



## **Adult Kickball Rules and Regulations**

To begin, we would like everyone to know the purpose of this kickball league is for everyone to compete and enjoy themselves in this recreation league. This is a game with intention to relive a childhood game, in an adult manner. The league will strive to capture the enjoyment of the individuals participating in the league, while also considering their health and safety.

### **Teams:**

Each team will be made up of a minimum of 15 players and a maximum of 26. Teams may not add players prior to the start of their game in the second week.

Once a player participates in a game for one team, they may not play on another team for the remainder of the season.

Teams are encouraged to have matching color shirts/jerseys for their games. Numbers on the shirts/jerseys are encouraged as well but not required. Anything that may be deemed inappropriate or vulgar will not be permitted on the shirts/jerseys.

Spiked or metal cleats are not permitted. Bare feet are not permitted as well. You may use molded cleats, athletic shoes, etc.

Teams may not have more than 10 players in the field at a time. There must be 4 female players in the field in each inning.

To begin a game a team must have at least 8 players. There must be an even number of at least 4 females/4 males.

### **Conduct:**

Any arguments considered unruly by Harrisonburg Parks and Recreation staff or officials will result in the individual and those involved to be ejected from the league and possibly any future leagues or programs offered by Harrisonburg Parks and Recreation. Arguments shall also include any verbal or physical threats and/or assaults.

Alcoholic beverages are not permitted on Harrisonburg City owned property; this includes parks. Players or coaches, who are found to be consuming alcoholic beverages on Harrisonburg City property, will be ejected from the league. If the issue is not resolved immediately, police will be notified, and additional charges may be filed.

If inappropriate behavior becomes an issue, (i.e., arguing, swearing, taunting, etc.) individuals will be warned upon the first incident, and suspended on the second. Any individual suspended from a game, will automatically be suspended for the following game as well. This includes players, coaches, and spectators. Fighting will not be tolerated; individuals will be banned from the league permanently.

The only players allowed to communicate with officials are the captain and co-captain.

Coaches must sign that they have read the rules and shared these with their team.

### **Game Setup:**

No more than 10 players may be in the field at a time, and no less than 8 players (4 female/4 male). If teams do not have 8 players, it will be considered a forfeit. If you know in advance that you will have to forfeit, please inform the league administrator so that the other team may be contacted.

If a team begins a game with 8 players, and there is an injury during the game that prevents the player from continuing play, the team will be allowed to continue with 7 players. The injured player's position in the lineup will be considered an automatic out. This also applies to teams that have the minimum of 4 females, when a female gets injured. There is a limit of one injury lineup adjustment; teams may not continue a game with 6 players, or 2 females.

Games consist of 7 complete innings. The game must go at least 4 innings for it to become a complete game if weather becomes an issue. Games may be completed at a later date if weather is an issue. Games that get past the 4-inning mark, and are called will not be completed.

If a team is more than 10 minutes late, it will be considered a forfeit.

Slaughter rule will come into play if:

- At the end of the 4<sup>th</sup> inning, a team is up by 20 runs.
- At the end of the 5<sup>th</sup> inning, a team is up by 15 runs.
- At the end of the 6<sup>th</sup> inning, a team is up by 10 runs.
- If both teams choose to keep playing, and time permits, the game may continue at the discretion of the game official.

The away team shall kick first.

In the kicking order, no more than 2 males may kick consecutively. If needed, females may have to re-kick based on numbers.

Any player, who participates in a game and is not on that team's roster, will be considered a forfeit for that team.

Fielders can be changed between innings.

The kicking order may not be changed during the game, unless injury, substitution by a player who has yet to participate, or agreed to by the other team.

If a substitution in the lineup occurs with a person who has yet to participate in the game, the player who is leaving the lineup, may not return. The player who joins the lineup must be in this player's position in the lineup.

Players may not arrive to a game and be added to the lineup after the completion of the 4<sup>th</sup> inning.

Players must participate in at least three regular season games to be eligible for the playoffs.

### **Pitching/Catching:**

Pitches are not allowed to bounce (bounce examples below). These will be considered balls in the pitch count.

#### **Bounce Examples:**

- A ball pitched that does not touch the ground at least twice before reaching the kicking box.
- A ball pitched that goes one foot or higher off the ground as it reaches the kicking box.
- A ball pitched that goes one foot or higher off the ground immediately after going through the strike zone.
- A ball pitched that goes one foot or higher as it reaches home plate.

Pitchers must begin their pitching motion within the pitching mound area. Pitching must be done by hand. Any part of the pitcher's front foot may not cross the pitching strip (or 1<sup>st</sup> to 3<sup>rd</sup> base line), until the ball has been kicked. If pitchers cross the pitching strip before the ball is kicked, it will be considered a ball.

Pitchers must pitch underhanded.

Fielders may not cross the 1<sup>st</sup> to 3<sup>rd</sup> base line until the ball is kicked. The exception to this is the catcher, who must not cross in front of the kicker until the ball is kicked.

Fielders who violate the 1<sup>st</sup> to 3<sup>rd</sup> base line will be issued a team warning, after this, kickers will be awarded 1<sup>st</sup> base.

Catchers who violate this rule, will not be issued a warning, however the pitch will be considered an automatic ball.

Catchers must be behind the kicker while the ball is being kicked. If the kicker decides to get a running start to kick the ball the catcher does not have to be behind them. Only at the point the ball is kicked, does the catcher need to be behind the kicker. However, the catcher may not impede the kicker's progression to kick the ball.

Catchers are advised to pursue from the left of the kicker, so to not impede the runner's first base track.

Once the pitcher has the ball in control within 10 feet of the pitching strip, the play ends. If a player is in forward motion on the way to the next base, they may proceed. If the runner shows any hesitation, they must go back to the previous base.

### **Kicking:**

All kicks must be made by the foot or leg, below the knee.

All kicks must be made at, behind, or within a foot of the front of home plate. Kickers must kick from the kicking box. They may start outside of the kicking box, however must have a portion of the plant foot inside the box during the kick. If the ball is kicked in front of home plate and is caught, it is still an out.

Bunting is permitted.

When a male kicker is walked, and a female kicker follows them, the female kicker has the option to kick or take a walk as well. If the female kicker elects to take the automatic walk, the previous male kicker would then move to second automatically. This prevents teams from using the strategy of walking male kickers to get to what may be a weaker female kicker.

If a kick travels to an unreasonable area of play, this will be considered a ground rule double. This does not apply to homeruns.

### **Running:**

Runners must stay within the baseline and fielders must stay out of the baseline. Fielders may only enter the baseline to catch a ball or tag a runner.

Fielders, who are playing a base and attempting to get an out, must lean out of the baseline. If a runner is hindered by a fielder not attempting to make an active play on the ball, the runner is considered safe.

There is no leading off or stealing bases allowed. The base runner may only leave their base once the ball has been kicked. If the base runner leaves prior to the ball being kicked, they will be considered out.

Base runners cannot advance past the runner in front of them.

When attempting to hit base runners with the ball, players should aim for the below the shoulder area.

Tag-ups are permitted. If the ball is kicked in the air and caught, the runner must tag their original base while the ball is being caught, or after being caught, before advancing to the next base.

Ties go to the base runner. Base runners may overrun first base only.

Only one base is allowed on an overthrow. When the ball returns to the field, if there is an attempt other than returning the ball to the pitcher, the runners may continue to advance.

Runners who are substituted due to injury must be substituted with a member of the same sex. Once the runner is taken out of the game, they may not return.

### **Strikes, Balls, and Outs:**

Three strikes equal an out.

The strike zone is one foot to either side of home plate, and one foot high over home plate.

It is considered a strike when any portion of the ball passes through the strike zone.

If the ball is kicked while the kicker is in front of kicker's box, it is considered a strike.

Four balls and the kicker advances to first base. If a male kicker is walked, and a female kicker follows them in the lineup, the female has the option to take an automatic walk as well or kick. If the female chooses to take the automatic walk, the preceding male will automatically move to second base.

Four foul kicks will result in an out.

- A ball that goes out of bounds before passing the cone at 1<sup>st</sup> or 3<sup>rd</sup> base, is a foul.

A ball that is kicked more than once or stopped by the kicker in the kicking box is considered a foul.

A ball that is kicked above the knee is considered a foul.

Three outs by a team completes that team's half of the inning.

If a runner is touched by the ball at any time while not on base, they are out.

If a ball is caught prior to hitting the ground, it is an out.

If the ball is caught on base by a fielder, prior to the runner advancing on a force play, the runner is out.

If kickers kick out of order, it is an out.

Hitting the base with the ball does NOT count as an out.

Finally, as a benefit to the Harrisonburg Parks and Recreation, your team, your opponents, and yourself, please go out and have a ball!!