

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: 325-669-6418 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 shoes/sandals are allowed in the league.

Roster:

Teams can have up to 10 players on their roster. 4 of those players have to be female.

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 arc 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 arc 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.

Game times are at 6:05, 7:05 and 8:05 pm @ Rose Park T-Bone Winters Baseball Field

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 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.

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.

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 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 ten (10) players. 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 four (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 forty-five (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 team captains will do 1 round of rock paper scissors to determine the winner.

Game Balls:

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

Time-Outs:

Each team will have 2 one-minute timeouts per game

Footwear:

Metal cleats prohibited

Rubber cleats and tennis 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.

To find scores and schedule of the season go to <https://www.quickscores.com/abilenetx>

*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.