

## ACTIVITY RULEBOOK

**Kickball**

*Kickball is a non-contact activity, however contact and injuries are a possibility. The Intramural Sports program assumes no responsibility for injuries and all participants must electronically acknowledge/consent to the online waiver in IMLeagues prior to participating. By agreeing to the online waiver, each participant agrees to rules and policies outlined in this and all other documents provided by Intramural Sports.*

*All information in this rule book pertains to the facilitation of Kickball contests and its season administration. For questions or concerns, please contact [intramurals@uwlax.edu](mailto:intramurals@uwlax.edu).*

**REMINDER:** all participants are encouraged to review the participant handbook and general rules overview prior to participating in each activity in which they are interested. View these documents by visiting the ["Rules" website](#).

*UWL Intramural Sports welcomes all students and faculty/staff members meeting eligibility guidelines. Participants may compete in the gender league with which they identify. For any eligibility concerns, please contact [intramurals@uwlax.edu](mailto:intramurals@uwlax.edu).*

**Section 1: Starting the Contest****Start (Game) Time**

Game time is forfeit time. It is recommended teams arrive at the contest site fifteen (15) minutes prior to the scheduled start.

**Facility and Contest Set Up****a. Playing Location**

Kickball is played at the VMSC Stadium Turf. It is recommended teams review their schedules prior to each contest. Intramural Sports WILL NOT contact teams to remind them of contest dates/times/locations.

**b. Field**

Fields are set up by Intramural Sports staff only. All playing equipment is property of Rec Sports.

**c. Officiating**

No officials are hired for Kickball, however a supervisor will preside over all game situations (including protests, disputes, rules questions, etc.).

**d. Captains' Meeting**

It is recommended captains meet with one another to review contest rules, participant eligibility, legal equipment and to determine possession/team sides.

**Equipment**

Intramural Sports will provide a game ball. If a team wishes to use a ball for warm-ups, they must check one out from the supervisor on-duty or provide their own.

**Participation**

Teams consist of eight (8) players, four (4) male and four (4) female.

Teams may begin with as few as six (6) players, three (3) male and three (3) female.

If at any time a team is reduced to less than six (6) players, a forfeit will occur. If both teams agree, a team with six (6) may use the opponent as a catcher. He/she will not make any plays at home including catching a force out.

Participants arriving late must check in with the supervisor and may enter the game at the end of the line-up only.

All players may withdraw and re-enter the game once in the same spot in the batting order.

Once a substitute enters the game and is removed from the game, he or she may not re-enter for the rest of the game.

**Eligibility****a. Sport Club Athlete**

There are no eligibility restrictions on Sport Club athletes.

**b. Intercollegiate Athlete (NCAA, NAIA, NJCAA, etc.)**

There are no eligibility restrictions on Intercollegiate athletes, although it is recommended athletes inform their coaches of their intent to participate in Intramural activities.

## Section 2: Playing the Contest

### General Game Play

Games consist of seven (7) innings or 40 minutes, whichever comes first. A new inning will not be started with five (5) minutes left in game (35 minutes after start time).

Teams may set their lineup in any order they desire as long as everyone “kicks” once before anyone “kicks” for a second time and the lineup stays consistent throughout the game.

Team members will pitch to their own team. Once the ball is in-play, pitchers will not participate in the defensive plays. If at any time the pitcher intentionally interrupts the play, that offensive player will be out.

Every pitch is a strike and the batter gets two (2) strikes (or two (2) pitches).

- A foul ball is considered a strike.
- On the 2<sup>nd</sup> strike if the batter fouls off the pitch they are out.
- There are no walks.

There is no stealing or leading off. An out will be recorded if the base runner leaves the base early.

There is no sliding or diving.

The catcher position does count as an infield position. The catcher makes all fair and foul calls.

- The ball must land in fair territory and stay in fair territory until it reaches 1<sup>st</sup> or 3<sup>rd</sup> base.
- Any ball landing in fair territory and rolling foul before reaching 1<sup>st</sup> or 3<sup>rd</sup> base and without being touched by the defense is a foul ball.

Teams may utilize a 1<sup>st</sup> and 3<sup>rd</sup> base coach.

Once the ball is returned to the pitcher, the play is over (“dead”) until the next “kick”.

Runners may only advance to a base started before the pitcher received the ball.

Teams may use a courtesy runner in the case of an injury. The courtesy runner will be the last person of that gender to record an out.

### Scoring, Offense and Base Running

Teams score when a runner touches home plate. The runner must physically touch home plate in order to score. Each time a runner legally touches home plate in scoring situations, one (1) run shall be recorded.

A “kicker” must make contact with the ball on or behind home plate.

“Bunting” is considered illegal as the pitcher cannot participate in defensive plays.

After making contact with the ball, the base runner can be called out four (4) different ways:

- The ball is caught in the air.
- A defensive player hits the base runner with the ball below the shoulders.
- The defense causes a force out at any base given the base runner must advance bases.
- The base runner runs more than five (5) yards out of the baseline in either direction.

The base runner is safe if:

- He/she is hit above the shoulders with the ball (without actively ducking into a ball). The play is ruled dead immediately. He/she is awarded the base they are advancing to AND one additional base. Additional base runners also advance one base.
- A close play occurs at any base in which the teams cannot agree to a call.

### Defense

Teams will have eight (8) fielding defenders (catchers included).

Gloves or any other equipment may not be used to catch or field a ball.

There are no restrictions to defensive alignments. Teams are permitted to assign players to any defensive position or strategy they so choose.

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**Defense (continued)**

Teams must record three (3) outs in order to become the team on offense. Outs shall be recorded per slow-pitch softball rules.

Only teams on offense will keep score, but the contest scorecard will be passed back-and-forth to teams as they rotate offense and defense responsibilities.

**Mercy Rule**

The game will be called if a team is ahead by 15 runs at the completion of the 4th inning or ten (10) runs at the completion of the 5th or 6th innings.

**Overtime**

For tied contests in regular season play, one (1) extra inning will be played. If still tied, the contest will end tied.

For tied games in playoffs, extra innings will be played until a winner is declared.

**Section 3: Co-Rec Specifications**

All Kickball teams shall be Co-Rec. There are no specific Men's, Women's or Open leagues.

Two males and two females are allowed to have an "at-bat" back-to-back, but three consecutive "batters" of the same gender is not permitted.

Lineups must be recorded on official cards provided by Intramural Sports and are to be exchanged with the opposing team prior to the commencement of a contest.

There are no other Co-Rec-specific rules.

**Section 4: Winning Specifications****Contest**

Teams receive a win in standings by leading after the designated regulation time period or after applicable overtime period(s). Losses and ties are included in standings as well.

**Playoffs**

All rules apply to playoffs. To qualify, teams must win at least one (1) contest and maintain a sportsmanship average of 4.0 during the regular season in addition to following forfeit policies. Other scheduling differences may apply to certain playoff circumstances. Qualification is monitored at the discretion of Intramural Sports administration.

**Protests**

Protests are permitted, but remember matches are self-officiated. The on-duty supervisor must be notified immediately if a team wishes to protest during a game. The decision rendered by the supervisor will be final. To file a post-game protest, email the program at [intramurals@uwlax.edu](mailto:intramurals@uwlax.edu) or visit the online protest form [here](#).

**Section 5: The Playing Surface**

Foul lines are the goal lines and bleacher-side sideline on the turf football field (outlined in maroon in the diagram below).

Bases are approximately 20 yards apart.

The distance from the pitcher's area to home plate shall be roughly 35 feet.

There are no boundary areas for "out of play." The ball is always in-play and runners may advance at their own discretion.

The field outlines are shown in the diagram below (not necessarily to scale).

