



KICKBALL RULES

ROSTERS

- A full fielded team consists of:
 - Rec A/B -- 8 players (minimum 2 in the outfield) with a minimum of 2 females + 2 males
 - Rec C -- 9 players (3 in the outfield) with a minimum of 2 females + 2 males
- Minimum players required is; *6 players including at least 2 females + 2 males*

GAMEPLAY

- A game is 75-minutes in length, or 9-innings
- A new inning cannot be started with less than after 10 minutes of play remaining in the time slot.

REGULAR SEASON

- Ties are allowed

PLAYOFFS

- Ties are not allowed
- An extra inning will be played
- If the score remains tied, additional extra-inning(s) will use the 'International Scoring Rule.' The final out from the previous inning will start as a runner on 2nd base.

OFFICIATING

- All games are self officiated
- The kicking team is required to supply a home plate umpire (Rec A/B only)
- A home plate umpire is not needed in Rec C

SCORING

- A team can score a maximum of 7 runs in an inning, with the exception of the last inning
- Mercy will be called if one team gains a 20-run lead

PITCHING (REC A+B)

- All pitches must be thrown underhand
- The ball must cross part of the plate and no more than 1 foot high
- No windmill and ball must bounce at least once (no higher than 1 foot)

PITCHING (REC C only)

- A pitcher may pitch no more than 3 innings

KICKING

- All players playing in the game must be listed in their kicking order
- There is no limit to the length of the kicking order
- Contact with the ball must be made in the kicking box
- 2 females and 2 males must appear within the first 9 players in the kicking order
- If teams are short of any males or females, they will ensure there are two male or female spots on their lineup card where the missing player(s) would have been and receive an out each time that spot comes up in the kicking order.
- A kicker who hits a foul tip OR foul ball with two strikes is 'out'
- Bunting is only allowed if the ball passes the marked bunting line

BASERUNNING

- Pinch runners are only allowed for injured players – the runner should be the last player out (same gender).
- Lead-offs or stealing bases are not permitted

- Runners coming home cannot turn back once passed the commitment line (cone)
- Runners coming home must not touch home plate or else they are 'out'. A secondary home plate will be placed beside home plate for players to touch when coming home
- Sliding is only permitted at 2nd and 3rd base. Sliding is permitted at 1st base only when returning to 1st
- Purposely hitting the ball with any part of your body is not permitted. Eg. trying to get hit in the head, or swatting / kicking the ball away. If a runner swats, kicks or ducks into the ball on purpose they will be called out and all other baserunners will return to the base they were coming from

Fielding

- Outfielders must remain behind the respect line until the kicker makes contact with the ball
- A fielder may throw the ball at a runner to record an out
- Head shots are not permitted. The runner will be called safe unless they have purposely ducked into the ball. All shots contacting the head during a slide will be treated as a body shot.
- When making an out at home plate, fielders cannot tag the runner. All plays at home are force outs IF the fielding team has control of the ball and touches home plate before the base runner crosses the home plate line assuming they have crossed the commitment line
- On an overthrow where the ball rolls out of play (over the fence), all runners advance one base beyond the base they were traveling towards at the time of the overthrow. A ball is only out of play when it goes over the fence
- In Rec C, the fielding team will provide a player to act as a fielder in the pitchers position.

GENERAL RULES AND SPORTSMANSHIP

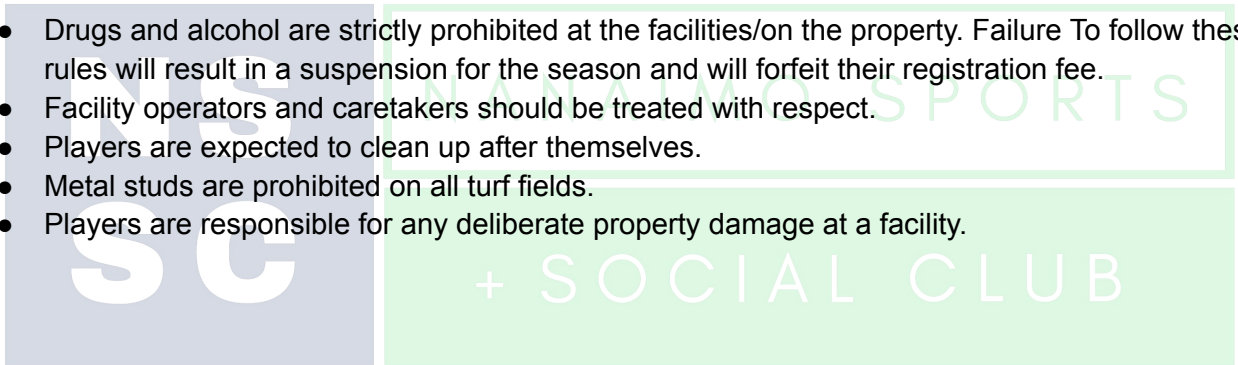
- All captains are expected to greet each other before the start of the game and ensure their teams follow the rules
- All teams are expected to shake hands after the game (bump fists/elbows)

- All teams are expected to help the other team play a cooperative and fair game with the understanding this is recreational fun and with players of various abilities and game knowledge.
- Any on field disagreements should be handled by captains until an agreed resolution is reached. Captains are also expected to ask any players from their team to leave the field if they are taking the game too seriously.
- Any serious verbal confrontation should be reported to NSSC within 24 hours and/or to a NSSC representative. The reports will be reviewed and if the same player is involved again they will be suspended for the season.
- There is zero tolerance for threatening/abusive language directed towards players and/or spectators. This will result in an immediate suspension for the season and a possible lifetime ban from NSSC events.
- Any physical confrontations will result in a lifetime ban from NSSC.

Facilities

NSSC rents all outdoor facilities and gymnasiums from private facilities, SD68 or the City of Nanaimo. As tenants, players must respect the standards and rules of each facility:

- Drugs and alcohol are strictly prohibited at the facilities/on the property. Failure To follow these rules will result in a suspension for the season and will forfeit their registration fee.
- Facility operators and caretakers should be treated with respect.
- Players are expected to clean up after themselves.
- Metal studs are prohibited on all turf fields.
- Players are responsible for any deliberate property damage at a facility.



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NANAIMO SPORTS

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KICKBALL SET-UP

Set-up: Teams shall arrive 15-20 min prior to game start time to set-up their field. A measuring line will be provided in the bin of gear and marks will be labeled on the line.

Safety Bag: The Safety Bag will be placed 6 inches from 1st base.

Dotted Lines: Indicate imaginary lines in the diagram.

Commitment Cone: Shall be placed halfway between 3rd base and home plate. The cone should be placed in foul territory as to not impede with base running.

Home Plat for Runners: Shall be placed outside of kicking area as not to impede with kicking.

Cleanup: Teams playing the last game of the evening will cleanup the equipment and return it to the provided bin.

