



**CITY OF ALEXANDRIA
DEPARTMENT OF RECREATION, PARKS, AND CULTURAL ACTIVITIES**

**SPORTS SECTION
703.746.5402 (OFFICE) - 703.746.5597 (HOTLINE)**

City of Alexandria Employees Cup Series

COED KICKBALL RULES & REGULATIONS

Field

- (Adults) 60-foot base paths & 35-feet to pitchers rubber

Equipment

- Teams must furnish their own uniforms (matching jerseys with numbers)
- Athletic shoes are required. No metal cleats of any kind are allowed.
- Any equipment deemed by the Umpire, as a performance enhancement must be removed.
- The official kickball has a pressure of 1.5 pounds per square inch and 8.5 inches in diameter.

Umpire

- Only coaches/captains can dispute a call.
- Players, coaches, and fans are expected to show good sportsmanship. No yelling at umpires, players, or other teams. Ejected participants must leave the field area and may not return to the game. The umpire or RPCA staff may choose to have ejected players, coaches, or fans sit out the next game, season, or permanently.

Player Eligibility

All participants must be City of Alexandria employees, legal spouse of the employee or a sibling at least 18 years of age registered with the league and on the team roster.

Teams

- Teams are limited to a maximum of 15, but must field a minimum of 7 players to play the game. Each team must have a minimum of three (3) or more women to play a game.
- All teams must bat their entire roster present at the game. Players must play the field every other inning at a minimum.

- Each team provides a scorekeeper.
- Only protest for blatant rule infractions can be filed with the Sports Office and sent in writing within 24 hours explaining the details for the protest. The Sports Office will investigate and rule on protest. Teams must accept the Umpire ruling made and tell the Umpire that they will finish the game under protest before the next pitch is made.

Base Coaches

Base coaches can be members of the team only.

Regulation Game

- Games end after seven (7) full innings or 60 minutes. One extra inning is played if score is tied and time remains. A game can end in a tie.
- A team failing to field at the minimum amount of players within a ten (10) minutes grace period after scheduled game time will forfeit. Any time lost during the grace period will lose that time to play the game. Ex. Game would only be 50 minutes if it starts 10 minutes late.
- Any team playing non-registered or improperly registered players will forfeit their game.
- There is a 4-Run per inning limit for all innings. No slaughter rule. Coaches encouraged not running up the score.
- During the playoffs we use the ITB tiebreaker...placing the last batted out on 2nd base with 2 outs and playing the game until a team wins.

Pitching/Catching

- A pitch must be rolled on the ground when passing over the plate.
- Strike zone is 1 foot inside and outside of home plate. Bouncing balls are balls. Umpire determines if strike or not.
- The pitcher must stay behind the pitching circle until the ball is kicked. Failure to abide by this rule results in a ball.
- 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.
- 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.
- A pitch outside the strike zone is a ball.
- Balls must be pitched by hand.

Kicking

- A player's foot or leg must make all kicks.
- All kicks must be behind home plate. The kicker may step on home plate to kick. Umpire determines if it is a violation. Any violation will result in a strike.

- No Bunting is allowed. Umpire determines bunt call. A bunt is called an out.

Running

- Runners must stay within the base line.
- No sliding or running into a fielder. No contact is allowed...the runner is out if the runner initiates contact or runner is safe if fielder initiates contact.
- 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.
- No leading off or stealing. Runner can only advance after the ball is kicked. A runner off a base when the ball is kicked is out.
- Runners may Tag-Up after a kicked ball is caught by the defense to advance to the next base.
- Runners may overrun first base.
- One base on an overthrow into foul territory. This rule is a restriction on the runner – not an automatic right for the runner to advance.
- Running past another runner is not allowed. Any runner passed by another runner is out.

Strikes

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

Balls

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

Foul ball

- A foul counts as a strike
- Three (3) fouls is an out. (1 foul after having two strikes is an out)
- A foul is:
 - A kick landing in foul territory;
 - A kick that goes foul prior to passing 3rd or 1st base & not touched by a player.

Outs

- Three (3) outs by a team complete the team's half of the inning.

- Three (3) strikes, three (3) fouls, or fouling with 2 strikes
- Runner touched by the ball while not on base & the ball is in play;
- A fielder can throw a ball at a runner below the shoulders. Runners hit in the neck or head with the ball *will not be out* unless they were ducking to dodge the ball...Play stops and the ball is dead after hitting a base runner and being declared out.
- A kicked ball (fair or foul) that is caught in the air
- A ball thrown to fielder touching base beats the runner who is forced to run;
- A runner off of his/her base when the ball is kicked;
- A runner physically assisted by a base coach during play

Play Ends:

- When the pitcher has the ball in control and on the mound.
- A runner intentionally touches or stops the ball (the runner is out)
- Interference is when any non-fielder, runner, or non-permanent object touches the ball. Any time there is interference, play automatically ends and runners proceed to the base to which they were headed.