



Kickball Rules & Handbook©

January 15, 2026

Introduction

Rainbow Sports League was founded with the philosophy that all people are welcome to participate in a safe, social, and inclusive environment. The purpose of RSL is to engage members of the LGBTQ+ community, friends, and allies in healthy, active sports and activities by creating and managing structured games, leagues and tournaments in a safe, consistent, and organized fashion.

Rainbow Sports League follows these principals in order and in precedence. At no time shall any higher ranked principal be compromised for the sake of another by any official, team, or player.

- 1) **Safety:** All measures will be taken so that any and all activities rank safety as the league's number one priority.
- 2) **Participation / Inclusion:** All people are welcome in RSL games and activities, and participation is fundamental to all involved.
- 3) **Respect:** All people affiliated with RSL, its teams or its events shall treat each other with dignity and respect at all times, both on and off the field.
- 4) **Fun:** The purpose of RSL in its core, is to foster a fun, philanthropic, social environment.
- 5) **Honesty / Fair Play:** It is expected that all players, teams and officials shall adhere to a strict honor code at all times.
- 6) **Competition:** While RSL games and activities keep score and award champions, at no time shall any player, team, or official allow the competitive nature inherent in sports take precedence over any of the above founding principles.



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Detailed Kickball Rules Reference Handbook©

September 23, 2025

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Section I - Conduct

1. League Principles

1.1 Sportsmanship

Officials, players and their guests shall conduct themselves in a sportsmanlike manner at all times, including both on and off the field. RSL expects the highest level of respect from anyone affiliated or attending our events and conduct unbecoming will not be tolerated at any time.

1.2 **Agreement:** By participating in an RSL event or activity, each competitor agrees

- a) To be governed by the rules as presented by RSL, both as written and in the spirit and intent of said rules.
- b) To accept any decisions or penalties imposed by said rules.
- c) To respect all aspects of the league's priorities.
- d) To treat all materials, equipment, and venues with great care including the environment in which we are playing. This includes, but is not limited to, garbage, foul language, smoking, illegal substance, weapons, and alcohol policies and damage to property.

1.3 **Drug & Weapons Policy:** Rainbow Sports League is a drug and weapon-free zone, and any use or distribution of any illegal substances or the possession of any weapons of any kind while attending or engaging in any RSL sponsored events is strictly prohibited.

- a) **Alcohol:** While may or may not be regulated by venue restrictions, any public intoxication will not be tolerated and is subject to disciplinary actions, including ejection from venue for the remainder of the day.

1.4 **Weather:** Outdoor activities may be cancelled or delayed under these guidelines.

- a) Lightning within a 30-mile radius, postpones activities for 30 minutes.
- b) Heavy rain of any kind postpones games for one hour following the conclusion of rain.
- c) If similar conditions return within the postponement periods, activities will then be cancelled for the day and re-scheduled according to the rain date calendar.
- d) Games will be cancelled following a 1-hour continual period of heavy rain.
- e) Activities may proceed if the rain is considered light and variable, and the field conditions are safe.
- f) Should any venue or facility be closed or restricted in use, RSL will advise through e-mail and social media communications as soon as possible.
- g) **Each season will have one weather reserve day.** Canceled days will push the entire schedule back up to one week (including playoffs). If playoffs cannot be held by the conclusion of the weather reserve date, the winners will be determined by regular season records. Individual game cancellations may also be made up by adding additional games to a regular season date.

1.5 **Field / Venue Rules:** All rules and policies put in place by the venue must be respected and will be strictly enforced. (Such as, no pets, no smoking, no loud music, no alcohol, etc.)

- 1.6 **Discrimination:** RSL has a strict no-discrimination policy. If anyone feels they have been discriminated against for any reason they are to report it to league management immediately. Any person affiliated with an RSL event making racial, ethnic, religious, or sexual orientation slurs or actions are subject to disciplinary proceedings up to and including dismissal from the league.
- 1.7 **Bullying & Taunting:** Teasing, shouting, arguing, cheering against, complaining, name-calling, excessive swearing, verbally or physically abusing or intimidating players or game officials in any way (even if intended as a joke, but not received in that manner) will not be tolerating under any circumstances, regardless if it occurs in person, off venue, or on-line.
- Umpires shall be responsible for monitoring on field and sideline behavior and can issue warnings and make recommendations to the Game Referee for any disciplinary actions.
 - Game Referee may issue individual warnings / cards and if deemed that it is caused by multiple players on a team, he may provide a “team warnings”, followed by a forfeit on the current or future games upon the second occurrence.
 - Off the field behavior, including at social events, public spaces, or even on social media that project any players, teams or league officials in an aggressive or highly negative light will be considered the same as behavior on the field, and is subject to the same disciplinary policies and procedures.
- 1.8 **Disciplinary Policies:** Apply to any infraction listed or unlisted that is deemed unsportsmanlike or is contrary to the RSL core philosophy and principals.
- Game Referee, staff, or league officials may issue warnings.
 - Only Game Referees and league officials can issue Yellow or Red Cards at any time.
 - Players receiving a Yellow Card must sit out the remainder of the inning (Kickball) or game in match play sports (Dodgeball, Volleyball, Darts, Cornhole etc.). A five-minute sideline penalty issued for timed “period” sports (Soccer, Hockey, Basketball, etc.)
 - Red Cards may be issued for more serious violations, and are not required to follow a Yellow Card.
 - Red Card “Levels” will be dependent on the severity of the violation as determined by the Game Referee in consultation with league officials.
 - Level 1 Violation: Removed from field of play for the day
 - Level 2 Violation: Removed from field of play for the day and suspended for the next two game days.
 - Level 3 Violation: Removed from field of play, suspended for the remainder of the season, including playoffs, and suspended from all RSL activities for 6 months.
 - Level 4 Violation: Removed from field of play and banned from all RSL activities indefinitely, including the remainder of the season and playoffs.
 - After a Red Card has been issued, any additional infraction within its 6-month window will constitute a charge of gross misconduct and will be subject to long-term suspension or permanent ejection from the league as determined by the GM and League Officials.
 - Players receiving suspensions or ejections may apply, in writing, for re-instatement following a 6-month waiting period.

1.9 Injury Policies: Safety is and will always be the number one priority for Rainbow Sports League and the following polices are in place for everyone's well-being.

- a) Injured players may be replaced or can exit a game at any time without penalties.
- b) Any injury that incapacitates a player, even if momentarily, will stop active play immediately at the Game Referee's discretion.
- c) Any injury to the head that causes any dizziness or unconsciousness must be reported immediately to the attending league officials who shall stop game play to assess the situation. Emergency medical officials will be called for any head related injuries.
- d) Any injured player that is actively bleeding must exit the field of play and cannot return until the bleeding has stopped or has been treated and covered.
- e) The RSL will have, on hand, at least one First Aid kit at every venue for use by its players and officials as needed.
- f) Injured players that required immediate medical attention must provide a doctor's note verifying that they are recovered and physically capable prior to returning to active play.

Section II – Kickball Basics

Part 2: Field & Equipment

- 2.1 **Field** - RSL is responsible for establishing a safe playing field under the **following** guidelines.
- a) **Terrain:** May be dirt, or grass, or any combination as long as it is flat, and free of any obstructions or damage that may cause interference or cause a safety concern.
 - b) **Fence:** While preferred, the field need not be fenced in or contain a back-stop or dugout.
 - c) **Field size and shape:** Standard softball diamond
 - d) **Distance between bases:** 60', measured from the back corner of each.
 - e) **Distance between home and second:** (as well as from first to third) is 84' 10".
 - f) **Pitching strip:** In the center of the diamond, 42' 5" from home plate, and directly aligned with the first and third base diagonal line.
 - g) **Pitching mound:** 6' radius / 12' diameter surrounding the center of the pitching strip and may or may not be indicated using stripes or markers.
 - h) **Outfield size:** is not specified but is typically greater than 120' from home base.
 - i) **Safety Base:** Alongside first base shall be a standard size "safety" base, placed 1' to the right of the standard first base, with a designated cone or marker separating the two.
 - j) **Sidelines:** Extend 10' on the outside of and parallel to the foul lines.
 - k) **Markers:** Where possible, markers are placed at the outside corner of first and third base, and on the foul lines about 30' behind first and third base.
 - l) **Kicking Box:** 6' (72") wide and 6' (72") deep and should be indicated by markers on all four corners. The markers are to be placed on the outer corner of the box lines. (See Diagram A)
 - m) **Game Referee:** May stop play to correct any improper field set-up and at their discretion may reverse a call or institute a replay.
 - n) **Protests:** Any protests regarding improper field set up will not be accepted.

2.2 Equipment

- a) **Bases:** Shall be the equivalent of standard softball bases, with home plate being a 17" square with the back two corners cut off, and the bases are 15" squares. These may be three dimensional bags, permanent bases, or the temporary / removable style.
- b) **Ball:** Only official RSL kickballs shall be used in all games, inflated to 10" and 1.5 lbs per square inch. The same balls shall be used the entire game, unless agreed upon by both captains to change it. In the event of an equipment failure (deflated or otherwise compromised game ball, etc.) play may be stopped or re-played at Referee's discretion.
- c) **Uniforms:** Matching for all registered team members are strongly suggested following the second game of the season. There is no penalty for individual players without matching uniforms, however a team with less than half in uniform while playing may be subject to forfeit at the league managers' discretion. Subs cannot wear a matching / team jersey.
- d) **Cleats:** Closed toe shoes are required at all times. Plastic cleat footwear is strongly suggested. Metal type cleats are forbidden.
- e) **Gloves:** During COVID restriction periods, only latex / medical type gloves are permitted. All other types, including athletic "catching" gloves, are prohibited at all times.

Part 3: Players

- 3.1 **Number of Players:** Each team will consist of no more than 17* registered players. *(Note: Dependent on circumstances, RSL reserves the right to adjust the maximum number of registered players on a team-by-team basis, prior to the beginning of the season)*
- 3.2 **Player Eligibility:** All players must meet the following criteria:
- Must be 21 years or older.
 - Must have signed liability and conduct forms.
 - Must have paid registration (or substitution) fees.
 - All players must have a valid photo ID with them on game days, and are subject to verification at any time. Any player without an ID, shall be removed from the game.
- 3.3 **Team Captain:** Each team shall have ONE official “Captain” representing their team. This “Captain” may be substituted should the registered captain be absent. Captain may not necessarily play, but must be registered with the team.
- 3.4 **All Players Kick:** Each player attending a game shall kick in their respective batting orders.
- 3.5 **Number of Fielders:** Ten (10) players will play defensively. The determination of which players shall be active, and which shall be “benched” for defensive play for each inning is at the sole discretion of the team captain.
- 3.6 **No Show:** Players who no-shows, with no warning or contact, twice during a regular season are subject to removal and replacement by the team captain. Players removed from a roster for this reason are not eligible for refunds.
- 3.7 **Absenteeism:** Players who miss three or more regular season game days, regardless of the reason, are subject to removal and replacement by the team captain. Players removed from a roster for this reason are not eligible for refunds.
- 3.8 **Injury:** Players no longer able to play due to injury may apply for a pro-rated refund.
- 3.9 **Substitutions:** May play on any team under these restrictions: (failure to meet all criteria may institute a forfeit of game or run penalty at head Referee’s discretion.)
- Regular season games only (not tournaments).
 - They must not be a registered member of any team in the local league.
 - They must sign a waiver and pay a \$10 per day fee prior to playing.
 - The team has less than their maximum players in attendance.
 - Each team may only have a maximum of four subs during any regular season game.
 - In order for managers and referees to visually distinguish substitutes from registered players (for liability purposes), substitutes are not permitted to wear the team uniform at the fields prior to and while playing.

Part 4: Teams

- 4.1 **Team Names:** While may be suggestive or double entendre may not be deemed offensive or disrespectful in any way.
- 4.2 **Team Events:** May organize chat rooms, social media accounts, practices, or events, however, the Rainbow Sports League code of conduct extends to those locations as well and must be followed in the same manner.
- 4.3 **Team Sponsors:** Teams may solicit, receive, and promote sponsorships from any company they choose, with prior approval from the league. They may represent the sponsor on team uniforms, and within a team’s “space” on the field. However, team sponsors may not be promoted on any RSL media or communications without expressed permission from RSL.

Section III Kickball Game Play

Part 5: Fundamental Rules

5.1 a. **Game Schedule:** At the discretion of the Referee, the game clock will start at the original scheduled time, (or within 10 minutes following the conclusion of the previous game.) Following the Referee declaring “game time”, teams unable to take the field with a minimum of 8 players within a 10-minute grace period, the team or teams unable to take the field are scored as a forfeit and the game is canceled. The score will be recorded as 8 runs for the winner and 0 runs for the forfeiting team. If both teams forfeit, they are both credited with the loss, and no score is recorded.

b. **Length of Games:** At 45 minutes the current inning (only) shall be played out to end the game. No other restrictions on game length or number of innings.

c. **Abandoned Game Exception:** Should the game be abandoned as per weather guidelines, or other unforeseen circumstances, it shall be counted as a completed game once past the 30-minute mark, or the completion of the third inning, whichever occurs first. Otherwise, the game is abandoned and must be re-scheduled, to start over with no-scores held over. Should a valid game be abandoned mid-inning, and cannot be fully completed, the final score shall be the score as recorded as of the conclusion of the previous inning.

d. **Season Schedule:** Shall be determined by League Management prior to the first weekend of regular season play. Schedules are subject to adjustments as necessary. Team or personal requests for any specific schedules or bye weeks will not be entertained nor granted.

5.1 **Warm-ups:** Each team is entitled to a 5-minute, on-field, warm up prior to the game.

5.2 **Mercy Rules:** If a leading team scores 8 runs in an inning, that half of the inning is over.

- a) **Exemption:** If the 8th run comes mid-play along with additional runs occurring on the same play, the additional runs count and that half of the inning ends with the completion of that play.
- b) **Exception:** If it is the last inning of a game, and the losing team is behind by more than 8 runs, then the mercy rule is suspended.
- c) **Slaughter Rule:** If a team is up by 20 runs at any point during a game, the game is over at the end of that half inning and the teams are assigned the corresponding win / loss.

5.3 **Game ending run:** If a home team has or takes the lead at the bottom of the final inning, the game is over immediately, and that team is assigned the win with the corresponding score. No additional play will commence for the purpose of “adding to the run total”.

5.4 **Ties:** Regular season games can finish in a tie.

5.5 **Home & Visitor Assignments:** Determined by a coin toss or Rock-Paper-Scissors shoot out.

5.6 Referees: Games will be officiated by at least one authorized individual, the Game Referee.

- a) This Game Referee may be a professional or volunteer.
- b) Should volunteers be utilized, each team is responsible for having available at least two trained and capable referees for assignments throughout the season.
- c) Volunteers may not referee games in which their team is participating.
- d) Game Referee has jurisdiction of all calls, including game cancelation and final rulings are not subject to protest.
- e) All Game Referees and Game Umpires are under the jurisdiction of the RSL Head Referee that has final authority over any rule discrepancies or decisions.

5.7 Umpires: First and Third base Umpires shall officiate during each regular season game.

- a) Each team must provide at least two trained Umpires for assignment throughout the season. Failure to provide an Umpire when assigned is subject to a game forfeit or a 5-run penalty in a subsequent game, at the Head Referee's discretion.
- b) Umpires are responsible for calling close plays at their respective positions; however, the Game Referee will have final say on all calls.
- c) The first base Umpire is also responsible for score keeping and kicking orders.

5.8 **Outs:** Each team gets 3 outs per inning. "Outs" are defined as follows:

- a) A kicker is called out by the count. **3 strikes or 3 fouls.**
- b) A kicker is called out by having a fly ball caught, either in fair or foul territory.
- c) A kicker is called out by having a second contact with the ball, outside of the kicking box
- d) A runner is out when they are hit / tagged with the ball while not on base (Except to the head or neck, whereas the "hit" is invalid and play continues – See m).
- e) A runner is out when they do not reach the next base prior to the ball / baseman having control of the ball while touching the base. This only occurs when running to first or if the runner is forced to another base. If not forced, the runner must be tagged/hit with the ball.
- f) A runner steps off of a base or over runs a base and then is tagged or hit with the ball. (Except a first base over-run)
- g) A runner leads off a base before a ball is kicked (can be called out by the Umpires or Game Referee and does not require a defensive play).
- h) A runner does not return to a base (tag up) following a caught fly ball, prior to advancing. This does require a defensive play of either tagging the player or returning the ball to the original base before the runner arrives back to tag.
- i) A runner running outside the baseline, more than 4 feet to avoid being tagged (not including a natural rounding curve).
- j) A runner or other offensive player commits an unsafe or unsportsmanlike action such as, but not limited to, intentionally interfering with a play or running/sliding into a base player.
- k) All "ties" or inconclusive calls default in favor of the runner (at umpire's discretion).
- l) A caught ball may touch the ground while in possession and control of a catching fielder and will still be considered an out.
- m) Balls hitting a runner above the shoulders (to the head or neck) are not considered an out, and play continues (unless the player is sliding, has fallen, was "ducking" or intentionally deflecting the ball with the head / neck). Clothing is considered an extension of the kicker's body, so a ball grazing a pant leg or shirt, for example, is considered a hit.
- n) Any runner that is off their base at the release of a pitch is automatically out.
- o) A player kicks out of order (as determined by receiving the first pitch).
- p) A runner slides into first or does not use the safety base (after a warning) when initially running. This does not apply to running BACK to first after a failed attempt to advance.
- q) Third out runs only count if the third out is not forced, nor a caught fly, and the runner scores prior to the third out being called.

Part 6: Offensive Play

6.1 Kicking Order: All teams must present a kicking order during warm-up, prior to the beginning of the game.

a) **All players must kick:** In the order as presented for that game. If a player does not or cannot kick, by the completion of the first run-through of the lineup, they cannot play or continue to play. There are no “sit-outs” from kicking.

b) **Kicking orders:** Must be completed and shared with the game Referee and the opposing team, prior to the start of the game.

c) **Players kicking in the wrong order:** (As determined by the first pitch) are considered an automatic out. This can be pointed-out by the opposing team or may be called out by the first base Umpire, or Game referee without the use of a challenge.

d) **Late players:** Can be added (or subtracted) to the line-up up until the game reaches the bottom / last player in the lineup. At that point (top of the lineup) the lineup is frozen, and any adjustments or deviations from that point constitutes an automatic out. (With the exception of injury)

e) **Injuries:** Players unable to kick due to injury must sit out the remainder of the game, as well as any subsequent games held the same day. There is no automatic “out” for injured players no longer kicking.

f) **Substitutes:** Must be indicated by a (S) next to their name on the kicking order.

6.2 Kicking: A kick is defined by a forward movement by the leg and foot.

a) **Below the knee:** Only kicks occurring below the knee are legal. All others are considered fouls.

b) **Bunting:** bunts are legal; however, the foot must have forward motion when kicking.

c) **Kicking Box:** All kicks must occur with at least a portion of the planted foot inside of the kicking box. The kicking foot/leg may extend outside of the box while completing the kick. Kicks with the planted foot behind, alongside, or in front of the box, are foul balls.

d) **Trapped or “stopped” balls:** Are not legal and will be considered a foul ball. Defined as a ball that has been brought to a halt by the kicker applying pressure to it against the ground.

e) **A Double Kick:** Inside the box is an illegal kick foul (that can be caught for an out). If the second “hit” occurs outside of the box it is considered an out and is a dead ball. The second hit can be anywhere to the kicker’s body, including the head.

f) **Stationary Foot/Leg:** A ball hitting a stationary foot/leg does not constitute a kick or attempted kick, and the pitch is whatever the Referee called prior to hitting the kicker.

6.3 The 3-3-3 Count: Each player may receive a total of no more than 7 pitches. (2 strikes, 2 fouls & 2 balls is a full count of 6, the next pitch, is the 7th, and determines the kicker's outcome.)

a) **Three strikes are considered an out.** A strike is any attempted kick that does not come in contact with the ball, or a pitch that is within the strike zone, but not kicked.

b) **Three fouls are an out:** Fouls are not considered strikes.

B1 A Kick that flies past 1st or 3rd base is called fair or foul based on where it first touches ground. (A ball is fair if any portion of the ball touches the line.)

B2 A Kick that rolls or bounces into foul territory prior to passing 1st or 3rd base and prior to any defensive player making contact, is considered foul. Once in foul territory, it is dead – there are no rollbacks, deflections, or curve backs into fair territory. A rolling or bouncing ball that remains fair as they pass 1st or 3rd base is considered fair regardless of where it ends up after that.

B3 Legally kicked foul balls are considered “live” and can be caught for an out.

B4 If a legally kicked foul ball is caught, runners may advance at their own risk as long as they have tagged up.

B5 Foul balls caused by an illegal kick can be caught for an out. However, the play is not live, and runners cannot advance.

B6 Any ball that touches a defensive player while both are in fair territory, is considered fair, regardless of whether the ball subsequently landed or traveled into foul territory.

B7 Any kicked ball that hits the “height cone” or any other foreign object in the vicinity of the kicking box, is considered an interference “foul”, but can be caught for an out, like any other foul ball.

c) **Three Balls:** is a walk. One base is awarded the kicker.

D1 Balls are pitches with no portion of them crossing the strike zone.

D2 Balls are pitches that cross through the strike zone at a height greater than 6” as measured from the bottom of the ball.

D3 Any pitch bouncing less than twice upon entering the strike zone. (Should the second or subsequent bounce occur inside the strike zone it will not be considered a ball).

6.4 Replacement Runners: Permitted under these guidelines:

- a) One per team, per inning.
- b) Kicker must successfully make it to first base before the substitution occurs. Replacement runners replace the baserunner at first base (or subsequent bases in the case of injury).
- c) An individual kicker is limited to using a replacement runner only twice per game. At the third occurrence, the player must either play as is, or retire due to injury for the remainder of the day.
- d) The replacement runner is the last player out, or, the one prior, should that player already be running. If during the first inning with no outs, the last player on the kicking order shall be the replacement runner.

6.5 Safety Base: Runners must use the safety base while running to first, and the defensive baseman must avoid it.

- a) After one warning, they will be considered out if not used.
- b) Runners may over-run first base and not tagged out, if no attempt is made to advance
- c) Once a runner changes direction in an attempt to advance to second, they are subject to being tagged out. (At the discretion of the head umpire).
- d) First base may be used by the runner only if the baseman is blocking the safety base, or if the runner is "rounding" first, with no play or base player present.
- e) In the event that both bases are blocked, the runner should avoid a collision at all times and should pass by the immediate side of the safety base and will be considered "touching" that base at the time they pass.
- f) Should a defensive first baseman touch the safety base, instead of, or in addition to, the actual first base, the runner is safe.

6.6 Base Coaches: Permitted, 6 feet behind / alongside first and third base, one each.

- a) May not touch or physically assist a baserunner in any way during active play.
- b) Contact (Hugs, High-Fives, etc.) is permitted only after active play has ended.
- c) Any interference with active play, either physical, or by blocking the view of the Umpire, will result in a call against the offense. IE: Runner is out on the play.
- d) Only registered team members, regardless of their playing status in that game, may act as a base coach.

6.7 Backstop Player: The on-deck kicker shall be positioned to be a non-active player.

- a) This position's sole purpose is to return the ball to the pitcher or Game Referee.
- b) After one team warning (for not having a backstop player in position), all pitches until to this on-deck player gets into position shall be counted as strikes (including fouls).
- c) This non-active, "backstop" player may not assist in any way, including verbal coaching to the kicker as to the status of the pitch. After one team warning, any infractions will automatically register the pitch as a strike (including fouls).
- d) Any interference by this "backstop" player in active play will result in a call against the kicking team on the interfered play.

6.8 Dugout & On Deck: Kicking team must remain in the dugout or similarly designated area.

- a) **Exception:** The on-deck kicker shall be behind the Game Referee (see 6.7).
- b) **Exception:** One first base and one third base coach may be in position (See 6.6).
- c) **Exception:** One team captain or surrogate may be on sidelines / outside of the dugout.
- d) **Exception:** The double deck kicker shall be outside the dugout, on the sidelines, prepared to replace the backstop player.
- e) **Exception:** Players may be outside the field / outside of the sidelines.

6.9 Baserunning

- a) **Baselines:** Runners must run within the baselines with the exception of “rounding” which may naturally occur in the normal occurrence of base running. A variance of 4’ will be considered acceptable.
- b) **Lead off:** Runners may not lead off and can only advance once the kicker makes contact with the ball. Any runner off base at the time of a pitch is considered out. (5.9 I)
- c) **Tagging up:** Runners who left the base after the kicker’s contact with the ball, must return to that base and tag up for any caught fly ball. Runners may advance upon the initial first contact by a defensive player and need not wait until the completion of the catch.
- d) **Foul Fly Balls:** Runners may advance, after tagging up, at their own risk following a caught foul fly ball, except in the case of an illegal kick, foul ball. (See 6.3 B3-5)
- e) **Stealing Bases:** Prohibited. Base running may only occur during active play, following a kick.
- f) **Displaced Base:** The runner is safe when they are in contact with the original location of the base, at the Umpire’s discretion.
- g) **Sliding:** Permitted at the runner’s own risk at second, third or home (not first).
 - G1 A deliberate slide into first base, from home, will be called as an out.
 - G2 Feet must be pointed down.
 - G3 Hands first sliding is permitted.
 - G4 If a runner is perceived to be sliding with the intention of interfering a defensive play or endangering other players, that player is out, and is in conflict with RSL sportsmanship guidelines and may be subject to disciplinary actions.
- h) **Touching Home Plate:** Runs only score if and when the runner touches home plate. A missed home plate at the end of active play (as called by the referee) results in no run scored and the player being called out.
- i) **Missed Base:** Runners who miss / don’t touch a base while running, are considered out once they reach the next base / home. This “out” may be called during or after the completion of the play at the Referee’s discretion.

6.9.1 Out of bounds & Interference Rules: Should any ball go out of bounds, enter an adjacent field with players present, or the play has any interference, all base runners during the play are limited to, but not guaranteed, a maximum of two-bases, and the play is stopped.

All “interference” calls are subject to the umpires discretion. IE: Rolling onto the sidewalk, without hitting anything is still playable, however – hitting a car bumper or rolling between cars would constitute interference. Same with rolling into an empty tent – if no interference occurred, it may still be playable, but if it hits someone, or a chair, or a cooler, etc.. it would be interference at the umpire’s discretion.

Once the play has been stopped, runners are “frozen” in their locations and can no longer advance. If a player has only taken one base at that point, that is where they remain. An active runner when play is stopped may continue to their intended base (as long as it does not exceed the two-base limit.)

a) **Bounce backs:** A ball hitting any of the field enclosure or vertical fencing and remaining or bouncing back into the field of play is not considered interference. However, a ball hitting these fences first are treated as if they hit the ground and are not subject to being caught as a fly ball.

Part 7: Defensive Play

7.1 Number of Field Players: Maximum 10 players. Minimum 8.

- a) **Mandatory:** These must include a pitcher and a catcher.
- b) **Positions:** 4 outfielders, 3 base players, 1 short-stop, a pitcher and a catcher.
- c) **Non-active Players:** All players not taking the field, except the captain or captain surrogate, must remain in the dugout or off the field for that inning.
- d) **Base Players:** Must avoid the baselines at all times as the base runner has the right of way. Interference or contact with a runner mid-play is considered an infraction against the base player and the runner shall be safe / advances if there was interference (as determined at the umpire's discretion). A runner tagged out, prior to any base blocking may still be called out if the umpire determines there was no interference. This also includes active plays where the base player cannot stand on or block the base – interfering with the runner's ability to advance to that base . After one warning, base player may be subject to disciplinary actions. Base blocking warnings may carry-over to subsequent games, and the player is not necessarily "entitled to" one warning per game.

7.2 In-Game Substitutions: Players already in the field may switch positions under these guidelines.

- a) **Players:** No substitutions from the bench. The players must already be in a fielding position.
- b) **Limit:** This may occur only once per team, per inning.
- c) **Injury:** In case of injury, any player may be substituted by any active player on the team's roster for that day.
 - C1) However, injured players that require a substitution must sit out the remainder of that inning, as well as the following inning, and cannot field nor kick during that time.
 - C2) Their "skip" in the kicking order does not constitute an automatic out, nor does their injury count toward the one per inning maximum.
- d) **Injury Guidelines:** Injury substitutions are subject to sportsmanship guidelines and may be open to disciplinary action should the Game Referee deem the injury claim to be false or overstated.

7.3 Pitching: There are no restriction as to pitching style (underhand, overhand, side arm etc..)

- a) **Warm Up:** Each pitcher is entitled to two warm-up pitches, only once per game.
- b) **Foot Location:** Ball must be released while at least one foot is on or behind the strip.
- c) **Bounces:** Legal pitches must bounce at least once prior to entering the strike zone. (The second or subsequent bounces are subject to strike zone requirements: see 7.3)
- d) **Location:** Pitches can occur to the side of the strip, but still within the mound circle (see 7.4) and must still be released with at least one foot at or no closer to home plate than the location of the strip.
- d) **Illegal Pitches:** Are considered balls. However, a kicker may elect to kick an illegal pitch, and if so, the play becomes active and the results stand as it proceeded.

7.4 Strike Zone: See *Diagram A*

- a) **Zone:** Any portion of the ball crossing within the strike zone is considered a strike.
- b) **Height:** The ball, while in the strike zone, must be less than 6" in height to be considered a strike, as demarked by the kicking box cones.
- c) **Bouncing:** A high bouncing ball is still considered a strike if it lands / hits the ground, in the strike zone.
- d) **Width:** Strike zone is 41 inches across (demarked by the flat markers set 12" on either side of the 17" home plate).
- e) **Depth:** Strike zone is 17", starting from the front of the plate, to the back of the plate.

7.5 Pitcher's Mound / Active Play: 6-foot radius / 12-foot diameter encircling the pitching strip.

- a) **Marked:** This may or may not be marked with dirt, stripes or other markers in which case it is at the Game Referee's discretion.
- b) **Ending Active Play:** Play ends once the pitcher has control of the ball and is within the pitcher's mound – and the Game Referee calls "Time". Failure to call "Time" does not extend the play and is at the Referee's discretion.
- c) **Runners in Motion:** Runners advancing, and in forward motion toward a new base at the moment "time" is called are awarded the base. No other advancements, or play may occur once "time" has been called.

7.6 Catcher's Position: See *Diagram A*

- a) **Starting Position:** The catcher may start behind or alongside the kicking box, but not inside or in front of it. The forward limit is designated by an imaginary line extending outward from both sides of the front of the strike zone. Starting positions should be within approximately 6 feet of the perimeter edges of the kicking box.
- b) **Kicking Box:** The catcher may not enter the kicking box until the ball is kicked or pitch called.
- c) **Entering the Field:** The catcher may enter fair territory once the ball has been kicked.
- d) **Interference:** Any interference by the catcher on the ability of the kicker to contact the ball is prohibited and the kicker will be awarded a base hit.

7.7 Advancing the Plate: Permitted under these circumstances.

- a) Any player may advance the plate once the ball is pitched.
- b) Players cannot advance forward of the pitched ball.
- c) Players can advance no closer than 6 feet in front of home plate.
- d) Player positions prior to the pitch is at the player's discretion (as long as it is behind the ball – as determined by the ball's distance to the plate - at all times.)

7.8 Infield Fly Rule: There is no infield fly rule. A player may intentionally miss a fly ball in an attempt to make a double play.

Part 8: Time Outs & Challenges

8.1 Team Captains: Only team captains may challenge calls. Team players arguing, questioning, or challenging any call are subject to disciplinary policies. "Co-Captains" may not challenge calls.

- a) Process for challenging: Captain raises hands, and calls "challenge". Captain must show proof of the rule being challenged with the reference to the official rule book.
- b) "He said..." and "They did it different in another game" is not grounds for a rules challenge. All challenges must be accompanied by the rule in question.
- c) The umpire will stop time, read the challenged rule, and make a call based on their interpretation. That call is final.

8.2 One Per Game: Captains get one official challenge per game. A captain attempting to challenge additional calls during a game will be penalized one run per attempted challenge.

8.3 Time Stop: Time shall be stopped for a maximum of one-minute per challenged call.

8.4 Rules Questions & Clarifications: Captains may request a rules clarification, once per inning, that may or may not change a call, but it shall not count as an official challenge. Time does not stop under these circumstances.

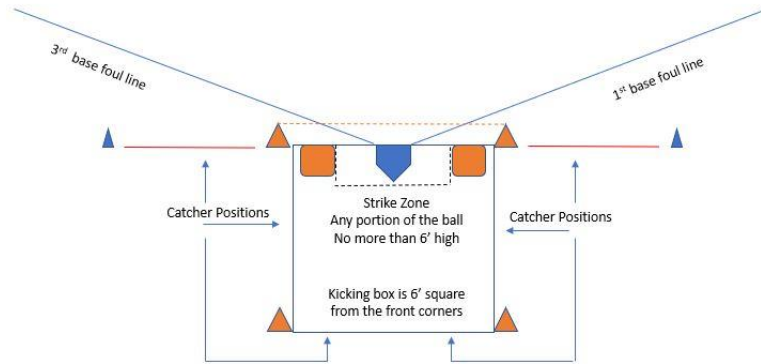
8.5 Intentional Delay of Game: Not permitted under any circumstances and may be subject to game penalties (outs/runs) or disciplinary actions.

8.6 Time Outs: There are no "Time outs" per se', however the following are permitted.

- a) **Internal teaching moments:** Captains may request a brief pause in the game to answer players' questions, to clarify rules, or to give instruction. These shall be requested between active plays, and then approved by the Game Referee. These shall last less than 30 seconds.
- b) **Injury Time:** Should an injury occur; the Game Referee may pause play in order to assess the situation or allow assistance to a player.

8.7 Diagram A

Kicking Box – Strike Zone – Catcher Positions



Catcher Starting Position:
Outside the box
Behind imaginary line extending from the front of the strike zone
Within an approximate 6 feet perimeter of the box edges
Not blocking the kicker

Section IV Kickball Tournament Regulations

Part 9: Tournament Details:

9.1 **Timing:** Following each regular season, and on special occasions, The Rainbow Sports League may host a special kickball tournament under these guidelines.

9.2 **Rules:** Tournaments shall follow the same on-field rules and regulations as the regular season with the following exceptions:

9.2a. **Length of Games:** During tournament play, prelim & semi-final games may be shortened to 30 minutes. The final games shall be held at regular season timing.

9.2b. **Volunteer 1st and 3rd base Umpires:** All competing teams are responsible for providing first and third base umpires, as assigned, for the tournament. Failure to do so by an active team, shall incur a 5-point penalty applied to each of their remaining games of the tournament. Failure to do so among an eliminated team will incur a yellow card and may be subject to additional penalties such as forfeits or run penalties in subsequent seasons.

9.3 **Eligibility:** To play in the tournaments, each player must qualify under all conditions below.

a) **Play on the competing team:** Either as a regular roster player, a roster replacement player, or a sub, for at least 1/3 (rounded down) of the regular season games.

b) **Roster:** Must be on the team's official roster submitted at least one day prior to the tournament / playoffs.

c) **Tournament Substitutions:** There are no subs during the season ending playoffs or tournaments that don't fit the above criteria. No "game day" additions will be considered.

d) **Roster Replacement Players:** After a season begins, if a player has been removed from a team's roster either by injury or by any other reason, that player may be replaced by another player added to the roster.

D1 The player "dropping off" of the roster does not receive a refund.

D2 The replacement player must pay the full, regular rate, registration fee, minus any substitution fees paid, had they played previously on the same team during that season.

9.4 **Seeding:** Tournament seeds will be based on regular season (or pool play) placings. Every team makes the playoffs – single elimination standard bracket format.

Ties are broken (for seeding purposes):

A1) First by direct Game-to-Game record.

A2) Then, if the same, by greatest point differential (among all teams).

A3) Then, if the same, by smallest points scored against (among all teams).

A4) Then, if the same, by coin toss.

9.5 Game Tie Breakers: There are no ties in tournament play (non-pool games). Games ending at regulation time / innings in a tie shall be broken using the “Kansas City” tie breaker method.

- a) For each extra inning, last player out starts on second base.
- b) Three outs.
- c) Team that breaks tie at the completion of an inning wins.
- d) There are no time or inning limits.
- e) One pitch-rule is in effect.
 - One Ball = Walk
 - One Foul = Out
 - One Strike = Out
 - One Illegal Pitch = Walk
 - One Illegal Kick = Out

9.6 Home Team: Higher seed team is “Home” team and shall field first.

9.7 Tournament Bracket: Utilize standard single elimination formats as found on www.interbasket.net

- a) Highest seed plays lowest seed.
- b) Second highest plays second lowest seed.
- c) Third highest plays third lowest, etc...
- d) Bye games are assigned using the standard bracket formats
- e) Game TIMES are by league management assignments and are not determined by seeding location. IE: Higher seeded teams are not guaranteed a specific time or order in which the games are held.

9.8 Divisional Play: RSL may elect to break tournament play into one or more divisions depending on participating teams. This shall be announced at least 24 hours prior to the start of the tournament. Divisional assignments will be at the sole discretion of the league management and are not subject to protest. These assignments may or may not divide the teams equally into different divisions. In case of a forfeit or for any other reason a team does not participate in the tournament, the division assignments and brackets remain the same as if they were present.

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