may result in the player being ineligible to play the following season.

## **Sportsmanship**

The guiding principle of good sportsmanship in our recreational league is enjoying yourself and encouraging the enjoyment for others. It means taking responsibility for your actions, having an understanding and appreciation of the rules, recognizing and appreciating good performances, exhibiting respect for officials, and expecting proper behaviour from teammates. It also means respecting the rights, dignity and worth of all athletes, coaches, other volunteers, the media, friends and spectators regardless of sex, ethnic origin, religion or ability.

Only team captains may discuss score discrepancies, rule interpretations or other field issues with the Umpire.

## General League Rules

### Playing Field

The playing field is the same as in regular softball, except that:

1. First base is a double base (14"X30") with one half white, in fair territory, and the other half orange, in foul territory. A batted ball, hitting or crossing only the orange portion is a foul ball.
2. A COMMITMENT LINE – is drawn 6 feet into foul territory, perpendicular to the third base line, and 20 feet from home plate.
3. A SAFE LINE – is drawn from the leading edge of home plate, 6 feet into foul territory and perpendicular to the third base line.

### Equipment

1. To avoid injury, shoes with metal cleats must not be worn.
2. Catcher masks can be loaned from the League upon request, and the League strongly recommends that they be worn by catchers.
3. The use of pitcher masks is optional. Pitchers are encouraged to use masks to minimize the potential of further injury.
4. Gloves are the responsibility of the player and must be worn by all players in the field, including pitchers.
5. Batting helmets, though not provided, are highly recommended but not mandatory.
6. Only regulation bats are allowed in our League. Authorized bats have the USSSA compliance mark located on the bat. Players with their own regulation bats may choose to share their bats but are not required to do so. The League can loan a bat upon request.



**NEW 2021**

### Pitching Screens

1. The pitching screen will directly face home plate placed up to two bat lengths in front of the pitching rubber. Each pitcher may move the screen to help them protect themselves with ease.
2. The pitching screen may be positioned anywhere from the outer left side of the pitching rubber for a right-handed pitcher to the outer right side of the pitching rubber for a left-handed pitcher.
3. The pitcher must step behind the screen after delivery of the ball. Any pitch delivered while a pitcher is not behind the screen is considered one of the four eligible pitches to

the batter, and if the ball is struck by the batter, it will be declared a dead ball. If the violation occurs on the 4<sup>th</sup> pitch, the batter is out.

4. If the struck ball hits the pitcher who is not behind the pitching screen, the batter is out.
5. A batted ball striking any portion of the pitching screen as observed by the umpire is a dead ball and will not count as one of the batter's four allowable pitches.
6. Once the pitching screen is in position, it becomes part of the field. Any ball thrown by an infielder or outfielder that hits the pitching screen remains a 'live ball'.
7. If the pitcher is hit by a struck ball while the pitcher is behind the screen, the ball will be considered a dead ball.
8. The pitching screen may not be tipped over or thrown aside to accommodate a throw from the field.

### **Game**

1. A game is normally 7 innings. No inning will begin after 75 minutes from the **scheduled** start of play. If an inning starts after 65 minutes from the **scheduled** start of play, it should be declared the last inning with unlimited runs. If the score is tied at the end of 7 innings, the game is over and is recorded as a tie.
  - a. If a championship game is tied after 7 innings, additional innings are played as required to produce a winner. For all championship games, captains shall prepare a batting order and sit-out list for 9 innings.
2. If during a game, batting orders must be changed, the umpires, captains and scorekeepers must be notified at the time of the change.
3. Umpires may suspend play for up to 20 minutes because of rain or other conditions that make play dangerous. If an electrical or thunderstorm appears imminent, play shall stop IMMEDIATELY and players shall leave the playing area AT ONCE.
4. If play cannot resume following a "rain delay," 4 complete innings will constitute a complete game, subject to these criteria:
  - a. For an inning to be complete, the home team must have finished their turn at bat or scored five runs.
  - b. If one game has completed at least 4 innings all other games will be deemed complete. The scores recorded for these other games will be the score as it stood at the end of the last complete inning.
  - c. IF NO GAME HAS COMPLETED 4 INNINGS when play is stopped, ALL GAMES are considered as CANCELLED for that day and will be RESCHEDULED.
  - d. In the event that the above criteria do not cover a given situation, the Chief Umpire and the President shall jointly determine whether games on all diamonds are suspended or cancelled.
5. Players are not allowed to have warm-up throws after the completion of the first inning.
6. In order to facilitate the completion of the games within the 75 minutes, a runner on base must be replaced one batter before they are due to bat or pitch. The pitcher must leave one batter prior to their turn at bat (i.e. be in the on-deck position).

## **Scoring**

1. For all innings except the last, no more than 5 runs may be scored in one half-inning by the team at bat. In the last inning of play there is no limit to the number of runs that may be scored by either team.
2. In the last inning of play if the home team scores the go ahead run the game is deemed complete. The score for the home team includes all runs scored on the final play.
3. Run differential recorded for playoff games is capped at plus or minus seven.
4. For playoff games the home team, even if ahead in the final inning, will continue to bat if their winning margin is less than seven runs or until three outs are recorded.
5. The criteria used to break ties in league standings are:
  1. Best total run differential.
  2. Fewest losses.
  3. Fewest runs against.
  4. Most wins.
  5. Head-to-head record (wins and losses) where only 2 teams are tied.
  6. Coin toss.

## **Players**

1. All players must be at least 60 years of age by the end of the calendar year. Exceptions may be made at the discretion of the Executive Committee.
2. All players including spares and replacements must complete and sign the player waiver form prior to participating for each year played.
3. For 2026, a team can field up to a maximum of 11 defensive players which is not dependent on the number of defensive players on the opposing team. The maximum number of infielders is 6 including the catcher and an infield rover. All infielders including the infield rover must start play inside the infield line. All outfielders and outfield rovers must start play behind the infield line and cannot throw a runner out at first base. Infield Rover, if used, must remain in the infield for the full inning.
4. All players present shall be included in the batting order and bat in turn throughout the game. A player must play a defensive position in order to be included in the batting order. Note that the pitcher is not a defensive position.
5. Players arriving after a game has started will be placed last in the batting order. Players leaving before a game has ended will be considered as an automatic out when his/her turn is at bat unless the player is injured or during times of extreme heat.
6. A minimum of 7 players is required to start a game. A team with fewer than 7 players will lose the game by default.
7. When a team has only 7 players their opponent may supply a player if they have sufficient players and agree to release one.
8. Teams must have at least one player of each sex on the field at all times and at least one player of each sex in the batting lineup. A team without at least one player of each sex

- must play one player short but still with the minimum 7 players and an automatic out will be imposed in each inning that the player of the non-represented sex would have batted.
9. Captains shall ensure that all team members available to play have equal playing time in the field. **No player shall sit out twice before all other players have sat out once.**
  10. Each team shall be permitted to use unlimited courtesy runners in a game with the following conditions:
    - a. Courtesy Runners are only available for those who have indicated a need for a courtesy runner in their registration or have incurred a subsequent injury that affects their running ability.
    - b. The courtesy runner can only replace a player who has reached base. A courtesy runner may not start from home plate.
    - c. Substitutions must be done on a voluntary basis by the player/runner. Team captains cannot force and should not encourage a player to accept a courtesy runner.
    - d. Umpires must approve all substitutions and scorekeepers be advised of courtesy runners by the captains.
    - e. Courtesy runners can be any player on the team, but any player can only be used as a courtesy runner **once per inning.**
    - f. A courtesy runner may not come off base to pitch or hit. Penalty is auto-out, and the next batter in the lineup comes to bat.
    - g. If a player to pitch is taken off the bases during an inning for a courtesy runner the player must wait for the next batter to reach base or be put out before being allowed to enter the game as a pitcher.
  11. A spare player list will be maintained by the VP-Operations Executive Committee member. Captains are permitted to use spare players when players are missing from their roster, subject to the following criteria:
    - a. Requests for spare players must be made to VP-Operations, or his/her designate.
    - b. A team will be permitted spares to bring their team to 10, with a limit of 2 spares per game. The VP-Operations or Delegate will attempt to provide spare(s) matching the average ability of the missing player(s)
    - c. For a player absence of 3 weeks or more a replacement will be chosen from the spare list to best match the ability of the absent player and the spare will be assigned for the duration of the absence.
    - d. Spares will be assigned once a team has 9 or fewer players available. Exception: To provide additional opportunity for female players, if a team will have fewer than the minimum number of female players assigned to the team, the captain shall notify Operations who will assign a female spare. If a female spare is not available, the team may ask another female player from a different team that is not playing subject to the mutual agreement of both captains.
    - e. A maximum of two spares can be used per team, per game.
    - f. Spares will be placed at the bottom of the batting order.
    - g. Spares will not be assigned during the playoffs unless approved by the Executive Committee in the event of unforeseen or unusual circumstances.

## **Team Captains**

Team Captains are volunteer active players and who shall:

- Communicate to their team members and enforce the League's Code of Conduct, the Game Rules and RA permit conditions as required.
- Prepare rosters for each game including position rotations and batting order.
- Assume responsibility for League equipment assigned to the teams such as bats and balls.
- Assess players and provide player ratings at the end of the season to assist in the preparation of balanced teams in the following year.
- Assist in the player team assignment process.
- New Captains must be approved by a majority of all existing Captains.
- Have emergency contact information for all their team's players at each game and use it as required.
- Bring the emergency kit to each game.

## **Playing Rules**

### **Pitching**

1. The team at bat provides its own pitcher.
2. Pitcher masks are optional but recommended.
3. Pitchers shall be replaced when they become the on-deck batter.
4. A team may use any number of pitchers during a game.
5. Deprecated (see batting rule 1.)
6. A batted ball striking any portion of the pitching screen as observed by the umpire will be declared a dead ball and will not count as one of the batter's four allowable pitches.
7. Following a play on a hit ball or on a baserunner, the ball shall be returned to the pitcher by any fielder located in the infield at which point the play is deemed to be dead and runners may not advance further. Should the ball be returned by any fielder located in the outfield the pitcher is not obligated to catch the ball or make an effort to catch the ball. In this case the ball is still in play and runners may advance until the ball is returned to the pitcher by any fielder located in the infield.

### **Batting**

1. Batters will receive a maximum of 4 pitches regardless of the number of balls, strikes or foul balls.
2. A batter is called out on any caught foul ball or foul tip.
3. A batter may not bunt. **Penalty:** Batter is out.
4. After receiving the first pitch a batter may not change to hit from the other side of the plate.
5. A ball that is batted and hits home plate, the ball is considered to be fair if it remains in the field of play.

6. A player may hit no more than one home run over the fence per game. If a player hits another home run over the fence in the game the hit will be ruled a SINGLE. Any baserunners already on base at the time of the subsequent home run over the fence will move to the next base only if forced to advance by the single awarded to the batter.
7. Captains shall ensure that both the batter and the on-deck hitter are in position at all times.

### **Base Running**

1. Baserunners from home going to first base must run to the orange portion of the base. First base defenders must use the white portion. Once the runner has reached first base safely only the white portion shall be used.
2. Except as in Rule 4, a baserunner from home who touches the white portion of the first base is out. If a ball is to the outfield and there is no possibility of play at first base a baserunner may touch the white portion of the base on the way to second base.
3. Except as in Rule 4, a baserunner from home is safe if a defensive player touches only the orange section of the first base.
4. NEW 2026: To avoid collision, on a force-out attempt from the foul side of first base, both baserunner and the fielder may use either the orange or white portion.
5. Baserunners must not slide into any base.  
Penalty: Baserunner is out.
6. A baserunner may not leave a base before a pitched ball is hit.  
Penalty: Baserunner is out, even on a swing and miss by the batter
7. Base stealing is not allowed.  
Penalty: Baserunner is out.
8. Baserunners heading towards second or third base must run to the base, not past or beside it as overruns are only permitted at first base.
9. Baserunners may be tagged between bases.
10. There is no tagging at home or once a baserunner passes the commitment line.
11. A baserunner going from third base to home may not touch the plate but must instead cross the *safe line*. For a run to score the baserunner must have one foot clearly on the ground across or on the safe line before any defender in possession of the ball touches home plate. A baserunner from third base touching home plate will be called out.
12. A run counts if a baserunner crosses the plate's *safe line* before another runner, who is not forced to run, is put out for the third out.
13. A baserunner may not re-cross the commitment line and return to third base unless it is to tag up after a caught fly ball. Penalty: Runner is out.
14. Baserunners may advance at their own risk when an over-thrown ball remains in bounds. An overthrow into a dugout or out of bounds advances all baserunners to the base they were heading towards without risk of being put out. Baserunners are then awarded one extra base.

15. After a fly ball is caught a baserunner may “tag up” and attempt to advance to the next base.
16. A ball hit fair but coming to rest outside a line drawn between the dugout and the corner of the outfield fence will be declared a ground-rule double and all baserunners will advance two bases.
17. The fielder, playing a ground ball, has the priority direct path to the ball and it is the runner's responsibility to avoid contact. Penalty: If the umpire decides that the baserunner does interfere with the fielder, that runner will be deemed to be out.

### **Fielders**

1. Until a batter hits the ball infielders must remain on the outfield side of an imaginary line running between the bases.  
Penalty: Batter is awarded first base and all runners forced to move are awarded one base.
2. The “*infield fly rule*” does not apply.
3. No defending fielder may interfere with a Baserunner’s attempt to advance to the next base unless the above Base Running Rule 17 applies.  
Penalty: *Obstruction* shall be called and the umpire will award the runner with the placement the umpire felt the runner would have made had there been no obstruction.
4. Outfielders, including outfield rovers, may not throw the ball to first base to retire a batter. Outfielders may throw to first base to retire a runner who did not tag up on a caught fly ball.

### **Umpires**

1. Umpires will consist of volunteer players from non-playing teams. The volunteer umpires should be from teams who play either after or before their own scheduled games.
2. If a volunteer umpire is not available, the team at bat will designate a player from that team to umpire.
3. Umpires shall determine fair and foul balls, count pitches, determine when batters and baserunners are safe or out, and apply all rules described herein.
4. During the game only captains or their alternate may discuss rules or rule interpretation with the umpire. Any player, including the captain, who persists in arguing with the umpire or who brings out a copy of the rules without being requested to do so by the umpire may be ejected from the game.
5. The use of foul language by players will not be tolerated. A player guilty of such behaviour will receive one warning. A second occurrence by the same player results in that player being ejected from the game.
6. Following the ejection of a player from a game by an umpire the umpire(s) and both team captains will file a written report with the President. The President, in consultation with other members of the Executive Committee, may assess additional disciplinary

measures that they deem appropriate up to and including suspending the player from further league play.

7. Only umpires may call “*time out*.”
8. An umpire shall not call *time out* until a play on a batted ball is completed. Exception: If an umpire determines that a player has been injured a *time out* will be called immediately.
9. Captains may request a *time out* from an umpire to make changes (e.g. changing pitchers, shifting outfielders, etc.).
10. Base coaches may request a *time out* from an umpire to speak to baserunners.

### **Base Coaches**

1. Captain of the batting team should assign base coaches to assist players in running the bases.
2. Coaches must remain in their coaching boxes and not interfere physically with play.
3. Third base coaches should remind runners not to touch home plate but instead to run across the *safe line* beside the plate.
4. The game should not be delayed if base coaches are not in position.

*If the Rule is not covered in our Handbook/Rules, then the Slo-Pitch Ontario Handbook and Rulebook will apply. If still not covered then the current SPN Rule Book will apply.*

## **Trophies**

### **Churchill Seniors Club Trophy – Regular Season Winners**

### **Bern White Trophy – Regular Season Runner-up**

### **Lorenzo’s Trophy – Play-off Champions**

### **K.S. Restaurant Trophy – Playoff Finalists**

### **Clark Equipment Trophy – Playoff Consolation Winners**

### **Bernard White Founder’s Trophy – Member Recognition Award**

The Bernard White Founder's Trophy will be awarded to any active or retired member of the league who has extensively contributed his or her time and effort to the ongoing success of the Ottawa 60+ Slo-Pitch League.

Any member can nominate a candidate for the award. Nominations should include a short biography along with the contributions of the candidate.

Only candidates who receive unanimous approval from the Executive Committee will be awarded this honour.

### **Frank Licari Trophy – Sportsmanship Award**

The Frank Licari Trophy is currently awarded to a player of the league who best displays the principles of good sportsmanship over the course of the season. Prior to 2020 the trophy was awarded to the player who hit the most home runs over the out-field fence. Any member can nominate a candidate for the award. Nominations should describe instances of good sportsmanship displayed by the candidate.

Team captains review all nominations and select a candidate to receive the award.