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**Co-Ed Adult Kickball Rules**

The Abilene Recreation Adult Co-Ed Kickball league is intended to be a fun league for all participants. The rules have been written in such a manner that allows for all involved to experience an exciting and fun league. The intent of the kickball league is of a recreational nature with as few restrictions as possible.

**League Rainout Phone number: 325-734-5301 or quickscores.com**

**All players must be at least 18 years of age at the time of participation.**

**Jerseys:**

Players can wear any athletic clothing they choose. Jerseys do not have to match, but should be like in color; there are no number requirements. No open-toed shoe/sandals are allowed in the league.

**Rosters:**

Teams can have up to 15 players on their roster and can add and delete players at any time. Any player additions/deletions must be identified on the official roster form.

**Playing Field:**

The playing field will be the same as a regulation softball field. Base paths will be 60 feet, and the pitching rubber will be at 53 feet. One solid white ark line will be marked 25 feet in front of the plate indicating a “no bunt” area. All balls must be kicked past this line to be considered “in play”. A second white ark line will be marked at 50 feet indicating all defensive players must stay behind this line until the ball is kicked.

**The Game:**

Teams will play 9 innings or 45 minutes, whichever comes first.

**Run Rule:**

(A) 20 runs after 4 innings, or (B) 15 runs after 5th inning.

**Pitching:**

In an effort to equalize play and to eliminate excessive speed and extreme bouncing pitches, **each team will provide their own pitcher.** The defense will also provide a pitcher position for fielding purposes. Once the offensive team’s pitcher has released a pitch they must make every effort not to hinder the play on the field. They must get out of the way of a kicked ball and allow the defensive players to catch, field and throw the ball. If, in the opinion of the umpire, the pitcher makes an effort but still cannot avoid being hit by a kicked ball then the play will continue and the team in the field should consider it “a live ball”. If in the umpire’s judgement the pitcher did not make an effort to avoid a kicked ball or hindered the defensive player(s) in any way then the kicker is declared out and all runners must return to the base previously occupied.

The ball must be delivered in an underhanded motion and released before the pitcher crosses the pitching rubber.

**Kicking:**

Each kicker will only receive a maximum of three (3) pitches. Within 3 pitches if a kicker does not put a ball into play they will be declared out. No bunting or kicking the ball twice.

All balls that are kicked must go beyond the designated “no bunt” line or the kicker will be ruled out. The kicker has 3 pitches to kick the ball into play and if they do not kick the ball in the allotted 3 pitches the kicker will be declared out.

Kickers must strike the ball with their foot and cannot kick the ball until it crosses home plate, or is over home plate. If a ball is kicked in front of this area the batter will be declared out. **BUNTS BY EITHER GENDER WILL NOT BE ALLOWED.**

**Pinch Runners:**

A pinch runner will be allowed when the umpire has determined that a player is injured and a pinch runner is warranted. Pinch runners are only allowed in the event of an injury. The pinch runner must be of the same gender of the player that is being replaced in noted in the line-up.

**Base Running:**

No lead-offs or stealing will be allowed. If this happens an automatic out is incurred on the kicking team.

**Fair and Foul Balls:**

The criteria for fair and foul balls will correspond with the rules of softball. Any ball that first lands on the foul side of the line and remains outside the foul line past first base will be ruled a foul ball. Balls that first land in the field of play, or on the chalk or painted line will be considered fair and in play.

**Line-ups:**

Team Managers may bat/kick twelve (12) players by utilizing two (2) extra kickers (EK). They must be one male and one female. Any ten (10) players, five (5) male and five (5) female can play defense. Teams can play a game with eight (8) players providing they are comprised of five (4) male and (4) female, or (4) male and (4) female. A team must have a minimum of four (4) women to play. A team may also play with more women than men of any combination. Teams must alternate the batting order according to gender as long as this is possible.

**Defensive Field Position:**

Teams will not be allowed to have more than six (6) players positioned on the 50 foot mark in the infield at the time of the pitch. All defensive players must be positioned behind the pitcher (white ark) at the time of the pitch, and may not charge forward of the pitcher until the ball has been kicked. The pitcher and catcher must be two players of the opposite gender.

**Kicking Zone:**

Home plate Extension: 12 inches on either side of the plate for a total strike zone of 41 inches.

**Tagging/Throwing Area:**

The legal tag and throwing area will be from the shoulder and below. Absolutely NO THROWS TO THE HEAD ARE ALLOWED. Effect: A dead ball will be called and the runner hit in the head will be awarded the base they are attempting to reach and one (1) extra base; other runners move up as needed.

**Player is Out:**

A player is out when 3 pitches have been delivered and the kicker was unable to get the ball in play. When a player is hit with a thrown ball (below the shoulders) while off base. Tagged out or forced out going to a base (the legal tag area will be from the shoulder down). Their kick is caught by a defensive player in the air before it touches the ground.

**Note:** Throwing a ball and hitting a player in the head with the ball constitutes a penalty to the defense. The player is not out and receives one (1) extra base; other runners move up as needed.

**Substitutions:**

Free substitution for any player; must be for the same gender (male for male, female for female).

**Tie Game:**

In the event of a tie score between the playing teams at the end of fifty (45) minutes of play or nine (9) innings, one (1) complete additional inning will be played. If at the end of the extra inning both teams are still tied, the result of the game will go down as such.

**Game Balls:**

Game ball will be provided by the Parks and Recreation Department.

The City of Abilene Recreation Athletics office reserves the right to add, delete and amend its adult kickball rules and regulations at any time for the betterment of the league.

**Time-Outs:**

Each team will have 2 one-minute timeouts per game

**Footwear:**

Metal or Baseball cleats prohibited

Soccer cleats or turf shoes are okay

**Game Time Forfeits:**

A team not on the field and ready to play five (5) minutes after the start of the game will be considered a forfeit by that team.