

## Summer Cabbageball Rules

- There are 10 people on the field, 5 guys and 5 girls. (you may contend with less, but guys may not exceed the number of girls.)
- The team must play the field guy, girl, guy, girl. example: if there is a guy on first a girl must play second. If a guy pitches a girl must catch. Outfield is set as guy, girl, guy, girl.
- When batting must bat guy, girl, guy, girl...
- Men bat opposite handed. Ladies bat how they wish.
- There is NO LEADING or sliding. If there is a runner on base and they get off the bag before the ball is hit, THEY ARE OUT! Even if a batter swings and misses and you get off the bag you are out.
- If a guy batter walks, the girl batting behind him has the option to walk and the guy gets second base. If the girl chooses not to walk, the guy just gets first.
- NO BUNTING or half swings, or you are automatically out.
- The pitch must be pitched with an ARCH and served from the pitchers box with a one step motion.
- When the ball is hit, if it lands fair and goes foul before it reaches first or third base it's a foul ball. If it is touched by a defender before it goes foul it's a live ball. If a batter is struck by his/her own hit and they are outside of the batter's box then the batter is out.

If you have a bat and want to bring it, feel free.

If anyone has any questions don't hesitate to email Jacob Matherne @

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