



## Adult Co-ed Kickball Rules

**GOLDEN RULE** First and foremost all City of Fountain Recreation Department (FRD) leagues are 50% Social and 50% Sport. We do have officials; however, we expect individuals to respect the league's culture of fair and fun play. Foul language and rough play will not be tolerated and individuals who cannot adhere to our standards of fair play and sportsmanship may be asked to leave the league. FRD wants everyone to have fun, and be social while enjoying a great sport. FRD will do whatever they can to make sure all players are having fun and being safe.

### KICKBALL RULES

#### I. The Playing Field

1A. Umpire will designate a field suitable for play in accordance with the following provisions which equal the dimensions of a softball field:

- a. The kickball diamond is a square with equal sides of 60 feet or 20 paces;
- b. The distance from home plate to second base, and from first base to third base is 85 feet or 28 paces respectively;
- c. The pitching strip is in the center of the diamond, 42 feet 5 1/8 inches or 14 paces from home plate, and directly aligned with the first base/third base diagonal.

1B. The strike zone (foul zone) extends to 1 foot on either side of home plate.

1C. All participants must respect and obey all rules and regulations pertaining to the respective field used for play during the game.

#### II. Equipment

2A. Athletic shoes are required. Metal cleats are NOT allowed.

2B. Players may wear protective equipment providing it does not offer the wearer an unfair performance advantage.

2C. The official kickball will be a playground ball. This will be provided by FRD.

#### III. Officials

3A. Games must be officiated by at least one umpire. The Head Umpire governs all game play and issues all final rulings. Other referees may assist these officials when available.

3B. Umpires have jurisdiction over play and may call off a game due to darkness, rain or other cause at the umpire's discretion.

#### IV. Player Eligibility

4A. All participants must be 16 years or older by the first game.

4B. All participants must have filled out the waiver.

4C. All participants must be on the team's roster.

#### V. Teams

5A. Each team roster must consist of a minimum of 10 and no more than 20 players.

5B. Teams must field at least eight players and no more than ten may play defense. Everyone present on the roster must kick.

**\*Teams can play with less than 8 (except playoffs where minimums must be met). Absolute minimum for regular season is 6 players.**

**\*Teams must play with 3 females, but can then only have 9 defensive players.**

**\*In the event that a team only has 2 females, they may play 8 defensively, must take an automatic out at least once each rotation of the line-up AND for every other time more than 3 males kick in a row (extra outs apply when more than 9 males kick in the order).**

5C. Late-arriving players may be inserted at the bottom of the lineup upon arrival at any point in the game. If necessary to avoid kick order violations (more than 3 males in a row), a male can be placed in the second-to-last spot. If there is no way to avoid a kick order violation in this manner, the team then has 3 options: 1. The player subs for another player, who is then ineligible to kick or play defense for the remainder of the game. 2. The team takes an automatic out between the 3<sup>rd</sup> and 4<sup>th</sup> males. 3. The late player does not play.

5D. Each team shall have one Captain, the captain will be responsible for the team.

The Team Captains must ensure that:

a. All team players must kick in the same order.

b. Only the Captain may dispute calls.

5E. Each team captain must submit a completed FRD roster/waiver before the start of the season. No changes may be made after the 4th week.

5E. Kickball team names must be CLEAN! No Curses! FRD retains the right to reject or accept any and all team names.

#### VI. Base Coaches

6A. Two members of the team at bat may coach first and third base. The base coaches will assist in retrieving foul balls and may switch with other team members to remain in the proper kicking lineup.

**6B. Base coaches can NOT touch runners while the ball is in play - any contact seen by the umpire during play results in an OUT.**

#### VII. Regulation Games

7A. Regulation games last 7 full innings. No new inning will start after 75 minutes (unless the game is tied).

7B. A game that is called off by the umpire after 4 full innings of play shall be considered a regulation game. The game score at end of the last full inning shall determine the winner. \*After an 90 minutes the no new inning and the game will end in a tie.

7C. A game that is called off by the umpire before 4 full innings of play shall not be considered a regulation game.

7D. A team Captain may raise protest with the umpire for blatant rule infraction, but will accept the umpire's final ruling.

7E. Mercy Rule: A game is considered final if one team leads by 15 or more runs after 5 complete innings (4 1/2 if the home team leads).

7F. Grace Time: Teams are allowed 10 minutes from the scheduled game time to field a team. Grace time counts as game time.

#### VIII. Pitching/Catching/Fielding

8A. Pitch speed - no missiles. Must be a slow to medium speed pitch.

8B. The pitcher must stay behind the pitching strip until the ball is kicked. Failure to do so results in a single if the ball is kicked.

8C. No player may advance in front of the first-to-third line until the ball is kicked.

8D. The catcher must field directly behind the kicker and may not cross home plate before the ball is kicked.

\*Violations of rules 8B, 8C, and 8D result in:

- kicker is guaranteed AT LEAST a single if they kick the ball and all runners may advance safely to ONE base.
- if the kicker reaches base safely despite the infraction, the play remains live and the kicker and runners may continue running at their own risk.

8E. Each team may have a designated "Rover" that can play anywhere on the field with the exception of playing inside a straight line drawn from 1<sup>st</sup> base to 3<sup>rd</sup> base, intersection with the pitchers line.

8F. No blocking the plate (runner gets priority)

8G. **INFIELD FLY RULE:** If there are runners on first and second and less than 2 outs, a pop fly ball kicked to the infield (based on umpire's judgment) results in the kicker being declared out. Runners do not have to advance if the ball is not caught. The play is still live and runners may advance at their own risk if they tag up on a caught ball or run on a dropped ball.

8H. **INTENTIONAL DROP:** A ball, such as a line drive that occurs at any time or a pop fly ball that occurs when the infield fly rule is NOT in effect, that is intentionally dropped by a fielder is ruled dead by the umpire. The kicker is out and the runners stay at their originating base.

#### IX. Kicking

9A. All kicks must be made by foot.

9B. All kicks must occur at or behind home plate and inside the kicking lines. A kick in front of home plate or outside the kicking lines is a FOUL.

9C. Bunting is NOT allowed. A bunted ball is an FOUL. A bunt is defined as follows:

- a kicked ball that does not cross the 1st-3rd diagonal or reach a fielder (whichever comes first) before the kicker crosses the hash mark halfway down first base line.
- a kicked ball that comes to a complete stop on its own before reaching the 1st-3rd diagonal line

9D. 3 males may kick in a row, but no more (after 3 males a female must kick)

## X. Running

10A. Runners must stay within the base line. Fielders must stay out of the base line. Fielders trying to make an out on base may have their foot on base, but must lean out of the baseline. Runners hindered by any fielder within the base line shall be safe at the base to which they were running.

10B. Neither leading off base, nor stealing a base is allowed. A runner off of his/her base when the ball is kicked is out.

10C. Hitting a runner with the ball above shoulder level is not allowed. Any runner hit above the shoulders is safe and advances one base. If the runner intentionally uses the head to block the ball, and is so called by the umpire, the runner is out.

10D. Runners must tag up on a caught ball. If the defense tags the runners originating base before they return to it, the runner is out. **First-touch tag-up:** When a kicked then caught ball is first touched by a fielder, runners must tag their originating base before running to the next base. Runners do not have to wait for the fielder to secure the catch, but must not leave the base before first touched without tagging up.

10E. **One extra base on an overthrow out of play.** The runner gets the base to which he/she was running at the time the ball was released, plus the extra base. (Note: "Out of play" is defined OVER the fence.)

\* A ball that is deflected out of play (i.e. hitting the fence or going beyond designated line) will be considered dead with the following base allowances:

1. Runners DO advance one extra base if the ball deflects off a runner who is ruled SAFE.
2. Runners DO advance one extra base if the ball deflects off a fielder.
3. **Runners DO NOT advance if the ball deflects off a runner who is ruled OUT.**

10F. **Runners may overrun first base, and may only be tagged out if actively attempting to advance to second base.** This is at the sole discretion of the umpire and is not up for debate.

10G. A runner hit directly by a kicked ball is out due to interference and play is dead, and runners in front of the hit runner must return to their previous base, while runners behind them advance to the base they were running to at the time of interference.

\* A runner hit by a ball that deflects off of a fielder is still out, but the play is NOT dead and continues as normal.

10H. No sliding allowed. This includes both feet-first and head-first slides.

## XI. Fouls

11A. A count of four fouls constitutes an out.

11B. A foul is:

- a. A kick landing out of bounds;
- b. A kick landing in bounds, but traveling out of bounds on its own before reaching first or third base. (Any in-bounds ball touched by a fielder is automatically in play.)
- c. A kick that does not pass the 1<sup>st</sup>-3<sup>rd</sup> diagonal.
- d. A bunted ball
- e. A ball kicked in front of the plate.
- f. An unkickd pitch within 1 foot of either side of the plate that in the umpire's opinion was flat and of reasonable speed.

## **XII. Outs**

**12A. A count of three outs by a team completes the team's half of the inning.**

**12B. An out is:**

- a. A runner touched by the ball at ANY time while not on base;**
- b. Any kicked ball (fair or foul) that is caught;**
- c. A ball caught by a defensive player on a base to which a runner is forced to run.**
- d. A runner off of his/her base when the ball is kicked.**
- e. A count of 4 fouls on a kicker.**

## **XIII. Ball in Play**

**13A. Once a defender has the ball inside the base diamond and runners have stopped moving, they may hold the ball or hand up and ask the umpire for time-out. The play is over ONLY when the umpire yells, "TIME!" (not when the player calls for it) and all runners must stay on or go back to their base.**

**13B. If a runner is off base but not moving when a defender has the ball inside the base diamond, the defender has the option to try to get them out, thus keeping the play alive, or asking the umpire for time-out, at which point rule 13A takes effect.**

## **XIV. Designated Runner/Player Positions**

**14A. In cases of injury or illness, a time-out may be requested for participant removal and replacement with a substitute of the same sex. An injured participant requesting a designated runner may not return to the game.**

**If they are too injured to run, they are too injured to play. This is to prevent abuse of designated runner rules.**

**14B. If a player is ejected, injured, or becomes ill and cannot continue, the lineup will continue in the same formation, less the removed player. An out will be recorded in the ejected player's spot. No penalty for injured/ill players unless it results in more than 3 males kicking in a row.**

**14C. The pitcher may be replaced on the mound once per inning.**

## **XV. Co-Ed Modifications**

**15A. Males and females do not have to alternate defensively on the bases or in the outfield. The catcher and pitcher do not have to be of opposite sexes and are considered infielders.**

**15D. All outfielders must remain in the outfield until the ball is kicked.**

## **XVII. League Specific Rules**

**17A. All players must be 16 years or older.**

**17B. Team Rosters must have at least 10 players and no more than 20 players.**

**17C. All players should bring their IDs to each game.**

**17D. Forfeits: Using illegal players and or not enough players. Participants are only allowed to play and appear on one team roster in each league per season**