



## **Adult Kickball Rules and Regulations**

### Team Regulations

1. This is a Co-Ed league; however, women may outnumber men.
  - a. Teams must have a minimum number of 8 players to start and finish the game.
  - b. A maximum number of 10 may play the field, but all players in attendance may kick.
  - c. The kicking order must alternate male/female or female/male.
  - d. Players must be 18 years of age or older

### Game limits

1. Home/Away status will be pre-determined with scheduling. No Coin Toss!
2. All games will be 9 innings, or 1 hour, which ever comes first. No new inning will start after 50 minutes.
3. In the event of a tie, 1 extra inning will be played, international rule in effect. If game remains tied after the extra inning the game will conclude as tied.

### Pitching

1. Pitches should be delivered in a reasonable manner without extreme speed or bouncing.
2. The pitcher must release the ball at, or behind the 1<sup>st</sup> to 3<sup>rd</sup> base diagonal. The pitcher must remain behind this line until the ball is kicked. Failure to abide by this rule will result in a ball being called.

### Defense

1. Positioning
  - a. Outfielders: left, left – center, right – center, right
  - b. Infielders: 1<sup>st</sup>, 2<sup>nd</sup>, short stop, 3<sup>rd</sup>, Pitcher, Catcher
  - c. Outfielders may not encroach onto the infield dirt before the ball is kicked.
  - d. Infielders may not encroach past the 1<sup>st</sup> to 3<sup>rd</sup> diagonal line before the ball is kicked.
2. Catcher: the catcher must stand behind the 5' line located behind home plate. As soon as the ball is kicked the catcher may approach the ball.
3. Infield Fly: there is no infield fly because balls can be easily dropped. However, if the umpire feels that the infielder intentionally dropped the ball, both the runner and the kicker will be safe.
4. Outs
  - a. A foul ball that is caught is considered an out.
  - b. A team may earn an out by fielding the ball and throwing the ball at the base runner, however it is illegal to throw the ball at the base runner's head. The ball must contact the runner at or below the shoulders. If the ball contacts the runners head the umpire should rule the play dead and each runner is automatically awarded the base he/she is advancing towards.

## Offense

1. Kicking
  - a. The kicker may only contact the ball after it touches or crosses home plate. If the kicker steps past home plate the ball is ruled DEAD and the kicker will assume a strike.
  - b. All players in the field must kick.
  - c. 3 strikes and a batter is out! No walks!
    - i. Strikes result in ball crossing the strike zone, foul balls, or kicking violation.
  - d. Bunting is only allowed by female kickers.
    - i. Ball must travel beyond the kicking arc to be deemed a fair ball.
2. Base running
  - a. Runners may not leave the base until the ball is kicked.
  - b. If a ball hits a runner before the defensive players contacts the ball the runner is out.
  - c. Runners must stay in the baseline.

## Other

1. Once the pitcher is in control of the ball, in the infield (on or near the mound) play will stop
2. If the kicker reaches 1<sup>st</sup> base before the ball goes foul the runner is deemed safe.
3. There is no defensive rule on male/female positioning on defense.