



CAROLINA MENS BASEBALL LEAGUE, INC

RULES

April, 2008

Preamble

The Carolina Mens Baseball League, Inc. (CMBL) is a recreational, wood bat, adult baseball league. Safety of participants, good sportsmanship and friendly competition shall be guiding principles of the League. Players and managers should recognize that fair and safe competition is more important than winning at any cost.

The CMBL adopts the following rules governing the playing of baseball games in the League. Games shall be played in accordance with these rules and the rules of Major League Baseball. In the event of a conflict or discrepancy between these rules and MLB rules, these rules shall control.

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I. League and Governance

A. The League. The CMBL is a North Carolina corporation dedicated to providing adults with the opportunity to play recreational baseball and to supporting various charitable and community activities. The official website of the League shall be www.carolinamensbaseball.com.

B. Governance

1. Executive Board – The CMBL shall be governed by an Executive Board composed of the Frank Amoroso, President, and Joe Seme, Vice President, of the Carolina Mens Baseball League, Inc. and the Commissioner who shall be appointed by the President and Vice President.

2. The Commissioner. The Commissioner shall be the chief executive officer of the CMBL and shall have such authority as delegated by the Executive Board and as set forth in these Rules.

3. Committees – From time to time, the Executive Board may delegate League functions to Standing or Special committees established for particular purposes. Members of the Committees shall be appointed by the Commissioner for terms and conditions as he determines in his sole discretion. The members of the Committees shall be drawn from the registered players of the CMBL who are in good standing, or others with the approval of the Executive Board. The Committees shall report directly to the Commissioner who shall be an *ex officio* member of all committees. There shall be the following Standing Committees:

- a) Rules and Competition
- b) Fields and Grounds

II. Players, Divisions and Rosters.

A. Eligibility.

1. Prior to participating in any League game, all players must have submitted signed, completed applications and paid all League fees. Any player or manager involved in the violation of this Rule shall be suspended from League play by the Commissioner for the number of games he deems appropriate under the circumstances.

2. Age Regulations.

a. The CMBL shall be open to all adults over the age of twenty eight (28). A player's age eligibility to participate in official League games shall be based on the player's age during the then-current calendar year.

b. Any prospective player or player may request the Executive Board to waive an age restriction for the purpose of playing in a Division for which he would not otherwise be eligible. The Executive Board shall grant, deny or condition approval of such a request in the interest of competitive fairness and player safety. The Executive Board shall have the right to reconsider, revoke or re-evaluate any waiver given under this section at any time in its sole discretion.

3. Failure to abide by age regulations. An opposing manager may at anytime challenge a player's eligibility by notifying a member of the Executive Board of the player whose eligibility he questions. The Commissioner will then notify the manager of the team whose player's eligibility has been questioned. The manager shall respond within one week or before the next game if practicable to the Commissioner by presenting proof of eligibility by a government-issued photo ID if the issue is age related. The Executive Board will decide the question and notify both managers. If an ineligible player is detected, penalties whether to the individual or team will be decided by the Executive Board.

4. Eligibility of Former Professional Athletes. Any person who has received compensation for competing in athletics on a professional basis shall be eligible to play in the CMBL, **provided that**, he has not competed professionally for at least three (3) calendar years before the CMBL season in which he wishes to participate and he meets all the other eligibility criteria

B. Divisions. There shall be two divisions of the CMBL: 1) Red for 28+ years of age; and, 2) Blue for 48+ years of age, plus players assigned by the Executive Board with the player's consent.

C. Team Rosters.

1. Final team rosters shall be determined at least one week prior to Opening Day and must have no less than 12 players. The Commissioner and committee of managers shall form teams as soon as practicable before Opening Day. This process may be conducted by draft or other method designed to maximize equitable competition in the League or Division. New players entering the League after teams have been formed shall be assigned to teams by the Commissioner guided by principles of equitable competition, the number of players per team and other factors. The Commissioner's determination shall be

final. Team rosters as maintained on the League website shall be the official roster and controlling in any dispute involving eligibility.

2. No player may switch teams without the consent of both managers and the Executive Board. If this does not meet with approval, the player must remain with his original team or sit out one CMBL season from competition, from the last date of his playing, or re-enter the League's next season, making himself available to any team for selection.

3. In the event a player wishes to leave his existing team and form a new team, he may do so in the next CMBL season. No other player can be taken from an existing team without the consent of the existing team's manager and the Executive Board. No other players may be taken from any other team without the approval of the respective team managers and the Executive Board.

4. New Players: The league shall control the assignment to teams of all new players who have contacted the league in response to advertising or who have been referred to the league by any means. A player who has not played in any league game in either the current or previous year shall be regarded as a new player. A new player acquired by a team through that team's own recruiting efforts shall be subject to the assignment by the league with the governing principle being equitable balance among the teams.

5. Any roster change must be approved by the Executive Board before it can be effective. A full or partial refund of fees paid may be authorized by the Executive Board.

III. Code of Conduct

A. Guiding Principle – All participants in League games shall conduct themselves in a good sportsmanlike manner exhibiting respect and consideration for others and avoiding demeaning, showboating or abusive language or behavior at all times.

B. General Rules

1 Governmental Rules. The rules and regulations of New Hanover County or the City of Wilmington or such other municipality that shall provide facilities for League activities shall apply to all venues utilized by the CMBL and in the event of conflict or discrepancy with these Rules, Governmental Rules shall be controlling and shall for purposes of this Article be considered League Rules.

2. Unsportsmanlike conduct is prohibited.

3. There will be no beer or alcoholic beverages permitted at the field before, during or after the game. The field refers to the general playing area and ancillary areas, such as parking lots or restrooms.

4. The League has the right to suspend or expel any team member who abuses league rules or who does not exhibit good sportsmanship or who acts without regard to the safety of the umpires or other players.

5. A game umpire has sole discretion to eject any player or manager from the game. An ejected player must leave the field of play immediately and leave the playing site after gathering his personal belongings.

6. Fighting among players or aggressive physical contact with an umpire will not be tolerated and subject the offending player(s) to ejection from the game. Players ejected from the game for either violation will be subject to suspension or expulsion from the league by the Commissioner.

7. Using abusive, cursing or intimidating language or gestures will not be tolerated and may subject the offending player(s) to ejection from the game. Players ejected from the game for violation of this rule will be subject to suspension or expulsion from the league by the Commissioner.

C. Prohibitions. The following shall constitute an illustrative, but not exclusive, list of conduct that constitutes Unsportsmanlike Conduct. Players may not:

1. **Lay a hand upon, shove or strike, or threaten an official.** Players and managers guilty of such conduct shall be immediately suspended from further participation in the game and shall remain suspended until his conduct is reviewed by the Executive Board . Players and managers guilty of such conduct shall be subject to suspension for the remainder of the season or expulsion from the League for life.
2. **Refuse to abide by an official's decision.** Players guilty of such conduct shall be immediately suspended from further participation in the game and shall remain suspended until his conduct is reviewed by the board of directors. Players guilty of such conduct shall be subject to probation or suspension for the remainder of the season.
3. **Be guilty of objectionable demonstrations of dissent at an official's decision.** Players and managers guilty of such conduct shall be subject to suspension from further participation in the game.
4. **Discuss with an official or officials the decision reached by such official or officials, except for the manager or his designee who are authorized to participate in such discussions.** Players guilty of such conduct shall be subject to suspension from further participation in the game.

5. **Use unnecessarily rough tactics in the play of the game** against the body or person of an opposing player. Players guilty of such conduct shall be immediately suspended from further participation in the game and shall be subject to probation or suspension for the remainder of the season.
6. **Be guilty of physical attack as an aggressor upon any player, manager, official, or spectator, before, during, or after a game.** Players guilty of such conduct shall be immediately suspended from further participation in the game and shall remain suspended until their conduct is reviewed by the board of directors. Players guilty of such conduct shall be subject to suspension for the remainder of the season or expulsion from the league for life.
7. **Be guilty of verbal abusive attack upon any player, manager, official, or spectator, before, during, or after a game.** Players guilty of such conduct shall be immediately suspended from further participation in the game and shall remain suspended until their conduct is reviewed by the Commissioner or the Conduct & Discipline Committee. Players guilty of such conduct shall be subject to suspension for the remainder of the season.
8. **Consume alcoholic beverages or illegal drugs during the game or be upon the field of play at any time in an intoxicated condition.** Players guilty of such conduct shall be immediately suspended from further participation in the game and shall be subject to probation or suspension for the remainder of the season.
9. **Smoke on the field of play or in the dugout.** Players guilty of such conduct shall be immediately suspended from further participation in the game. Use of smokeless tobacco by players on the field or in the dugout is likewise prohibited.
10. **Throw equipment**, such as bats, helmets or gloves, in anger or frustration and doing so may subject the player to ejection from the game.

D. Penalties for Unsportsmanlike Conduct or Other Conduct Detrimental to the League

1. Except as otherwise provided, the Executive Board shall determine the appropriate action to be imposed for violations of the Code of Conduct, and shall report its decision to the player, manager and post it on the League website as circumstances may warrant.
2. The Executive Board may suspend any player or manager for such a period and upon such terms as it may propose, for the conduct which in its opinion is prejudicial to the welfare, interest or reputation of the League.

E. Protests, grievances and appeals

1. Judgment calls by umpires shall not be the subject of a game protest. Only disputes over misapplication of rules may be protested. A manager wishing to protest a decision claimed to be based on an erroneous application of a rule MUST do so immediately, before play proceeds, by approaching the umpire for clarification of a ruling and if the manager believes that a rule has been mis-applied, announcing to the home plate umpire that the game is being played under protest. To complete a protest, the manager MUST submit a brief written account detailing the game situation relevant to the protest and the manner in which the relevant rule was mis-applied to the Commissioner within 24 hours after conclusion of the game for which the protest is made. All protests must be accompanied by the payment of \$50 that will be returned or forfeited depending on the success of the protest. The Executive Board shall decide all protests.
2. Grievances unrelated to League games may be filed by an individual player or by the manager of a team provided that a grievance is formally submitted to the Commissioner. The Commissioner shall adjudicate all such grievances and shall report any action taken to the Executive Board.
3. An appeal of any action or ruling on a protest or grievance may be filed with the Executive Board by an individual player or by the manager of a team provided that the appeal is formally submitted in writing. However, all decisions by the Executive Board are final.

IV. Uniforms, Helmets and Equipment

A. Uniforms. Players, managers and coaches on all teams must wear full baseball uniforms consisting of baseball caps, numbered baseball shirts, baseball pants, belt, color coordinated socks - each player's uniform must be of similar design to his teammates uniforms while participating in League games. Teams having sponsorship will be allowed to put the Sponsor's name on their uniforms via patch or name on uniform shirt.

1. Uniforms must be buttoned up and tucked in.
2. Players with incomplete uniforms may be allowed to play with the opposing manager's consent.
3. All teams should have their uniforms by their first game or as soon thereafter as practicable.

B. Helmets. All batters and runners must wear NOCSAE-approved helmets with at least one ear flap facing the pitcher. Full double-ear flap helmets are encouraged for at bats and are encouraged for the bases. Use of cracked helmets is prohibited. Catchers must wear a skull cap or helmet and protective cup while catching. Base coaches are encouraged to wear helmets while coaching.

C. Baseballs

1. The baseball used by the CBML shall be an NCHS-approved or higher quality baseball.

2. At the beginning of the season or periodically, the CBML will provide each team with 3 baseballs per scheduled game to be used during official games. In the event that a team exhausts its supply of baseballs, the team shall be responsible for getting a sufficient number of baseballs of collegiate quality or better to complete its games.

D. Bats. Only wood or wood composite bats are permitted for use in League games. No hybrid, wood/metal bats, or bats not permitted in Professional baseball are permitted. The home plate umpire or crew chief as the case may be shall be the final arbiter of the legality of a bat. In the event that the legality of a bat is questioned during a game and it is determined that an illegal bat has been or is being used, the offending batter will be declared an out and the runner(s) and score will revert to the pre-challenge situation. The player who attempted to use an unauthorized bat may be subject to suspension by the Commissioner as appropriate, depending on the circumstances.

E. Spikes. Players are permitted, but not required, to wear metal or plastic spikes.

V. GENERAL LEAGUE RULES

A. Subject to determination by the Executive Board, two forfeits by any team could mean expulsion from the League with no money refunded to the team or players on the team.

B. In order for a player to qualify and participate in his team's playoffs, he must participate in at least 50% of his team's regular season games. In order for a player to qualify as a pitcher he must make two plate appearances in one half of his team's regular season games played or pitch in 25% of this team's regular season total innings or pitch in 75% of his team's games. If such a player fails to meet the requirements due to injury, a letter should be submitted to the Commissioner seeking a variance from these requirements.

The burden of demonstrating player eligibility under this section is on the team manager who must do so with contemporaneously-recorded scorebook entries for regular season games. The absence of such scorebook entries shall

constitute presumptive evidence of the lack of sufficient participation for that player to be eligible for playoffs

C. Season. The Season shall consist of the number of games determined to be appropriate by the Executive Board and scheduled by the League as posted on the League website.

D. Playoffs. The structure of, and schedule for any playoffs shall be determined by the Executive Board at least one month prior to the scheduled end of the season. Final league standings will be determined by won/lost percentage. Ties as to winning percentage will be decided by the results of team head-to-head competition first. If head to head competition is not determinative, then least runs allowed in head-to-head competition between or among the tied teams shall be the tie breaker. Any further tie shall be resolved by a coin toss conducted by a member of the Executive Board.

VI. GAMES

A. Length of League Games:

1. All games in the Red Division shall be 9 innings or 3 hours whichever comes first. No new inning may begin 2 hours and 50 minutes after starting time. If a game is tied after 9 innings or 3 hours, the game will be decided by a shoot-out.

2. All games in the Blue Division shall be 9 innings or 3 hours whichever comes first. No new inning may begin after 2 hours and 50 minutes after starting time. If a game is tied after 9 innings or 3 hours, the game will be decided by a shoot-out.

The length of games in the Blue Division may be reviewed by the Executive Board periodically and shall be subject to uniform adjustment as the Executive Board deems appropriate in the best interests of the League.

3. Shoot-out. A Shoot-out is the equivalent of extra innings with the following modifications to ordinary play. For each inning of the shoot-out, the each team shall send the last eligible batted out from the previous complete inning to second base. The offensive team will continue its lineup from the end of the last completed inning and each batter will start his at bat with a count of two balls and one strike. Play will proceed as a Shoot-out for both teams until one team has more runs at the end of an inning.

B. Conditions Effecting Games

1. Darkness, time constraints or other inclement weather conditions
- subject to umpires discretion focusing on the safety of participants, 5 innings or 4 1/2 innings if the home team is ahead in a nine (9) inning game or 4 innings or

3 1/2 innings if the home team is ahead in a seven (7) inning game shall be an official game. If game is stopped before it is an official game it will be considered a nullity and must be replayed from the beginning. If an official game is tied when play is suspended, it must be completed from the point of suspension at the next, practicable opportunity.

2. Rain – In both Divisions, 5 innings or 4 1/2 innings if the home team is ahead shall be an official game, unless it has been predetermined that the game is a 7 inning game, 4 innings or 3 1/2 innings if the home team is ahead shall be an official game.

3. Continuation of Suspended or Tied Games. - Any games rained out or cancelled for any reason, may be made up at a time and under circumstances agreeable to both managers. To ensure that the game will count as an official game, the Commissioner must be notified in order to arrange for umpires to be there. Rain out games must be made up in order of cancellations. Tied or suspended games can be played to completion at a later date, again with the agreement of both teams and league notification

4. In the event of weather conditions that threaten to prevent playing of a game, it is the responsibility of the Chair of the Fields and Grounds Committee to notify the umpires and the managers of both teams of field conditions and cancellation of game, at least 1 hour before scheduled game time. The cancellation of a game will also be posted on the “League News” section of the League website. Once a game has commenced, the decision to continue play shall rest exclusively with the umpires on the field.

VII. GAME PLAY

A. General.

1. The Fields and Grounds Committee shall be responsible for field preparation, including field dragging, foul lines and batter’s box lining if necessary. Each team shall be responsible for removing trash from their respective dugouts and the field after a game.

2. Home Team is responsible for official score keeping and its scorebook shall govern in the event of a discrepancy with respect to the number of runs scored. However, if the Home Team is unable or unwilling to maintain the official scorebook, the visiting team will assume the responsibility for the official scorebook.

3. Each team must have at least 8 players on the field within 15 minutes after the scheduled start time of the game to avoid a forfeit; however, team managers may address any shortage of players in a mutually agreeable fashion. The lending of players to provide

a full complement of players for games shall be encouraged and it is expected that the borrowed player will be added to the end of the batting order. The guiding principle is to encourage games to be determined by competition rather than by forfeiture. Under no circumstances shall unregistered players be permitted to participate in League games. If the team's 9th player arrives after the start of the game, the borrowed player reverts back to his team or be out of the game as the case may be.

Unless the field is being prepared for play, it shall be the custom of the League that the Home team may have use of the field for 30 minutes, one hour before the scheduled start of the game and that the visiting team may have use of the field for 30 minutes before game time

4. Dugouts. Only registered players and players legitimately borrowed to achieve a full complement of players for a particular team shall be allowed in their respective dugouts before and during games.

5. Scoring Limits. No more than 5 runs may be scored per half-inning for the first 7 innings in a 9-inning game. No more than 5 runs may be scored per half-inning for the first 5 innings in a 7-inning game. Unlimited runs per half innings are allowed thereafter. An over-the-fence home-run shall count for all runs that score in these 'limited' innings. OR, no more than 8 runs in an inning.

B. Lineups. Managers are encouraged to maximize playing time for all players on their rosters, regardless of how other teams or managers handle playing time.

1. Each team may have an offensive and a defensive lineup.

a. Offensive Substitutions. All teams must announce offensive additions, substitutions, and/or changes to the home plate umpire AND opposing team manager and/or scorekeeper. Once a player has been removed from the offensive lineup for a pinch hitter or pinch runner, he may not re-enter the offensive lineup.

b. Unlimited Defensive Substitutions. All players may be substituted for defensively, at any time, without affecting the players offensive status in the lineup. Free Defensive Substitutions. There shall be no limitations on substituting defensive positions.

c. Pitcher substitutions will be governed by Major League Baseball rules, except that if the pitcher is removed, he may re-enter to pitch only one time during the course of the game, but not in the same inning. The removed pitcher may play any other position after being removed or no position at all.

2. Batting Order.

a. A team manager may bat as many players as he desires, with a minimum of 10 (subject to the number of players available, if less than 10). Batters cannot be deleted or skipped over, regardless of their batting position or

when they were added during the game. If a team has only 9 (nine) players and therefore bats only 9, the opposing team will have the option of batting 9 as well.

b. A team MAY declare at the time that lineups are exchanged prior to the start of play that any batting order position can be occupied by two (2) players in each such batting position. That is, 3A/3B, 10, 11A/11B, 12, etc. The first time that position 3 gets an at bat, 3A would hit and the next time this slot hits, 3B would be up. Then 3A hits the third time this spot in the order comes up, and so on, alternating between these two players throughout the game. Once a team declares the use of this A/B system, it must continue using it for the remainder of the game. A hitter in the A/B position may be pinch hit for by a player not already in the lineup, just as any other player. The pinch hitter will replace only one half of the A/B tandem. The other half of the A/B tandem shall continue to bat alternately.

c. A manager may add batters to the bottom of the lineup at any time but if a batter is pinch hit or pinch run for the player is out of the offensive lineup and may not re-enter the game as a hitter but may play in the game as a fielder or pitcher. Players added to the bottom of the lineup may be added as individual hitters or as A/B. Each team has a hitting and a defensive lineup that are independent of each other. Players may play in either lineup or both.

d. If a team fails to announce an offensive addition/change, the player will be called out as soon as he occupies the batter's box and the lineup will revert back to the lineup in effect prior to the player entering the game. The unannounced player will not have officially entered the offensive lineup and is therefore still available offensively even though an out has been assessed.

Example: Team A is batting 12 players and wishes to add a player to the bottom of the lineup (Player 13). Player 13 walks to the plate and is not announced to either the opposing team or home plate umpire. Once this player occupies his position in the batter's box, the umpire will immediately call him out for an illegal substitution and it will then go back to the number 1 position in the lineup. Player 13 is still available to be added to the lineup legally.

3. Courtesy Runners. Courtesy runners shall automatically be allowed for pitchers and catchers playing those positions. In addition, each team will be allowed a maximum of 2 players per game who can be run for each time that they reach base. **In all circumstances, the individual who runs for the player(s) needing a courtesy runner shall be the last eligible batted out.** The offensive team that is replacing a runner with a courtesy runner has 30 seconds to make the runner change. If the runner is not replaced within this time period, the original runner must run. The 30 second time limit will begin at the time the umpire calls for time to allow replacement for the runner.

Once the game begins and the full complement of 2 courtesy runners has not been used, if a player sustains an injury that renders him unable to run, an additional courtesy runner may be used. That additional courtesy runner shall be the last eligible batted out. In the event that a player sustains an injury that requires an additional courtesy runner, the injured player must be removed from the offensive lineup and if there are no eligible substitutes, his lineup spot is skipped and the lineup will be reduced accordingly with all hitters below that position in the lineup moving up..

In the event a player becomes injured during the game and the maximum number of courtesy runners (2) has already been designated, a pinch runner must be used and no additional courtesy runner will be allowed unless the opposing manager agrees to allow an additional courtesy runner

4. Mandatory Two Out Catcher Rule. If the offensive team's catcher is on base when the second out is recorded, the last batted out must run for the catcher. This speeds up the offense/defense transition at the end of the half-inning and allows for more playing time.

5. If a player is compelled to leave a game due to injury, a reserve player, not previously entered into the game as a hitter, must hit in the replaced hitter's place. If there are no reserves who can replace the injured player in the offensive lineup, his lineup spot is skipped and the lineup will be reduced accordingly with all hitters below that position in the lineup moving up.

6. If a player who is in the offensive lineup is ejected from a game, an out shall be recorded each and every time his spot in the lineup comes up and he may not play in the field.

C. Specific Rules of Play

1. No Intentional Contact Rule.

a. Players shall not deliberately or maliciously initiate contact with any other players. In the case of a runner colliding with a fielder while he is attempting to field a ball or otherwise, the runner will be called out and may, at the umpire's discretion, be ejected from the game. All base runners must either slide or give up their right to a base (avoid a collision by stopping or leaving a base path) if the defensive player (e.g., catcher) has possession of the ball, is in the act of receiving the ball, or is about to immediately receive the ball and will be able to make an apparent play on the base runner. Slides must be directed to the base – defined as being within an arm's length of the base – and the slide may

go past the base as long as not directed toward a defensive player handling the ball.

b.If a defensive player is not in possession of the ball, is not in the act of receiving the ball, or is not about to immediately receive the ball so that he is able to record an out (apparent play. at any base), he cannot block the base (e.g., home plate) or be in the base path so as to impede (obstruct) the base runner's right to that base. Under such circumstances, the defensive player shall be responsible to avoid collision. If a collision does occur under these circumstances, the runner will be called safe and the obstruction rule shall be enforced. The defensive player may be ejected from the game (if the action is intentional, he must be ejected), and will be suspended from League play if the obstruction is judged to have been flagrant. Also, under such circumstances, the runner is not required to go through an obstructing defensive player to reach the base; he should avoid contact and may run past the base and still be called safe.

2. No decoys.

Decoying is faking a catch or throw done by a player in an attempt to induce the offensive player to slide unnecessarily. Players are not allowed to decoy a throw or catch unless it occurs during a rundown play. If a decoy throw or catch is detected, all runners shall be allowed to advance one base beyond the base held after all play stops and the offending player shall be ejected from the game.

3. Passed Balls and Wild Pitches.

Baserunners may advance only one base at a time at their own risk when a pitched ball eludes the catcher, regardless of whether a throw has been made, EXCEPT that a baserunner shall not be allowed to score from third base under these circumstances. Runners may be permitted to advance at their own risk from third base where there has been a pickoff attempt by either the pitcher or catcher.

A straight steal of home is not permitted.

D. PITCHERS

1. No player while pitching may wear white or gray sleeves that are visible, nor may a pitcher wear a ring, batting glove or wristband on either hand while pitching.

2. If a pitcher hits 3 batters in any one game, the pitcher is automatically disqualified from pitching any more in that game. If a pitcher is ejected for intentionally hitting a batter he shall be suspended for at least one game.

3. Intentional Walks are permitted. When a player of the defensive team advises the Umpire of his desire to walk a batter intentionally, the Umpire shall direct the batter to go to first base immediately without any pitches being thrown.

4. There is no restriction as to how many innings a pitcher may pitch in a game or a week.

E. Interdivisional or Crossover Games

Reserved

VIII. Miscellaneous

A. Amendments. CMBL Rules will be reviewed at least annually by the Rules and Competition Committee which shall report any suggested changes or areas of concern to a member of the Executive Board. The Executive Board shall make such modifications or amendments to the Rules in the overall interests of the League, at any time, by a majority vote. Any changes to the Rules shall be effective the next regular game after the revised Rules have been posted on the League website or the time designated by the Executive Board when the changes are adopted.

B. No Bling. Players are prohibited from wearing watches, rings and any visible or ostentatious jewelry while participating in League games.

Adopted April 21, 2008

President

Frank Amoroso

Modified + adopted February, 2009

Vice President

Joe Seme

Commissioner

Lou Howard, Jr.