



**Parks and Recreation Department**  
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## **Co-ed Kickball Rules and Regulation**

First and foremost, kickball is for fun! Competitiveness is encouraged, but the goal is for everyone to have fun. Kickball is ruled much like softball; the basic rules are outlined below.

### **Equipment:**

Tennis shoes or molded rubber cleats must be worn at all times. No sandals, tennis shoes with open backs, metal spikes or cleats.

The official ball is a 10" rubber playground ball (provided by the league for the games only).

Played on a Softball Field: Pitching Strip to Home Plate 45 – 50 feet, Base Distance 65 feet

### **General Rules:**

Games will be officiated by one umpire (provided by league). Umpire calls are final – please save your breath and just play for fun.

A team consists of 10 players – (minimum of 4 players of each sex).

Teams can place up to 18 people on their rosters but only 10 players are allowed on the field at one time. Rotation can be done after the completion of each inning unless an injury occurs. Teams must have 8 players to begin the game. If 8 players are not present at game time, the game will be forfeited (10 minute grace period).

Females and males must alternate kicking order (whole roster kicking order – every team member present will kick)

Games are seven innings or 55 minutes (no new inning will start after 55 minutes), whichever comes first. Visiting teams kick first.

### **Pitching/catching**

- A. The pitcher stands on the pitching strip and rolls the ball to the kicker. One foot must remain on the strip at all times.
- B. A pitched ball that bounces is considered a “bouncy” and is not permitted. A pitched ball that passes home plate higher than one foot in the air will be considered a “ball”.

- C. Only the catcher may field in front of the pitcher, and he may do so only after the ball is kicked. This rule applies only when a defensive team has a catcher. The pitcher may field the ball in the absence of a catcher, but still must not advance in front of the pitching strip until the ball is kicked.
  - 1. No fielder may advance forward the 1<sup>st</sup>–3<sup>rd</sup> diagonal until the ball is kicked.
  - 2. Outfielders must remain in the outfield until the ball is kicked.Failure to abide by these rules will result in a “ball” being awarded to the kicker.

### **Kicking**

- A. All kicks must be made by a foot. A kick made by a shin is considered a “ball”.
- B. All kicks must occur at or behind home plate. A kick in front of home plate is considered a “ball”.
- C. No bunting. Bunting will result in a strike.

### **Running**

- A. Runners must stay on the baseline and fielders must stay out of the baseline. Fielders attempting to make a play must place their foot on the bag but must lean out of the baseline. Any runner hindered by any fielder shall be awarded the base to which they were running.
- B. Leading off and stealing is not allowed. Base runners may not leave the base until contact is made with the ball, or runner is out. Please remember when a runner tags up on a fly ball they may leave when the ball is first touched by a fielder.
- C. Hitting a runner above the shoulder level when running is not permitted. Any runner hit above the shoulders will advance one base more than the base they would have held before they were hit. Runners cannot intentionally use their head to block a ball, if they do they will be considered out.
- D. All ties go to the runner.
- E. A runner may advance only one base on an overthrow.
- F. Sliding is not permitted.

### **Strikes**

- A. Two strikes constitute an out.  
A strike is defined as:
  - 1. A pitch in strike zone that is not kicked
  - 2. A missed attempt to kick the ball
  - 3. A foul ball.
- B. The strike zone extends one foot to either side of home plate and one foot high.

### **Balls**

- A. A count of three balls constitutes a walk.  
A ball is defined as:

1. A pitch thrown outside of strike zone
2. An illegal “bouncy”, any fielder or pitcher advancing before the ball is kicked
3. A catcher crossing home plate before the ball is kicked

### **Fouls**

- A. A count of 3 fouls is an out.
- B. A foul is defined as:
  1. A kick landing outside the baseline (baseline extends to outfield). Lines are in.
- C. If a defensive player touches the ball before it goes foul, the ball will be deemed fair.

### **Outs**

- A. A count of 3 outs completes the team’s half of the inning.
- B. An out is defined as:
  1. Three strikes or three fouls
  2. Runner touched by the ball at any time when not on base
  3. Any kicked ball fair or foul that is caught in the air
  4. A ball tagged on a base when the runner is forced to run
  5. A runner off the base when the ball is kicked

### **Ball in Play**

- A. The play ends once the pitcher has the ball and is on the pitching strip.
- B. If a runner intentionally touches or stops the ball the play ends. The runner will be out.

### **Ejection**

- A. The official or staff may eject a player from the field and/or park.
- B. The team captain will be notified, the ejected player has two minutes to leave the facility or the game will be forfeited.
- C. The official ejecting the player must submit a written report to the Recreation Department within 24 hours.
- D. Corrective Action to the incident will be at the discretion of the Recreation Supervisor. The severity of incident could result in extended suspension or suspension from all league play.