



Official Kickball Rules

Updated 10/10/2017

RULES

For those of you who haven't played kickball since our semi-pro days in elementary school – here's the QUICK low down on the rules. You'll notice they're "mostly" the same as baseball, with the main differences being:

Outdoor

- There are 7 innings (or 45 minutes) in a game
- Teams play with 11 players in the field (maximum of 7 guys/minimum of 3 gals). Teams will need a minimum of 3 females in order to play. If you have only 1 or 2 females you will be given an out every time through the batting order for each missing female.

Indoor

- There are 6 innings (or 35 minutes) in a game
- When playing indoors on half a gym court there is a max of 9 players (3 guys and 3 gals min).

GLOW

- Kicking: Plant & Kick. Players may not run up the ball to kick it, instead kickers can plant one foot and kick.
- No Pegging allowed – glow balls may not be thrown at base runners

Basics

- Minimum of 6 players (1 female) to start a game. If you have only 1 or 2 females you will be given an out every time through the batting order for each missing female.
- All pitches MUST be thrown underhand (slow pitch...no spin...no bounce)
- No strikes
- 3 fouls is an out
- No balls
- There is no leading off bases or stealing
- You can throw the ball at base runners, but no head shots!

That's it! For those of you who are more detailed oriented, here are all the rules spelled out for you. Happy reading!

Rule #0: DON'T BE A D-BAG!

The first and foremost rule of the game is to have fun. If you are hoping to recapture your athletic glories from the past, this is not the kickball league for you. SBS is all about playing a silly kid's game, having fun and meeting new people. Absolutely no whining will be tolerated during the course of a game. The only players allowed to communicate with the referees are the captain and co-captain. Any abuse (verbal or otherwise) of the referees or other players will constitute an immediate ejection from the game. Repeated offenders will be banned from the league. No exceptions.

EQUIPMENT

SBS will provide equipment. This will consist of a 10-inch playground ball, bases and cones (as necessary)

OFFICIALS

Games will be officiated by a SBS trained social Kickball referee. All of our referees are trained to call a fair and fun game of kickball. They are the final word on all game call decisions.

Although they are referees there to call your games, please remember they are people too, just like you! So please treat them well, with respect and remember they are there to make sure you are having fun and playing a safe game of kickball. They ARE NOT your verbal punching bag after a bad day at the office.

Only a team captain or co-captain may dispute a call with the referee. The referee has jurisdiction over the play and may penalize a player, including game ejection for unsportsmanlike conduct. Ejected players may not return to the game and if necessary may be asked to leave the premises; don't be a punk.

PARTICIPANTS

All players must be 21 years of age or older. Players may only play on a team on which they are registered. Exception: You may function as a substitute player for another team if they are short a man or woman. This is ONLY valid during the regular season.

SBS reserves the right to suspend any player at any time for unsportsmanlike conduct, violation of any rules, for failure to pay appropriate dues or for being a general pain in the ass, without any refund whatsoever. At the discretion of SBS, any member suspended may not in the future be allowed to participate in any further SBS events.

TEAMS

– **Outdoor:** Teams play with 10 players in the field at least 3 of which must be females (maximum of 7 guys). Teams wanting to field 11 players can add an additional female fielder (7 guys max/4 female min). Teams will need a minimum of 3 females in order to play. If you have only 1 or 2 females you will be given an out every time through the batting order for each missing female.

– **Indoor:** When playing indoors on half a gym court there is a max of 9 players (3 guys and 3 gals min).

– Minimum of 6 players (1 female) to start a game. If you have only 1 or 2 females you will be given an out every time through the batting order for each missing female.

Every player present is required to be in the kicking line up.

Every player present is required to play at least one (1) inning in the field.

*The referees and SBS reserve the right to amend these rules at any time

If a team does not have the required minimum number of players in the fielding lineup, then the team must forfeit. During the regular season, a team can recruit players from other teams to play if they do not meet the minimum amount of players required. During the playoffs, only actual team members can play for their teams.

If a team is short a man or a woman but still can field the six required players, SBS will take an automatic out away from the team each time through the batting order until the team fulfills the gender requirements. If you have only 1 or 2 females you will be given an out every time through the batting order for each missing female.

If a team is playing with less than 10 players (8 players for half court indoor), they are not required to have a catcher. If a team cannot field at least 6 players, they automatically forfeit.

Each team shall have one Captain and one Co-Captain who are charged with:

- Making sure that only players registered on their team are participating on their behalf in a game.
- Ensuring that their players kick in the same order throughout the game (if necessary, teams can exchange kicking lineups prior to the game).
- Disputing a call on the field and remaining cool at all times.
- Making sure everyone on their team understands the rules.
- Turning in the game results to the appropriate person.
- Communicating any changes in regards to scheduling or rules with his/her team.
- Ensuring that everyone on his team is eligible to play.
- Contacting the other team and the league in the event of a forfeit by 2:00 pm.

Any team that forfeits two or more games will be removed from the remaining schedule and not be allowed to participate in any playoff situations. No refunds will be given and a team dropped by the league may, at SBS's discretion, not be allowed to rejoin the next season.

SBS will provide team t-shirts to all teams. Players must wear their official t-shirt during all games. Teams are encouraged to be creative with names and t-shirts, without removing or obscuring the SBS or the logo of the sponsor bar.

REGULATION GAME

*The referees and SBS reserve the right to amend these rules at any time

A full outdoor regulation game shall consist of 7 innings (or 45 minutes). A full indoor regulation game shall consist of 6 innings (or 35 minutes). If a team is more than 5 minutes late, then they must forfeit. The away team will get first at kick. Home/Away teams will be determined by one game of Rock-Paper-Scissors prior to the game.

The game will be called in the event of uncooperative weather. The rules for game cancellation are defined by the schools/parks in which we play. SBS will attempt to reschedule any canceled games. If a game is called due to weather and less than 4 complete innings have been played, the game is canceled and will be rescheduled (and replayed starting at 0-0, top of the 1st). If more than 4 full innings have been played, the final score will be the score at the end of the last complete full inning.

Games CAN end in a tie (it happens) after the completion of six innings if the score is tied then the game is over and will be entered into the records as a tie.

In the playoffs if a game is tied following the completion of six innings, we will play extra innings. After two extra innings, if the game is still tied each team will remove one player from the field. If teams are tied following four extra innings, teams will remove an additional two players. Teams will then remove a person following each extra inning until there are the minimum players on the field.

SPORTSMANSHIP

Players should have no intentional or unwelcome physical contact with opposing players. Doing so will be considered unsportsmanlike conduct and it will be at the discretion of the referee to issue warnings or eject offending players. A player must make the referee aware if he or she feels any contact was unwarranted.

Trash talking is permitted as long as it is not cruel, racially motivated, hateful, or a personal attack on another player. The trash talking should only be good natured and shall not be allowed to get out of hand. Threats of physical violence are in no way allowed. The team captain shall ensure that their players behave themselves.

Due to New York City regulations, consumption of alcohol on the fields is strictly prohibited. If a person is seen consuming alcohol on the field, that person's team immediately forfeits that day's game and may, at the discretion of SBS, be removed from the league.

PITCHING/CATCHING

The pitcher must plant their foot on the pitching strip as they wind-up to pitch. No running up to the strip to launch a pitch. All pitches must be UNDERHANDED at a reasonable speed– no overhand or sidearm. When pitching, the ball must not be spun or bounced.

The ball must cross the plate within a foot on either side. The ball may not be more than 1 foot off the ground as it crosses the plate (bouncy).

The pitcher must stay behind the pitching strip until the ball is kicked. Failure to do so results in a ball. All infielders must stay behind the imaginary line stretching from first to third base until the ball is kicked. Failure to do so results in a ball.

The catcher may field up to the plane of the home plate before the ball is kicked, however the catcher shall not interfere with the kicker in any way. Failure to abide by this rule results in a ball.

KICKING

All kicks must be made by the foot (Duh!). All contact BELOW the knee is considered a kick. Anything hit at the knee or above is considered a foul.

All kicks must occur at or behind home plate. Both feet must be on or behind home plate at the time the ball is kicked. If one or more feet are in front of home plate at the time the ball is kicked, it is a strike and the kick is called back (if such a kick is caught on the fly, it is an out).

Bunting – There is NO bunting

Any fair kicked ball that travels outside of a reasonable area of play will result in a ground rule double. This doesn't pertain to the unlikely event of a home run kick; rather it pertains to fair balls that then bounce over a fence.

When playing indoors, all ceilings, walls, light fixtures, nets that are in the field of play will be played as a part of the field of play and all balls are live off these fixtures. If a ball hits any of the previously listed fixtures in foul territory prior to the ball entering the field of play the ball is dead and is ruled a foul ball. If a ball is fair but gets stuck in a

bleacher, ceiling fixture etc, the ball is dead and ruled a ground rule double.

SBS does not have an infield fly rule. However, if a play is deemed by the umpire as an attempt to gain an advantage by purposely dropping a fair fly ball, the batter will be awarded 1st base.

RUNNING

Runners must stay within the base line. Fielders must stay out of the base line unless they are attempting to tag a runner out or catch the ball. Fielders trying to make an out on base may have their foot on base, but must lean out of the base line. Runners unfairly hindered by any fielder within the base line shall be safe at the base to which they were running.

Neither leading off base, nor stealing a base is allowed. A runner may only move off his/her base after the ball has been kicked. And you can't pass the runner in front of you. Nor can you pick up the runner in front of you and carry them. (Although that would be kinda cool). These are outs.

Hitting a runner with the ball above shoulder level is NOT allowed. Any runner hit above the shoulders is safe and advances one base.

Exceptions: If the runner intentionally uses his head to block the ball. The runner is out. If the runner attempts to dodge the ball and is hit in the head because of this, he/she is out.

If a kicked ball is caught on the fly, runners must tag their originating base (on or after the moment the ball is first touched by a fielder) before running to the next base.

Only one base on an overthrow is allowed to the runner. The one base is not automatic and the runner must take the risk of being made out. The one base is only available before the play ends.

FOULS

A foul is:

- a kick landing out of bounds. The foul is determined by where the ball lands not how it travels to get there. Remember that if such a kick is caught on the fly it is an out
- a kick landing inbounds, but traveling out of bounds on its own before reaching first or third base. (Any ball touched by an inbounds fielder is automatically in play)
- a ball that is tipped while being kicked but continues to travel behind the kicker; but if such a kick is caught on the fly it is an out
- Any foul that hits a tree or other outside object is a dead ball and not illegible to be caught for an out. The ball remains a foul.
- Three fouls is an out

OUTS

An out is:

- a count of three fouls
- a runner touched by the ball at anytime while not on base (unless a head shot)
- any kicked ball (fair or foul) that is caught before it hits the ground
- a ball tag on a base to which a runner is forced to run
- kicking out of order
- a runner leading off the base or stealing
- a count of three outs completes the team's half of the inning

BALL IN PLAY

Once the pitcher has the ball in control and is within 5 feet of the pitching strip, the play ends.