

Adult Kickball League Rules and Regulations

League rules and regulations will follow the World Kickball Association guidelines (<https://kickball.com/rules/>) with some modifications to adapt to co-ed participation.

Equipment:

- The game of kickball will be played on the standard turf fields following the baselines that are already provided.
- Kickballs will be made from heavy duty 480 - 500G rubber with a 10in diameter.
- Players may wear protective gear if desired, but it is not required.
- All players must wear active footwear. No open toed shoes or metal cleats are allowed. Any player with improper footwear will not be allowed to participate.

Player Eligibility:

- All players must be over the age of 18 to participate.
- All participants must be written on a line up card prior to the start of the game. This line up will reflect the kicking order.
- Each team must have a minimum of 4 females and 4 males.

Teams:

- Each game will have two participating teams. Team designations (home vs away) will be decided prior to the game on the schedule.
- Team Captains are expected to coordinate and ensure their teams adhere to the rules and regulations of the league.
- If a team does not have enough players to participate in their scheduled game when the game starts, they will automatically forfeit the game and pay a fine of \$50.
 - If a team knows they will not have enough players to play the day of the game, they can forfeit before their scheduled games. All forfeits must be emailed to events@rcisportsmanagement.com by 3pm the day of the game to avoid the penalty. Any forfeit requests after 3pm the day of the game will be fined \$50.
 - If fined for illegal forfeits the team will not be permitted to play until fines are paid in full. Exception: They can play the second game of the evening of the same night if they have enough players show up.
 - Illegal forfeit fines are per game.

Game Timeline:

- The game will last 50 minutes or 7 innings. Whichever comes first.
- If the time expires during an inning, the teams will keep playing until the inning is over.
- No new innings will commence with 2 minutes left in the game.
- In the event of a tied game, the game will be recorded as a tie.
- If the Home team is leading the game when the bottom of the final inning is reached, that team will automatically win and end the game.

Pitching:

- The pitcher will be from the defensive team and is required to pitch the ball underhand.
- The action of the pitch must start with one foot on the pitching mound.
- The pitcher must try to pitch fairly within the kicking box. The kicking box will be set by the Referee during the Captains' meeting.
- Catchers must stand directly behind the kicking box, but not where they would interfere with the kicker.
 - Any interference, as deemed by the Referee, will be an automatic base awarded to the Kicker.

Kicking:

- All kicks must be made by the foot at or behind home plate. Illegal kicks will result in a foul.
- Kickers will follow a 3 strikes/ 4 ball rule, starting with a 1 strike:1 ball count. Kicker is out on the third strike or will take a base on the 4th ball.
- Foul balls will count as a strike, except on the third strike. The player is out if they kick 3 foul balls.
 - Foul balls are considered foul if they go outside the white lines down the first and third base line. If they are hit into fair territory and then roll or bounce out of fair territory (with our interference) before the first and third base, they are considered foul. If they are hit into fair territory and then roll or bounce out of fair territory after the first and third base, they are considered fair.
- The kicking order should resemble the line-up form given to the Referees before play. They must alternate male-female until they have exhausted a gender or run out of batting slots. No more than 14 kickers can rotate through the kicking line-up. Substitution may occur with the appropriate gender.
 - Ex: I have 6 females and 9 males. The first 12 must alternate male-female. Then 2 of the remaining 3 males can be consecutive at the bottom of the line-up.
 - i.e. Male, female, male, female...insert 3 reps... male, female, male, male, top of line-up
 - Note: you cannot double up a gender until all of the players of the other gender have been rotated through. In this example, you could not have all 9 males and only 5 females in the line-up. All of the females would have to be rotated through the line-up first.
 - If line ups fail to meet these requirements, they will receive a ghost out when the line-up error occurs.

Running:

- Runners must stay within the designated baseline. If they run outside of the baseline to avoid a tag, they will automatically be out.
- Stealing before the kick is illegal and will result in an automatic out.
- No leading off is permitted. This will result in an automatic out.
- Diving is not permitted, except if the runner is diving back within 3ft to the base.
- Sliding feet first is permitted, except at 1st base.

- Runners hindered by any fielder within the baseline who is not making an active play shall automatically be safe.
- Runners are out if they are hit with the ball in the hands of a fielder or ball thrown by the fielder.
 - Hitting the runner's head or neck with the ball is not allowed and will automatically be called safe. Exception: If the runner is tagged in the head or neck because of a slide.
- Tag ups are required if they leave the base prior to the ball being caught on first touch by a fielder. They do have the option to stay on the base until the ball is caught before advancing.
- If a ball is overthrown by a fielder into foul or dead territory, the runner can only advance one additional base beyond the base they are on or running towards.

Scoring:

- A runner scores when they tag Homeplate.
- There is no mercy rule policy.
- There is a run limit for teams each inning. Recreational leagues run limit is at 7. Once the run limit is reached, the defensive and offensive teams must switch regardless of how many outs.

Fielding:

- At least 4 males and 4 females must be on the field at all times when playing defense.
- There are no rules regarding gender placement in the infield or outfield.

Injury/Substitution:

- In case of an injury, time outs may be called.
- If a Kicker needs a substitute runner after the initial kick due to injury or a pre-existing medical reason, they may do so after the kicker is deemed safe on 1st. Replacement runners will be the last runner of similar gender to be out.
- Teams can substitute players in the line up as long as the referee is notified prior to the 1st kick. Kickers cannot be substituted during the middle of the line up if it causes that kicker to kick twice in one line-up.

Please adhere to these rules. In the end, this league is all about having fun and promoting a friendly and recreational environment. If there are any serious disputes between the referees and participants, complaints can be made to events@rcisportsmanagement.com.