



League Commissioners
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City of Stamford Recreation Division

Rules, Regulations & Guidelines COED Adult Kickball

GENERAL RULES:

1. Do not take this too seriously, go have fun...it's a fun night out with friends. Don't get too hung up on rules and the interpretation of them.
2. Roster/Waiver must have a minimum of 5 men and 5 women. A team consists of a maximum of ten defensive players and your roster is unlimited to the amount of players you can have on it. You may add players to your roster at any time (they must sign the roster on file at the Recreation Department in order to be eligible). The City of Stamford does not provide medical insurance for injuries involved in recreation events. We recommend each player have insurance or investigate getting team insurance.
3. Kickball is meant to be a 10 player Sport. However, A minimum of **eight (8)** is needed to start and continue a game without penalty. A team may compete with seven but will receive an automatic out for the absent 8th batter even in the event of injury. A forfeit shall be declared if a team has five or less players.

# OF PLAYERS	ALLOWED	
More than 10	Only 10 may play defense in the field	Teams may bat unlimited number but must alternate gender until the point teams are shorthanded(see below)
10 players	5 men/5 women	Ideal situation
8 players	4 men/4 women	Kicking team will provide the defensive team with a catcher and use only 3 outfielders
7 players	4 men/3 women 5 women/2 men 4 women 3 men	Kicking team will provide the defensive team with a catcher and use only 3 outfielders and 3 infielders

5. Games are 7 innings or 60 minutes*. **No new inning shall start after 60 minutes.* In the event of a tie extra innings will start with a runner on 2nd base, which will be the last recorded out.

6. Sneakers or plastic cleats must be worn by all players. No metal cleats, sandals or bare feet are allowed.
7. The Field: Kickball is played on a softball field. The bases will be placed at 60 feet. The pitching rubber will be placed at 42 feet.
8. Officials: In the case no officials are there, Teams will be required to self-officiate. That means that players must know the rules and be ethical when calling the game. The **kicking team will be the Official** when his/her team is up to bat. They will call fair/foul, balls/strikes/ out and safe. The official should be positioned behind home plate, not obstructing the batter. Teams will also be responsible to have basecoaches and they will call out or safe on the bases. League Directors will be there to assist in referring the kickball games, however if on the rare occasion that we do NOT have a staff member to officiate, games will be self officiated.
9. “Let’s Rock it”: Since there are no Official Officials, close or disputed calls will be decided by **one throw of “rocks, paper scissors”** rock (fist) beats scissors (two fingers) beat paper (flat hand) but paper beats rock.
10. Keeping Score: Each team will get an official kickball scorebook and must keep official score. Teams should ensure each teams are correct at the completion of each ½ inning.

DEFENSE:

1. Defensive Positions:
 - a. Pitcher: The pitcher must pitch the ball with at least one foot in contact with the pitcher’s rubber.
 - b. Catcher: Must stand behind the mat and behind the batter. No obstructing the batter.
 - c. Infielders: Must have 2 men and 2 women in the infield. They must be positioned behind the pitcher.
 - d. Outfielders: All outfielders must be a minimum of **thirty feet beyond the bases**. Outfielders are bound to this imaginary line until the ball is kicked. Teams will be responsible for pacing off this thirty-foot imaginary line prior to starting.
2. Shorthanded rule(see chart on page 1): Teams may play with less than 10 players.
 - a. Playing with 9: Offensive team will provide defensive team with a catcher.
 - b. Playing with 8: Offensive team will provide defensive team with a catcher, and defensive team will use three outfielders.
 - c. Playing with 7: Offensive team will provide a defensive team with a catcher, defensive team will use three outfielders and three infielders.
3. Put outs: An out will occur when a defensive player:
 - a. Catches a ball before it hits the ground (in fair or foul play)
 - b. Fields a ground ball and throws it to first base (or second, third or home with base runners on)
 - c. Fields a ground ball and tags a runner with the ball prior to reaching the next base.
 - d. Fields a ground ball and tags the base prior to runner reaching the base.
 - e. Fields a ground ball and throws it at the runner from the **“Shoulders down”**
NO FACE SHOTS-any thrown ball that hits a runner in the head shall be a dead ball. Runner will be awarded the next base.
4. Pitching: Pitcher must pitch the ball from the pitching rubber at 42’.
 - a. No bouncies: The ball must bounce at least twice on approach to home plate.
 - b. Excessive Speed: Pitcher must pitch ball in slow to moderate speed toward home plate.
-Excessive Speed will be considered a DEAD BALL. It cannot be kicked.
 - c. No Walks: ensure you have someone that can throw strikes.

5. Strike Zone Mat: Ball must pass over the front edge of **the mat**. The mat is a 3 foot wide rubber mat placed over home plate.

- a. When passing over the mat, the ball must not be more than 1 foot high.
- b. Any part of the ball must pass over any part of the black mat to be a strike.

OFFENSE:

1. A batter will get **one attempt** at *to kick* the ball (**EXCEPTION: All batters shall be allowed one foul ball**). A missed attempt (swing and a miss), a bunt, or illegal kick (kicking in front of home plate) is an out.

2. Batter must kick the ball from behind the mat. The pitched ball must pass over front edge of the mat before it may be kicked by the offensive player. Kicking the ball with pivot foot in front of home plate /mat will result in an out. **The Batter may kick the red rubber ball if it is a BALL and not a STRIKE.** However, they must still be behind the mat.

3. Batter out: Batter is out in the following situations:

- a. The batter is out in situations similar to softball (force outs, pop outs, tag of base, etc.).
- b. Bunting is not allowed.
- c. Foul Balls. A batter will be permitted one foul ball. On the second Foul, the batter is out.
- d. A batter-runner is out when he/she is hit by a thrown ball below from the shoulders down. IF a batter is hit above the shoulders (in the head) with a thrown ball in an attempt to make a put out, the batter is awarded the next base.
- e. Strike out: A batter is out if he/she takes 2 strikes. See rule 5 below
- f. No leading or stealing: see rule 4 below.

4. Leading and Stealing: A runner who leaves the base before the pitch reaches home plate or is kicked, is out and the ball is dead. Leading and stealing bases between pitches is not allowed. This will be difficult to enforce and will create great tension among competing teams so just don't do it. Repeat offenders should be reported to the League Director.

5. Strike out: A batter will strike out if he/she takes 2 strikes. A swing and a miss is a strike. A foul ball is considered a first strike, if a batter takes a strike after one foul he/she is out. However, if a batter fouls a pitch with one pitched strike, he/she will have one more attempt to bat. 2 foul balls is a strike out.

6. Crashing into a fielder: In order to prevent injury and protect the defensive player attempting to make a play on a base runner, the base runner will be declared out, if the runner deliberately with any intent or force crashes into a defensive player in an attempt to dislodge the ball. If the act is determined to be flagrant or with any force the incident shall be reported to the League Director for further review and possible subsequent disciplinary action. For clarification purposes the baseline is six feet wide from the center of the base (3 feet each side) so runners have plenty of room to run around defensive players without being ruled out for being out of the baseline.

7. Sliding: Sliding, though legal, is **not recommended** and should only be used to avoid a collision. (If an offensive player slides he/she is liable to be put out by a thrown ball if he/she is hit **ANYWHERE** on his/her body during the slide). Yeah, that includes above the shoulder so slide at your own peril.

8. Number of batters: Teams may bat an unlimited number of batters however a maximum of 12 will be permitted each inning. Upon the completion of the 12th batters at-bat, the half-inning shall be declared over. The 12-batter rule shall also apply for all teams competing with less than 12 players.

9. Substitutions/ Re-entry rule: Players not listed in your original batting lineup shall be considered substitutes. Substitutes may take the place of a starting player offensively and/or defensively. The starter

may re-enter the game but only into the same batting spot he previously occupied (batting order can never change). Once a substitute is removed from the game, he/she cannot re-enter.

10. Bunting: Bunting will not be permitted, it is a dead ball and an automatic out. A ball that does not reach the pitcher's rubber will be considered a bunt. If the pitcher fields the ball before the rubber the ball is then live. EXCEPTION: If a defensive player makes a play or touches the ball prior to the ball reaching the pitching rubber, the ball is live.

11. Game Time: Teams shall be responsible for getting their games started and finished on time. Forfeit time has been established as game time; teams should report to the field 15 minutes before the scheduled starting time of the game.

12. Courtesy Runner: One courtesy runner shall be allowed per inning provided they are the same gender and the last batted out (last male or female to make an out respectively). **There are no ghost runners.**

13. There are no protests. All concerns or disputes shall be brought to the league director's attention. The league is designed to be fun and social and shall be governed as such.

14. Run Ahead Rule: In an attempt to save some dignity there is a "mercy rule" of 12 runs at the completion of 4 innings.

15. Drinking Alcohol Policy: While we are all adults and most likely responsible, we ask that all participants refrain from drinking while playing the game. We definitely do not expect to see any red cups on the field or on the players bench during the game and staff will politely ask you to remove it. If drinking please don't drive and/or know your limits.

16. Inclement Weather: If we have to cancel due to inclement weather, an email/text will be sent, the website will be updated and the cancellation line will be updated at 203-977-4641 x 31 after 3pm on Thursdays.

17. The League Director reserves the right to make any decision necessary that he feels to be in the best interest of the league and its participants.