



Fayetteville Parks and Recreation Official Adult Kickball Rulebook

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The Playing Field

Each playing field must meet or exceed an umpire or league staff's judgment of a field which is safe enough for players to play in and reasonably avoid injury.

Distances

Although the distance from home plate to the homerun fences may vary according to each field, the official distance from base to base is 55'.

Infield Stripe

As illustrated below, each field will have a line running from 3rd base to 1st base. This line indicates that all defensive players (except for the catcher and pitcher) must be behind this line until the ball is put into play by an offensive player. If a defensive player other than the pitcher or catcher crosses the line before the ball is put into play by an offensive player, the offensive player will be awarded first base and all other offensive players already on base will advance one base.



infield stripe as viewed from 1st base looking at third base

Equipment

The Ball

The official ball of FPR's Adult Kickball League will be an 10" rubber kickball.

Footwear

All players are required to wear closed-toe shoes in order to play. Players are allowed to wear cleats during gameplay, however metal cleats or metal-tipped cleats are NOT allowed in our league.

Uniforms

Teams are not required to wear matching uniforms, however at the end-of-season celebration, the 'Narwhal' award will be given to the team voted as having the best uniform/costume during season play.



Participants

Official Roster

Only players listed on the official team roster are allowed to play. Players may be added to the official team roster throughout the season up to 2 weeks before the end-of-season tournament. To add a player to your team's roster, you can fill out a roster addition form available from your umpire at the field the day of the game or by calling the kickball league director at FPR offices (444.3474).

Player Eligibility

All participants must be 16 years of age or older by the first game of the season.

Game play

Time

Each game will be 6 innings or 45 minutes, whichever comes first.

The umpire assigned to each field will be the official time keeper and will announce the time remaining at the top of each inning.

At the beginning of each game, the umpire will call team captains from each team to home plate for a coin flip. The winner of the coin flip will decide if they want to be home team (last at bat) or visiting team (first at bat). Time will begin at the coin flip

Lineup

A maximum of 10 defensive players are allowed to play in the field. Only 6 players are allowed to play in the infield (pitcher, catcher, 1st base, 2nd base, short stop, 3rd base).

At NO point, can there be more men than women defensive players on the playing field.

Kicking order must go guy, girl, guy, girl, etc. (or vice versa).

If a man is walked he immediately goes to second base with the woman behind him having the option to kick or go to first base.

Strike Zone

As shown in the picture below, the strike zone will be a marked area which begins at home plate and extends 24” to either side of home plate marked with chalk and a cone 1’ high. In order for a pitch traveling through this zone to be considered a ‘STRIKE’, a pitch must:

1. Bounce a *minimum* of three times before crossing home plate (*note, a rolled pitch will be considered meeting the 3 bounce rule)
2. Cross through the strike zone without touching the strike zone cones (*even if a pitched ball grazes a cone and still continues through the strike zone, it will be considered a ball)
3. In the judgment of the umpire, the bottom of the pitched ball must cross under the imaginary line drawn from the top of each cone.



The strike Zone

Kicking

In order to put the ball into play, a player must kick the ball fair. In order for the ball to be considered 'kicked' the kicker must strike a pitched ball with a forward motion of one foot. A player's foot **MUST** be moving in a forward motion when it strikes the ball to be considered a legal kick.

An offensive player must plant their non-kicking foot behind the line indicating the strike zone. If the kicker plants their foot and kicks the ball in front of the strike zone, the umpire will call dead ball and the kicker will be called out.

Fouls

Each batter gets one foul ball once they get to two strikes. If a kicker with two strikes kicks two foul balls, upon the second foul ball, they will be called out by the umpire.

Pitching

The pitcher must have at least **ONE** foot on the pitching rubber at delivery and must keep one foot on the rubber until the ball is kicked.

The pitcher may not take more than three steps prior to delivering the pitch.

A pitched ball must be delivered underhanded below the hip.

A pitched ball must bounce **AT LEAST** three times before crossing home plate, or will be considered a ball.

Tagging a runner

A defensive player may 'tag' an offensive player by touching them below the shoulders with the ball. If a defensive player properly tags an offensive player, the runner will be called out regardless of whether the defensive player holds onto the ball after the tag is applied or not.

Pegs

A runner may be called out if a defensive player throws a ball and, in the judgment of the umpire, hits the runner below the neck before the runner arrives at a base.

If the thrown ball hits **ABOVE** the shoulders, it will be ruled a deadball and the runner will advance to the next base.

If a thrown ball hits a runner above the shoulders and it was determined was thrown deliberately, that defensive player will face immediate ejection from the game and be suspended for the following 3 three games.

**Any decision by Parks and Recreation staff that results in a player being ejected or suspended may be appealed to an advisory board consisting of one representative from each team.*

Mercy Rule

Mercy rule will be in effect if:

One team is ahead by 15 runs after two innings or 10 runs after three innings.

All players are expected to demonstrate good sportsmanship. Failure to do so in the judgment of Parks and Recreation staff can/will result in game ejection, and potentially, suspension from the league. All other city park ordinances must be followed by all participants.

All other official W.A.K.A.(www.kickball.com) rules will be in effect unless otherwise noted above

FAQ's

What if a kicked ball hits a fence and a defensive player catches the ball before it hits the ground?

The fence is considered part of the ground and therefore, the ball hitting the fence is the same as the ball bouncing off the ground. The kicker is NOT out because of the catch.

Can a runner lead off?

No. Leadoffs are not allowed.

What's with the orange and white base at First base?



This is called a 'Safety Base'. If the kicker/runner has put the ball into play and is running towards first base, they must step on the orange base. The defensive player must put their foot on the white base. Studies have shown this cuts down on the number of collisions at first base tremendously.

What if I try to peg a runner and the ball hits the ground, and then bounces up and hits the runner. Is she/he out?

Yes.