



## Winona Parks & Recreation

### Co-Rec Kickball Rules & Regulations

Version 02.14.2023

**Have fun! Kickball is a recreational league.** There are no game officials; the game is self-officiated with a supervisor on-site for rule clarification. Disputes are solved by one round of rock, paper, and scissors. The following is not intended to be a complete rule listing, but rather “unique” rules for Winona Park Rec Kickball. In general, we follow ASA Co-Rec softball rules.

#### Eligibility

1. All players must be at least 16 years old by the first game of the season.
2. Concussion Law/Training/Education Certification: Managers who have players under the age of 18 must complete a short online concussion training prior to the start of our kickball season. Once completed, print and sign the dated certificate, and keep for your records. This certificate is good for three years. [www.cdc.gov/headsup/youthsports/training/](http://www.cdc.gov/headsup/youthsports/training/)

#### Rosters

1. Roster maximum limit: 16 players. Must have minimum of 6, maximum of 9 players on the field.
2. **Rosters due: 4:30 p.m. on Friday, September 22, 2023. NEW!** *\*Rosters must be completed online by the team manager.*
3. Late rosters will result in at least one game forfeit and no further games being played for that team until the roster is in; opposing team receives win by forfeit.
4. You may add or delete from your roster any time before **4:30 p.m. on Friday, October 6, 2023.** Roster changes must be made online.
5. ***\*Steps to complete rosters online:***
  - a. Manager logs into QuickScores online at [www.quickscores.com/cityofwinona](http://www.quickscores.com/cityofwinona)
  - b. Find team, click “Edit.”
  - c. Click “Manage Team Rosters.”
  - d. Add player’s names, email, and phone.
6. Only individuals listed on your team’s roster will be allowed to play

#### Game Format

1. Games are 7 innings with a time limit of 55 minutes; no new inning starts after 55 minutes have elapsed unless it’s a tie-then play until you break the tie.
2. A game must complete 4 full innings to be an official game.
3. Eight run rule: A team cannot score more than eight runs in one inning unless behind.
4. 12 run rule after 5 innings, 20 run rule after 4 innings.
5. Site Supervisors are on location to record scores, keep time, assist with first aid, report poor player conduct and call games when needed due to weather conditions. Site Supervisors are not referees. Disputes are solved by one round of rock, paper, scissors.

#### Playing Rules

1. Managers must confirm score with Field Supervisor after each ½ inning.
2. Must have minimum of 6 players, maximum of 9 on the playing field from start to finish, or you forfeit. No outs taken for having less than 9 players.
3. Minimum of three males and three females per team.
4. You can have a maximum of six infielders and an even number of men/women in the infield. May have more women than men, but not more men than women.



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5. Pitcher / Catcher must be a male / female combo.
6. Kicking Order: Alternate Male / Female maintaining the same kicking order throughout. Minimum of 3 players each, male & female, per team. May have more women than men but not more men than women. You may kick all of your substitute players present but the kicking order must alternate male / female-may have women back to back after no more men, cannot have men kicking back to back. Special note: If playing with more females and a female gets hurt you may change the kicking order by putting one of the previous back to back females in the injured female's kicking position to avoid males kicking back to back. *Unlimited substitutions (up to maximum team roster size of 16) however the kicking order must remain unchanged. Position players must kick but extra players who kick do not need to play defense. You can kick all 16 on the roster (if able to alternate) but only 9 on the field.*
7. Substitutions: Unlimited substitutions however the kicking order must remain unchanged. (Position players must also kick/vice-versa.)
8. *Pitching: The pitcher must plant their foot on the pitching strip as they wind-up to pitch. No running up to the strip to launch a pitch. All pitches must be UNDERHANDED – no overhand or sidearm. The ball must cross the plate within a foot on either side. The ball may not bounce more than one foot off the ground (no bouncy pitches). Pitches wider than one foot on either side of the plate or bouncing more than one foot off the ground must be re-pitched. No balls are counted.*
9. Two strike rule (when a kicker swings his/her leg and misses the ball) or kicks the ball out of play.
10. Kicking: Kicking the ball must be at or behind home plate. The kicker may step on home plate to kick; however, no part of the planted foot may be in front or across the front edge of the home plate. If kicked in front of the plate, the result would be a foul ball.
11. No double kick: The ball bouncing up and hitting kicker after a kick is considered a foul (therefore a strike)
12. Bunting: Intentional bunting is not permitted. A bunt is defined as a kick with no leg follow-through. Questionable kicks will be replayed.
13. Outfielders must stay in the outfield grass until the ball is kicked. Penalty: No out if ball caught- kicker is awarded first base; all other base runners advance one base.
14. Head Shots: NO! Hitting a runner's head with the ball is not allowed. Any runner hit in the head is safe and will advance to the base they were running toward when the ball made contact. NOTE: If the runner intentionally uses the head to block the ball, the runner is out.
15. If a ball is caught (in the infield or outfield), base runners can advance after tagging up, and can be thrown out; any time a ball touches you and you are not on a base, you're out.
16. An overthrow on baselines without fences will result in out-of-play ball and be rewarded one base.
17. No stealing bases; no leading off.
18. Courtesy runners: may be used last-out or someone who has not entered the game, not limited to injured players but must be male for male and female for female.
19. No smoking in dugout or on fields. Alcohol is not allowed anywhere during the game.

### **Cancellations/ Rescheduled Games**

1. Weather cancellations will be sent out via QuickScores.
2. We will attempt to make up two games-no guarantees. No refunds for weather cancellations.
3. We will not reschedule because one team does not have enough players. As a courtesy, if your team needs to forfeit please contact our office so we can get in touch with the other team.