**Seymour Recreation Co-Ed Kickball Rules**

**Roster:**

* All players must be 21 or older.
* Each team must consist of a minimum of 10 players and maximum of 16 players.
* The game is 10 v 10, you must have a minimum of 4 females on the field at a time
* A team must have at least 8 players at the start of the game to avoid a forfeit, and at least 2 must be females.
* The opponent does not have to play short if your team is down players.
* You may only be signed up for one team.

**Game:**

* A regulation game will be 7 full innings or 50 minutes, whichever comes first (No extra innings). Playoffs have no time limit or mercy rule.
* Defensive substitutions may only occur between innings or if an injury occurs during an inning
* Everyone participating on your team must kick.
* If the games ends in the middle of an inning the score will revert back to the last completed inning, unless the away team has taken the lead in the bottom of the inning that ended due to time.
* Mercy Rule: If a team is up 10 or more runs after five innings have been completed then the game will be over.
* Run Rule: A maximum of ten runs scored per half inning per team.
* Field Dimensions: Base Lengths 60 feet. Pitching Distance 46ft.

**Pitching and Catching:**

* The strike zone is one foot left and right of the plate and one foot above the ground from the bottom of the ball.
* The ball must be pitched underhand.
* Kickers will come to the plate with 1 strike and 1 ball. There will be no extra foul.
* Bounces are allowed but the ball may hit the ground twice prior to reaching the kicking box and it must be less than a foot above ground.
* The first illegal pitch (too high) will result in a warning the second will result in the team asking to switch pitchers.
* The pitcher must have one foot on or behind the pitching rubber as the ball is being released, you may not approach home plate until the ball is kicked.
* No player may advance forward of first/third base line (diagonal) until the ball is kicked.
* The catcher must remain behind home plate until the ball is kicked.
* The outfielders may not come on the infield prior to the ball being kicked.
* Infielders may not move past the 1st to 3rd base arc prior to the ball being kicked
* If a fielder makes an out illegally by advancing forward prior to the kick the runner will be declared safe.

**Kicking:**

* All kicks must be made by foot or leg, below the knee. Any ball touched by the foot or leg below the knee is a kick.
* All kicks must occur: At or behind home plate. The kicker must have at least a portion of the planted foot within the kicking box during the kick. The kicker may line up outside the kicking box.
* Bunting is allowed for females only
* If the kicker makes double contact with the ball in front of home plate it is considered an “out”

**Running Bases:**

* Stealing is not allowed. Players off the base before the ball is kicked are automatically out.
* Runners may only run one base on an overthrow. That’s one extra base per attempt at a runner. Players advancing on an overthrow are advancing at the risk of being put out.
* The defense may throw the ball at the runner with the following guidelines (if a runner ducks to avoid throw and it hits them in the head it will be an out): If the runner is hit with the ball while not on the base they will be called “out”.
* You are allowed 1 courtesy runner per inning. Male for Male or Female for Female

**Defense:**

* The defense may get a runner out by catching a kicked fly ball, forced out at a base, tagged out or thrown out.
* If a kicked or thrown ball contacts a base runner or their clothing, the runner is out.
* If a thrown ball hits the ground then the runner, the runner is still out