

Birmingham Sport and Social Club

Official Indoor Kickball Rules

General Rules

1. Schedule - All games are to be played at the time, date and place specified on the schedule.

2. Roster: Each team can have as many players as they choose.
The team fee will pay for up to 10 players

3. Forfeits - Game time is forfeit time. **(Minimum to start a game is 5 players. {1 female for Co-Ed leagues})**

(Forfeits will be scored as a 10 – 0 final match score)

a. If you know you may not be able to field a full team, please call an BSSC representative at least **48 hours** in advance if you would like to explore a rescheduling option. If it is within 48 hours of your scheduled game time, and you discover that you cannot field a team, please let us know so that we can notify your opponent!

Although your team may end up forfeiting the match, there may still be an opportunity to use the space for practice or pick up games.

- Call: 205-644-8341
- Email: havefun@Bhamsportandsocial.com

b. Teams forfeiting more than two league games will not be eligible for the playoffs. Teams forfeiting three or more games will be removed from the schedule. Refunds are not distributed in these instances.

4. No show officials - Teams have a choice to self-officiate or mutually agree upon an official (team member or spectator). Games will not be rescheduled. Game will count as official game.

5. Roster Checks

- Roster minimums must be met before week 1 of games.
 - Minimum number of players/roster
 - Minimum number of female players/roster in Co-Ed divisions

Roster checks will be conducted

- During t-shirt delivery
- Before the start of each playoff game

Roster checks may be done randomly during the regular season, at the League Manager's discretion, or by request of the opposing team.

7. RAIN OUTS - The procedure for possible rainouts shall be to check BSSC's website

(We understand games are played indoors however, extreme weather can cause travel or facility issues)

- a. Games will be rescheduled for the end of the season, or as part of a doubleheader on certain league nights. **BSSC also reserves the right to shorten the season or move games to other than normal league nights due to excessive cancellations.** . [Review the weather policy here.](#)

8. Overly Competitive Players: All BSSC sports are intended to be recreational (unless designated as a competitive league at registration.) Any player who is deemed to be excessively competitive and/or overly aggressive may be removed from competition at the discretion of an BSSC staff member.

Equipment

1. All games will be played with a 8" foam kickball. Kickballs are provided by Birmingham Sport and Social Club.
2. Closed toed athletic shoes must be worn.
3. The infield/base paths are marked with 3 bases, and home plate. Foul lines, pitcher's mound, and batter's boxes are all marked with field cones.

Rosters/Lineups

1. Games are played in the 7 v 7 format. Teams may not play with more than 5 male players in the field at one time.
2. A team may play a legal game with 7 players from their roster (with a minimum of 2 females). If a team has less than 5 players, they can pick up players from another team to meet the 5-player minimum. Outside substitutes must sign a waiver and register as a guest player.
3. Kicking lineups must be presented to the umpire from each team, before each match. Once lineups have been turned in, they are locked in!
 - a. Players showing up late:
 - i. Male players can be added to the bottom of the line-up. Female players can be added to the automatic out spots, within the line up.
4. All players in the field must be listed in the kicking order. There are no "designated fielders" allowed.

5. If a player is injured during the game, the captain must notify the umpire to remove the injured player from the line-up card with no additional penalty.

Game Play

1. All games are 50 minutes in length or 7 innings. Once the 45 minutes has expired, a new, full inning will not start.
2. Regular season games can end in a tie.
3. Kickball Run Rule/ Mercy Rule
 - a. 15 runs after 3 innings
 - b. 10 runs after 4 innings
 - i. Home team will always have an opportunity to kick at the bottom of the inning.
4. Once 30 minutes have expired it will be considered a complete game and the final score will revert back to the last full inning played, unless the home team is kicking and winning at the same time. **If a game is called due to any circumstance** and less than 30 minutes have expired, the game will be restarted from the beginning at a future time.

Kicking

1. The kicker can make contact with the ball anywhere behind the line formed by the strike zone cones as long as their plant foot is not in front of home plate.
2. Double kicks are not permitted. The result of a double kick is a foul ball.
3. If the ball touches the runner in fair territory, while the runner is on the way to first base, the runner is out and the ball is dead. All base runners must return to their previous base.
4. All kickers will receive a maximum of 3 pitches.
 - a. 2 balls will result in a walk

- b. 2 strikes will result in an out
 - c. Foul balls will count as strikes
5. The strike zone extends 1 foot on either side of home plate and one (1) foot high.
 6. Kicks can be made with any part of the leg.
 7. Bunting is NOT allowed in indoor kickball. A bunt attempt will result in an out.
 - a. A bunt is generally the act of shortening a kick to intentionally pause so slow down the speed of a ball.
 - b. It will be at the discretion of the umpire if strike is considered a bunt or just poor contact.
 8. There is no leading off or stealing.
 - a. A player caught leading off, may be called out by the umpire.
- 9. THERE IS NO INFIELD FLY RULE**
10. Sliding is permitted.
 - a. Sliding head first is not permitted. (FOR SAFETY!)
 - b. Sliding to make contact with a fielder or break up a double play is also not permitted.
 11. Runners may NOT run through first base or they risk being tagged out.
 12. Any ball caught in the air that has not touched the ground, will be an out. This includes balls that bounce off players, walls, fixtures, ceiling, etc.
 13. **Any kicked ball striking a hanging light fixture within the “in bounds” portion of the court shall be a dead ball out. No runners may advance or score.**
 14. Any kicked ball that ends up in a balcony area or elevated seating area shall be a dead ball out. No runners may advance or score
 - a. If a kicked ball goes into a balcony area and returns naturally to the playing field is still live and may be

played including being caught for an out as if it has not touched the floor

15. Any kicked ball that goes through the opposite basket will be ruled a home run

Pitching/Rolling

1. Birmingham Sport And Social Club modifications
 - a. The pitcher must release the ball from behind the pitcher's mound and between the cones (2 ft from either side of the pitcher's mound)
 - i. **IN "C" (SOCIAL/REC) KICKBALL LEAGUES,** the pitcher CANNOT sidearm pitch, overhand pitch, quick pitch (pitching before the kicker is ready), pitch at excessively high speeds (to be determined by the umpire), or pitch the ball in a manner that results in intentional excessive spin.
2. The pitcher must ROLL the ball to home plate. If the pitcher throws the ball in the air or "one-hops" the ball across home plate, the result of the pitch is a BALL.
3. Pitches that bounce more than one foot above the ground, at home plate, will be considered an illegal pitch, and thus deemed a ball.

Fielding

1. There are no gender field position requirements for defenses. Male and female players can play any position in the field.

- a. In order to field a 7-player defense, there must be AT LEAST 2 female players on the field.
2. There is no encroachment rule in indoor kickball. The defense can play as close as they would like.
3. The catcher must stay behind the catcher line, which is 4 ft from the front of home plate, until the ball is kicked.
4. The catcher may move before the kick however he/she may not interfere with the kicker in any way (physically or verbally). If it is deemed the catcher has interfered with the kicker, the kicker will be awarded first base.
5. Any foul ball caught in the air is an out. If a foul ball is dropped in foul territory, it remains a foul ball.
6. Players may be hit anywhere below the shoulders with a thrown ball and will be considered out. Hitting a runner with a thrown ball above the shoulder level is not allowed. Any hit above the shoulders is considered safe. If the runner intentionally uses their head to block the ball, the runner will be called out.
7. Defensive players may kick the ball to another defender player to make an out. The ball must be kicked to another defensive player without making contact with a runner. The defensive player receiving a kicked ball from another defensive player must then throw the ball at the runner,

tag the runner with the ball, or step on a base holding the ball for a force out.

8. Defensive players may not kick the ball at a runner to make an out.

Spirit of The Game

This is the most important rule in **ADULT RECREATIONAL AND COMPETITIVE SPORTS**. Competitive play is important, but never at the expense of following the rules, respecting other players, respecting the bar/facility, and having fun!

Playoffs

1. The playoffs begin the week after all regular season games have been played.
2. The top four teams with the best records will advance to the playoff rounds.
 - a. Additional teams may be added to the playoffs for larger sized leagues.
3. Tie-breakers will be decided as follows:
 - a. Total standing points
 - b. Point Differential
 - c. Head To head
 - d. Coin Toss

