



Farmington Parks and Recreation

Adult Kickball Rules and Regulations

General Disclaimers

- All players must read the league rules and sign the roster before they are permitted to play in the Farmington Parks and Recreation Kickball League.
- Anyone willfully causing damage to the facilities or its fixtures will be held liable for the cost of repair or replacement of said fixtures or facilities and will be removed from the league
- Anyone with any health condition that restricts them from physical activity should avoid participating in this activity.
- No one under the influence of drugs or alcohol will be permitted to participate in this league.
- All teams must submit their roster before the given due date. Failure to do so will result in forfeits for all games until it has been submitted.

Basics

- Up to 10 fielders.
- 6 innings or 45 minutes
- 2 base coaches.
- "bouncies" are allowed but it must bounce at least twice before home-plate.
- Strikezone is 1 ft on all sides of the home-plate (and above)
- You can throw a runner out, but no headshots.
- one base on an overthrow.
- forced outs.
- no ghost men.

Appropriate Attire

- It is highly recommended that all players on a team have the same color shirts with numbers on the front and back.
- Metal Cleats are strictly prohibited. Anyone attempting to use metal cleats will be ejected and their team will forfeit that game.
- The wearing of jewelry will not be permitted. Studded earrings will be acceptable as long as they are small.
- If any player does not adhere to these rules, the official, as well as any staff member, has the right to prevent the player from participating until the problem has been corrected.

Behavior rules

- Any sign of unsportsmanlike conduct could result in your immediate removal from the game or league. Unsportsmanlike conduct will include, but is not limited to; endangering an opponent, using profanity, throwing the ball down, unnecessary delay of game, shouting at the official, etc. This rule also applies to spectators of the program.
- Each player is expected to be polite and respectful to officials and opponents. There will be no arguing of judgement calls whatsoever. If you wish to challenge a non-judgement call, you must do so in writing before the end of the game, and present it to the coordinator before the next scheduled game.

Game Rules

1- The playing field

- a. the kickball diamond will be a square with base distances of 60 feet
- b. The pitcher's mound will be set at 43 feet.
- c. There will be a pitching/fielding arc marked at 43 feet stretching from 1st to 3rd baseline.

d. The catcher's box will be set 8 feet behind and to the left of home plate

2- Equipment

a. The official kickball is the red WAKA logo kickball, measuring ten (10) inches in diameter when properly inflated to a pressure of 1.5 pounds per square inch.

3- Number of players

a. Each team is allowed up to 20 players on their roster.

b. Each team will be allowed to field 10 players during game time. A minimum of 6 players will be considered legal for a regulation league game.

c. Line-ups must be arranged to follow a male-female or female-male order. Two males or females may never kick back to back. In the case that a team is kicking with an odd number of players, the team will need to adjust their lineup to stay with the male-female or female-male order.

Each violation will be an out.

d. Each team will be required to have a minimum of 6 players to begin a match. Less than 6 players will be considered a forfeit.

4- Duration of Game

a. Each game will consist of a 45 minute time limit or 6 innings, whichever comes first. Finish the inning when time expires.

b. If teams are tied at the end of regulation time or innings, the "One Pitch" rule will be in effect. Games will continue until a winner is determined.

i- One pitch rule: Each kicker will receive only one pitch. A strike is an out, and a ball puts the kicker on first base.

c. Run Rules (at end of an inning)

i- 15 runs after two innings, 10 after 3 innings.

5- Strike Zone

a. The strike zone will extend one (1) foot from home plate on both sides. Cones will be set to establish the strike zone. The cones will also establish the one (1) foot height limit for the strike zone. A pitched ball that crosses the strike zone above this one-foot line will be considered a ball.

i- any pitched ball that makes contact with a cone will be ruled as a ball.

b. Pitching

i- A ball must be pitched by hand.

ii- A pitched ball must bounce at least 3 times for it to be considered a strike.

iii- A pitch that was rolled on the ground and has no bounce is a legal pitch and will be called a strike if it crosses through the strike zone.

iv- pitchers must have at least one foot on the pitchers plate when the ball is released.

c. 1-1 Count

i- Each kicker will begin with a (1-1) count.

ii- If a male player is walked, that male will advance to 2nd and the next female in line has the option to kick or take 1st base.

6. Kicking the Ball

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

b. All kicks must occur 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 home plate.

c. All kicks must pass back through the strike zone to be considered a fair kick. A ball pitched outside the strike zone may be kicked fair, as long as the ball passes back through the strike zone.

d. A kicker is allowed (1) courtesy foul on his or her second strike. A subsequent foul results in an out.

e. A ball kicked fair that bounces over the outfield fence will be ruled a "double".

f. Bunting is allowed

7. Running and scoring

a. When attempting to avoid a tag, runners may run no more than 4 feet outside their established path.

b. Interference and Obstruction plays will be called as such.

c. Leading off base nor stealing is allowed. A runner may advance once the ball is kicked.

d. 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 will be considered safe and advance to the base they were running to. If the runner intentionally uses their head or neck to contact the ball, they will be ruled out.

e. Ties will go to the runner

f. Running past another runner is not allowed. The passing runner will be out.

h. Once per player per game, a player may use a "pinch runner". They must be of the same gender as the original runner.

8. Playing the field

a. Players in the field are not allowed to move past the pitching arc until the ball is contacted by the kicker.

b. The catcher must remain inside the catcher's box until the ball is contacted by the kicker.

c. Players on defense may throw the ball at the runners to tag them out, as long as it is in accordance with rule 7-d. Players must also avoid throwing the ball at a runner's feet, so that the runner does not get tripped by the ball.

d. A ball may be caught by a player after bobbling the ball by any fielder, regardless of who touched the ball first.

e. The infield Fly Rule is in effect.

9. Miscellaneous

a. The NFHS "blood rules" will be followed for dealing with blood or injury.

b. The Umpire has the right to remove anyone from the game or end the game if deemed necessary.

10. Weather Policy

a. In case of inclement weather, the game may be cancelled.

b. Any Make-up games will be determined by the director.

c. Games that complete the 3rd inning or 2.5 if the Home team is ahead, and are called because of weather, will be considered a complete game.

d. Make-up dates, called games, and other communications will be done directly between team managers and the Program director.