

Adult Kickball League Rules Revised

The spirit of these rules is to ensure a fun environment and participant enjoyment. All games are to be played in a sportsmanlike manner.

1. The governing body of the league is the Casper Rec. Leagues Association (CRLA) & Casper Recreation Center and its appointed representatives.
2. The CRLA and Casper Recreation Center will be the final decision on any rules not covered.

Time Factors:

1. Games will be 55 minutes or 7 innings whichever occurs first. At the end of 55 minutes or 7 innings and a winner is not declared teams will play 1 additional inning. If a winner is still not determined the game will end in a tie.
2. **RUN rule:** There will be a mercy (RUN) rule. Teams ahead by 20 runs after 3 innings, 15 after 4 innings, or 12 after 5 innings will be declared the winner.
3. In case of weather cancellations while a game is being played. A game will be considered complete if 3 ½ innings are played and 30 minutes have passed and the home team is ahead. If this has not happened games will be void and rescheduled to start in the first inning.

Participation:

1. While fielding, each team must field at least 8 and no more than 10 players. This must include one pitcher and one catcher at all times during the game. Teams must have a maximum of players 12 in the lineup if there is an equal number of males and females in the lineup.
2. If playing shorthanded, teams must have a minimum of 4 females on the field and in the lineup at all times and must alternate genders in the lineup. If a team has only 4 females in the lineup there is an out between males.
3. Teams will not be required to play a certain number of females in the outfield or infield. Defensive alignment is at the team's discretion.
4. Innings may end on an automatic out.

Substitutions:

1. If a player is hurt during the game and has to come out of the game, the captain must report that the player is coming out of the game immediately. If the team doesn't have a player to place in the injured players spot it will not be an automatic out no matter the gender and the original player cannot return to the game.
2. If a player is ejected for unsportsmanlike conduct and the team does not have a substitute to place in the lineup than that vacant spot in the lineup will be an automatic out.
3. The pitcher and catcher positions may only be replaced once per inning each, unless injury forces another substitution.

4. Only runners who are injured while traveling to a base, and who successfully make it to a base, may be substituted. 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.

Pitching, Catching and Fielding:

1. Balls must be pitched (rolled) by hand. There are no restrictions on pitching style. Balls that have extreme bounces are not allowed and will be considered an illegal pitch. Speed of the pitch must be kept at a moderate speed.

2. The pitcher will have a 1 ball, 1 strike count when the kicker comes up. There will not be an extra foul.

3. The pitcher must start the act of pitching within the pitching mound and have at least one foot on or directly in front of the pitching plate when releasing the ball.

4. All fielders except the pitcher must start play and remain behind the 1st – 3rd diagonal until the ball is kicked.

5. Failure to be properly positioned on defense the first time will result in a team warning to the team that caused the infraction. The team's second infraction will result in the kicker being awarded first base regardless of the outcome of the play.

6. 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 contact the kicker, nor be positioned so closely to the kicker as to restrict the kicking motion.

Kicking:

1. All kicks must be made by foot or leg, below the knee. Any ball touched by the foot or leg below the knee is a kick.

2. All kicks must occur: A.) At or behind home plate. The kicker may step on home plate to kick; however, the planted foot may be in front of or across the front edge of home plate. B.) The kicker must have at least a portion of the planted foot within the kicking box during the kick. The kicker may line up outside the kicking box.

3. Bunting is allowed.

Running Bases:

1. Stealing is not allowed. Players off the base before the ball is kicked are automatically out.

2. Runners may only run one base on an overthrow. That's one extra base per attempt at a runner. Players advancing on an overthrow are advancing at the risk of being put out.

3. The defense may throw the ball at the runner with the following guidelines:

- If a runner ducks to avoid throw and it hits them in the head it will be an out
- Overhand throw must have a minimum of one hand on the ball at the release and may hit the runner from the back to the feet.

- Underhand throws (hand can't be above the waist) are only required to have one hand on the ball and players must hit runner below the waist.

4. Players that continue to hit players in the head during the game will be a defensive ejection and will not be allowed to play on defense the remainder of the game; however, the player may still kick. Once a team receives a defensive ejection they must play the remainder of the game a player down on defense if they don't have a sub.

Balls and Strikes:

1. Kickers will come to the plate with 1 strike and 1 ball. There will be no extra foul.

2. The strike zone will be 1 chalked line on each side of home plate. Any rolled ball not kicked that crosses that strike zone will be a called strike. If a ball doesn't cross the strike zone it will be called a ball. Strike Zone 3ft each side of home plate. 5ft long from the top of the plate.

This diagram is just a reference: While fielding, each team must field at least 8 and no more than 10 players. This must include one pitcher and one catcher at all times during the game. Teams must have a maximum of players 12 in the lineup if there is an equal number of males and females in the lineup.

