



The Rock Sports Complex

Kickball Rules:

A complete team roster must be turned in before your team's first game is played.

All players must be 18 or older. A minimum of 12 players per team is *recommended*. There are men's only and coed recreational leagues, it's all about fun!

Kickball Rules & Notes:

Notes:

1. All players must wear athletic shoes. Only plastic cleats are allowed (no metal). No boots or sandals.
2. Regular season and semi-final playoff games are nine innings or 55 minutes, whichever comes first. A new, complete inning will not be started past 50 minutes. *The game is considered official after five innings*. Championship games shall be nine innings.
3. No subs are allowed in playoff situations.
4. A paid umpire will be provided for all games.
5. Kickballs will be provided by The Rock Sports Complex
6. No refunds can be honored once team is confirmed into the league and season has begun.
7. In case of inclement weather conditions, games may be postponed or rescheduled.
8. No carry-ins allowed. Beer and food can be purchased at The Rock Concession stands.

UMPIRES

- 1) The Rock will schedule an Umpire for each kickball game. Umpires have jurisdiction over play and may:
 - Call a time out
 - Call off a game due to weather or other cause at the umpire's discretion
 - Penalize a player, including game ejection, for any reason. This includes but is not limited to un-sportsman like conduct, fighting, delay of game and excessive verbal abuse.
 - Ejected participants must leave the field area and may not return to the game.
 - Call any game still in play after 55 minutes
- 2) Umpires may make rulings on any points not specifically covered in the rules (at the time of occurrence), but the ruling shall not be deemed as a precedent for future rulings.

TEAMS

- 1) Each night/division may have a maximum of 8 teams. Each team must consist of a minimum 10 and an unlimited number of registered players.
- 2) Teams must field at least 7 players and no more than 10. (co-ed only) *Teams must field a minimum of 3 females per game.*
- 3) If fielding 9 players or more, one player must play the position of catcher.
- 4) Each team shall have one Captain and one Co-captain who are jointly responsible for the team. The team captains ensure that:
 - a. A kicking lineup is turned into the umpire at the start of each game. The kicking lineup does not require a specific sex order. All players must kick.
 - b. Only the Captain or Co-captain may dispute calls with the Umpire.
 - c. Teams with fewer than 7 players shall have a 10-minute grace period before a forfeit is declared. Subs may be used at any time as long as the opposing team is not opposed.

REGULATION GAMES

- 1) A regulation game consists of 9 innings or a time limit of 55 minutes. If a game starts late, it shall be played until 5 minutes before the next games starting time.
- 2) Home and away team is determined by rock, paper, scissors, best two out of three for every game.
- 3) Regular season games may end in ties. During the playoffs, the winner shall be determined by whoever wins the next full inning (Both teams get at-bats). In playoff situations, each team shall play short one additional fielder for each inning beyond 9 in boy, girl, boy, girl order. For example, a team in the 12th inning must take two male players and one female off the field. These players still kick in their respective slot.
- 4) Called games shall be played at a future date according to The Rock Sports Complex. Any games not replayed shall be counted as a tie in the standings.

PITCHING AND CATCHING

- 1) No bouncies. A bouncy called results in a ball and is defined as:
 - a. A pitched ball that does not touch the ground at least once before reaching the kick box
 - b. A pitched ball that is higher than one foot at the plate
- 2) A legal pitch must be underhand and no higher than knee level of the batter (sidearm or overhand pitching is not allowed). Anything higher over the plate is a ball. Whether a pitch is a ball or strike based on bounciness should be based on the height of the last bounce before it crosses home plate
- 3) Pitches will be thrown in a civil manner at a reasonable rate and not excessively bouncy. A guideline is pitching as though you are rolling it casually to a teammate. Any pitch deemed by the ump to be out of the context of a casual pitch (fast or with curve) will result in a warning to the pitcher and a called ball. The next infraction will result in replacing the pitcher.
- 4) The pitcher must pitch from the back rubber. Once the ball is pitched the pitcher may advance no further than the first rubber or 6 feet from the rubber, depending on the field. Lateral movement is tolerated.
- 5) The catcher must give the batter ample room to bat. The catcher may not break the plane of the front of home plate until the ball is kicked and may not interfere with the batter. An infraction will result in a called ball. If the ball is kicked, the result does not count.
- 6) No player may field forward the pitcher other than the catcher until the ball is kicked, and no player may advance forward the 1st-3rd base diagonal until the ball is kicked.

- 7) No strikes or balls will be called (thus, no walks!). If not satisfied w/the "pitch", then take the next one. However, if the pitcher is consistently and intentionally throwing balls that are too fast, too bouncy, or not near home plate, the umpire may, at his/her discretion, instruct the pitcher to relax the pitches, instruct the captain to replace the pitcher, and/or award a base to the kicker. If the batter is consistently and intentionally taking pitches that are rolled over or near home plate and are not bouncing higher than the knee, the umpire may, at his/her discretion, instruct the batter that he/she will be called out for not attempting to kick the next quality pitch.

KICKING, BASE RUNNING AND SCORING

- 1) For the batter, the ball should not be kicked ahead of the plate (automatic out).
- 2) Bunting is **NOT** allowed
- 3) Runners must stay in the base path. Fielders impeding the runner's path to the base shall result in the runner being awarded the base.
- 4) Leading off and stealing are not allowed. Leading off/leaving early will result in a do-over.
- 5) Sliding is legal. Please do so with caution (keeping fielders and yourself in mind)
- 6) When a fly ball is caught, the runner must tag up before advancing to the next base. Failure to tag up before advancing results in an out if the runner is tagged or the ball is thrown to the previous base.
- 7) Balls thrown at the base runner must be below the shoulders. NO headshots. Intentional hitting of the ball with the head by a runner will result in an out. A head shot results in a dead ball, meaning runners may no longer advance unless more than half way to the next base, which they are then awarded.
- 8) If a ball hits the runner in fair territory after being struck, the runner is out.
- 9) Pinch runners are allowed for injured players only. The runner will be the last out of the same sex.
- 10) Runs crossing the home plate before a third out made on a force out do not count. Runs that cross before a tag out on a player do count.
- 11) Teams may opt to submit if down 15 runs or more.
- 12) The batting team has three outs per inning. An out results due to the following:
 - a ball caught on the fly
 - base runner is forced out
 - Two foul kicks constitute an out (for both men and women).
 - base runner is hit with ball while not on base (if runner is hit with the ball before the runner scores In third out situations, run does not score. Runners do not score if last out is via force out)
 - A foul ball that is caught counts as an out, but is a dead play, meaning runners may not advance. If a ball is touched in fair territory, it is fair, regardless of other factors i.e. foot placement of the fielder. A foul ball is defined as a ball that settles or is touched on or over foul territory between home and first base or between home and third base.
- 13) One base on an overthrow. An overthrow constitutes a ball that is thrown or kicked out of play from within the infield to the intended base or target (past the bench-line or fence, based on field (umpire will define boundaries).
- 14) Any ball thrown or kicked from the outfield is a live unless the ball reaches the bench area or a non-player touches the ball. At which point the ball is considered a dead ball and play would be treated like the overthrow rule.
- 15) Any ball thrown/kicked and hitting a runner is considered a live ball even if the ball goes out beyond the set boundaries.

- 16) Standard fair/foul softball rules apply. A rolling ball touched in foul territory, regardless of the position of the fielder, is a foul ball. A kicked ball resting on home plate from a full kick is a fair ball. A ball rolling foul may cross into fair territory at any time before or at 1st or 3rd base. The umpire shall determine if a ball would have landed fair/foul if the fielder drops a fly ball. Runners may advance on any caught ball, but not dropped foul balls.
- 17) Runners may tag and advance at their own risk upon the fielder first touching the ball. For example, if the fielder plays the ball off his chest and proceeds to catch the ball, the runner may leave his/her base upon the ball first hitting the fielder.
- 18) No Infield-Fly Rule in kickball. Just remember to practice good sportsmanship.

Be a good sport and have fun!

*Rules subject to change at anytime by The Rock Sports Complex. Teams will be notified.