

healthy**living**NT

Sunday Sluggers

Rulebook and Playing Conditions

Social Baseball in the Top End | Draft for players, captains, Funpires and partners

1. What is Sunday Sluggers?

Sunday Sluggers is Baseball NT's social baseball competition, delivered in partnership with Healthy Living NT.

It is designed to be a fun, safe and accessible way for people to play baseball in Darwin without needing previous baseball experience. The focus is simple: bring people together on a Sunday afternoon, make the game easy to play, keep the atmosphere relaxed, and create a pathway for anyone who wants to keep playing baseball afterwards.

This is not the Darwin Baseball League. This is baseball done differently.

2. Spirit of the Competition

Sunday Sluggers exists to get more people involved in baseball. The rules are designed to support fun, safety, fairness, inclusion and game flow.

Where a situation is not clearly covered, the Funpire and Baseball NT will make a decision using common sense and the spirit of the competition.

Good vibes are not optional.

3. Competition Overview

Games are played on Sunday afternoons at Tracy Village Sports Complex, with standard game times beginning from 3pm unless advised otherwise.

Games are scheduled for 60 minutes. The Funpire manages game time and may end an inning or game at a natural stoppage to keep the day running on time.

All core playing equipment will be provided by Baseball NT. Players may bring their own safe and suitable equipment if they wish.



Quick Rule Snapshot

Rule Area	Condition
Game length	60 minutes
Field	Modified 50/70 diamond
Defence	10 players on field; all non-pitchers start behind baselines
Catcher	Funpire doubles as catcher
Batting	Everyone in the lineup bats; up to 14 players
Pitching	Slow pitch overarm or underarm; arc above shoulders; max 2 innings per pitcher
Balls	Larger safety balls
Gloves	Optional on the field
Helmets	Not required
Running	No stealing; runners stay on base until hit
Big hits	No triples or inside the park home runs
Innings	6 run cap per inning
Vibe	Theme rounds, Funpires, good vibes required



4. Player Eligibility

Sunday Sluggers is open to players aged 14 years and over.

Players under 18 must have parent or guardian approval to participate.

All players must be registered before taking part in official competition games.

Baseball NT may refuse or remove a player from participation if there are concerns around safety, conduct or eligibility.

5. Registration

Players can enter as part of a team or as an individual.

For team registration, the captain registers the team first. The captain will then receive instructions on how to assign players by entering teammate email addresses. Each player will receive information to complete their own individual registration.

For individual registration, players sign up on their own and Baseball NT will place them into a team where possible.

Sunday Sluggers participants will receive discounted registration fees for the 2026 Darwin Baseball League season if they want to continue into a more formal baseball competition.

6. Team Numbers and Lineups

Teams may have up to 14 players in the batting lineup.

A maximum of 10 players can take the field defensively at any time.

Teams must have a minimum of 7 players to start a game.

Everyone listed in the batting lineup gets to hit.

Teams are encouraged to rotate players through fielding positions so everyone gets involved.

Sunday Sluggers is a mixed social competition. Teams should have at least 3 women on the field wherever possible to support inclusive team balance.

7. Field Layout

Sunday Sluggers uses a modified 50/70 style diamond, with approximately 50 feet to the pitching area and 70 feet between bases.

Baseball NT may adjust the field layout depending on diamond availability, player numbers and safety requirements.

The smaller diamond is designed to keep the game moving. Less cardio. More baseball.

8. Defensive Positioning

A maximum of 10 defensive players may be on the field.

No fielders except the pitcher may start inside the diamond before the ball is hit. All other fielders must start behind the baselines.

The Funpire may ask fielders to move if the setup is unsafe, unfair, overcrowded or not in the spirit of the game.

The Funpire will double as the catcher. Teams do not need to supply a catcher.

9. Equipment

Baseball NT will provide the core equipment required to play, including bats, balls and other game equipment.

Helmets are not required for Sunday Sluggers.

Sunday Sluggers will use larger safety style balls rather than standard baseballs. Bigger ball. Bigger target. Fewer excuses.

Gloves are optional. Players may use a glove on the field if they want to, but they are not required to. Glove or no glove, your call. Just do not blame us when it stings.

Only safe and suitable bats may be used. Baseball NT or the Funpire may remove any equipment from use if it is considered unsafe.



10. Game Length

Games are scheduled for 60 minutes.

No new inning should begin once the game reaches the final few minutes unless the Funpire believes there is enough time to complete it safely and fairly.

The Funpire's decision on time is final.

11. Innings and Run Cap

Each inning continues until either three outs are recorded or the batting team scores 6 runs.

Once a team scores 6 runs in an inning, the inning rolls over even if fewer than three outs have been recorded.

This keeps games close, fast and fun. Nobody needs to lose 38 to 2 on a Sunday afternoon.

12. Pitching Rules

Sunday Sluggers uses a slow pitch format.

Pitches may be delivered overarm or underarm.

The pitch must travel on an arc and rise above the batter's shoulders.

The goal is to give the batter something hittable. We are here to hit baseballs, not chase sliders in the dirt.

Pitchers may throw a maximum of 2 innings per game.

The Funpire may ask a pitcher to adjust their speed, height or delivery if pitches are not suitable for the level of the game.

If a pitcher is consistently making the game difficult, unsafe or not in the spirit of Sunday Sluggers, the Funpire may request a change of pitcher.

13. Balls, Strikes and the Tee

If a batter receives four balls, they do not walk. Instead, they hit off a tee.

This keeps the game moving and makes sure players actually get to hit.

Three strikes is an out. A missed swing is a strike. The Funpire may use reasonable flexibility to keep games fun and flowing.

Once the ball is hit fairly from the tee, it is live and the batter may be put out like any other batted ball.

14. Base Running

There is no stealing in Sunday Sluggers.

Baserunners must stay on the base until the ball is hit.

There is no advancing on wild pitches or passed balls.

Runners may advance when the ball is hit into play.

Fielders have right of way at all times. Baserunners must take action to avoid running into a fielder.

Aggressive sliding, avoidable contact or unsafe running may result in the runner being called out. Safety matters more than being a hero by half a step.

15. No Inside the Park Home Runs

There are no inside the park home runs in Sunday Sluggers.

There are also no triples.

On any ball hit inside the field of play, the batter may advance to a maximum of second base.

A home run is only a home run if the ball goes over the fence or clears a marked home run boundary as confirmed by the Funpire.

If you want to sprint laps for fun, that is on you. We are keeping the cardio optional.



16. Overthrows and Out of Play

On an overthrow, runners may only advance at the discretion of the Funpire.

The Funpire may limit runners to one extra base if the ball goes out of play, into a dugout, under equipment, into a spectator area, or anywhere unsafe.

If there is confusion, the Funpire will place runners where they believe they should reasonably be.

17. Outs

Standard ways to record an out include catching a hit ball before it touches the ground, tagging a runner who is not safely on a base, touching the correct base with the ball before a forced runner arrives, three strikes, a runner leaving early before the ball is hit, unsafe contact or interference.

The Funpire may also call a player out for unsafe play, poor conduct or deliberately acting against the spirit of the game.

18. Fielder Right of Way

Fielders have right of way at all times when making a play.

Runners must make a genuine effort to avoid fielders. If a runner interferes with a fielder, the runner may be called out.

If a fielder blocks a base or running lane when not involved in the play, the Funpire may award the runner the base.

The Funpire's decision is final.

19. Substitutions and Fill Ins

Substitutions are unlimited. Players may rotate in and out of the field freely.

All players in the batting lineup continue to hit, even if they are not currently fielding.

Fill in players may be used where required, provided they are registered and eligible to participate.

Teams may borrow players from another team if needed to avoid forfeits and keep games enjoyable. Sunday Sluggers is not the place for tactical imports and mystery ring ins.

20. Forfeits

A team must have at least 7 players to start an official game.

If a team has fewer than 7 players, the Funpire may allow a scratch match or mixed team game to go ahead. The priority is always to get people playing where possible.

Competition points, if used, may still record the game as a forfeit. Baseball NT will make the final decision on forfeits, points and standings.

21. Scoring and Competition Points

Scores will be recorded for each game by the Funpire, a nominated scorer or team representatives.

Given the social nature of the competition, scores should be treated as part of the fun, not a reason to lose the plot.

If a ladder is used, points will generally be: win 3 points, draw 2 points, loss 1 point, forfeit loss 0 points. Baseball NT may adjust this depending on the final competition format.

22. Theme Rounds

Sunday Sluggers does not require traditional team uniforms. Instead, the competition will include theme rounds.

Teams are encouraged to dress up, coordinate outfits and bring some personality to game day.

Teams must still wear clothing and footwear that is safe to play in. If your costume stops you from seeing, running or holding a bat, maybe rethink it.

23. Funpires and Bonus Runs

Sunday Sluggers officials are known as Funpires.



Their job is to keep games moving, keep players safe, explain rules, make calls, manage the vibe and encourage participation.

Funpires may award bonus runs for best dressed teams, great sportsmanship, quality team energy or excellent commitment to the bit.

A team may receive up to 2 bonus runs per game at the discretion of the Funpire.

Please do not argue with someone who may be judging your outfit later.

24. Conduct

Be respectful. Be safe. Be inclusive. Do not be a hero. Do not ruin someone else's Sunday.

Players must respect teammates, opponents, Funpires, volunteers, spectators, venue staff, Baseball NT staff and partners.

Abuse, intimidation, discrimination, harassment, aggressive behaviour or unsafe conduct will not be accepted.

Baseball NT reserves the right to remove players, teams or spectators from the competition for repeated or serious misconduct.

25. Alcohol and Venue Behaviour

Sunday Sluggers is designed to have a social atmosphere, including food and drinks where available.

Alcohol consumption must follow venue rules and licensing requirements.

Players must not enter the field of play if they are intoxicated or unsafe to participate.

Under 18 players must not consume alcohol.

Have a good time. Just do not make it someone else's problem.

26. Safety and Weather

Safety is the priority. Players must follow all reasonable instructions from Funpires, Baseball NT staff and venue officials.

Players should bring water, sun protection and suitable footwear.

Baseball NT may pause, postpone or cancel games due to weather, lightning, unsafe field conditions, heat, poor light or any other safety concern.

If games need to be cancelled or rescheduled, Baseball NT will communicate updates through email, social media, team captains or direct contact where required.

27. Captains' Responsibilities

Team captains help keep Sunday Sluggers running smoothly.

Captains are responsible for registering the team, adding player email addresses, making sure players complete individual registration, communicating fixtures and updates, supporting the Funpire on game day and encouraging good team behaviour.

Captains do not need to know everything. They just need to help keep their group organised.

28. Rule Changes and Updates

Because this is a new competition, Baseball NT may adjust rules during the season to improve safety, game flow, fairness or the overall player experience.

Any major rule changes will be communicated to captains and registered participants.

That is part of building something new.

Contact

For questions about Sunday Sluggers, registrations, rules, partnerships or game day information, contact Baseball NT.

Email: admin@baseballnt.com.au

Website: <https://baseballnt.com.au>