



**CINCINNATI**  
**SPORTS LEAGUES**

## **COED Indoor/ Outdoor KICKBALL RULES**

VERSION #1 - Last Update 11/9/2011

The CSL Adult Kickball League is an athletic/SOCIAL league created to fill the void of organized adult playground games! Kickball is a simple game consisting of two teams, bases, and a **BIG RED BALL**. Played like softball or baseball, the object is to score more runs than the opposing team. In short, CSL plays with a max of 11 fielders, 7 innings (or 45 minutes), no bouncies, no head shots, one base on an overthrow, forced outs, and no ghost men / women! **MOST IMPORTANT: For the enjoyment of all, proper respect and sportsmanship (Civility) is required of all participants!**

### **THE PLAYING FIELD**

1. The Head Referee will designate a field suitable for play in accordance with the following provisions which equal the dimensions of a softball field. Umpires will clearly go over all ground rules for each specific field. (See last page)
2. All participants must respect and obey all rules and regulations pertaining to the respective field used for play (i.e. city-owned field rules, parks rules, etc.) during the game.
3. Referee has final say on any rules and has the right to set ground rules for participation.

### **EQUIPMENT**

1. Metal cleats are not allowed.
2. Kickball(s) will be provided by CSL.
3. Did we mention...**NO METAL CLEATS!**

### **Rules**

1. The pitcher must stay within the pitching circle till the ball is kicked!!
2. Infielders must stay behind the baseline till ball is kicked.
3. The catcher can play up the 1<sup>st</sup> or 3<sup>rd</sup> baseline no farther than 10 feet from the kicking arch. The catcher cannot cross into fair territory till the ball is kicked. The catcher **CANNOT** reach into fair territory till the ball is kicked. IF a catcher is standing on the foul line and is hit with the kick, it is a fair ball!!!!
4. Outfielders must stay behind the cone line in the outfield till the ball is kicked.
5. Kickers must kick the ball inside the home plate arch. The ball must clear the kicking arch or will be considered foul. The kicking arch extends 3ft. around home plate. The kicker is not allowed to kickball in front of the home plate arch. Striking the ball in front of the arch will result in a warning for the first offense. The second offense (by any member of the team) will result in a foul. The kicker is only allowed to kick the ball once. Double kicks will be counted as foul kicks.
6. Once the pitcher or fielder has the ball in control and on the mound, the play ends. The umpire will call "TIME" as soon as the play is over.
7. All fielders must stay out of the baseline - fielders may have their foot on the base, but must lean out of the baseline.
8. 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 umpire's discretion, and must cancel the game if lightning is seen;
  - c. penalize a player, including game ejection, for un-sportsman like conduct. Ejected participants may not return to the game.

## **PARTICIPANTS**

### **PLAYER ELIGIBILITY**

1. Must not play kickball professionally.
2. All participants must register and sign the CSL waiver prior to the start of the first game.
3. **PLAYERS NOT A TEAM'S WAIVER WILL NOT BE ALLOWED TO PARTICIPATE IN PLAYOFF GAMES!!!**

### **TEAMS**

1. Teams must field at least eight (8) players and no more than eleven (11). No more than six men in the field at any one time. If fielding 11 players, one player must play the position of catcher. Teams playing with 10 people DO NOT have to have a catcher but it is strongly recommended.  
\* Indoor Kickball requires a minimum of seven (7) players and no more than nine (9). Teams must field a minimum of three (3) players of each sex. No more than five (5) men in the field at any time.
2. Males and females do not have to alternate defensively on the bases or in the outfield. The catcher and pitcher do not have to be of opposite sexes and are considered infielders. Teams can have no more than six (6) players in the infield defensively and no more than five (5) in the outfield defensively. (Note: with six infielders – one must be the catcher).
3. Each team shall have one Captain and one Co-Captain who jointly will be responsible for the team.  
The Team Captains must ensure that:
  - a. all team players present must kick;
  - b. all team players must kick in the written scorebook order;
  - c. only the Captain and Co-Captain may dispute calls. (But that will never happen – RIGHT?)
4. The team captain will designate a scorer who will record game statistics in a score book/sheet.

### **BASE COACHES**

1. Two members of the team at kick must coach first and third base. The base coaches will assist in retrieving foul balls and may switch with other team members to remain in the proper kicking lineup. **BASE COACHES ARE NOT PERMITTED TO MAKE CONTACT WITH PLAYERS AND/OR RUNNERS DURING PLAY!!!** This includes stopping baserunners from over running bases or sending runners back to bases.

## **GAME PLAY**

### **REGULATION GAMES**

1. Regulation games last seven (7) innings or 45 minutes, which ever comes first. In the event of a tie score at the end of the game, the game shall be marked as such.
2. A team failing to field at least eight (8) players within fifteen minutes after scheduled game time will forfeit the game. A forfeit shall count as a loss.  
\* Seven (7) players needed for Indoor Kickball.

## **PITCHING / CATCHING**

1. No bouncies or extremely fast pitching. WE ARE HERE TO HAVE FUN!
2. NEW!!! The pitcher must stay in the pitching circle until the ball is kicked.
3. NEW!!! The catcher can play up the 1<sup>st</sup> or 3<sup>rd</sup> baseline no farther than 10 feet from the kicking arch. The catcher cannot cross into fair territory till the ball is kicked. The catcher CANNOT reach into fair territory till the ball is kicked. IF a catcher is standing on the foul line and is hit with the kick, it is a fair ball!!!!

## **KICKING**

1. All kicks must be made by foot (Thus "KickBall").
2. All kicks must occur at or behind home plate. A kick in front of the home plate will result in a warning for the first offense. The second offense (by any member of the team) will result in a foul. The kicker is only allowed to kick the ball once. Double kicks will be counted as foul kicks.
3. Bunting is permitted but must roll out of the kicking arch, if it doesn't, it will be counted as a foul ball. Bunts maybe played by the catcher if they choose. If a player strikes a ball and it is still moving when the catcher touches it, it is a live ball.
4. Teams must alternate positions in the kicking order by sex. If a team is playing with more than 50 percent of one sex, a player of the minority sex may bat twice in the lineup, but must stay in the same order.
5. A ball kicked and strikes the sound absorbing panels on the walls will be called an out due to the price of replacing these.
6. A ball that is kicked and strikes the ceiling will be called and out.

## **RUNNING**

1. Runners must stay within the base line. Fielders must stay out of the base line. 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 base line shall be safe at the base to which they were running.
2. Neither leading off base, nor stealing a base is allowed. A runner off of his/her base when the ball is kicked is out.
3. Hitting a runner with the ball above shoulder level is not allowed. Any runner hit above the shoulders is safe. If the runner intentionally uses the head to block the ball, and is so called by the Referee, the runner is out.
4. In order to prevent injury and protect the defensive player attempting to make a play on a base runner, the base runner must be called out, if he/she remains on his/her feet, and deliberately, with great force crashes into a defensive player holding the ball, waiting to apply a tag. If the act is determined to be flagrant, the offender shall also be ejected.
5. After a kicked ball is caught, runners must tag their originating base before running to the next base. If the runner has not moved before the ball is caught, the runner may simply run forward without a tag up.
6. All ties will go to the runner. Runners may overrun first base.
7. One base on an overthrow: In taking advantage of the time loss from an overthrown ball that travels out of bounds, a runner may not run beyond the subsequent base to the one originally running toward when the ball was thrown.

## **STRIKES**

1. A strike is kick missed by the kicker. A strike counts as a foul.
2. A strike with one foul will result in an out.

## **FOULS**

1. A count of two (2) fouls constitutes an out.
2. A foul is:
  - a. a kick landing out of bounds;
  - b. a kick landing in bounds, but traveling out of bounds on its own before reaching first or third base. (Any ball touched by an in-bounds fielder is automatically in play.)
  - c. a kick in front of home plate.

## **OUTS**

1. A count of three (3) outs by a team completes the team's half of the inning.
2. An out is:
  - a. a count of two (2) strikes or two (2) fouls;
  - b. a runner touched by the ball at ANY time while not on base;
  - c. any kicked ball (fair or foul) that is caught;
  - d. a ball tag on a base to which a runner is forced to run.
  - e. a runner off of his/her base when the ball is kicked.
3. **Infield Fly Rule: When runners are on first and second(or loaded) with less than two outs and the ball is kicked in the air in the infield, the batter is automatically out. The runners may advance at their own risk. The infield fly rule is to be called at the discretion of the umpire.**

## **SCORING**

1. Inning run limit rule: There will be a 10 run limit per inning through innings 1-4. (Exception: unlimited runs may be scored if one of the innings 1-4 is declared the final inning of the game.) Unlimited runs may be scored in innings 5, 6, and 7 always.
2. Game mercy rule: 15 runs up after 4 innings, 10 runs up after five complete innings. Teams are allowed to finish out the game if time is available.

## **BALL IN PLAY**

1. Once the pitcher has the ball in control and on the mound, the play ends.
2. If a runner intentionally touches or stops the ball, the play ends.

## **GHOST MEN / WOMEN**

Ghost People are not allowed.

## **DESIGNATED RUNNER / PLAYER POSITIONS**

1. 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 fielding and kicking order position previously held.
2. If a player is ejected, injured, or becomes ill and cannot continue, the lineup will continue in the same formation, less the removed player.
3. The pitcher may only be replaced on the mound once per inning.
4. Any player can play any position defensively.
5. A female may only substitute for a female, a male for a male.
6. Males and females do not have to alternate defensively on the bases or in the outfield. The catcher and pitcher do not have to be of opposite sexes and are considered infielders. Teams are regulated as far as the number of infielders and outfielders and gender of each.
7. An arc will be placed at 180 feet from home plate. The arc will extend from the left field foul line to the right field foul line. ALL outfielders will be required to remain behind this line when a player batting until the ball reaches the plate or is swung at by the batter. If the pitch is not swung at and the outfielder is in front of the line, there is no penalty. If the ball is caught by an outfielder who was illegally across the line, the ball is dead. The batter is awarded first

base and all runners are awarded one base whether they are forced to advance or not. If the ball is not caught, a delayed dead ball shall be called. If the batter reaches first base and all runners advance one base, the ball shall continue to be in play with runners being liable to be put out.