



Official Xoso Coed Indoor Kickball Rules

Honor Code

Xoso Coed Indoor Kickball is played on the honor system. It is important to remind yourself and your teammates that everyone in the league is here to have fun and meet new people. Unsportsmanlike conduct will not be tolerated. Alcohol is not permitted in the gym at any time.

- 1. This is an adult SOCIAL league - relax, have fun, and don't be too serious!**
- 2. All players must be registered, paid, and at least 18 years of age.**
- 3. By registering and signing the Xoso Release of Liability form, players agree that Xoso and its staff will not be held responsible or liable for any injuries occurring as the result of participation in any Xoso Activity.**

Field

1. The field is in the shape of a triangle.
2. The pitching area is located 25 feet directly in front of home plate.
3. The distance to 1st and 2nd base will be 35 feet from home plate.

Equipment

1. All players must wear Xoso team shirts and closed-toe shoes. Sandals are prohibited.
2. The official ball is a red 10" playground ball.

Teams

1. Team rosters generally consist of 10 – 14 players, with at least 4 of each gender.
2. A maximum of 10 players on the field during play and a minimum of 6 are required (minimum of 3 of each gender) to prevent starting down runs.
3. A team must have 2 of each gender AND six total players to prevent a forfeit.
 - a. Each team will have 5 minutes from the scheduled game time to meet the minimum attendance rule.
4. Only paid Xoso league members are allowed to play. NO EXCEPTIONS. Any team using a player not on their roster who did not register as a sub will forfeit their game. Subs can register at <http://www.xososports.com/page/sub-registration>
5. A player may only play on one playoff team. If rostered on multiple teams, they will need to choose one team to play with for playoffs and may not switch teams if their chosen team is eliminated.

Game Play

1. All players must kick, alternating between genders. Any persons identifying as Non-Binary may kick in any batting/kicking position.
 - a. If there is a gender shortage, they kick more often to maintain a man/woman order. If the next kicker is currently on base, a pinch runner of the same gender should be used.
2. Each team must be able to provide a written lineup if asked by the Head Umpire or the other team.
3. The "kicking" lineup may not change unless a player is removed from the game.

Injuries/Pinch Runners

1. All players must kick, but do not have to field.
2. Pinch runners will only be allowed if a player does not return to the game or to maintain the male/female kicking order if there is a limited number of one gender.
 - a. i.e The pinch runner will take the place of the runner farthest from scoring (Player B), Player B will take Player A's spot, and Player A will kick.
3. Pinch runners must be of the same gender.

Forfeits

1. Teams will be given a 5 minute grace period.
2. A team that uses a player not on their roster will forfeit their game, unless it's a paid sub that registered through the website and checked in with the head umpire.
3. A team that registered as a team that uses a player under 18 will forfeit their game.
4. Any team that forfeits two or more games will be ineligible for the playoffs.

Regulation Games

1. A regulation game consists of 6 innings, time permitting.
2. If the game ends in a tie, then the game is a tie. The only exception is when, time permitting, both team captains and the umpire agree to play an additional inning.
3. A game will be considered regulation if it is called off for any reason after 3 completed innings.
4. The team leading after the last full inning will be declared the winner.
5. A game may not last longer than 40 minutes unless both teams, the umpire, and the schedule permit it (i.e. no game following).
6. A game called after 30 minutes of play due to time shall be considered regulation.
7. If a game is "called" before 3 full innings, and the teams have not played at least 30 minutes, every attempt will be made to make up the game.
8. If the game is unable to be made up, it will be considered a tie.
9. Any game may be ended at the discretion of the losing team, if losing by 12 runs or more. It will be marked as a regulation game.
10. For the purposes of tiebreakers, no team shall win or achieve a differential of more than +10, even if the team won by more than 10 runs.

Fielding

1. The fielding positions : Pitcher, 2 Catchers, 1B, 2B, and 5 outfielders.
2. Teams may place defenders at any position on the field as they see fit. However, to play with 10 defenders there must be 2 catchers.
3. A maximum of 10 players on the field during play. At least 4 of the 10 spots in the field must be held by women. If only two women are present, the team must play with two less people in the field (so 8 fielders) If three women are present, the team must play with one less person in the field (9 fielders).
4. No player may advance beyond the pitcher's strip before the ball is kicked otherwise the pitch is a ball.
 - a. Except the 2 Catchers
5. There is an 5 run limit per inning except in the last inning where there is no limit.
 - a. Double Damage inning has 10 run limit except in last inning.

Pitching / Catching

1. Pitching must be underhand.
2. The strike zone extends 1 foot on either side of home plate.
3. The ball may **NOT BOUNCE, SPIN, or CURVE**. Otherwise, it is a ball.
4. 3 pitch limit per kicker.
5. The pitcher must remain at or behind the pitching line until the ball is kicked.
6. The catchers must remain behind the line crossing through home plate until the ball is kicked.

Strikes

1. 2 strikes is an out.
2. A strike is any pitched ball within the strike zone that is not kicked.
3. An attempted kick that missed the ball.
4. Any ball kicked with the kicker beyond home plate.
5. A ball that does not initially move forward past the horizontal blue line.

Balls

1. 2 balls is a walk.
2. A ball is:
 - a. A pitch outside the strike zone.
 - b. A pitch that bounces, curves, or spins.
 - c. A kicked ball when a fielder is in front of the pitchers strip when the ball is kicked (unless the kick results in a better play for the kicking team)
 - d. Any catcher coming within three feet of home plate before the ball is kicked.

Outs

1. An out occurs when:
 - a. 2 strikes.
 - b. A runner touched by a ball at any time while not touching base, even if the ball hit a fielder first.
 - c. A runner leading off a base.
 - d. A runner who slides or dives into a base.

- e. A force out when a runner is forced to run.
- f. Any kicked ball that is caught before hitting the ground (even if it hits the wall, ceiling, players, etc).
 - i. The bleachers are counted as the ground.
 - ii. Metal railing on bleacher ends count as the wall and is live and may be caught for an out.
 - iii. If the ball comes to rest on an inanimate object, such as a chair, it will count as being on the ground. Therefore, a fielder may not pick up the ball and have it count as a “catch”.
- g. Running to the non-safe home plate base.
- h. Failure to set the ball down completely in a controlled manner after catching a thrown ball while running the bases.
 - i. Throwing the ball will also result in an out.
 - ii. A caught, set down and kicked ball that is caught by the fielding team will result in the runner being out.
- i. Catching a ball while standing on base.
- j. A runner who intentionally uses the head or neck to block the ball the runner is out.
- k. Catching a thrown ball while standing on base.
- l. Physically interfering with the fielder while going for the catch.

Kicking

1. All kicks must be taken at or behind home plate or a strike will be called.
2. There are no foul balls.
3. If a ball gets stuck in the rafters, it will be a re-kick.
4. If a kicked ball goes under the bleachers it will be a “ground rule single”.

Running

1. There can be up to TWO runners on one base.
2. Hand-holding
 - a. Runners may lead off if they are holding hands with the 2nd player who is on base.
 - b. They may run on a caught ball (Tag-up) from the held hand position. However, once releasing hands, they must touch a base to be safe.
 - i. i.e. A runner from 1st to 2nd base must touch the base, not grab the hand of a runner on 2nd base.
 - ii. i.e. If a runner runs, then the ball is caught and they head back to base (to tag up or remain) they must touch the base, not grab a safe players hand.
3. Stealing is not allowed.
4. A runner leading off a base before the ball is kicked is out. (Exception: Hand-holding above.)
5. Players need not leave the base in the order they arrived.
6. Fielders must stay out of the most direct baseline.
7. If a fielder interferes with a runner in the baseline, the runner safely advances to the base they were approaching.
8. Fielders making a play on a base must lean out of the baseline when making a play on the bag.

9. There is absolutely no sliding (nor diving) at any base. It will be considered an automatic out.
10. Runners must run to the safe base at 1st and at home plate. Runners going to first may choose to step on the non-safe base if there is no play at first and they want to run to 2nd.
 - a. There will be a force out at home plate once a player has crossed the halfway point (commit line). No tag outs at home plate. Throwing at the runner is permitted.
 - i. Runners may run back to 2nd base after crossing the commit line in order to “tag up”.
 - b. Running to the wrong base at home plate (i.e. not the safe base) will result in an out.
11. Runners may overrun first base, but not 2nd. .
12. Runners may run any direction they choose to make it to the next base.
13. Hitting the runner in the head or neck is prohibited. If the runner is hit above the shoulders the runner will be awarded a free base (beyond the base in which they are approaching).
14. If a runner intentionally uses the head or neck to block the ball the runner is out.
15. All ties go to the runner.
16. Tag ups are allowed.
 - a. A runner may “Tag Up” by touching their original base after a kicked ball has been touched by a fielder. They may then try to run to the next base if they choose to do so.

Double Damage Inning

1. Each game shall have one inning in which runs count double.
 - a. This inning shall be decided in the following manner:
 - i. A player from each team rolls a die prior to the game.
 - ii. The umpire randomly select one of the two dice.
2. The Double Damage inning shall not be revealed to the teams until the inning arrives.
3. There is a 10 run limit in the Double Damage inning (unless it’s the final inning).

Ball in Play

- ~~1. A ball that goes through the basketball hoop on the opposite end of the gym from home plate will count as a home run!~~
2. Once the pitcher has the ball in control and on the pitchers mound the play is over.
 - a. If a runner has advanced past the halfway point, they may proceed to the base. If not, they must return to the last base they crossed.
3. Fielders may throw the ball at runners to get them out.
 - a. **Runners may catch a thrown ball while running (not standing on base).** It is acceptable to catch it off ONE (not after two or more) bounce. They must SET it down (not drop it) and leave it, or set it down and kick it.
 - i. No drop kicks or “drop, then kicks”. (Failure to set it down completely in a controlled manner before kicking will be an out.)
 - ii. No throwing (Throwing will be an automatic out).
 - iii. They must set it completely on the ground before kicking. The ball must be on the ground when kicked.
 - iv. A caught, set down and kicked ball that is caught by the fielding team will result in the runner being out.

- v. The kicking team may not physically interfere with a fielder when going for the catch or they will be called out, AND if the throw was to get a force out, the forced runner will ALSO be out at the discretion of the umpire.
 - vi. The fielding team may not “punt block” or dive at the ball. They may not interfere or try to grab the ball back after it has been caught by the runner.
 - vii. A ball caught while standing on base will kill the play and all players must return to the nearest base at the time of the catch. The player who caught the ball on base is out.
- b. Head shots are not allowed and will result in a free base for the runner.
 - c. If a runner intentionally places their head in the path of the ball, the runner will be called out.
4. Fielders may kick the ball to each other, to tag a runner, or to return the ball to the field of play.

Officiating

1. **Only team captains may dispute calls with the Officials.**
2. All decisions by Officials are final, with the head umpire having priority.
3. Umpires have complete authority and may:
 - a. call a time out;
 - b. call off a game because of weather or other reasons;
 - c. penalize or eject a player, including game ejection, for any reason.
 - d. ejected players must leave the field for the duration of the day in question.
4. Umpires may make rulings at their discretion at the time of the play. These rulings will not necessarily become part of Xoso’s official kickball rules.

Sportsmanship and Cards

1. Any player or team may be removed from the league for the remainder of the season, and denied registration for subsequent seasons due to unsportsmanlike conduct at the complete discretion of Xoso if it is in the best interest of the league.
2. **Some Causes for Discipline**
 - a. Drug and alcohol use on or near the playing court/field.
 - b. Arguing calls, especially by non-captains with other players, referees, or Xoso staff members.
 - c. Unsportsmanlike communication between opposing teams, both verbal and non-verbal:
 - i. Arguing, yelling, pointing, questioning, misleading or confusing the other team with incorrect rules, swearing and other foul language.
 1. Warnings should be given to BOTH teams at first.
 - ii. Moving in an intentional or threatening manner, physical abuse or posturing shall result in an immediate ejection.
 - d. Foul language or behavior directed towards referees, spectators, players, or Xoso staff members.
 - e. Intentionally throwing a ball at a referee, Xoso staff member, or spectator.
 - f. Intoxication

Protests and Disputes

1. Protests and disputes must be filed on paper with the Xoso staff member on site or by email on the day in question.
2. Team captains may dispute the final score of a match or the receipt of a Yellow or Red Card for a team member by explaining in detail their reasoning.
 - a. Disputes based on referees' judgement calls (safe, out, etc.) will not be heard.
 - b. Only rules explicitly outlined in this document shall have grounds for reversal.
 - c. The initial ruling shall be considered accurate, and the burden of proof shall rest with the captain filing the protest.
3. The Xoso staff shall consider all protests and may request additional information/perspectives from other players and witnesses in the interest of making the proper determination and ruling on the protest.

Playoffs

After 40 minutes of play, each team will start the next inning with a runner on third base. The runner may be of any gender. Please note that if the kicking team chooses to start with a man on 3rd base, a man may still lead off kicking in that inning. If it is tied after this inning, the outcome of the game will be decided by rock, paper, scissors to avoid having games play indefinitely due to ties. If time allows, the championship game will play additional innings before the rock, paper, scissors comes into play.

All other playoff scenarios that occur will be treated on a case-by-case basis by the Sports Director. The Sports Director has the final say on any disputes and will treat each situation in the fairest and most logical way.

Please email XOSO at comeplay@xososports.com if you have any questions about these rules.

These rules may be modified as needed to make the league more fun for everyone.

www.xososports.com
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