Kickball Rules

League Structure
• League Play
  o One game per week for over 4 weeks.
• Divisions
  o Coed
  o Faculty/ Staff
• Location: All kickball games are played at the OU Recreation Fields, just east of Jenkins Ave.

Kickball Information
• All participants must provide a valid OU ID (with picture) prior to each contest.
  o No OUID = No Play
• 30 Minutes Before Competition
  o Equipment is issued.
• 15 Minutes Before Competition
  o OU ID’s are collected, and rosters verified.
• 5 Minutes Before Competition
  o Captains are called by officials and supervisors.
• Game Time
  o The game will start on time or be forfeited (at the discretion of the OU Intramural Sports Staff).

The Game
1) Each team shall play with 7 players, but may play with 6 players with one automatic out.
2) Teams have no minimum and no maximum when it comes to males/females. Open to all!
3) A player shall be officially in the game when he/she has checked in with the Intramural Sports staff.
4) A player may not kick more than once in the kicking rotation. No designated kicking will be permitted.
5) To make a substitution, the captain must notify the umpire who will suspend play and notify the scorekeepers. A player who has been substituted for may re-enter the game.
6) The choice of first or last bat in the inning shall be decided toss of coin.
7) A regulation game shall consist of seven (7) innings, unless the game is tied, or one team is leading by ten (10) or more runs at the end of five (5) innings. No new innings shall begin fifty (50) minutes after the scheduled starting time, unless tied. All innings once begun shall be completed.
8) The umpire is empowered to call a game at any time because of darkness or other causes. Games halted by rain/lightning/darkness shall be declared complete after 5 innings or 4 ½ innings if the home team is ahead.
9) Due to limited time, there shall be no infield practice between innings and only one warm up pitch will be allowed.

Kicking / Pitching
1) Each kicker is awarded a maximum of two rolls from the pitcher. If the second roll is not kicked or ruled a foul ball, the kicker is out.
2) The kicker must kick the ball behind the 3-foot line in front of home plate.
3) Each kick must cross the “minimum distance line” to be considered a legal kick unless fielded earlier by the defensive team.
4) The pitcher shall take a position with one or both feet firmly on the ground and in contact with, but not off the side of the pitcher’s plate.
5) Teams “self pitch” to themselves and may designate a pitcher from their own team.

Base Running
1) Leading off is not allowed.
2) It shall be the responsibility of the base runner to avoid contact with a fielder.
3) Players may be put out much like softball, or have the kickball thrown at them prior to reaching safely to a base. Any ball that is thrown at a player’s head may result in unsportsmanlike conduct. It is the discretion of the official as to whether this is an ejectionable offense. Regardless, any player hit in the head with the ball is awarded the base in which they would have obtained, had they not been hit.

Intramural Rules
1) All player ejections shall carry an automatic one game suspension.
2) Cleats may be worn.
3) The Intramural Sports Department will provide kickballs.
4) The OU Intramural Sports Department retains the right to rule on matters not specifically mentioned in these rules to promote fairness of the game.

For rules not specifically mentioned above refer to World Adult Kickball Association Official Rules.