Calgary Men's / Ladies / Coed Slow Pitch League (CMLC)
Rules and Regulations
Pitching Helmet

Our goals

The goal of the league, to the best of our ability, is to have our members use a minimum five-sided (top, left, right, back and forward) level of protection to reduce injury or concussion to the person that stands the closet to the batter on the field of play (The Pitcher).

Safety

Safety is what we are trying to achieve, we have seen to many "close calls" on the mound; adding just a mask has helped, but the face mask has only forward protection; the helmet mask combo is the next step in safety to our members. We have to do the best we can to keep all our fellow pitchers safer from injury and concussions while on the mound.

League requirement

Starting with the 2021 season, the league requires a helmet and mask combo, something that protects the front, back, top and sides of the head. Thus, just wearing a face mask will not be allowed. We recommend a baseball/fastball catchers helmet, lacrosse helmet, the "Worth" Pitching Helmet, or Batting helmet with facemask.

Examples

