



## **Metro East Sportsplex**

### **Adult Co-Ed Kickball League – Fall Rules**

#### **League Format**

- Teams will play 2 games per night, with no more than one game break between matchups.
- The regular season lasts 6 weeks, totaling 10 games per team.
- The top four teams qualify for playoffs during week 8, which will determine the champion.
- No outside alcohol is allowed in the park. Game night drink specials will be available.
- Any questions or disputes must be directed to the league supervisor.

#### **Equipment & Uniforms**

- All games use a 10-inch playground-style kickball.
- Metal cleats are not permitted. Players may wear molded cleats or athletic shoes.
- Teams must wear matching or same-colored shirts that are appropriate for a family-friendly environment.

#### **Sportsmanship & Conduct**

- Respectful play is required. Teams are responsible for their players' conduct before, during, and after games. Unsportsmanlike behavior can lead to ejection.
- Officials' decisions are final. Arguing calls may result in removal from the game.
- Only the team captain may address the umpire regarding rulings or clarifications.

#### **Game Play**

- Each game is 7 innings or 45 minutes (whichever comes first). Start time is 6:15 PM.
- Lineup cards must be submitted to the scorekeeper at least 5 minutes before game time.
- Kicking order must alternate genders. No more than two of the same gender may kick in a row.
- If a game is tied after regulation, extra innings will begin with the last kicker awarded second base (International Tie-Breaker rule).
- Teams are allowed a 5-minute grace period after the scheduled start time to field a legal roster before a forfeit is declared.

#### **Fielding & Pitching**

- At least three women must play in the infield, with one occupying the pitcher or catcher position.
- Pitchers must deliver the ball underhand, within the pitching circle, and at a reasonable speed with no spin or bounce.
- Outfielders must remain on the grass until the ball is kicked.

- Infielders may not block the baseline or stand in front of the imaginary line between 1st and 3rd base while a kicker is at the plate.

### **Kicking & Offense**

- The kicker must kick the ball within the batter's box. Kicks in front or behind the box are considered fouls.
- Bunting is not allowed. Attempts will be ruled as fouls by the umpire.
- Base runners may not leave their base until the ball is kicked. Early movement results in an out.
- Players are out if:
  - - They record two fouls.
  - - They are hit below the shoulders by a thrown ball before reaching base.
  - - They are forced out, tagged, or have a fly ball caught.
  - - They leave base too early.
- Base stealing is not allowed.
- Courtesy runners are permitted, using the most recent offensive out as the substitute.

### **Rosters & Eligibility**

- Teams may field 6–10 players; rosters may include up to 25 players.
- Lineups must alternate male and female players. Only one double-gender slot is allowed per lineup; after that, empty spots will count as outs.
- Players may only compete on one team per division.
- All participants must be 18 years or older.
- To play in the playoffs, a participant must appear in at least three regular-season games.

### **Field Dimensions & Officials**

- Bases are set 65 feet apart.
- Pitching rubber is 43 feet from home plate.
- One umpire will officiate from the third base line.

### **Playoffs**

- The top four teams advance to playoffs.
  - - Seed #1 vs Seed #4
  - - Seed #2 vs Seed #3
- Standings are determined by:
  1. Win/Loss record
  2. Head-to-head results
  3. Runs scored (head-to-head)
  4. Runs allowed (head-to-head)
  5. Total runs scored
  6. Total runs allowed