

**Norwalk Recreation and Parks Department  
2022 Adult Kickball By-Laws**

**GENERAL RULES:**

1. Do not take this too seriously, go have fun... it's a fun night out with friends. Don't get too hung up on rules and the interpretation of them.
2. Roster/Waiver must have a minimum of 5 men and 5 women. A team consists of a maximum of ten defensive players and your roster is unlimited to the amount of players you can have on it. You may add players to your roster at any time (they must sign the roster on file at the Recreation and Parks Department in order to be eligible). The City of Norwalk does not provide medical insurance or investigate getting team insurance.
3. Kickball is meant to be a 10 player Sport. However, a minimum of **eight (8)** is needed to start and continue a game without penalty. A team may compete with seven but will receive an automatic out for the absent 8<sup>th</sup> player even in the event of injury. A forfeit shall be declared if a team has five or less players.

# OF PLAYERS	ALLOWED	
More than 10 players	<ul style="list-style-type: none"> <li>• Only 10 may play defense in the field</li> </ul>	Teams may bat unlimited number but must alternate gender until the point teams are shorthanded (see below)
10 players	<ul style="list-style-type: none"> <li>• 5 men/5 women</li> </ul>	Ideal situation
8 players	<ul style="list-style-type: none"> <li>• 4 men/4 women</li> </ul>	Kicking team will provide the defensive team with a catcher and use only 3 outfielders
7 players	<ul style="list-style-type: none"> <li>• 4 men/ 3 women</li> <li>• 2 men/ 5 women</li> <li>• 3 men/ 4 women</li> </ul>	Kicking team will provide the defensive team with a catcher and use only 3 outfielders and 3 infielders

4. Games are 7 innings. In the event of a tie extra innings will start with a runner on 2<sup>nd</sup> base, which will be the last recorded out. 1 inning only.
5. Sneakers or plastic cleats must be worn by all players. No metal cleats, sandals or bare feet are allowed.
6. The Field: Kickball is played on a softball field. The bases will be placed at 70 feet.
7. Officials: In the case no officials are there. Teams are required to self-officiate. That means that players must know the rules and be ethical when calling the game. The kicking team will be the Official when his/her team is up to bat. They will call fair/foul, balls/strikes/out and safe. The official should be positioned behind the home plate, not obstructing the batter. Team will also be responsible to have base coaches and they will call out or safe on the bases. A League director will be there to assist in the referring the kickball games, however if on the rare occasion that we do NOT have a staff member to officiate, games will be self-officiated.
8. “Let’s Rock It”: Since there is no Official Officials, close or disputed calls will be decided by **one throw of “rock, paper, scissors”**, rock (fist) beats scissors (two fingers) beats paper (flat hand), but paper beats rock.
9. Keeping Score: Each team will get a kickball scorebook and must keep official score. Teams should ensure each teams are correct at the completion of each ½ inning.

**DEFENSE**

1. Defensive Positions
  - a. Pitcher: The Pitcher must pitch the ball with at least one foot in contact with the pitcher’s rubber.
  - b. Catchers: Must stand behind the mat and behind the batter. No obstructing the batter.
  - c. Infielders: Must have 2 men and 2 women in the infield. They must be positioned behind the pitcher.
  - d. Outfielders: All outfielders must start on the outfield grass. Outfielders are bound to this imaginary line prior to starting.
2. Shorthanded Rules (see chart on page 1): Teams may play with less than 10 players.

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- a. Playing with 9: Offensive team will provide defensive team with catcher.
- b. Playing with 8: Offensive team will provide defensive team with a catcher, and defensive team will use three outfielders.
- c. Playing with 7: Offensive team will provide defensive team with a catcher, and defensive team will use three outfielders and three infielders.
3. Put outs: An out will occur when a defensive player:
  - a. Catches a ball before it hits the ground (in fair or foul play)
  - b. Fields a ground ball and throws it to first base (or second, third or home with base runners on)
  - c. Fields a ground ball and tags a runner with the ball prior to reaching the next base.
  - d. Fields a ground ball and throws it at the runner from the “**shoulders down**”
    - i. **NO FACE SHOTS**- any thrown ball that hits a runner in the head shall be a dead ball. Runner will be awarded the next base.
4. Pitching: Pitcher must pitch the ball from the pitching rubber at 42’
  - a. No bouncies: The ball must bounce at least twice on approach to home plate
  - b. Excessive Speed: Pitcher must pitch ball in slow to moderate speed toward home plate.
    - i. Excessive speed will be considered a DEAD BALL. It cannot be kicked.
  - c. No Walks: Ensure you have someone that can throw strikes.
5. Strike Zone Mat: Ball must pass over the front edge of the mat. The mat is a 3 foot wide rubber mat placed over home plate.
  - a. When passing over the mat, the ball must not be more than 1 foot high.
  - b. Any part of the ball must pass over any part of the black mat to be a strike.

**OFFENSE:**

1. A batter will get **one attempt** at to kick the ball (**EXCEPTION: all batter shall be allowed one foul ball**). A missed attempts (swing and a miss), a bunt, or illegal kick (kicking in front of home plate) is an out.
2. Batter must kick the ball from behind the mat. The pitched ball must pass over front edge of the mat before it may be kicked by the offensive player. Kicking the ball with pivot foot in front of home plate/mat will result in an out. **The Batter may kick the red rubber ball if it is a BALL and not a STRIKE.** However, they must still be behind the mat.
3. Batter out: Batter is out in the following situations:
  - a. The batter is out in situations similar to softball (force outs, pop outs, tag of base, etc.).
  - b. Bunting is not allowed ( a kicked ball must reach the pitching rubber to not be considered a bunt)
  - c. Foul Balls: A batter will be permitted one foul ball. On the second foul, the batter is out.
  - d. A batter-runner is out when he/she is hit by a thrown ball below form the shoulders down. IF a batter is hit above the shoulders (in the head) with a thrown ball in an attempt to make a put out, the batter is awarded the next base.
  - e. Strike out: A batter is out if he/she take 2 strikes: See rule 5 below.
  - f. No leading or stealing: See rule 4 below.
4. Leading and Stealing: A runner who leaves the base before the pitch reaches home plate or is kicked, is out and the ball is dead. Leading and stealing bases between pitches is not allowed. This will be difficult to enforce and will create great tension among competing teams so just don’t do it. Repeat offence should be reported to the League Director.

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5. Strike Out: A batter will strike out if he/she take 2 strikes. A strike is considered a ball that passes through the strike zone. A swing and miss is a strike. A foul ball is considered a first strike, if a batter takes a strike after one foul he/she is out. However, if a batter fouls a pitch with one pitched strike, he/she will have one more attempt to bat. 2 foul balls is a strikeout.
6. Sliding: Sliding, though legal, is **not recommended** and should not only be used to avoid a collision. (If an offensive player slides he/she is liable to be put out by a thrown ball if he/she is hit **ANYWHERE** on his/her body during the slide). Yes, that includes above the shoulder so slide at your own peril.
7. Number of Batters: Teams may bat an unlimited number of batter however a maximum of 12 will be permitted each inning. Upon the completion of the 12<sup>th</sup> batter at-bat, the half inning shall be declared over. The 12-batter rule shall also apply for all teams competing with less than 12 players.
8. Substitution/Re-entry Rule: Players not listed in your original batting lineup shall be considered substitutes. Substitutes may take the place of a starting player offensively and/or defensively. The starter may re-enter the game but only into the same batting spot he/she previously occupied (batting order can never change). Once a substitute is removed from the game, he/she cannot re-enter.
9. Bunting: Bunting will not be permitted, it is a dead ball and an automatic out. A ball that does not reach the pitchers rubber will be considered a bunt. If the player fields the ball before the rubber ball is then live.  
EXCEPTION: If a defensive player makes a play or touches the ball prior to the ball reaching the pitching rubber, the ball is live.
10. Game Time: Teams shall be responsible for getting their games started and finished on time. Forfeit time has been established as game time; teams should report to the field 15 minutes before the scheduled starting time of the game.
11. Courtesy Runner: One courtesy runner shall be allowed per inning provided they are the same gender and on roster. **There are no ghost runners.**
12. There are no protests: All concerns or disputes shall be brought to the League director's attention. The league is designed to be fun and social and shall be governed as such.
13. Run Ahead Rule: In an attempt to save some dignity there is a "mercy rule" of 10 runs at the completion of 4 innings.
14. The League Director reserves the right to make any decision necessary that he/she feels to be in the best interest of the league and its participants.

**GOOD LUCK TO ALL TEAMS!**

Bobby Pentino, Recreation Supervisor

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Schedules and standings: [www.Quickscores.com/norwalkct](http://www.Quickscores.com/norwalkct)