



Parks and Recreation  
218.299.5340 | parkandrec@cityofmoorhead.com

Moorhead Parks and Recreation  
Adult(16+) Kickball League Rules 2018

1. Team Captains are responsible for distributing these rules to their team as well as ensuring that all team members have signed the team roster and waiver form before playing.  
**Roster deadline: Tuesday, June 5<sup>th</sup>**
2. All games will be played at Southside Regional Park, 2000 40<sup>th</sup> Ave S, on Diamond #4.
3. Game time is forfeit time. Teams must have a minimum of 7 players to start a game. You must have an equal number of males and females. You can have a greater number of females than male, but not more males than females. In the event of a forfeit the umpire will not be allowed on the field and the teams will be given the rest of the scheduled time to use the field as they wish. Forfeits are recorded as a 7-0 score for tiebreaking purposes.
4. Games will be 7 innings long. No new inning will start after 1 hour of play. Games can end in ties. In the event of a game being cut short due to weather or other circumstances, the score at the end of the last complete inning will determine the winner. A minimum of 4 innings needed for a complete game. The first rainout of the season will not be made up. Any games after the first rainout will be rescheduled.
5. Offense:
  - a. Kicking order must alternate by sex. Females can kick back to back if the team has more females. Males can't kick back to back.
  - b. Your kicking order can have a maximum of 12 people
  - c. **Kicking:** You may not make contact with the ball with your foot until it crosses the plane of the front of home plate. 3 foul balls/strikes will result in an out. A strike is when you attempt to kick the ball, but miss the ball, or cross home plate to kick the ball. If the pitcher rolls one right down the plate and you decide not to kick, that will not be a strike. However there will be a maximum of 6 pitches to each kicker. If you don't make a legal kick in 6 pitches you will be out.
  - d. No leading off the base.
  - e. "Bunts" are allowed
6. Defense:
  - a. **Outfield:** Equal number of males to females, position does not matter. Again more females than males is acceptable.
  - b. **Infield:** Equal number of males to females, position does not matter. Again more females than males is acceptable.
  - c. Maximum number of players in the field is 10.
  - d. **Pitching:** Bounce pitches not allowed. Obviously pitches will have some bounce as they come in, but deliberate attempts to make a pitch bounce will not be accepted. As a guideline the bounces should not be higher than the kicker's knee. The pitcher must have a foot in contact with the pitching rubber as they release the ball.

[\*\*More rules on back page\*\*](#)



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- e. **Outs:** To make an out is just like in baseball/softball, but you also have the option of throwing/kicking the ball at the baserunner. The ball must contact the baserunner below the shoulders. Contact to the head/neck area will result in the baserunner being safe, unless the baserunner gets hit in the head/neck because they ducked to avoid the ball, then they will be out.
  - f. Infielders may not play up in-front of the bases before the kicker makes contact with the ball.
7. Abuse of the umpires will not be tolerated. Their decisions are final.
8. League Standings
- a. Standings will be updated each week on the website.
  - b. 2 points for a win, 1 point for a tie, 0 for a loss.
  - c. Tie breakers will be:
    - i. Head to head
    - ii. Head to head run differential
    - iii. Run differential for the season
9. **Zero Tolerance: Absolutely no alcohol/tobacco allowed at Southside Regional Park. Teams found drinking/smoking/chewing will be expelled from the league with no refund given! Foul language will also not be tolerated. Southside Regional Park is mainly a youth complex and there will be youth baseball going on at the same time as kickball. Please be aware of this.**
10. League supervisor holds the right to add or change rules as the season progresses.
11. T-shirts will be given to the team that has the best regular season record.
12. Gift cards to a Moorhead establishment will be given to the top 3 teams in the end of the season tournament.
13. The 1<sup>st</sup> place tournament team will also receive a traveling trophy.

**Weather Cancelation Hotline: 218-236-0627**

Weather cancelations will posted by 4:30pm to the hotline number listed above and an email will be sent to team captains. If the decision is made to cancel after 4:30pm the captains will be notified by phone.