



Wake Forest Parks & Recreation Department

Adult Kickball Rules and Regulations

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1 INTRODUCTION

This document has been developed by Wake Forest Parks & Recreation in order to familiarize team managers, players, and game staff with policies, procedures, and league rules for adult softball leagues.

1.1 Mission Statement

The Wake Forest Parks and Recreation Department seeks to enhance the lives of the citizens of Wake Forest by offering a comprehensive system of parks, greenways, facilities, and open spaces coupled with cultural and athletic programs that promote education, health and wellness.

1.2 Purpose

The purpose of the Wake Forest Parks and Recreation Department adult softball leagues is to provide citizens of the Wake Forest area the opportunity to play softball in an organized and competitive recreational environment that encourages exercise, fun, and sportsmanship.

1.3 Adult Athletics Philosophy

The Wake Forest Parks and Recreation Department staff believes that adult athletic programs serve an important avenue for community building and exercise for participants. The objective of Adult Softball programs is to provide a program for citizens in which participation and sportsmanship are the prime objectives.

2 LEAGUE MANAGEMENT

All leagues will be under the direction of the Wake Forest Parks & Recreation Department, specifically the WFPRD Athletics Division. The WFPRD Athletics Division will be responsible for the scheduling of practices and games, equipment orders, contracting with booking agents, official scorers, and supervision of all aspects of the Baseball/Softball program.

2.1 Communication Methods

WFPRD will communicate information to participants, coaches, and staff via text messaging and e-mail. Cancellation of practices and games due to inclement weather/field conditions will be communicated via text message. Coaches and players must opt into the RainedOut system to receive text messages.

2.2 League Schedules (Practice and Game)

League Schedules will be prepared by Athletics Staff. Practice schedules will be distributed to coaches within two weeks of the close of league registration (distribution via email), with each team having a minimum of two (2) practices scheduled prior to the beginning of league play. Game schedules will be distributed at least one (1) week prior to the beginning of league play. The number of games per team scheduled will be dependent upon the number of registered teams in the league.

Team managers will be allowed to trade assigned practice times with other teams in the league at their discretion. Once distributed, the only alterations that will be made to game schedules will be due to inclement weather/field conditions that require cancelation of scheduled games.

2.3 Website Information

League Schedules and standings will be posted on the Town of Wake Forest website, www.wakeforestnc.gov. Schedules (practice and game) will be posted to the website and updated as necessary. League standings will be updated on a weekly basis.

2.4 Important Telephone Numbers

Wake Forest Parks & Recreation Office 919 435 9560

WFPRD Athletic Specialist 919 435 9457

2.5 Field Locations

- J. B. Flaherty Park (Field 3) 1226 North White Street
- Heritage High School/Park 1150 Forestville Road

2.6 Operating Instructions – Field Lighting Systems

- Flaherty Park lights are automatically/remotely controlled (with the exception of Field 3)
- Heritage High School/Park lights are automatically/remotely controlled

3 LEAGUE POLICIES

3.1 Code of Conduct/Disciplinary Action

The Wake Forest Parks & Recreation Department expects good sportsmanship from its coaches, participants, and spectators as outlined below.

- No individual shall refuse to abide by any League Official's decision.
- No individual shall be guilty of objectionable demonstrations of dissent toward any League Official, participant, or spectator.

- No individual shall be guilty of verbal abuse or physical attack upon any League Official, participant or spectator.
- Alcoholic beverages and controlled substances are prohibited at or near game site. Participants judged to be under the influence of alcohol or controlled substances will be ejected from the facility and must serve suspension as outlined in League Rules.

Persons in violation of the Code of Conduct may be subject to penalties up to and including removal from the league, depending upon the severity of their actions. Penalties for ejection are outlined below.

- In the event of an ejection of a player, the player shall be removed from the game for the remainder of the game. Ejected player must serve a two (2) - game suspension, and cannot attend team events (practices or games) while serving the suspension.
- In the event of an ejection of a player or coach, the participant ejected shall be removed from the game and must leave the facility within two (2) minutes or a forfeit will be declared. Ejected participant must serve a two (2) - game suspension, and cannot attend team events (practices or games) while serving the suspension.
- Should a player or coach be ejected a second time during a season, the player or coach must serve a second two-game suspension.
- In the event of a third ejection, the player or coach will be removed from the league for the remainder of the season.
- The Wake Forest Parks & Recreation Department reserves the right to impose season-disqualification penalties at any time, should participant's behavior and action deem such disqualification necessary.

3.2 Team Composition/Rosters

Team rosters may have a maximum of twenty-five (25) players. Each player must sign the team roster and must be at least 18 years of age.

Players may be added/deleted from rosters until the team has played its first game

3.3 Inclement Weather

Cancellation Procedure

- WFPRD staff will inspect field conditions to determine whether to open fields for practice or game play.
- Team Managers and participants that have opted-in to the text message communication system (Rained Out) will be sent a text message by WFPRD staff if it is determined that cancellation of events is necessary. Participants will be notified via text message no later than 4:30pm on weekdays. **Weekend event cancellation information will be also be relayed via text message.**
- To Opt-in to the RainedOut communication system and receive weather related cancellation notifications via text message, please text **Fields23** to **84483**.**
- Should inclement weather occur **AFTER 4:30pm**, and/or managers/participants have not been notified of a cancellation by WFPRD staff, teams should report to the field prepared to play/practice. *Any decision regarding game cancellations after 4:30 p.m. will be made on site by the umpiring crew (or field supervisor). For team practices, team managers are to use their best judgment regarding field conditions, with player safety being the first priority. Practicing on fields that are wet can result in player injury and damage to the fields.*

Lightning/Inclement Weather Policy for Practices, Games, and Clinics

- During a practice, scrimmage, game or clinic involving WFPRD teams/participants, coaches and/or umpires must use the following policy when lightning is seen: practice/play must be suspended immediately when lightning is seen and within 30 seconds the clap of thunder is heard. Thirty (30) minutes after this condition no longer exists, practice/game/clinic may be resumed. All participants are to leave the field for a safe location such as a car or other lightning-protective enclosure until it is safe to return to the field (i.e. the required 30 minutes have passed

with no additional lightning/thunder). Should a second incident of lightning/thunder occur, the 30-minute countdown shall begin again.

- Practice/Scrimmage Lightning Delays: The Team Manager will be responsible for adherence to the policy. During clinics or game play, WFPRD staff or representative (i.e. game officials) will be responsible for adherence to the policy.
- Game Day/Clinic Lightning Delays: When lightning occurs during game play, WFPRD policy requires officials to stop games for safety reasons. Restarting of the remaining games during the day cannot resume until deemed appropriate by the game official pursuant to the WFPRD Lightning Policy.

3.4 Rescheduling of Games

Team managers will be notified via email message regarding rescheduling of games. Games will be rescheduled a minimum of 72 hours after cancellation.

3.5 Uniforms

Teams will be required to wear matching and/or like jerseys. Each player must have a different number. Each player on your team must have a jersey three weeks from the start of your first game (three-week grace period). Players that do not have a jersey after the three-week grace period will not be allowed to play.

3.6 Equipment

WFPRD will provide kickballs for all games.

Participants will be responsible for providing any equipment that they deem appropriate. All equipment must meet the current regulations as established by the Amateur Softball Association (ASA).

Shoes with metal spikes are prohibited.

3.7 Awards

WFPRD will provide Season and Tournament champions with a team trophy and t-shirts for team members.

3.8 Safety

WFPRD seeks to provide safe facilities and will prepare fields for practice and play in accordance with acceptable industry standards. Team managers and players are to keep the safety of participants in mind during practices and games.

3.9 Blood-Borne Pathogens (PPG)

The safety and health of participants is a priority. Although the possibility of a communicable disease being transferred from one participant to another is unlikely, universal precautions (wearing medical gloves, proper clean-up and disposal of first-aid items) should be taken in all instances where there is a possibility of the transfer of bodily fluids.

4 UNIVERSAL PLAYING RULES

4.1 Governing Bodies

Adult Kickball leagues will follow the official rules of the Amateur Softball Association of America (ASA) as set for the current year. Local exceptions and additions to the ASA rules are listed by WFPRD division.

4.2 Number of Players Required

A team must have 8 (but no more than 10) eligible players on the field or in the dugout ready to kick (either offensively or defensively) to start the game.

If at any time a team cannot field 8 eligible players, the game will result in a forfeit.

- a. If a team “checks in” 8 players, they can add players to the bottom of the line-up any time during the game; WITHOUT penalty.
- b. If a team at any time drops below 8 players, and has no eligible sub, the game will result in a forfeit. All players that are present can be put on the batting order – continuous batting – no limit to number of batters “kickers” – but only 10 can field while on defense.
- c. 4 females on field and batting for each game for each team.

4.3 Courtesy Runner

Courtesy Runners are not allowed, except for situations that fall under ADA rules.

4.4 Home Run Rule

Each team will be allowed two (2) home runs per game (balls kicked out of the field of play). Following the team's second home run, the batter will be ruled **out**.

4.5 Game Play

Games will consist of seven (7) innings or a one-hour time limit (exceptions: tied games will continue until a winner is determined, tournament championship game(s) will have a 60-minute time limit).

For the first game of the day, the game clock/timer will be started at the scheduled start time and will begin the one-hour count down. In the event that a team does not have the minimum number of players required after the expiration of ten (10) minutes, the game shall be declared a forfeit. (Should the game be started, it will be continued to the expiration of the time limit – exception: run rule still in effect).

Mercy rule: 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).

Teams are to provide Official Scorer with a lineup at least ten (10) minutes prior to game time.

Pitching

- a. The strike zone is 2 foot inside and outside of home plate.
- b. A pitch must roll on the ground when passing over the strike zone.
- c. Bouncing balls results in a ball.
- d. The pitcher must stay behind the pitching rubber until the ball is kicked. Failure to abide by this rule results in a ball.
- e. No player may field in front of the pitcher other than the catcher, and no player may advance past the 1st- 3rd base diagonal until the ball is kicked. Failure to abide by this rule results in a ball.
- f. The catcher must field directly behind the kicker and may not cross home plate nor be positioned forward of the kicker before the ball is kicked. Failure to abide by this rule results in a ball.

- g. A pitch outside the strike zone is a ball.
- h. Balls must be pitched by hand.

NOTE: If a player chooses to kick the pitch, the result of the kick is the call.

*EXAMPLE: If a player chooses to kick a bouncing pitch, and gets called out running to first, that player is “out” and cannot re-kick due to a bad pitch.

Strikes

- a. A strike is:
 - i. A pitch within the strike zone that is not kicked;
 - ii. An attempted kick missed by the kicker inside or outside of the strike zone;
 - iii. A foul ball is a strike
- b. Three (3) strikes is an out.

Balls

- a. A ball is:
 - i. A pitch outside of the strike zone, as judged by the official, where a kick is not attempted;
 - ii. An illegal bouncing pitch;
 - iii. Any fielder or pitcher advancing on home plate before the ball is kicked;
 - iv. Any catcher crossing home plate before the kicker or failing to field behind the kicker
- b. Three (3) balls walk the kicker to first base.

Kicking

- a. A player's foot or leg must make all kicks.
- b. All kicks must be behind home plate. The kicker may step on home plate to kick.
- c. No Bunting is allowed. Umpire determines bunt call. A bunt is called an out.
- d. **All players start with a 1 and 1 count.**

Foul Ball

- a. A foul is:
 - i. A kick that goes foul prior to passing 1st or 3rd base & not touched by a player
 - ii. A kick landing in foul territory; beyond 1st or 3rd base.
- b. A foul will count as a strike.
- c. Two (2) fouls is an out.

Running

- a. Runners must stay within the base line.
- b. **SLIDING IS ALLOWED – HOWEVER, no contact with fielder is allowed and will result in an out.** Absolutely NO contact is allowed.
NOTE: The runner is out if the runner initiates contact or the runner is safe if the fielder initiates contact.
- c. Fielders must stay out of the base line. Runners hindered by any fielder within the base line, not making an active play for the ball, shall be safe at the base to which they were running.
- d. No leading off or stealing. Runners can only advance after the ball is kicked. A runner off a base when the ball is kicked is out.
- e. Runners may tag-up after a kicked ball is caught by the defense to advance to the next base.
- f. Runners may overrun first base.
- g. If a ball is overthrown out of the playing field (into dugout, over the fence, etc.), the runner(s) advances one base.
- h. Running past another runner is not allowed. Any runner that passes a runner in front of them is out.

Outs

- a. An out is:
 - i. Three (3) strikes, three (3) fouls, or fouling with 2 strikes;
 - ii. Runner touched by the ball while not on a base & the ball is in play;
 - iii. A runner hit with the ball below the shoulders;

NOTE: Runners hit in the neck or head with the ball will not be out unless they were ducking to dodge the ball.

NOTE: Play stops and the ball is dead after hitting a base runner and being declared out. All other base runners,

if more than halfway to the next base, should advance.

- iv. A kicked ball (fair or foul) that is caught in the air;
- v. A ball thrown to a fielder touching a base beats the runner who is forced to run;
- vi. A runner off of his/her base when the ball is kicked;
- vii. A runner who is physically assisted by a base coach during play.

Play Ends

- a. When the pitcher has the ball in control and on the mound;
- b. A runner intentionally touches or stops the ball (the runner is out);
- c. When a team scores 10 runs in an inning.

Re-Entry

Any player may be substituted or replaced and re-entered ONCE, provided the players occupy their same kicking position in the kicking order.

NOTE: The starting player and their substitute may not be in the line-up at the same time.

Tiebreaker

Games cannot end in a tie; therefore, the winner will be determined by placing the last kicked (batted) out on 2nd base with 1 out and playing the game until a team wins.

4.6 Forfeits

Teams forfeiting three (3) games during the season will be removed from the League Schedule, with no refund of entry fee. A team forfeiting during the league tournament will be removed from the schedule and will not be allowed to continue to participate in the tournament.

4.7 Protests

Protests may be made only related to the use of ineligible player(s) and must be made at the time that the player in question takes position in the field.

Protests must be submitted to the Wake Forest Parks & Recreation Department in written form within twenty-four (24) hours of the time of the game in question. Protest fee of \$100 is required and will be returned only if protest is upheld.

Proper procedure must be followed in protesting games. Failure to follow established procedure will result in protest denial.

5 LEAGUE-SPECIFIC PLAYING RULES

5.1 Co-Rec Kickball Leagues

Games will be played per the current ASA rules, with the exceptions listed in section 4 and those listed below.

ASA co-rec batting rule will NOT be followed, per the exception listed below.

Each team must have a minimum of four (4) females in the lineup (and on the field of play) at all times. If your team does not have the required 4 females, you may “borrow” a female from another team within the league until your 4th female arrives. (this will eliminate forfeits). **Your lineup DOES NOT have to rotate boy girl boy girl, it can be in whatever order you’d prefer.**

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