

# YMCA Adult Kickball League

## RULES

(06/08/10)

### PLAYING FIELD AND EQUIPMENT

#### 1. THE PLAYING FIELD

1.01 The Head Referee will designate a safe field suitable for play in accordance with the following provisions which equal the dimensions of a softball field.

- a. the kickball diamond is a square with equal sides of 60 feet or about 20 paces with a base at each corner;
- b. the distance from home plate to second base and from first base to third base is 84 feet 10 1/4 inches or about 28 paces. The distance between any base and home plate shall be measured from the back corner of each;
- c. the pitching strip is in the center of the diamond, 42 feet 5 1/8 inches or about 14 paces from home plate, and directly aligned with the 1st-3rd base diagonal;
- d. the pitching mound extends 12 feet from the center of the pitching strip.
- e. the sidelines are lines 10 feet on the outside of and parallel to the foul lines, the area between the foul lines and the sidelines is the sideline area.
- f. the kicking box is a rectangle with the front of the box aligned with the front of home plate and the back of the box aligned with the sidelines behind home plate. The area directly forward the kicking box is fair territory. The kicker is not required to start in the kicking box, however, the kick must occur within the kicking box.

1.02 The strike zone is a three-dimensional irregular pentagon based on the shape of home plate and is one (1) foot in height. The front of the zone aligns with the front of home plate. The sides of the zone extend one (1) foot to either side of the plate. The back edges of the zone are one (1) foot from the back sides of the plate. The strike zone may not be marked by cones or other raised objects.

1.03 All participants must respect and obey all rules and regulations pertaining to the field used for games.

#### 2. EQUIPMENT

2.01 While participating in YMCA kickball, all players on each team must wear one color t-shirt or uniform.

2.02 Athletic shoes are required. Metal cleats are not allowed.

2.03 Players may wear protective equipment providing it does not offer the wearer an unfair performance advantage. Any equipment deemed by the Head Referee as a performance enhancement must be removed or the player will be removed from play.

### OFFICIALS

#### 3. REFEREES

3.01: One Head Referee, and a First Base Referee. The Head Referee governs all game play and issues all final rulings, and has final authority on equipment issues. Other Referees may assist these officials when available.

3.02 Referees have jurisdiction over play and may:

- a. call a time out;
- b. call off a game due to darkness, rain or other cause at the Referee's discretion;
- c. 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.

3.03 Referees have jurisdiction over play and must:

- a. cancel the game if lightning is seen;
- b. call off any game still in play after 90 minutes.

3.04 The Head Referee must ensure that the team captains exchange their written scorebook kicking orders.

3.05 Referees 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.

### PARTICIPANTS

#### 4. PLAYER ELIGIBILITY

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4.01 All participants must meet the following requirements:

- a. must be 18 years of age or older by the date of the first game;
- b. must be adequately and currently health insured against any injury that may arise from kickball play;
- c. must be properly registered at the YMCA and have signed the "Hold Harmless" release form prior to playing in a single game of kickball.

4.02 A player may only sign up for one team per division, but may sign up for multiple divisions per season.

### 5. TEAMS

5.01 Each division must have at least four (4) and no more than sixteen (16) teams.

5.02 Each Team:

- a. must field at least eight (8) and no more than eleven (11) players, and the 11th player must play the position of catcher;
- b. must field a minimum of four (4) players of each sex
- c. may only field one pitcher and one catcher at any time during the game
- d. may have additional players placed on their team by the league, and have no more than twenty-six (26) players.

5.03 Each team shall have one Captain and one Co-Captain who are jointly responsible for the team. The Team Captains must ensure that:

- a. all players participating in the game must kick in the written scorebook kicking order, but do not have to field;
- b. only the Captain and Co-Captain may dispute calls with the Head Referee. A team Captain may raise protest with the Referee for blatant rule infraction, but will accept the Head Referee's final ruling. The division will consider protest beyond the Head Referee at its discretion.

5.04 The team Captain will designate a score keeper who will record game statistics in a scorebook.

5.05 Exchange of Kicking Order:

- a. the team Captains or assigned team members will exchange their team written scorebook kicking orders prior to the start of the game;
- b. any eligible player arriving after the start of the game must be added to the end of the team's written scorebook kicking order. Players may not be added to the game after the team has been once through the kicking order;
- c. refusal to provide the written scorebook kicking order when requested by the opposing team or any Referee will result in a forfeit of that game;
- d. a claim of improper kicking order must be made to the Head Referee who will make the final determination. Such a claim must contain two parts: 1) that the written scorebook kicking order was exchanged in accordance with 5.05a; 2) that the claim is made on the field no sooner than the first pitch thrown to the accused "wrong" kicker, and no later than the first pitch thrown to the subsequent kicker. The burden of proof rests with the accused team. Any resulting play is nullified by a finding of improper kicking order, with an out recorded for the "wrong" kicker (see Rule 14.02i).

### 6. BASE COACHES

6.01 Two members of the team at kick must coach first and third base. The base coaches must assist in retrieving foul balls and may switch with other team members to remain in the proper written scorebook kicking order.

6.02 Base coaches may not physically assist runners while the ball is in play (see Rule 14.02h).

## GAME PLAY

### 7. REGULATION GAMES

7.01 Regulation games last five (5) full innings.

- a. In the event of a tie score at the end of the game, the game shall be marked as a tie.
- b. Game consists of 90 minutes or 5 full innings. Games that finishes by being called off due to a time limit remains a regulation game (see Rules 7.02 and 7.03).

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c. If a team is winning after the top of the 5th inning and is set to kick in the bottom of the inning, the game ends and will be marked as a regulation game.

7.02 A game that is called off by the Referee (see Rule 3.04) shall be considered a regulation game. The game score at the end of the last full inning shall determine the winner. Regulation games called off that end in a tie shall be marked as a tie.

7.03 Teams must have at least four (4) men and four (4) women present and ready to play at the scheduled game time.

7.04 A team playing a non-registered person, an improperly registered person, or a person not registered on that team, division, and season, will forfeit that game (see Rule 4.01c).

a. If such an infraction is claimed during the game, the team accused of the infraction bears the burden of proof. This can be done by showing some form of I.D. that must match the name of the accused person on the team roster.

b. If such an infraction is claimed after a game, the infraction must be announced to the YMCA sports direction and/or coordinator.

The burden of proof rests with the team claiming the infraction and/or the YMCA sports department.

7.05 Game protests may not be made after the end of the game except as provided in rule 7.05.

7.06 Any game may be ended at the discretion of the losing team, if losing by 12 or more runs at the end of any inning. This will be marked as a regulation game.

### 8. PITCHING, CATCHING AND FIELDING

8.01 Balls must be pitched by hand. There are no restrictions on pitching style. Bounces are allowed (see Rule 12.02).

8.02 Fielder Positioning. Failure to be properly positioned will result in a Position Warning to the team that caused the infraction. The team's second and each subsequent Position infraction will result in the kicker being awarded first base regardless of the outcome of the kick.

Proper Field Position is:

a. All fielders besides the catcher must start play and remain behind the 1st-3rd base diagonal until the ball is kicked.

b. The pitcher must start the act of pitching within the pitching mound and have at least one foot on or directly behind the pitching strip when releasing the ball (see Rules 1.01c and 1.01d). No part of the pitcher's front foot may be in front of or across the front edge of the pitching strip until the ball is kicked.

c. The catcher must field behind the kicker, within or directly behind the kicking box, and may not cross home plate nor be positioned forward of the kicker before the ball is kicked. The catcher may not make contact with the kicker, nor position so closely to the kicker as to restrict the kicking motion.

8.03 Backstop assistant. A captain may choose to enlist a team member as a backstop assistant to retrieve balls no longer in play. This assistant does not count as a catcher or fielder (see Rule 5.02c), must be behind the kicking box and sufficiently back from the catcher, and may not be involved in any play.

### 9. KICKING

9.01 All kicks must be made by foot or leg, below the knee (see Rule 13.02e). Any ball touched by the foot or leg below the knee is a kick.

9.02 All kicks must occur:

a. at or behind home plate. The kicker may step on home plate to kick, however no part of the planted foot may be in front of or cross the front edge of the home plate (see Rule 13.02g).

b. within the kicking box (see Rule 1.01g). The kicker must have at least a portion of the plant foot within the kicking box during the kick (see Rule 13.02g). The kicker may line up outside of the kicking box.

9.03 Bunting is allowed.

### 10. RUNNING AND SCORING

10.01 Runners must stay within the baseline. Any runner outside the baseline is out (see Rule 14.02k):

a. Runners may choose their path from one base to the next, and may follow a natural running arc;

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- b. Runners are free to change course to avoid interference with a fielder making a play;
- c. When attempting to avoid a ball tag, runners may move no more than 4 feet out of their established path.

10.02 Obstruction. Fielders must stay out of the baseline. Fielders trying to make an out on base may have their foot on base, but must lean out of the baseline. Runners hindered by any fielder within the baseline, not making an active play for the ball, shall be safe at the base to which they were running. Runners may choose to advance beyond this base while the ball is still in play.

10.03 Neither leading off base, nor stealing a base is allowed. A runner may advance once the ball is kicked. A runner off base when the ball is kicked is out (see Rule 14.02g).

10.04 Hitting a runner's neck or head with the ball is not allowed, except when the runner is sliding. Any runner hit in the neck or head is safe, and advances to the base they were running toward when the ball hits the runner. If the runner intentionally uses the head or neck to block the ball, and is so called by the Referee, the runner is out.

10.05 A tag-up is a requirement to retouch or stay on a base until a kicked then caught ball is first touched by a fielder. After a tag-up a runner may advance. A runner failing to tag-up as required is out (see Rule 14.02f).

10.06 All ties will go to the runner. Runners traveling from home plate may overrun first base, and may only be tagged out if actively attempting to advance to second base.

10.07 Base Running on Overthrows;

- a. an overthrow is a ball thrown, kicked, or deflected into foul territory while making a defensive play toward a player or base;
- b. a runner may advance only one base beyond the base the runner is on or running toward when the ball travels into foul territory;
- c. one base on an overthrow is a restriction on the runner – not an automatic right for the runner to advance;
- d. if any fielder attempts to make an out prior to returning the ball to the pitcher, runners may commence base running.

10.08 Running past another runner is not allowed. The passing runner is out (see Rule 14.02j).

10.09 A run scores when a runner touches home plate before the third out is made, EXCEPT that no run can score when the third out is made during a force play situation, or when the kicker is put out before touching first base. At the end of a game the team with the most runs wins.

10.10 When a base is displaced during play, any runner is safe while in contact with the base's original and correct location. All displaced bases should be restored at the end of each play (see Rule 1.01b).

### 11. STRIKES

11.01 A count of three (3) strikes is an out.

11.02 A strike is:

- a. a pitch that is not kicked and is not called a ball per Rule 12.02, that enters any part of the strike zone (see Rule 1.02);
- b. an attempted kick missed by the kicker inside or outside of the strike zone (see Rule 1.02).

11.03 Foul balls never count as strikes.

### 12. BALLS

12.01 A count of four (4) balls advances the kicker to first base.

12.02 A ball is:

- a. a pitch outside of the strike zone as judged by the Referee where a kick is not attempted (see Rule 1.02);
- b. a pitched ball that does not touch the ground at least twice or roll before reaching the kicking box;
- c. a pitched ball that exceeds one foot in height from the bottom of the ball as it enters the kicking box;
- d. a pitched ball that exceeds one foot in height from the bottom of the ball at any time while passing through the kicking box, prior to reaching the kicker;
- e. a pitched ball that is higher than one foot at the plate.

### 13. FAIRS AND FOULS

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13.01 A count of four (4) fouls is an out. Foul balls never count as strikes.

13.02 A foul ball is:

- a. a kicked ball landing in foul territory
- b. a kicked ball touched in foul territory (see Rule 1.04);
- c. a kicked ball landing in fair territory, but touching foul territory on its own at any time before reaching first or third base
- d. a kicked ball whose direction is altered by contact with any object other than the ground in foul territory, and called as such;
- e. a kick made on or above the knee (see Rule 9.01);
- f. a kicked ball touched more than once or stopped in the kicking box by the kicker;
- g. a kicked ball kicked outside of the kicking box (see Rule 9.02)

13.03 A fair ball is:

- a. a kicked ball landing and remaining in fair territory (see Rule 1.04)
- b. a kicked ball landing in fair territory then traveling into foul territory beyond the 1<sup>st</sup>-3<sup>rd</sup> base diagonal

### 14. OUTS

14.01 A count of three (3) outs by a team completes the team's half of the inning.

14.02 An out is:

- a. a count of three (3) strikes or four (4) fouls;
- b. any kicked ball (fair or foul) that is caught by a fielder;
- c. a ball tag on a base to which a runner is forced to run, before the runner arrives at the base;
- d. a runner touched by the ball or who touches the ball at any time while not on base while the ball is in play (see Rule 15.02b);
- e. a kicker that intentionally hits the ball with their hand or arm (see Rule 15.02c);
- f. a ball tag of a runner on base, in which the runner does not tag-up as required when a ball is caught (see Rule 10.05);
- g. a runner off base when the ball is kicked (see Rule 10.03);
- h. a runner physically assisted by a team member during play (see Rule 6.02);
- i. any kicker that does not kick in the proper kicking line up (see Rule 5.05d);
- j. a runner that passes another runner (see Rule 10.08);
- k. a runner outside of the baseline (see Rule 10.01);
- l. a runner who misses a base, as called by a Referee upon the conclusion of the play;
- m. a runner who fails to properly tag up on a caught ball, as called by a Referee upon the conclusion of the play;
- n. A runner tagged by the ball while on a base they are forced to vacate by the kicker becoming a runner;

14.03 Sideline area. Prior to the kick, no participants (or spectators) may be in the sideline area except for the kicker, the catcher, Referees and designated base coaches. After the kick, fielders and base runners in the process of playing the game may also occupy the sideline area (see Rule 1.01e). The first infraction of this rule will result in a warning to the team that caused the infraction. The second and each subsequent infraction will result in an out for the next kicker in the written scorebook kicking order on the team that caused the infraction.

- j. a runner that passes another runner (see Rule 10.08);
- k. a runner outside of the baseline (see Rule 10.01);
- l. a runner who misses a base, as called by a Referee upon the conclusion of the play;
- m. a runner who fails to properly tag up on a caught ball, as called by a Referee upon the conclusion of the play;
- n. A runner tagged by the ball while on a base they are forced to vacate by the kicker becoming a runner;

14.03 Sideline area. Prior to the kick, no participants (or spectators) may be in the sideline area except for the kicker, the catcher, Referees and designated base coaches. After the kick, fielders and base runners in the process of playing the game may also occupy the sideline area (see Rule 1.01e). The first infraction of this rule will result in a warning to the team that caused the infraction. The second and each subsequent infraction will result in an out for the next kicker in the written scorebook kicking order on the team that caused the infraction.

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### 15. BALL IN PLAY

15.01 Once the pitcher has the ball in control and retains possession on the mound, the play ends. Runners who are off base at this time and in forward motion may advance only one base. Runners who are off base at this time and not in forward motion must return to the base from which they were running.

15.02 Interference is:

- a. when any non fielder or non permanent object except a Referee or a runner, touches or is touched by a ball in play in fair territory. This interference causes the play to end, and runners shall proceed to the base to which they were headed;
- b. when any runner on or off base intentionally touches a ball. This interference causes the play to end, the runner to be out, and any other runners shall return to the base from which they came, unless forced to advance (see Rule 14.02d);
- c. when any kicker intentionally hits the ball with their hand or arm. This interference causes the play to end, the kicker to be out, and any other runners shall return to the base from which they came (see Rule 14.02e).

15.03 During any play where a ball is popped or deflates significantly, that play shall be replayed with a properly inflated ball.

### 16. GHOST MEN

16.01 Ghost men are not allowed.

### 17. INJURY AND SUBSTITUTIONS

17.01 In cases of injury or illness, a time-out may be requested for participant removal and replacement with a substitute of the same sex. If the participant later returns to play, the participant must be inserted in the same written scorebook kicking order position previously held.

17.02 If a player is ejected, injured, or becomes ill and cannot continue, the written scorebook kicking order will continue in the same formation, less the removed player.

17.03 Injured players who do not kick shall not play in the game.

17.04 Any player removed from the game for injury or illness must be noted on both team written scorebook kicking orders and mentioned to the Head Referee.

17.05 The pitcher and the catcher positions may only be replaced once per inning unless injury forces another substitution.

17.06 Only runners who are injured while traveling to a base, and who successfully make it to a base, may be substituted. All runner substitutions must be of the same sex. There are no other allowable runner substitutions.

A runner may be substituted no more than twice during the game. Upon the second substitution, the player will be removed from the game and no longer be allowed to participate.