

Holden Recreation

Adult Kickball League Rules & Regulations

Governing Rules:

1. The governing body of the league is the Holden Recreation and its appointed representative.
2. Holden Recreation will be the final decision on any rules not covered.

Time Factors:

1. Games will be 55 minutes or 7 innings whichever occurs first. In the event of a tie after 55 minutes or 7 innings, the international tie breaker will be used for one inning. The last out of the previous inning will go to second to start the inning. If the game is still tied after one complete inning utilizing the international tie breaker, the game will end in a tie.
2. There will be a mercy rule. Teams ahead by 20 runs after 3 innings, 15 after 4 innings, or 12 after 5 innings will be declared the winner.
3. In case of weather constellations while a game is being played. A game will be considered complete if 3 ½ innings are played and 30 minutes have passed and the home team is ahead. If this has not happened games will be void and rescheduled to start in the first inning.

Eligibility:

1. Players must be 16 years of age prior to the start of the season to be eligible to play. Each team must consist of one player over the age of 20 years old.
2. Players must live in the Wachusett District to be eligible to play.
3. If a team needs players, a free agent list is available upon request.
4. **New players must be added to a roster by emailing Allie at aconnell@holdenma.gov or in person at 1420 Main Street, Holden, Ma, 01520.**

Conduct:

1. Each team is responsible for the conduct of its players and spectators. A team may be reprimanded, put on probation, suspended or face expulsion for any unsportsmanlike conduct by player(s), coach(s), or spectators. Holden Recreation has the right to deny anyone eligibility to play in our league.
2. If a player is ejected from a game for unsportsmanlike conduct that player must leave the ballpark immediately. He/she is not eligible to play in any other games the rest of the night. Also, that player is ineligible to play for one (1) calendar week for any teams that they may be on. THERE IS NO APPEAL PROCESS ON PLAYER EJECTIONS AND SUSPENSIONS.
3. If a player is ejected from a game for unsportsmanlike conduct and it is his/her second offense they will be removed from all leagues for the remainder of the season.
4. **Profanity directed at another player or umpire, unsportsmanlike conduct, and verbal or physical abuse will not be tolerated.**
5. Music is only acceptable during warmups and walkups, but it must be family-friendly and must be played at an appropriate volume.
6. No participant may touch an umpire or league official in anger, or threaten to do them bodily harm. Disciplinary action will result in expulsion from the league.
7. The manager is the only person authorized to discuss rule interpretation with the umpire.
8. Alcoholic beverages and intoxicants prohibited.
9. It shall be unlawful for any person to inhale, vape, exhale, burn, or carry any turned on e-cigarette, lighted cigar, cigarette, pipe or other combustible substance in any manner or form within 25 feet of a playground, picnic pavilion, athletic field or court including the adjacent spectator areas, or outdoor pool or aquatic playground.
10. Holden Recreation reserves the right to suspend any or all players, coaches, and managers for unbecoming conduct either before, during or after a game.

Uniforms and Equipment:

1. Holden Recreation will provide balls for the season. The official kickball is measuring 10 inches in diameter.
2. Athletic shoes are required. **Metal cleats** are not allowed.

3. Teams will have until the second Monday of the season to have alike colored shirts. When teams register for the season, team colors are first-come-first-served and must be approved by Holden Recreation.
4. Uniforms must be worn in good taste.

Game Rules:

1. All teams must have a minimum of eight (8) players to start or continue a game. If a team falls below eight (8) players, the game will be a forfeit.
2. A ten (10) minute grace period is allowed only for the **5:30pm** games. The grace period is considered as part of the game time. However, if a team has eight (8) players, the game will start immediately or as soon as the eighth (8th) player arrives.
3. Teams may play with 10 fielders and can have a maximum of 12 players in the lineup.
4. Teams may pick up players to make a legal team.
5. Teams will not be required to play a certain number of females in the outfield or infield.
6. Defensive alignment is at the team's discretion.
7. If a player is hurt during the game and has to come out of the game, the captain must report that the player is coming out of the game immediately. If the team doesn't have a player to place in the injured player's spot it will not be an automatic out and the original player cannot return to the game.
8. If a player is ejected for unsportsmanlike conduct and the team does not have a substitute to place in the lineup then that vacant spot in the lineup will be an automatic out.
9. Innings may end on an automatic out.

Pitching, Catching, and Fielding:

1. Balls must be pitched (rolled) by hand. Balls that have extreme bounces are not allowed and will be considered an illegal pitch. Speed of the pitch must be kept at a moderate speed (this will be the umpire's judgment).
2. The pitcher will have a 1 ball, 1 strike count when the kicker comes up. There will be one extra foul.
3. The pitcher must start the act of pitching within the pitching mound and have at least one foot on or directly in front of the pitching plate when releasing the ball.

4. All fielders except the pitcher must start play and remain behind the 1st and 3rd diagonal until the ball is kicked.
5. Failure to be properly positioned on defense the first time will result in a team warning to the team that caused the infraction. The team's second infraction will result in the kicker being awarded first base regardless of the outcome of the play.
6. The catcher must field behind the kicker, within or directly behind the kicking box, and may not cross home plate nor be positioned forward of the kicker before the ball is kicked. The catcher may not make contact with the kicker, nor be positioned so closely to the kicker as to restrict the kicking motion.

Kicking:

1. 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.
2. All kicks must occur:
 - a. At or behind home plate. The kicker may step on home plate to kick, however the planted foot may be in front of or across the front edge of home plate.
 - b. The kicker must have at least a portion of the planted foot within the kicking box during the kick.
 - c. The kicker may line up outside the kicking box.
3. Bunting is allowed.

Running Bases:

1. Stealing is not allowed. Minimal leading is allowed on first and second base.
2. 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.
3. The defense may throw the ball at the runner with the following guidelines (if a runner ducks to avoid throwing and it hits them in the head it will be an out): Overhand throw must have two hands on the ball at the release and may hit the runner from the back to the feet. Underhand throws are only required to have one hand on the ball and players must hit runners below the waist.
4. Players that continue to hit players in the head during the game will be a defensive ejection and will not be allowed to play on defense the remainder of the game; however, the player may still kick. Once a team receives a defensive ejection they must play the remainder of the game a player down on defense if

they don't have a sub.

5. There are no courtesy runners.

Balls and Strikes:

1. Kickers will come to the plate with 1 ball, 1 strike count. There will be one extra foul.
2. The strike zone will be 1 chalked line on each side of home plate. Any rolled ball not kicked that crosses that strike zone will be called a strike. If a ball does not cross the strike zone, it will be called a ball.

Post Season Play and Awards:

1. In case of league standing ties, winners will be determined by:
 - a. Head-to-Head
 - b. Run Differential
 - c. Net Points in Head-to-Head Competition
 - d. Coin Toss
2. In the event of a 3 or more-way tie, we will determine the highest seed and will revert back to the first tie breaking procedure.
3. League Champions will be awarded team t-shirts.