

STERLING
A Colorado Treasure
CITY OF STERLING
ADULT/TEEN CITY LEAGUE
KICKBALL RULES



OBJECTIVES AND PURPOSE OF THE ADULT/TEEN KICKBALL PROGRAM

The objective and purpose of the City of Sterling's Department of Parks, Library and Recreation's Adult/Teen Kickball Program is to develop and promote a recreational opportunity for Kickball teams in the community of Sterling; to establish rules and regulations governing all participating teams; and to extend sports as wholesome recreational activity.

The game may be played with as few as 6 players, but if so the "7th" spot will count as an out. As long as there is no less than 3 of one gender (playing with 8 or less) then you are able to play.

1. **Starting the Game:** Arrive early so that your captain can have the team's line-up ready prior to the match and we can start on time. Games are to be started no later than 10 minutes after the scheduled start time or forfeit runs shall be assessed as outlined below against the team unable to field a squad. Rock, paper, scissor for home and away, or use the softball rule of 10 is home any less than will be visitor.

Warm-up Time: Pitchers will be permitted courtesy practice pitches each inning. Fielding warm-ups shall be limited to the pitcher's practice time. Please pay attention to get practice balls off field as soon as possible to start inning.

BASE PATHS: 65'
PITCHING: 50'

2. **Method of Scoring:** Single point runs score all games. Games are won by a one run advantage.

Runs are scored when a player has contacted first base, second base, third base and home plate prior to three outs in a rotation. A forced 3rd out always supersedes a fast base runner from third base who may have crossed the plate prior to the forced third out made at another base. Remember to touch home plate!

Tie games will be decided like softball, the international tie breaker will be in effect! The last runner out will start on 2nd base and the kicker following will be at kick.



Scoring discrepancies in the standings? Contact your Field Supervisor for clarification.

**Remember this is for FUN not for arguments on plate calls, please try and keep your comments to yourself! If you cannot decide on a call you must rock, paper, scissor with the defending player.

- 3. Game Length:** Game duration may be either 7 innings or the time allowed for play, whichever comes first. 40 minutes will be game time.

Special Note: Should inclement weather or other factors limit normal scheduled game duration, shall consider a 3 inning game played as officially recorded. A minimum of 3 innings at-kick by the visiting team (if losing) is required. If the home team takes a lead in their 3rd inning at-kick and the game has to be called, that score shall be recorded and counted as official. Incomplete games shall be recorded as such and Sterling Recreation Division shall make every effort to finish an incomplete match through at least 3 innings at another time.

Run Rule: Such as softball, 20 runs after 3 innings, 15 runs after 4 innings, 10 runs after 5 innings.

- 4. Playing Area:** The entire marked field is considered within play. Lines are considered in play through 1st and 3rd base and extended through the outfield. Foul balls maybe played in the air for outs. If a foul ball goes beyond the marked or understood playable distance, the field supervisor shall declare the ball "Out of Play" and that ball is dead.

- 5. Substitutions:** Each team is allowed unlimited substitutions between innings. Must keep the same kicking order. Coed leagues sub male/male, female/female to help keep better track of who is on field and maintaining proper kicking orders.

- 6. Gender Ratio:** Sterling Recreation Division Kickball leagues are set-up for 10 players

Coed leagues are set-up for 5 men/5 women on the field at all times. If male players are missing, a team may opt to field more than 5 women. If female players are missing, it is an out such as coed softball leagues.

- 7. Strikeouts:** To help the games move along, each player at kick starts with a 1-1 count (one ball, one strike). There are no balls or strikes though. Players will strike out on their third strike. Foul balls are considered strikes.

a) Foul Balls: Foul balls are considered strikes.

- 8. Pitching:** All pitches must be rolled underhand may be pitched either fast or slow. Field Supervisor shall call out "ILLEGAL" or "BOUNCY" for pitches that bounce over 1 foot in the air on the way to the plate or are thrown by the pitcher instead of rolled. Players may opt to kick at called illegal pitches but the result shall stand.

Remember: No Bouncies! Try to keep your pitched balls flat to the ground, and no crazy spin on the ball. ROLL the ball without whipping your hand around so the ball curves.

**Strike zone: HOME PLATE

- 9. Kicking:** Sterling Recreation Division permits a 14 kicker rotation in any skill level so long as Make sure you confer with your field supervisor if you have any questions about adding kickers.



Missing gals in coed league? It is REQUIRED in Sterling Recreation Division coed leagues that every missing female player be entered into the kicking rotation as an out – no exceptions.

Base coaches are allowed outside of 1st and 3rd bases.

Kickers are to remain in the kicking box when kicking at a pitch. If there is no clearly defined box, the understood kicking box shall be two feet behind home plate to one foot above home plate and one foot on either side of the plate. The kicker will be called automatically out if:

a) He/she steps clearly past batter box to kick a pitch.

b) He/she steps too far behind or too far above home plate to kick at a pitch and interferes with the catcher. About 4 feet behind the home plate is allowed, kickers cannot start past the 4 feet or it will be an OUT!

11. **Bunting:** No bunting, period! The ball must pass the chalk line arch in the field of play to be considered fair. If it does not that it is considered a foul ball.

12. **Base Leads, Running, Tagging and Stealing:** Taking leads off of any base are not allowed. Runner must wait until pitch crosses home plate before leaving base. Field supervisor will issue a warning for the first infraction and then call offenders out.

To stop base runners and put an end to a play, a ball played in the outfield must be thrown into the infield/pitcher, and fielded cleanly inside the base path. So long as runners are not already in motion towards the next base and play has not ended.

For fields with fences marking fair/foul play, any ball thrown inside the fence shall be considered live and base runners may advance at will. Should the played ball be thrown outside of a fence OR if a field does not have a fence and the thrown ball goes past the marked fair territory, field supervisor shall indicate base runners may proceed to the next base and stop there.

A base runner may tag-up – meaning they make sure the base they were on has been touched following an attempted caught fly ball – whether fair or foul – and attempt to run safely to next base. Failure to properly tag-up shall result in a called out.

Stealing is not permitted.

13. **Sliding:** Use safe sliding! A dirty slide or extensive contact made by not sliding will result in an out (Field Supervisor discretion). Aggressive sliding is not permitted. (Avoid contact with defensive player, period!).

Safety of all players is our main concern.

14. **Pinching:**

a) Pinch Runners – Only allowed if player is injured and will not be playing in the field following that at-kick. Pinch runner is to be the last player of the same sex to get out.

b) Pinch Kickers – Not allowed. Substitutes may be utilized to switch one player for another in the scorebook.

15. **Fielding:** The following rules are specific to fielding a ball:



- a) Outfield players are NEVER to be standing in the infield when a kicker is at the plate. Outfielders may run into the infield to make a play but cannot be positioned there. All outfield players must remain **in the grass before the ball is kicked**.
 - b) Infield players are to stay out of the base path and not block bases. It is understood that the transition of the live game or required movement to field a ball may take one into the base path. It will be the umpire's discretion to issue a warning and/or call a runner safe or out due to obstruction.
 - c) In kickball, the defensive/fielding team can throw the ball at base runners to get them out. Runners may be thrown out between bases by the fielding team with a ball thrown at the runner with the ball making contact with their clothing, hair or body. If the runner is contacted above the shoulders by the thrown ball, they will be called safe. If the runner is ducking and the ball contacts them above the shoulders, they will be called out.
**If a thrown ball hits the ground before hitting the runner, it is considered a dead ball!
 - d) There may be occasional unexpected field obstructions or field features unique to a specific location. The umpire shall determine the result for a ball played near or into that obstruction or feature.
16. **Uniforms/Attire:** Players are encouraged to wear same colored permanent numbered shirts. However, this is not a requirement for kickball. Teams may be a motley assortment of shirts and colors and be fine to play.

Shirts are required for play.

Athletic shoes are encouraged. Bare feet are not permitted. Metal cleats are not permitted. Cleats must be molded rubber.

CODE OF CONDUCT FOR PLAYERS, COACHES AND SPECTATORS

DEFINITIONS

LEAGUE DIRECTOR – The Recreation Superintendent, or their Assistant, when designated to organize and supervise the activity.

SUPERVISOR – A person assigned by the full-time Department of Parks, Library and Recreation employee to oversee the recreation program.

OFFICIAL – People on the court/field to administer the official rules.

COACH - A person designated as team spokesman. Can be a player or non-player.

PLAYER – A person who actively participates in the game (even if sitting on the bench) and listed is on the roster.

SPECTATOR – A person who comes out to watch the games for entertainment with no physical involvement.



PARTICIPATION – Any involvement in the Department of Parks, Library and Recreation activities such as spectating, playing, coaching, registering for classes, or attending any non-sporting event.

RECREATION ACTIVITY – Any class or event sponsored by the Department of Parks, Library and Recreation.

ARTICLE 1

NO PLAYER SHALL: At any time lay a hand upon, shove, strike, or threaten a/the league director, supervisor, official, player, or spectator. Officials/supervisor will suspend the player immediately from further play and report such players to the Recreation Superintendent.

MAXIMUM PENALTY: Suspension from all recreation activities for one year and probation for the following year. In addition, at the beginning of the following year, the case is subject to review by the Recreation Superintendent.

ARTICLE 2

NO PLAYER SHALL: Refuse to abide by an official's or supervisor's decision. Officials/supervisors may suspend players immediately from further play and report such player to the Recreation Superintendent.

MAXIMUM PENALTY: Suspension for two league games; placed on probation for remainder of the season.

ARTICLE 3

NO PLAYER SHALL: Be guilty of obscene gestures or objectionable demonstrations of dissent at an official's decision. Penalty: The degree of infraction of this tenet of good sportsmanship shall, in the official's judgment draw.

MAXIMUM PENALTY: Removal from the game, and a one game suspension.

ARTICLE 4

NO PLAYER SHALL: Discuss with an official/supervisor in any manner the decision reached by such official except for the manager or captain. Penalty: The degree of infraction of this tenet of good sportsmanship shall, in the official's judgment, draw.



MAXIMUM PENALTY: Removal from the game.

ARTICLE 5

NO PLAYER SHALL: Be guilty of using unnecessarily rough tactics in the play of the game against any opposing player. Officials may suspend players immediately from further play and report such players to the Recreation Superintendent.

MAXIMUM PENALTY: Suspension from all recreation activities for one year and probation for the following year.

ARTICLE 6

NO PLAYER SHALL: Be guilty of an abusive verbal attack upon any player, official, spectator, or administrator. Officials may suspend players immediately from further play and report such players to the Recreation Superintendent.

MAXIMUM PENALTY: Suspension from two league games and placed on probation for the remainder of the season.

ARTICLE 7

NO PLAYER SHALL: Appear on the field/court to play under the influence of alcohol in such a manner as to not have control of his faculties to the extent that he is inclined to hurt himself or another player.

MAXIMUM PENALTY: Suspension for the remainder of the season.

ARTICLE 8

NO PLAYER SHALL: Smoke while coming off or going on to the field/court of play, or while on the field/court of play.

MAXIMUM PENALTY: Removal from the game.