

2026 Adult Kickball: Manager's Cheat Sheet

Equipment – Teams must provide one properly inflated - beautiful bright red, blue, yellow or orange 8.5-inch kickball.

Time Limit – Regulation games last nine (9) full innings or 55 minutes, whichever comes first.

Tie Games – Will remain a tie. However, another inning may be played if time permits. (See Time Limit)

Ball and Strikes – 3 balls, 2 strikes no courtesy foul. (Kicker must kick ball fair on second strike)

Run Rule - There will be a 7-run rule in effect per team per inning, except the last inning in a game as called by the umpire. A runs ahead rule will be used as follows: 20 runs after four innings or 10 runs after five innings.

LATE ARRIVAL AND FORFEITS

- A team must have eight (8) players to start a game; no team shall start short.
- A team not ready to play at game time will be given a five (5) minute grace period.
- At five (5) minutes, the game is forfeited.

Teams - Female and male must be equally represented in both the infield and outfield when possible.

- 3 male/5 female, 3 male/6 female, 3 male/7 female
- 4 male/4 female, 4 male/5 female, 4 male/6 female
- 5 male/5 female, 5 male/4 female.

Co-Ed Team Kicking - The order of the kicking shall be alternating male and female players. All players playing the field must be in the kicking order. Any players that are not playing the field can still be in the kicking order but must remain so during the course of the entire game.

- Any ball “kicked” above the knee or stepped on, intentionally or unintentionally, is considered a foul ball.
- All kicks must occur at or behind the front edge of home plate. If any part of either foot touches the ground past the front edge of home plate prior to the kick of the ball, the kicker will be called out.
- A walk to a male kicker will result in a two base award. The next kicker (a female) shall kick.
 - **EXCEPTION:** With two out, the female kicker has the option to walk or kick. Should the female kicker choose to walk and pass the previous male kicker, while on his way to first, no out shall be called during this dead ball period.

PITCHING

- Pitchers must “Roll” the ball to the kicker. A pitched ball must first contact the ground after leaving the pitchers hand, no more than three feet from the hand, as judged by the umpire. A pitched ball that bounces higher than one foot multiple times before reaching home plate, also as judged by the umpire during or after the pitch, results in an illegal pitch.
- The strike zone extends to one (1) foot on either side of home plate and one (1) foot high.
 - Any part of the ball over the strike zone, as judged by the umpire, will be a strike.
- If the ball falls short of the plate and does not cross over, the pitch will be called a ball.
- The pitcher must stay behind the pitching plate until the ball is kicked.
 - Failure to do so results in an illegal pitch.

Weather Info – To check the status of games, please check our web site **after** 3:30pm at, www.teamsideline.com/sites/minneapolisparks/home - click on activities/programs, adult sports softball, & weather update link.

If you cannot make a game, please be courteous and notify the recreation office.