**SPEED – UP RULE**

RULE: For A Grade, B Grade, C Grade - ONLY

A substitute runner (SR) can be used for both the pitcher and catcher when they reach base.

The substitute runner shall be a bench player and may be a player substituted from the game or in the case of team having only nine players available the player last out can be used.

The current Designated Hitter (DH) may not be used.

If there is none or one out it is optional to use a substitute runner for the pitcher or catcher

when they reach base.

If there is two out then it is mandatory that the pitcher and catcher be replaced with a substitute runner when they reach base.

If after reaching base the pitcher or catcher is not to continue in the role as the pitcher or catcher then the substitution is to be advised to the umpire and that a substitute runner is not required