

Town of Cary



Kickball Handbook



PARKS, RECREATION &
CULTURAL RESOURCES

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Introduction

Cary Parks, Recreation and Cultural Resources is committed to offering the adults of Cary and surrounding areas well structured, supervised, and enjoyable athletic league programs. These programs are designed to provide a competitive recreation opportunity that promotes fitness and wellbeing to the participants through team and league play. The goals of the kickball program include participation, sportsmanship, and fun.

Registration

Registration for the 2026 Fall Adult Kickball League is **individual only**. After registration closes, the league manager will randomly assign players to teams. During the registration process, you may request to be placed with one or more other individual players, and we will do our best to accommodate those requests.

Once players have been assigned to a team, team assignments are considered final. Changes or transfers between teams will not be permitted.

Contact information

General Questions: sports@carync.gov.

Field (location and layout)

Games will primarily be played at Fred G. Bond Metro Park (801 High House Rd, Cary, NC 27513), Fields 1 & 2. Alternate fields may be used.

1. All fields will be set up with the same standard placement of bases (60 feet apart) and utilize the closest pitching rubber (43 feet) to home plate.
2. The "Strike zone" extends 12" on each side of home plate.
3. Double first base will be used. The runner should always use the outside safety base.

Safety

Inclement Weather Policy

1. In case of inclement weather, a decision regarding games will be made by the Sports Staff.
 - a. A recording will be made on the weather cancellation line at (919) 319-4500 by 3 p.m. Mon-Fri, 8 a.m. on Sat and noon on Sun. If a decision is needed after the daily update, teams should report to the field, and a decision will be made by the officials or a Sports staff representative. However, if possible, updated recordings will be made after the daily update.
 - b. There will also be updates posted on <http://games.townofcarync.gov/index.htm>. The update procedure and frequency will be the same as the weather cancellation telephone line.

2. Sports staff will attempt to reschedule all games that are not played as originally scheduled (example: rainouts, power failure, etc.). Games may be cancelled and not rescheduled, if necessary, at the discretion of the Sports staff.
3. Team representatives are responsible for finding out when their game has been rescheduled.

Lightning

STAY AWAY FROM TREES DURING THUNDERSTORMS!

Go to a building or vehicle to protect yourself from lightning - trying to stay dry under a tree increases your exposure to lightning. Children and adults are killed and injured by lightning every year because they take shelter under or near trees.

Count the seconds between lightning and thunder. A count of 30 or less means you are already in danger and should be in a safe place. Wait 30 minutes after the last lightning or thunder before going back outside.

DO THE FOLLOWING:

- Watch for developing or approaching storms and lightning.
- Go inside a building - stay away from windows, pipes, and electrical outlets.
- Go inside a car, truck or bus with a metal roof, and avoid contact with metal.
- For group activities outdoors, designate a person to track the distance to lightning.
- Stay in a safe place until the threat of lightning is over.
- If caught outside far from a safe shelter - stay away from high objects, as well as fences, wires, and poles - and especially trees.
- Be aware of your surroundings.

Picnic Shelters ARE NOT Safe Locations During a Storm!

Player Safety

The safety of the participants is the primary concern of the Parks, Recreation and Cultural Resources Department. All individuals involved in the program must abide by all safety rules.

1. Jewelry: Exposed jewelry which is judged by the official to be dangerous must be removed and may not be worn during the game. NOTE: Medical alert bracelets or necklaces are not considered jewelry. If worn, they must be taped to the body, so the medical alert information remains visible.
2. Metal cleats are not allowed. Any player found to be wearing metal cleats must change shoes or they will be removed from the game. This does not count as an ejection. All players must wear athletic type shoes. No players may play in bare feet.
3. Only players are allowed in the dugout area. Children are not allowed in the dugout.

Injuries and First Aid

Accident insurance is not provided for participants in the adult kickball leagues. Please refer to the WARNING, LIABILITY, RELEASE AND ACKNOWLEDGEMENT AND ASSUMPTION OF RISKS statement when registering.

In the event of minor injuries players may obtain first aid supplies from the staff at the scorekeeper table. In the event of major injury please have the staff call 911 immediately.

Alcoholic Beverages/Illegal Substances

Alcoholic beverages and illegal substances are not permitted at Town of Cary parks. Any player or spectator consuming alcohol or using illegal substances or under the influence of such substances in the park may be suspended for the remainder of the season.

League Makeup

Balls and Equipment

Game and practice balls will be provided by the Town of Cary. The league will use an 8.5" ball for play. Participants will be responsible for providing any additional equipment that they deem appropriate.

League Schedule (Practices and Games)

Practice Schedule

Practices will be scheduled primarily on Mon/Wed nights and will be posted on TeamSideline when available. Teams will be assigned 1-2 practices prior to the start of games. The second week of practices will be scheduled scrimmages with another team. Practices that are cancelled (weather, etc.) are not re-scheduled. When the practice schedule is posted, teams should email sports@carync.gov to request practice changes/additions. No additional practice time is provided after games begin.

Game Schedule

The game schedule will be posted on TeamSideline when available. Scores and league standings will be updated daily.

Playoffs

All teams make the playoffs (exception: teams with four or more regular season forfeits). League standing tiebreakers are determined head-to-head standings and then coin flip if still tied.

Awards

Teams finishing in first and second place in the tournament will receive t-shirts.

Uniforms

Players will receive a league jersey at the start of the season. All players must wear their provided jersey during games to ensure teams can be easily identified and to prevent confusion on the field. Players on the same team should not have duplicated numbers.

Players may wear either tennis shoes or cleats. Metal cleats are not permitted.

League Makeup/Number of Games

The season will consist of 10 regular season games followed by a single elimination tournament.

Team Makeup

Team rosters may have a minimum of fourteen (14). Each player must be on the team roster and must be at least 18 years of age by July 1 of the playing year.

Fielding a Team

Team Players

1. Fielding teams are made up of ten players with a minimum of 4 females on the field at all times. A team can play with a minimum of 9, as long as 3 of the players are female.
2. Teams must have nine players to start a game. A double forfeit will be called if neither team can field the required number of players.
3. All eligible players must be properly registered through TeamSideline. Non-registered players will not be allowed to play.

Grace Period

1. A ten-minute grace period will apply for the first game of the night only. The game clock will start at the scheduled game time, not at the time that both teams have enough players. The game must begin as soon as both teams have nine players present if the grace period is being utilized.

Forfeits

1. If at any time during the game a team drops to less than **nine** players, a forfeit will be declared.
2. Any team that forfeits four or more regular season games due to not having enough players to start the game will not be eligible to play in the post-season tournament.
3. Reporting a Forfeit:
 - a. If a team knows in advance that they will not have enough players to field a team for that evening's game, please email Morgan.McGee@carync.gov and copy sports@carync.gov as early in the day as possible (but no later than 5 p.m.) and we will notify staff at the field and contact the opposing team.

- b. If you send an email prior to 5 p.m. but do not get a confirmation reply, please follow the after hours forfeit procedure:
 - i. If you find out after 5 p.m. that you need to forfeit a game, please call the Bond Park Community Center (919-462-3970) or the Herb Young Community Center (919-460-4965) and tell the front desk staff your name, team name and that you need to forfeit your softball game for that night. They will contact after hours staff who will attempt to contact the opposing team.

Game Rules

Games

1. Game clock begins at the scheduled game time.
 - a. For the first game of the night, the clock should start at the scheduled game time, if at least one official is present. After the first game of the night, the time limit begins with the first pitch (or when the official instructs the pitcher to begin pitching).
 - b. Grace Period: A ten-minute grace period will apply for the first game of the night only. Any time used during the grace period counts toward game time. The game must begin as soon as both teams have nine players present if the grace period is being utilized.
2. Games will consist of 7 innings or 60 minutes maximum in length, whichever comes first.
3. Any inning in which the 45-minute mark occurs (less than 15 minutes on the clock) will be the last inning. After the completion of any inning, if less than 25 minutes is left on the clock, the official should declare the next inning as the **declared final inning**. A new inning starts at the third out.

Declared Final Inning

1. The official will notify both teams when they are entering the declared final inning. The declared final inning will be at the completion of any inning if less than 25 minutes is left on the clock. A new inning starts at the third out.
2. The trailing team will kick first in the declared final inning.
 - a. If the home team is trailing entering the declared final inning, they will kick in consecutive half-innings (for example, the bottom of the 6th inning and the top of the 7th inning).
 - b. If the trailing team ties the game or takes the lead during the top of the declared final inning, play will continue into the bottom of the declared final inning.
 - c. If the game is tied entering the declared final inning, the away team will kick first as normal.

Ties

1. If a game is tied at the end of 7 innings (or after the inning deemed the final inning by the official) during a regular season game, it will be ruled a tie.
2. Tournament: If a game ends in a tie during playoffs, extra innings will be played.
 - a. During extra innings, the player who recorded the final out of the previous inning will begin the inning on second base. This will continue until the game is decided. There is no time limit for the championship game.

Rainouts

Games that complete 5 innings (4 ½ if the home team leads) are considered complete games and are not rescheduled.

Games that are not considered complete shall be resumed at the exact point they were stopped. EXCEPTION: If two complete innings have not been played, the game will be rescheduled as a new game.

Run Limit

1. There will be an 8 run limit per inning for the first three innings during the regular season. There will be unlimited runs after the third inning. EXCEPTION: there is no run limit in the tournament.

Mercy Rule

1. Mercy rule will apply when one team is ahead by 20 runs after three innings (2.5 if the home team is ahead), 15 runs after four innings (3.5 if the home team is ahead) or 10 runs after five innings (4.5 if the home team is ahead).

Pitching

The goal of pitching in Cary Adult Kickball is to provide a kickable pitch. Officials may rule any pitch illegal if, in their judgment, it is delivered in a manner inconsistent with recreational play.

1. The ball must be pitched by hand(s).
2. The pitch must cross home plate and remain within 12 inches of either side of home plate and no more than 12 inches off the ground to be considered a strike.
 - a. A pitch outside of the strike zone is a ball.
3. Pitcher must release the ball with both feet behind the pitching rubber.
 - a. No part of the pitcher's feet may cross the front edge of the pitching rubber prior to the ball being kicked.
4. Other than the catcher, no defensive player may be positioned in front of the pitcher. All defensive players must remain behind all baselines until the ball is kicked. If a defensive player crosses the baseline before the ball is kicked, the pitch will be ruled a ball.
5. Once the pitcher has the ball in control and retains possession at the pitcher's rubber, the official will call "time" and the play ends. The play is live until the official calls "time".

- a. Runners who are off base at this time and are halfway or more to the next base will advance. EXAMPLE: If a runner is halfway from 2nd to 3rd base when the official calls “time”, the runner will take 3rd base. If the runner is not halfway from 2nd to 3rd when the official calls “time”, the runner will go back to 2nd.

Illegal Pitch

An illegal pitch is:

1. Any pitch that, in the judgment of the official, is delivered with excessive speed, excessive bounce, or making it difficult for the kicker to reasonably kick the ball. The official will call out “too fast” or “too bouncy” before the ball crosses the plate.
2. Any pitch that the pitcher releases the ball while crossing the front edge of the pitching rubber prior to the ball being kicked.
3. In the event of an illegal pitch:
 - a. The pitcher will receive a warning from the official on their first offense.
 - b. Any subsequent illegal pitch, after the first warning, to that same kicker will result in the kicker being awarded first base.
 - c. The warning count resets when a new kicker comes to the plate.

If the kicker chooses to kick an illegal pitch, the play becomes live and the result of the play stands. The kicker forfeits the option to be awarded a ball or walk based on the illegal pitch.

- a. EXAMPLE: If the official calls an illegal pitch and a player still kicks it, the result of the play stands.

Strikes

A strike is:

1. Called if the ball is within 12 inches to either side of home plate and bounces no more than 12 inches above the ground as the ball crosses home plate.
2. Any attempted kick missed by the kicker.
3. A kicked ball that does not land in fair territory (foul ball). A kicker is out after three strikes, including foul balls.
 - a. Three (3) foul balls are an out.
4. Three (3) strikes is an out.

Balls

A ball is:

1. A pitch outside of the strike zone, as judged by the official, where the kick is not attempted.
2. Any fielder advancing in front of any baseline before the ball is kicked.
3. Any pitcher advancing in front of the pitching rubber before the ball is kicked.
4. Any catcher crossing home plate before the ball is kicked or failing to remain behind the kicker prior to the kick.
5. Any declared illegal pitch, by the official, that is not kicked by the kicker.
6. Four (4) balls will result in a walk for the kicker.

Foul Ball

A foul is:

1. A kicked ball that comes to rest in foul territory before reaching first or third base and is not touched by a defensive player.
2. A kicked ball that first lands in foul territory beyond first or third base.
3. A foul ball caught by a defensive player before touching the ground is an out.
4. Any kicked ball that travels behind home plate is a foul ball.
5. The foul lines are considered fair territory.
6. A foul ball counts as a strike. A kicker is out after three strikes, including foul balls.

Fielding

1. Teams will play with 4 in the outfield and 6 in the infield when having 10 players in the field.
 - a. Teams will play with 3 in the outfield and 6 in the infield when playing with 9 players in the field.
2. Catchers must stay behind the kicker at all times until the ball is kicked.
3. There is no infield fly rule. If a catchable fly ball is dropped and the official determines the drop directly resulted in a double or triple play opportunity, only the first out will count and play will be stopped.
4. Fielders may not switch positions during an inning for any reason other than an injury switch.
 - a. Fielders may switch positions between innings.
5. All fielders without possession of the ball may not block or stand in a runner's base path. Runners obstructed in this manner may be awarded the base at the official's discretion.
6. A base is only considered tagged when a fielder is in possession and control of the ball while touching the base. Throwing or kicking the ball at a base does not record an out.
7. Throwing the ball and hitting a runner on the head is not allowed. Play will be stopped and all runners will advance to the next base.
 - a. Exception: if the runner lowers their head or upper body trying to be intentionally hit by the ball, then the runner is out.
8. Any rough contact or overly aggressive throws that are deemed unnecessarily rough by the official's discretion will result in a warning and/or a sportsmanship ejection.

Kicking

1. A player's foot or leg must make all kicks.
2. All kicks must be behind home plate. The kicker may step on home plate to kick but may not step in front of home plate.
 - a. If a kicker's plant foot steps beyond home plate to kick the ball, the kicker will be ruled out.
3. Bunting: No bunting is allowed and will result in an out.

- a. A bunt is any intentionally deadened kick designed to stop the ball's forward momentum immediately after contact. The official's judgment is final.
4. Kicking Order: Teams cannot have three kickers of the same gender kick in a row "three in a row rule".
 - a. Within the alternating kicking order, the kicking order for males must be continuous and the kicking order for females must be continuous.
 - b. Teams will use a continuous kicking order based on gender.
 - c. EXAMPLES:
 - i. M1, M2, F1, M3, M4, F2, M5, M6, F3, M7, M8, F1, M9, M10, F2, etc.
 - ii. M1, F1, M2, F2, M3, F3, M4, F1, M5, F2, M6, F3, etc.
5. Teams must write down their kicking lineup prior to the start of the game, and all players must kick (players cannot only play in the field). Kicking order will be turned into the scorekeeper's table.
 - a. The kicking order cannot be changed during the game, except for late arrivals who will be added to the latest spot in the lineup that does not violate the three in a row rule.
 - b. Kicking order violations must be reported before the next kick. The fielding team may report kicking order violations to the officials. If the officials determine a violation has occurred, one warning will be given and the kicking order will be corrected. On the second violation during the game, the improper kicker will be ruled out, and the result of the play will not count.
6. If a ball becomes deflated or pops during a play, the play will be ruled dead and replayed with a new ball.
7. Two base coaches are allowed.

Running

1. Runners should run directly between bases and may not leave their established base path by more than 5 feet to avoid a tag.
2. SLIDING IS NOT ALLOWED and will result in an out.
3. Obstruction: Runners have the right of way except when a fielder is actively fielding a kicked ball or making a play on the ball. Runners hindered by any fielder within the base path, not making an active play for the ball, shall be safe at the base to which they were running.
4. NO LEADING OFF OR STEALING. Runners can only advance after the ball is kicked.
 - a. Any runner off the base when the ball is kicked will result in an out.
5. Tag Up Rule: Runners attempting to advance to the next base after a kicked ball may tag upon the first contact by the defense (not the catch). Runners may also choose to advance at their own risk, without tagging up, but if the ball is ultimately caught, they must tag up before advancing.
6. Runners may advance after caught foul balls.
7. Runners may overrun first base only. Any progression towards second base keeps the runner active.

8. If a ball is overthrown out of the playing field (into dugout, over the fence, etc.), the runner(s) advances one base from the last base touched when the ball leaves the field of play.
 - a. All players should continue to play until they hear the official declare “out of play”.
9. Running past another runner is not allowed. Any runner that passes a runner in front of them is out.
10. Runners must make a reasonable effort to avoid contact with a fielder who is in possession of the ball or actively receiving a throw. Failure to avoid contact may result in the runner being called out.
11. Thrown balls that hit a runner are still live and the runner is out; play does not stop. Thrown balls hitting base coaches are “dead” and the runners get the closest base.
12. Any runner hit with a thrown ball, when not on base, is out (exception: getting hit in the head or overrunning 1st and not making progression towards second).
13. Any runner hit with a kicked ball, while on base, is safe. The play will be declared a dead ball, and the pitch will be replayed. Runners hit with a kicked ball, while not on base, are out.
14. Base coaches are not allowed to physically assist runners while the ball is live and in play.
15. If a runner intentionally kicks or hits a ball away after getting out, the play will stop. All other runners will go back to the last base they touched before the play was called dead.
16. If a player begins a game but cannot complete the game (usually due to injury, illness, or schedule conflict), their removal from the game must be reported to the scorekeeper by the coach. If the player is ejected, or their departure is not reported to the scorekeeper, their spot in the kicking order is skipped and an out is charged. If their departure is for any other reason and the coach reports their departure to the scorekeeper, their spot in the kicking order is skipped without penalty. An injured or ill player may re-enter the game as long as they have not yet missed their turn in the kicking order and can play both offense and defense.
17. If a kicker is unable to complete their turn kicking due to injury/illness, the player who made the last out will assume the previous kicker’s count and play will continue (Ex. Kicker fouls the kick off their own leg and is unable to continue).

Ejections

Any players ejected for any reason must leave the field immediately.

Athletic Discipline Policy

POLICY STATEMENT	NO. 19
Athletic Program Discipline Policy	Effective: 09/28/12
	Supersedes: 05/26/2005
	Prepared by: William Davis
	Date adopted by Council 09/27/12

PURPOSE:

To adopt an official policy for the control of individual behavior at athletic activities for the purpose of maintaining a wholesome recreational atmosphere at events.

COVERAGE:

This policy, upon adoption, shall be applicable to all individuals participating in athletics as either players, coaches, officials, or spectators and shall remain in effect until such time that it is altered, modified, or rescinded by the Town Council.

POLICY:

The Town of Cary Parks, Recreation and Cultural Resources hereby establishes the following Athletic Discipline Policy:

1. Definition. Unsportsmanlike conduct (to include, but not limited to, the following)
 - a. Harassment of participants or officials, or
 - b. Profane language and/or gestures, or
 - c. Public threat or physical violence, or
 - d. Disruptive or malicious behavior
2. Any individual (includes players, coaches, officials, and spectators) displaying unsportsmanlike conduct whether during or following a game will be subject to partial or permanent program suspension at the discretion of the Parks, Recreation and Cultural Resources Department.
3. Ejection from Game
 - a. Any participant ejected from a game for unsportsmanlike conduct will automatically remain suspended from participating in at least the next game to be played by their team.
 - b. Any adult ejected from a second game for unsportsmanlike conduct during any one season will automatically be suspended from a minimum of the next two games to be played by their team and may not participate in any game with their team until they have a personal conference with the appropriate athletic staff.
 - c. The Parks, Recreation and Cultural Resources Department will review all ejections and may extend any suspension beyond the minimum game suspension as noted in 4(b) as it deems appropriate for the offense
4. Any captain displaying unsportsmanlike conduct, violating any captain's code of conduct rule, or refusing to abide by rules and regulations established by the

department will be subject to partial or permanent program suspension at the discretion of the Parks, Recreation and Cultural Resources Department.

- a. The Parks, Recreation and Cultural Resources Department staff may meet with the captain in violation and will issue a partial or permanent suspension from the program.
 - b. A captain may request a conference appeal before the appropriate athletic committee on any suspension taken by the Parks, Recreation and Cultural Resources Department.
 - c. Any captain who has been dismissed by the Parks, Recreation and Cultural Resources Department may not return as a captain in the Parks, Recreation and Cultural Resources Department.
5. Rules for individual leagues may include provisions for disciplinary action above and beyond those listed in this policy.
 6. Any individual suspended from a game after having a conference as outlined in 4(b) may be suspended for the remainder of the regular season and any tournament games.