

2022 Summary of Base Running Rules

First Base: A runner from home plate must not touch the white base (the inner base of a double base) when there is a possible play at 1st base. The runner can either touch the orange base (the outer base of a double base), or run to the outside of the orange base.

- a. The runner may run around the outside of 1st base and does not have to touch 1st base, to advance toward 2nd base. The runner may also touch the white base, if there is no throw going to 1st base, the 1st baseman is standing clear, and there is a possibility of advancing to 2nd base.
- b. The 1st baseman must touch the white base or tag the runner to record an out.

Second and Third Bases, Avoiding a Collision

- a. When there is a play expected at 2nd base or 3rd base, the runner must run across the safe line, on either side of the base.
- b. A base runner must touch 2nd base before attempting to advance to 3rd base, and must touch 3rd base before attempting to score. If the runner runs wide (on the outside or inside) of 2nd or 3rd base, the runner must go back and touch the base before advancing to the next base.

Plays at Home Plate

- a. **“Point of No Return” Line:** A base runner whose foot lands on or beyond the “point of no return” line will be called out if he or she retreats toward 3rd base.
- b. A runner will be called out for touching the strike mat or running through the batter’s box when attempting to score. Instead, the runner must cross the scoring line, to avoid colliding with the catcher.
- c. After crossing the “Point if No Return” line, a runner from 3rd base is out if his or her foot does not land on or beyond the scoring line before the catcher has the ball (under control), while standing on the strike mat.
- d. If the catcher is not on the strike mat, he or she cannot tag the runner out.
- e. Any defensive player standing on the strike mat is considered to be the catcher.

Standing Clear: A runner may stand in foul territory, clear of 1st or 3rd base, to avoid being struck by a ball that is hit toward either base. The runner must re-tag the base before advancing. A runner standing clear of either base cannot be doubled up on a line drive that is caught by an infielder.

Sliding and Diving: A base runner will be called out for sliding or diving into a base. However, the runner is allowed to slide or dive when attempting to return to a base. A runner returning to a base must be tagged out, before the runner touches the base.

Obstruction: If a defensive player without possession of the ball impedes a runner’s progress while the runner is in the base path, the runner will be awarded the base.

If there is no play at a base, the fielder must allow the runner to have clear access to the base.

The base runner will be called out if he or she collides with a defensive player who is on the base while attempting to make a putout.

Any fielder can tag a runner out, except that a catcher cannot tag a runner who is between the “Point of No Return” line and the scoring line, on the 3rd base side.