

**ADULT CO-ED KICKBALL LEAGUE
LYNCHBURG PARKS & RECREATION DEPARTMENT
LEAGUE RULES**

1. *MANAGEMENT*

- A. Lynchburg Parks and Recreation
- B. League Coordinator: Ron Martin

2. *ELIGIBILITY*

- A. All players must be at least 18 years of age or 16 years of age with parental consent. Professional kickball players are not eligible.
- B. Team rosters must be submitted to the league coordinator during registration. Rosters should have a minimum of 10 players. All players are required to sign the team roster or a player contract to be eligible to participate in this league.
- C. Rosters and player contracts will be kept at the Parks & Recreation office. Changes or revisions can be accomplished by contacting the recreational aide at the field or the league coordinator at the office.
- D. To avoid forfeits players can be added throughout the season. A player contract must be completed by the player and witnessed by the coach before participating. **All county residents must pay the \$15.00 Non-City Resident Fee before they will be allowed to play.**
- E. Failure to comply with any eligibility rule may result in forfeiture of protested games in which an illegal player participated.

3. *FORFEITS*

- A. Teams must have a minimum of 8 players to start or continue a game.
- B. Game time is forfeit time. Forfeits are recorded as a 7-0 score.
- C. If you know that your team has to forfeit prior to the game please call the Recreation Department so we can contact the opposing team.

4. *POSTPONEMENTS*

- A. Visit www.teamsideline.com/lynchburg for updated schedules, scores, standings and cancellations. We will strive to cancel games by 4:00 PM however severe weather may arise closer to game time and that information may not be available other than at the game site. If you have any doubt whether the games have been postponed please check this website or call our cancellation line at 434-455-5892.
- B. The league coordinator or the field recreational aide has the authority to postpone games at the site due to unplayable conditions.
- C. If time permits postponed games will be made up at the end of the season. Coaches will be notified of the make-up schedule.

5. *EQUIPMENT*

- A. Tennis shoes are recommended and rubber cleats will be allowed. No metal cleats will be allowed.
- B. The official ball is a Voit 8.5 inch playground ball.

6. *OFFICIALS / SPORTSMANSHIP*

- A. We recommend each team designate a volunteer to umpire during the games. The games should be officiated by 2 umpires: 1 home plate umpire and 1 infield umpire.

- B. If teams decide not to designate umpires the defense will make out calls and the catcher calls the strike zone.
 - C. The intent and purpose of rules is to create a balance of play, provide reasonable safety and protection, and create an atmosphere of sportsmanship and fair play without limiting freedom of action of individual or team play.
 - D. There are **NO OFFICIAL UMPIRES** and the recreational aide will assist when disputes arise, but otherwise, you are participating on the **HONOR SYSTEM**. Remember you're playing kid's games so let's all have fun. Use common sense, and take it upon yourself to insure that everyone is having a good time, all the time.
7. **GAME PLAY**
- A. Co-ed teams consist of an equal number of 5 men and 5 women that must alternate positions in the batting order. **Women may be substituted in the place of men to avoid forfeits.** A team must have a minimum of 8 players start or complete a game. Males and females do not have to alternate defensively on the infield or outfield as long as there are 2 players of each sex in these positions. The kicking order cannot change.
 - B. Regulation games consist of 7 innings / 60 minutes. A game becomes official after 5 innings of play.
 - C. No inning will begin one hour after the scheduled start time. No extra innings. A game ending in a tie will be ruled as such.
8. **PITCHING / KICKING**
- A. No "bouncies" are allowed. A pitch higher than one foot off the ground at the plate is a ball. Pitches must be rolled underhanded and at slow speeds with minimal bounce at all times.
 - B. Balls and strikes will be called (2 strikes / 3 balls). The strike zone is defined as one foot to either side of home plate and no more than one foot above the ground.
 - C. The pitcher must stay behind the pitching rubber until the ball is kicked.
 - D. No infielder may advance past the first / third base bag until the ball is kicked.
 - E. Outfielders are not allowed in the infield until the ball has been kicked.
 - F. All kicks must occur at or behind home plate. If any portion of the kickers' planted foot is touching home plate the kick is ruled legal. If the foot goes beyond home plate the kick will be ruled illegal and a strike will be called.
 - G. Bunting is not allowed.
 - H. All kicks must be made with the lower part of the leg.
9. **RUNNING / SCORING**
- A. Runners must stay within the base line.
 - B. Fielders must stay out of the baseline. Fielders trying to make an out on base may have their foot on base, but must lean out of the baseline to avoid contact. Runners hindered by any fielder within the baseline, not making an active play for the ball, shall be safe at the base which they are running.
 - C. Neither leading off base, nor stealing a base is allowed. A runner may advance once the ball is kicked. A runner off of his/her base when the ball is kicked is out. Runners will not be allowed to slide into bases.
 - D. Hitting a runner above the shoulders or throwing at the runner's feet is not

allowed. If this occurs the runner will be ruled safe and advances to the base they were running toward when hit. A runner who intentionally uses the head or neck, to block the ball, will be called out.

- E. Tag-ups are required before advancement on a caught ball. After the ball is touched or caught, runners must tag their originating base before running to the next base. If the runner has not moved off of the base before the ball is caught, the runner may advance without a forced tag up.
- F. A runner is granted one base beyond the one they were running to at the time of overthrows going out of play.
- G. Running past another runner is not allowed. The passing runner is out.
- H. A run scores when a runner touches home plate before the third out is made, **except** that no run can score when the third out is the result of a force play, or when the kicker is put out before touching first base. At the end of the game the team with the most runs wins.

10. STRIKES

- A. A count of two (2) strikes is an out.
- B. A strike is a pitch within the strike zone (see rule 8.B) that is not kicked or an attempted kick missed by the kicker inside or outside of the strike zone.
- C. A foul ball.

11. BALLS

- A. A count of three (3) balls advances the kicker to first base.
- B. A ball is a pitch outside of the strike zone where a kick is not attempted (see rule 8.B).
- C. An illegal bouncy (see rule 8.A).
- D. Any fielder advancing forward before the ball is kicked (see rules 8.C, 8.D, & 8.E).

12. FOUL BALLS

- A. A count of one (1) strike and two (2) fouls or three (3) fouls is an out.
- B. A foul is a kicked ball landing in foul territory or a ball kicked landing in bounds but travels out of bounds, on its own, at any time before reaching first or third base.
- C. A kicked ball touched or stopped, by a fielder or kicker, in foul territory.
- D. A kicked ball touched or stopped by a kicker in the kicking box.
- E. A kick made above the knee (see rule 8.H).

13. OUTS

- A. A count of three (3) outs by a team completes the team's half of the inning.
- B. A count of two (2) strikes, one (1) strike and (2) fouls or three (3) fouls.
- C. Any kicked ball, fair or foul, that is caught.
- D. A runner touched by a ball or who touches the ball at any time while not on base when the ball is in play.
- E. A runner leading off a base.
- F. A ball tag on a base to which the runner is forced to run, before the runner arrives at the base.
- G. A ball tag of a runner on base, in which the runner does not tag their originating base when ball is caught.
- H. Any kicker that does kick in the proper kicking line up.

- I. A runner that passes another (see rule 9.G).
- 14. ***BALL IN PLAY***
 - A. Once the pitcher has the ball in control and on the mound, the play ends.
 - B. If a runner while not on base intentionally touches or stops the ball, the play ends and the runner is out.
- 15. ***OTHER***
 - A. The spirit of these rules is to ensure a fun environment and participant enjoyment. All games should be played in a sportsmanlike manner. If necessary, the teams manager /coach should get together to solve any disputes.
 - B. Official co-ed softball rules will apply to any rules not covered in this addendum.
 - C. All players, participants, and spectators are required to follow Parks & Recreation adult athletic by-laws.