



UREC

University Recreation
Intramural Sports

Kickball Rules

Kickball is a non-contact sport and injuries are a possibility. The department of University Recreation, Intramural Sports assumes no responsibility for injuries; however basic, first aid will be available.

Regulations published in the Intramural Sports Handbook will be the governing policies for all intramural sports. Participants are responsible for possessing a thorough understanding of these regulations and their implications.

Kickball is a self-officiated sport. The Intramural Sports Supervisors will have the final decision on any and all discrepancies.

ELIGIBILITY AND GUIDELINES

All participants must meet the eligibility guidelines as outlined in the Intramural Sports Handbook.

THE PLAYERS

1. The game shall be played between two teams of 10 players each. 8 players are required to begin a game.
2. If, due to injuries, a team drops below the minimum number of players, 8, it may continue if the Intramural Sports staff deems the game still competitive.
 - a. In co-rec the team **MUST** maintain the plus one ratio for males to females (See *Players and Substitutions*).
3. **Roster limit will be 22 players.**

UNIFORMS AND EQUIPMENT

1. All teams are required to furnish their own jerseys.
 - a. All jerseys must be of the same color.
 - b. All jerseys must have numbers on the back.
 - i. Numbers 0-5 are preferred.
 - ii. No three digit numbers.
 - iii. Numbers may NOT be taped
2. Numbers that are painted, sharpie, marker etc. are acceptable
3. If a participant is bleeding or has blood on their jersey they will be removed from the game until the bleeding is under control. Prior to any participants re-entering a game the bleeding must be stopped, cleaned and any cuts or lacerations must be covered. Participants will not be allowed to participate in any activity until the above conditions are met.

4. **Jewelry:** Jewelry or hard hair control devices will not be allowed. This includes but is not limited to necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets & watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item you cannot play.
 - a. The only type of permissible jewelry are medical alert bracelets. These bracelets must be taped down to the participant's wrist, with the important medical information showing.
5. **Shoes:** No wearing of metal spikes or kicking with any footwear that may damage the kickball or cause bodily harm.
6. **Supports, Braces, & Pads:** No casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it. Kneepads of a soft pliable nature will be allowed below the waist. Any player wearing illegal or dangerous equipment shall not be permitted to play. All equipment shall be subject to the approval of the Intramural Sports Staff and their decisions shall be final.
7. **Headwear:** Players may wear a one-piece elastic headband made of a soft pliable material. They may also wear knit stocking caps in cold weather. Rubber or elastic cloth bands may be used to control hair. For Kickball ONLY, baseball caps/hats are permitted.
8. **Balls** - UREC Intramural Sports will provide all game balls.

PLAYERS AND SUBSTITUTIONS

1. A team consists of 10 players, all of which must bat and play defense
 - a. Co-Rec: 5 males and 5 females with the batting order alternating between male and female.
2. Teams in all divisions may begin the game with 8 players.
 - a. Co-Rec Combinations:
 - i. 4 males and 4 females
 - ii. 3 males and 5 females
3. Teams in all divisions may begin the game with 9 players.
 - a. Co-Rec Combinations:
 - i. 5 males and 4 females (automatic out)
 - ii. 4 males and 5 females (automatic out)
4. Once a player arrives, he or she can be added to the batting order.
5. A substitute may take the place of any player in the batting order of the team. When a substitute is announced, after the substitute enters the game, any play that the substitute makes is legal. A substitute may take the place of any other player during a dead ball situation.
 - a. Co-Rec: Substitutes must be of the same gender that they are replacing.

THE GAME

1. A regulation game consists of 7 innings or 55 minutes, whichever comes first. If an inning has started before the time limit has expired, then the inning will be completed. Teams need not play seven full innings if:
 - a. The home team scores more runs in six and one half innings;
 - b. The home team scores more runs before the third out in the last half of the seventh inning; or

- c. The mercy rule can be applied:
 - i. If a team is up 20 or more runs at the conclusion of the 4th inning; or
 - ii. If a team is up 12 or more runs at the conclusion of the 5th inning or later.

2. 5-Minute Rule and Forfeits

- a. If one team has below the minimum number of players at game time, the 5-Minute Rule will come into effect.
 - i. The team with less than the minimum will have 5 minutes to accrue the minimum number of players to begin the game
 - ii. In this 5 minutes, the other team will accrue one (1) point for each minute that passes.
 - iii. If the 5 minutes expires and the other team does not have the minimum number of players, the game will be forfeited and the team charged the forfeit fine.
 - iv. If the team gains the minimum number of players within the 5 minutes, the game will begin. The score will stand for the first set and the clock will begin at its current time.
 - v. If NO participants appear from either team, the game will be a double forfeit
 - vi. If both teams have below the minimum number of players at game time, the 5-Minute Rule will go into effect for both teams.
 - vii. Example: Team A is on time and checked in prior to game time and Team B gains the minimum number of required players, 3 minutes late. The game will still be played but the starting score will be 3-0 and the game will begin with 52 minutes remaining.

Note: If the visiting team reaches the run-ahead limit in the top half of the inning, the home team still has the opportunity to reduce the deficit below the limit in the bottom half of the inning. If the home team reaches the run-ahead limit while at bat, the game ends and the home team is declared the winner.

If the game is tied at the end of seven (7) innings or after time expires, the teams continue to play until one team has scored more runs than the other team at the end of a complete inning or until the home team has scored more runs.

PITCHING

- Underhanded only
- Pitches must pitch from pitcher's mound that's diagramed on the turf
- The heel of the pitcher's back foot may not leave the pitcher's mound
- As a pitched ball crosses the plate, if the ball bounces more than 6 inches above home plate (as measured by the bottom of the ball) and/or doesn't pass over any part of the plate, it will be considered a ball
 - However, the player may kick the ball and he/she accepts the outcome
- If a pitch passes over any part of the plate, and it isn't too bouncy, it's a strike

FIELDING

- Infielders are limited to 6 players (usually a pitcher, catcher, shortstop, 1st base, 2nd base and 3rd base)
- Outfielders are to remain outside the baselines until the ball has been kicked
- Infielders are not permitted to move past the pitcher's mound until the ball has been kicked
- Fielders must allow base runners to reach the base they are covering
 - Blocking the base from base runners is prohibited
- There is NO infield fly rule
 - However, if the infielder dropped the ball intentionally, to secure additional outs, captains may agree upon calling just one out
 - The kicker will be the out player and all on-base runners must return to the original base.

KICKING

- The ball must travel at least halfway to either 1st or 3rd
 - Any ball falling short of this mark, as determined by the official, will be considered a strike
 - However, if a fielder touches the ball prior to this mark, the ball is considered in play
 - On any kicked ball that rolls closely to the baseline of being fair/foul, it is expected that the kicker should intend to run the play out, and for the defense to field any ball that's kicked
 - All kicks must be made by foot/shin (below the knee)
 - A kick made by the knee or above will be a dead ball and count as a strike
 - The heel of the kicker's plant foot may not be in front of home plate when kicking
 - If they step in front of home plate the kick will be a dead ball and count as a strike
 - Kickers may not stop the ball with their foot and then kick it
 - If a ball is stopped by the kicker, it is a dead ball
 - A double kicked ball is when a ball touches a player twice before touching an opposing team member or any foreign object first
 - All double kicked balls will be considered dead balls, and runners may not advance or tag up
 - All existing base runners must return to the base in which they came
 - If the kicker double kicks into foul territory, or touches the ball in foul territory when they are hit the 2nd time with the ball, it counts as a strike
 - If the kicker is in fair territory when they are hit the 2nd time with the ball they are out
 - A foul ball counts as a strike whether it's the first strike or third strike
- Thus, a kicker will strike out with any combination of 3 strikes and/or foul balls

RUNNING

- Runners must stay within the baseline
- Running past another runner isn't allowed – any runner passed by another runner is out
- Fielders must stay out of the base lines unless attempting to tag runner or field a kickball
- It is the runner's responsibility to avoid a collision
- Ties go to the runner
- Runners can run through first base free of being tagged out unless they make a turn towards 2nd base
- Leading off base and base stealing isn't allowed
 - Any player leading off before the ball is kicked will be called out
- Runners may tag up once a fly ball is caught to advance to the next base
 - As a caught foul ball is considered an out and considered in play, runners may tag up on caught fly foul balls as well
 - As a dropped foul ball is considered dead, these cannot be tagged up on
- Hitting a runner with the ball above the shoulder is not allowed
 - The runner will be safe AND advance 1 base except when the runner intentionally use his/her head to block the ball, and or the runner is ducking, diving or sliding (i.e. attempting to dodge the ball) and is hit on the head.
 - When the runner is hit with the ball above the shoulder level, other runners are permitted to advance to the base to which they were running, but do not receive additional bases unless forced by the advancement of the runner hit with the ball
- If multiple runners are on the same base at the same time, the field has the choice to tag either runner
 - The runner who is tagged is out and the other is safe
- Runners advance one base if the ball travels out of play on an overthrow
 - Advancing one base is defined as the base they are running to
 - If they are on a base when the overthrow that travels out of play occurs, they may advance to the next base
 - If the overthrow is into the outfield and stays in play, the runners may keep running until play action has ended and or time has been called
- If a ball in play touches a runner they are out
 - This includes runners hit by balls kicked by their own team members

FOULS

- Foul balls are counted as strikes
- A kicked ball that's stopped in foul territory before 1st or 3rd base will be foul
- A kicked ball first hits the ground in foul territory past 1st or 3rd base will be foul
- A moving kickball that is caught anywhere in foul territory, without interference from a foreign object will be an out
- If a fielder is in foul territory and touches a kicked ball that is in foul territory, it will be considered foul unless caught for an out

1. A kicked ball that rolls past the outside of 1st or 3rd base in foul territory and no part of the ball rolled over any part of the base will be foul
2. A moving kicked ball cannot be called until the ball has stopped, touched or passes/touched 1st or 3rd base
3. Any kicked ball that hits a foreign object in foul territory will be considered foul
4. Tagging up on a caught foul ball is allowed
5. A kicked ball that initially lands/rolls in fair territory before 1st and 3rd base could then roll into foul territory will be a foul ball.