



2023 Adult Co-Rec Kickball League Rules & Regulations

*Rosters are due at the time fees are paid. A minimum of **7 players (at least 3 females)** must be on the roster before it will be accepted.

Team Representative Responsibilities

1. Ensuring that their team has at least 7 players (at least 3 females) to start the game. Teams may finish with less than 7 if injury occurs during the match. Should the number of players drop to less than 7, due to ejection(s), that team will forfeit the match.
2. Ensure that their players kick in the same order throughout the game (teams can exchange kicking lineups prior to the game, if they would like).
3. Making sure everyone on their team understands the rules of the league and communicating any changes about rules or scheduling with his/her team.
4. Signing the scorecard at the end of each game and turning in game results to the Supervisor.
5. Staying in contact with the League Director and attending all required league meetings.
6. Ensuring that everyone on his/her team is eligible to play.

General Game Information

1. One Supervisor will be scheduled, and provided, by the Cheyenne Recreation Division.
 - a) The Supervisor will also act as the referee for all Kickball games.
2. Players should have no intentional or unwelcome physical contact with any players and/or spectators. Doing so will be considered unsportsmanlike conduct and will be at the discretion of the Supervisor to issue warnings or ejections to offending players. A player must make the Supervisor aware if he or she feels any contact was unwarranted.
3. Each team must have a minimum of 7 players, and no more than 20.
4. A team may not play more than 10 players at a time in the field (4 outfielders).
5. Each team is required to have at least 4 women on the field in each inning (if more than 7 players).
6. Teams should be ready to play and have their kicking lineup to the referee 10 minutes prior to game time.
7. A regulation game shall consist of 7 innings or a running 45-minute clock.
 - a) If time expires, the last completed inning will constitute a complete game. If time expires in the middle of an inning, the inning will be completed, unless the Home

team is in the lead (bottom half of inning is excluded).

8. Home and Away teams will be determined by the League Director, prior to the season starting. The Away team will always kick first.
9. Field equipment will be provided. This will consist of a 10-inch kickball and bases.
10. ALL participants must wear athletic shoes. Cleats are encouraged, but any type of metal spikes or shoes with detachable metal cleats are not allowed.

Supervisors/Officials

1. The Supervisor/referee has jurisdiction over the play and may penalize a player, including game ejection, for unsportsmanlike conduct.
2. Team representatives should bring their written constructive criticisms to the attention of the Recreation Division. Referee Evaluation Forms must be filled out and brought to the Recreation office if you want any action taken about a referee complaint. These forms are available at the field or call 307-773-1039.

Uniforms & Jewelry

1. Teams will not be required to have matching shirts/jerseys, but it is encouraged. Shirts must be worn in good taste.
 - a) **NOTE:** Supervisors have the right to require that any player turn their shirt inside out, or change shirts, if they feel it is inappropriate.

Forfeits and Disqualifications

* **Players with unpaid ejection fines** from any City operated League, **will not be allowed** to be placed on a roster in any Cheyenne Recreation Division League until that fine has been paid in full (cash only).

1. Any team discovered using players that are not on their official team roster will forfeit all matches that the player participated in. League Directors will deal with ineligibility to the best of their ability. All decisions will be final.

The Playing Field

1. The playing field will equal the dimensions of a standard softball field:
 - a) Bases: 60 feet, or 20 paces, apart
 - b) Home Plate to Second Base: 84 feet and 10¼ inches, or 28 paces
 - c) Pitching Mound to Home Plate: 42 feet and 5 ⅛ inches, or 14 paces
 - d) A “Kick Line” will be drawn 15 feet away from Home Plate, going towards both 1st and 3rd Base

Pitching/Catching/Fielding

1. Teams will pitch to each other.
 - a) Defensively, teams can have one infielder positioned at the imaginary line going from 1st base to 3rd base (close to the pitching mound), called a “roamer.” The

“roamer” may not pass the “kick line” until the ball has been kicked.

2. The pitcher must plant their foot on the pitching strip as they wind up to pitch. Pitchers may not run up to the strip as they release the pitch. One foot must remain in contact with the pitching strip until the ball leaves the hand.
3. Pitches must be thrown underhand
4. All outfielders must remain behind each baseline until the ball is kicked.
5. The pitcher must face home plate before and during the delivery of the pitch.
6. The ball must be pitched at a slow speed. The pitched ball shall not bounce higher than knee height.
 - a. The speed and bounce height of the pitched ball is left entirely to the judgment of the umpire. Any doubtful pitch should be ruled as an unfairly delivered pitch.
7. The pitched ball must roll so that it passes any part of the home plate.
8. The catcher must stay behind home plate before the ball is kicked. Catchers should never interfere with the kicker.
9. Once the pitcher has the ball in control and is within 5 feet of the pitching strip, the play ends.

Kicking

1. ALL kicks must be made by the foot, but any contact with the ball below the knee will be considered a kick.
2. All kicks must occur at or behind home plate. Both feet must be on or behind home plate at the time the ball is kicked.
3. If either foot is in front of home plate at the time the ball is kicked, it is a foul, and the kick is called back. However, if such a kick is caught on the fly, it is considered an out.
4. Bunting is allowed, but the ball must go past the “kick line.”

Running

1. Runners must stay within the baseline (3 feet on either side of a direct line from base to base). Fielders must stay out of the baseline unless they are attempting to tag a runner out or catch a ball.
2. Fielders trying to make an out on a base may have their foot on the base but must lean out of the baseline.
3. Runners unfairly hindered by any fielder within the baseline shall be safe at the base to which they were running.
4. A runner may only move off his/her base after the ball has been kicked.

5. Hitting a runner with the ball above the shoulders (head or neck) is not allowed. Any runner hit above the shoulders is safe and advances one base. If runners intentionally duck/dodge their head (or neck area) into the ball, they will be called out at the discretion of the Supervisor.
6. Sliding into any base is permitted and runners can avoid a throw-out if they remain within the baseline.
7. If a kicked ball is caught on the fly, runners must tag to their originating base before running to the next base. Runners may only start towards the next base once the ball is touched by a fielder.

Fouls and Outs

The following are considered a foul ball:

1. A kick landing out of bounds. The foul is determined by where the ball lands, not how it travels to get there. Remember, if such a kick is caught on the fly, it is an out.
 - a) If a defensive player attempts a catch and is in foul territory, it is still a foul, even if the ball is dropped.
2. A kick landing inbounds but traveling out of bounds, on its own, before reaching 1st or 3rd base. Any ball touched inbounds by a fielder is automatically in play.
3. A ball that is tipped while being kicked but continues to travel behind the kicker. If such a kick is caught on the fly, it is an out.
4. Any ball that is kicked but does not pass the “kick line.”
5. If a kicker does not try to kick the ball once it is pitched.
 - a) If a kicker does attempt to kick the ball, and misses, it is also a foul.
6. Any foul ball that hits a tree or any other outside object is a dead ball and is not eligible to be caught for an out.
7. While kicking; contacting the ball anywhere above the knee.

An out is:

1. A count of 3 fouls.
2. A runner touched by the ball at any time while not on a base (unless hit above the shoulders).
3. Any kicked ball (fair or foul) that is caught before it hits the ground.
4. A ball tag on a base to which a runner is forced to run.
5. Kicking out of order
6. A runner leading off the base or stealing
7. A count of 3 outs completes the team’s half of the inning

Inclement Weather Policy

In the instance that the City of Cheyenne announces an emergency closure, all recreation activities (kickball included,) will be canceled for the period specified in the announcement by the City of Cheyenne. In such cases, no departmental announcements through local media shall be necessary. Please make your team members aware of this policy.

In all other cases, the decision to cancel League games due to inclement weather, or other circumstances, rests with the Recreation Division. In these instances, notice will be given on various media (e-mail, Facebook, cheyennerec.org). If in question as to whether games will be played that night, it is the team's responsibility to call the League Director.

Rescheduled games can be scheduled for any day of the week, including Friday, Saturday, and Sunday.