

# CYO Girls' Kickball Rules and Regulations



*Please note that any information not covered in our kickball rules and regulations will revert back to National Federation of High School (NFHS) Softball rules*

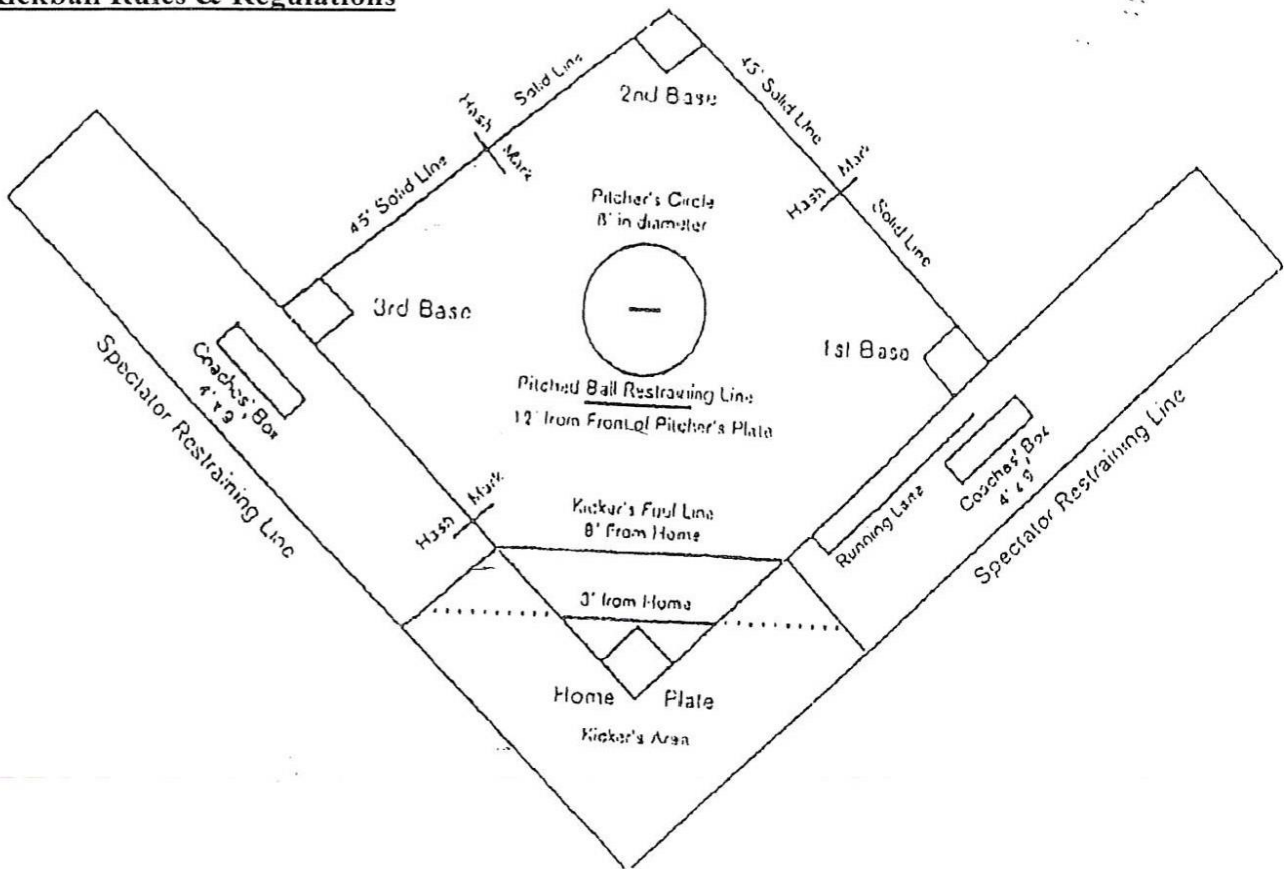
**Sportsmanship:** In today's world, it becomes necessary to remind all officials, coaches, players and spectators that good sportsmanship on everyone's part is the key to a "fun" kickball game. No one wants to approach a field/court to play and feel tension of any kind. CYO is a youth-oriented organization, and we all need to keep that in mind. Every call during a game is not going to be perfect. If you as a coach, question a call, please do it in a manner that displays a good example to our young participants. Hopefully, your players and spectators will follow by example.

**CYO has a zero-tolerance policy for those who display bad sportsmanship. Please remember the code of conduct you signed prior to the season. That applies to all coaches, players, and spectators.**

## **Rule I: The Diamond**

1. Home plate should be a 18" square and should be painted a contrasting color from the other lines
2. 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> bases should be a 24" square
3. Spectator restraining lines should be extended at least 25' past 1<sup>st</sup> and 3<sup>rd</sup> base
4. The distance from home plate-2<sup>nd</sup> base and 1<sup>st</sup>-3<sup>rd</sup> base should be 63' 7" and 11/16"
5. Home plate to the pitcher's circle is 35'
6. The 3' and 8' lines are measured from the outside tip of home plate
7. Hash marks are to be 18" long and halfway between the bases on each base line

## CYO Kickball Rules & Regulations



### Rule II: Equipment

Section 1: The office ball is the Mikasa Kickball S3030. Each team will present their kickball to the umpire prior to the start of the game

Section 2: Uniform shirts must include the CYO logo. The CYO logo may be silk-screened directly on the shirt

Section 3: Jewelry is prohibited for CYO games. No player may use tape or band aides to cover up piercings

### Rule III: Playing Rules

Section 1: There are 10 players on each side. No player is required to occupy an exact position in the field, except the pitcher.

Section 2: At least 7 players must participate in the game at all times

Section 3: The positioning of any player near the kicking area is dangerous and must be avoided. With this in mind, all players on the field must remain behind the hash mark between 3<sup>rd</sup> and home plate until after a pitched ball has been kicked. As soon as the kicker contacts the ball with her foot, players may move inside the hash mark toward the kicking area to field a bunted ball or to cover the base. **If a defensive player (after a warning) continues to move up into the restricted area, the kicker will be awarded 1<sup>st</sup> base and all runners on bases will be allowed to advance 1 base**

Section 4: Substitution Rules and Minimum Playing Time

- a. All players present for the game shall be in the kicking line up and must kick
- b. Defensive substitutions shall be unlimited
- c. If a player arrives after the official start of the game, the player will be permitted to kick but must be placed last in the kicking order
- d. All players present at the official start of the game will play at least 2 complete innings in a defensive position by the completion of the 5<sup>th</sup> inning. Any player not present at the official start of the game is not guaranteed defensive position playing time
- e. Any player removed from the game for any reason will not have her place in the kicking order result in an automatic out. Each kicker following her will move up in the kicking order. Remember, no out is given if a player is removed from the game for any reason

Section 5: If a player needs to be removed from the game after reaching a base safely, due to an injury, the person who made the last out may come into the game to replace the injured player. After the inning, if the injured player does not return to the game, each kicker following her will move up in the kicking order

Section 6: If a player is wearing a cast or splint, it must be padded, and she must not only be placed in the kicking lineup, but she must also play the required number of defensive innings

**Rule IV: The Game**

Section 1: All Cadet and 56 League games shall consist of 7 innings. A half-inning ends when a team records 3 outs or has scored 14 runs. Even when 14 runs are scored, play will be allowed to continue until the ball is dead, but no more than 14 runs will be recorded in the scorebook. However, in the 7<sup>th</sup> inning there will be no cap in the number of runs that may be scored by either team. This will be in effect for the regular season, tie breakers and playoffs.

Section 2: 4<sup>th</sup>, 3<sup>rd</sup> and 34 League games will be 6-innings with a 60-minute time limit. The procedure will be as follows:

- a. The umpire will announce the start time to both scorekeepers and coaches. The scorekeepers need to write down the start time in their scorebooks. Once the game begins, it is up to the scorekeepers to let the umpire and coaches know when the 60-minute time limit is up
- b. At that point if the team kicking last is ahead, it shall be a complete and official game at the completion of the half inning. Otherwise, the inning must be completed and the final score at the end of that inning shall determine the winner
- c. If at the end of the inning and/or regulation time, the teams are tied, the game will continue until a winner is determined. This is the only time the game may go beyond the 60-minute time limit. **The time limit shall take precedence over the 6-inning rule**
- d. The time limit will NOT be in effect for tie breaker games or the playoffs. Those games will be played with the 6-inning rule in place

e. During the 6<sup>th</sup> innings, if the kicking team scores 10 runs in 1 inning, that half of inning is over and they switch. However, in the 6<sup>th</sup> inning, or as dictated by the time limit, there will be no cap on the number of runs that may be scores by either team

f. If an inning starts with a scoring cap and then time expires, a scoring cap will be in effect for the remainder of the inning

Section 3: Three and a half or 4 (3 ½ or 4) innings shall constitute a game is called for darkness, weather, or safety reasons. **Tie breakers or playoffs must be played in its entirety (except for a 25-run rule).** If the team kicking last is ahead after 3 ½ innings when the game is called, it shall be a complete and official game. Otherwise, 4 full innings must be played. And the 3 ½ or 4 inning mark, if a game is called, the final score at the end of the last complete inning shall determine the winner

Section 4: A suspended game is a game called for darkness or weather before a winner is determined. A suspended game will continue from the point of suspension. The kicking order of each team shall remain the same. Please mark your scorebooks with such information

Section 5: At any point after 4 ½ innings, the umpires have been instructed to call any game (including tie breakers and playoffs) when a team is ahead by 25 runs or more. If the home team is behind by 25 runs of more after the 4 ½ inning mark, the home team shall be allowed to kick to complete the inning. If the home team scores enough runs in the bottom of the 5<sup>th</sup> to bring the game score margin to under 25, the game shall continue

Section 6: In the case of a tie at the end of 6 or 7 innings, play continues until one team is ahead at the end of a complete inning

Section 7: **The host school will be deemed the home team and shall play the field first and will have their pick of what side they want to be on. If the game is being played at a neutral site, it is a tie breaker game or a playoff game, there will be a coin toss. The team traveling the farthest shall call the coin toss and be on the 3<sup>rd</sup> base side. (NEW RULE)**

Section 8: In all leagues, no protest, other than those concerning players' eligibility, will be accepted by the CYO Athletic Policies Committee

### **Rule V: Forfeiture**

The umpire may declare a forfeited game in favor of the team not at fault in any of the following cases:

- a. If a team fails to have at least 7 players on the field 15 minutes after the scheduled start time, unless prior arrangements have been made
- b. If a coach fails to remove a player from the game immediately when so ordered by the umpires for unsportsmanlike conduct

### **Rule VI: Pitching Rules**

Section 1: The pitcher must stand with one or both feet on the pitching line, keeping one foot in contact constantly with the pitching line until after delivering the ball

Section 2: The ball must be pitched underhand and rolled on the ground. Any pitched ball must strike the playing surface before is reaches the pitched ball restraining line. If the pitcher fails to keep one foot in contact

with the plate, or if the pitched ball fails to strike the playing surface before reaching the pitched ball restraining line, it shall be called a ball by the umpire. However, if the kicker kicks at such a pitch and misses it or kicks it foul, it shall be called a strike. If the kicker makes a fair kick on such a pitch, the ball shall remain in play and no penalty shall occur. The same rules shall be applied for bouncing pitches. If the bottom side of the ball is 6" above the playing surface at the time it crosses the plate, it shall be a ball. If the kicker kicks and misses it, it goes foul or is kicked fair, the ball is played out and no penalty shall occur

Section 3: If a kicked ball (or a kicked ball that is deflected off another defensive player) is caught by the pitcher in the circle, whether it is on the ground or in the air, the pitcher has the right to make a defensive play. If the pitcher wants to secure the ball in the circle to end the play and render the ball dead, she must step out of the circle and step back in. Catching a kicked ball and making no action will not automatically stop players from advancing

Section 4: If the pitcher is thrown the ball from another defensive player and the pitcher is in the circle, the ball is dead. If the pitcher is outside the circle and catches the thrown ball, the pitcher can make a defensive play. However, if the pitcher steps into the circle while make a defensive play, the ball is considered dead. The pitcher cannot run through the circle to make a play

Section 5: There are no intentional walks in CYO kickball. If there is a violation of this, the pitcher and coach will receive a warning. If it continues to occur, the player shall be removed from the pitching position, but they may remain in the game

## **Rule VII: Definitions**

### **Section 1: Blocked Ball**

- a. A blocked ball is a kicked or thrown ball that is fair and goes beyond the spectator restraining lines. In the event of a blocked ball, the base runner is entitled to the base she is going to plus an additional base

### **Section 2: Foul Ball**

- a. A foul ball is a legally kicked ball that settles in foul territory or is handled by a player when the ball is in foul territory. Balls which are not kicked beyond the 8' line are also foul balls

### **Section 3: Fair Ball**

- a. A fair ball is a legally kicked ball that settles on fair territory or is handled by or touches a fielder with the baselines on or beyond the 8' line

## **Rule VIII: Kicking Order**

Section 1: Kicking Out of Order – The following procedure should be used if kicking out of order:

- a. If the error is discovered while the incorrect kicker is up to kick, the correct kicker may take her place and legally assume any balls and strikes. From this point, play resumes with the next kicker up and in order

- b. If the error is discovered after the incorrect kicker has completed her turn and before there has been a pitch to another kicker, the player who should have kicked is out. This is the only time an out is called. Any advance or score made shall be nullified. The next kicker is the player whose name follows that of the player called out for failing to kick. If the kicker declared out under these circumstances is the third out, the correct kicker in the next inning shall be the player who would have come to kick had the player been put out by ordinary play
- c. If the error is discovered after the first pitch to the next kicker, the kick of the incorrect kicker is legal, all runs scores and bases run are legal. The next kicker shall be the kicker who follows that of the incorrect kicker.

### **Rule IX: When the Kicker is Out**

Section 1: If a kicker kicks out of order and the error is discovered after the incorrect kicker has completed her turn to kick and before there has been a pitch to another kicker. The player who kicked is out

Section 2: If she makes a foul kick and the ball is caught by a fielder before the ball touches the ground

Section 3: If, in the act of kicking, the kicker steps on or over the 3' line with the non-kicking foot before contact is made

Section 4: After 3 strikes have been called on the kicker

Section 5: Ball touches the kicker after it is initially kicked, however; the ball must be in fair territory in order for kicked to be called out

Section 6: Double Kick – If a kicker kicks the ball twice in fair territory, she is out. If the kicker kicks the ball twice in foul territory, it shall be considered a foul ball (strike)

Section 7: A runner who overruns 1<sup>st</sup> base and is in fair territory may be tagged out whether or not she is making an attempt to go to 2<sup>nd</sup> base

Section 8: A base runner MAY NOT slide into any base

### **Rule X: When a Kicker Becomes a Baserunner**

Section 1: Instantly after a fair kick. When a kicker becomes a base runner, she must touch the outside/yellow base at 1<sup>st</sup>. Once she is safe at 1<sup>st</sup>, the runner is entitled to the inside base and the outside base ceases to exist until the next kicker becomes a runner. The defensive player must tag the inside/white base

Section 2: After four balls have been called by the umpire

Section 3: On any overthrow of 1<sup>st</sup>, 3<sup>rd</sup>, or home which goes beyond the spectator restraining lines, the ball becomes dead. All runners are awarded the base they are going to plus one.

### **Rule XI: When the Base Runner is Out**

Section 1: When, in the judgement of the umpire, the baserunner runs more than 3' outside of the baseline

Section 2: While the ball is in play, the runner is legally touched with the ball, while not contacting a base

Section 3: On a force out, the fielder tags the base that the runner is being forced to advance to

Section 4: When a base runner passes a preceding runner before that runner has been put out

Section 5: A runner may advance to the next base while the ball is legally caught in the air (fair or foul). Remember that the runner may leave when it is first touched or tipped by any defensive player. If the runner was off the base when it was first touched, she must return to the base and tag up before advancing to the next base. If she does not, then she can be called out

Section 6: Appeal Play Procedure – Once the ball is returned to the pitcher and it becomes dead, any coach or fielder may make a verbal appeal on a runner missing a base or leaving too early. The umpire will make a call

Section 7: When a base runner is struck by an untouched kicked ball in fair territory while off a base, the runner is out. The kicker advances to 1<sup>st</sup> base, all other players remain at the original base

Section 8: When a base runner leaves the base while the pitcher, standing on the pitcher's plate, holds the ball or before the ball has been kicked, the runner is out

Section 9: If a base runner is touched off base by a handled or kicked ball, the runner is out. If the fielder who has control of the ball touched the runner with it and has the ball knocked from her hands, the runner is still out. The fielder does not have to retain control of the ball for any period of time after touching the runner with the ball

Section 10: Any player who is declared out must report the out in person to both scorekeepers

### **Rule XII: When Runs are Scored**

- a. A runner may score on a fair fly ball after it is first touched
- b. A runner may score on a foul fly ball after it is caught. However, the runner cannot leave until it is first touched
- d. On the 3<sup>rd</sup> out, if it is not a force out, the runner scores if she touched home plate before the 3<sup>rd</sup> out is called
- d. Any runner coming in to score must report to the scorekeepers
- e. The home team is the official scorebook

### **Rule XIII: Time Outs**

Section 1: Each team on offense is allowed no more than 1 charged conference per inning

Section 2: Each team on defense is allowed no more than 3 charged conference per game. Any charged conference after 3 will result in the pitcher being removed from that position, but not the game

Section 3: During an official timeout, a runner(s) occupying the base(s) may leave the base(s) and approach their team huddle without being called out

Section 4: Changing players through the umpire is not a charged conference. Also, time out for an injury is not a charged timeout

### **Special Notes**

#### **Scorekeepers**

1. It is recommended that both scorekeepers stand behind 3<sup>rd</sup> base spectator restraining line
2. Coaches must remind players to report all outs and runs scored to both scorekeepers
3. Scorekeepers be sure that the correct kicker is up to kick according to the lineup

#### **Coaches**

1. It is recommended that the host school be sure to clear the field of any debris or cars prior to the start
2. Teaching the girls to play the game, learning how to kick the ball and defensive play should be most important, especially in the 3<sup>rd</sup>, 4<sup>th</sup> and 34 leagues
3. Defensive players may not “intentionally” block a base or the 1<sup>st</sup> base running lane
4. Please be sure that your spectators are not in the retraining area
5. Please monitor your slow pitchers. The time between pitches should not “interfere” with the flow of the game
6. Please arrive 15 minutes prior to your scheduled game time and have your team ready to play
7. Please have your scorebook and scorekeeper ready before the game starts
8. Two coaches are allowed in the outfield only, when their team is in the field, for 3<sup>rd</sup> grade and 34 games
9. Rosters – Please remember that at no time may a player float between teams during the season. A player may only play for the team on which her name appears on the roster
10. HAVE FUN!

## **CYO GENERAL ELIGIBILITY STANDARDS**

This document is designed to provide information for parishes and individuals participating in the CYO program at the Grade School (Cadet, 5<sup>th</sup> and 4<sup>th</sup> grade), and High School (Freshman-Sophomore and Junior-Senior) levels.

There may be rules accompanying each activity which may impose additional limitations or provide for participation by additional youth not specified in this general description. However, this document should enable the parish, coaches, and parents to determine in the vast majority of cases whether or not a potential participant is eligible. These standards have been approved by the Indianapolis CYO Board of Directors, working through its Athletics Policy Committee, and are in effect until further notice.

Applications for exceptions to these standards may be made to the Athletics Policy Committee of the CYO Board of Directors. If the exception requested concerns participation in a specific activity, application must be received by the Athletics Policy Committee no later than three weeks prior to the start of that activity’s season. Any such application must be made in writing to the CYO Office. All particulars of school and residence circumstances, age, grade and any other factors, including but not limited to roster size, which are pertinent to the proposed exception must be included in the application. If any uncertainty concerning the eligibility of a potential participant remains after reading these standards, the CYO Office should be contacted.



## **CADET AGE GROUP**

1. **Age and Grade** - Fifth, sixth, seventh and eighth grade students who have not reached the age of 16 before the completion of the athletic season in which they are competing. Any student over this stated age limit, who wishes to participate, must submit a written request to the CYO office for review at least three weeks prior to the start of an athletic season.
2. **Parish and School Affiliation** — In order to participate in CYO grade school sports, all participants must be either a student enrolled in a Catholic school or a child residing in a household registered in and participating in a Catholic parish. A participating household is determined by official registration on the parish roster. However, pastors, at their discretion, may also require attendance at Mass and or active participation in the religious education or youth ministry programs offered by the parish.

**Special Note:** If a student has completed the 8<sup>th</sup> grade and has graduated with his or her class from grade school, that student is no longer eligible to participate in the CYO grade school athletic program.

## **56 AGE GROUP**

1. **Age and Grade** - Fifth and sixth grade students who have not reached the age of 14 before the completion of the athletic season in which they are competing. Any student over this stated age limit, who wishes to participate, must submit a written request to the CYO office for review at least three weeks prior to the start of an athletic season. (Fourth graders are eligible for some 56 sports. Check with the parish athletic director or CYO Office).
2. **Parish and School Affiliation** — In order to participate in CYO grade school sports, all participants must be either a student enrolled in a Catholic school or a child residing in a household registered in and participating in a Catholic parish. A participating household is determined by official registration on the parish roster. However, pastors, at their discretion, may also require attendance at Mass and or active participation in the religious education or youth ministry programs offered by the parish.

## **4th Age Group**

1. **Age and Grade** - 4th grade students who have not reached the age of 12 before the completion of the athletic season in which they are competing. Any student over the stated age limit, who wishes to participate, must submit a written request to the CYO Office for review three weeks prior to the start of an athletic season. (Fourth graders are eligible for some 56 sports. Check with the parish athletic director or CYO office).
2. **Parish and School Affiliation** — In order to participate in CYO grade school sports, all participants must be either a student enrolled in a Catholic school or a child residing in a household registered in and participating in a Catholic parish. A participating household is determined by official registration on the parish roster. However, pastors, at their discretion, may also require attendance at Mass and or active participation in the religious education or youth ministry programs offered by the parish.

## **3rd Grade Age Group**

1. **Age and Grade** - 3rd grade students who have not reached the age of 11 before the completion of the athletic season in which they are competing. Any student over the stated age limit, who wishes to participate, must submit a written request to the CYO Office for review at least three weeks prior to the start of an athletic season.
2. **Parish and School Affiliation** — In order to participate in CYO grade school sports, all participants must be either a student enrolled in a Catholic school or a child residing in a household registered in and participating in a Catholic parish. A participating household is determined by official registration on the parish roster. However, pastors, at their discretion, may also require attendance at Mass and or active participation in the religious education or youth ministry programs offered by the parish.

## **HIGH SCHOOL AGE GROUP**

1. **Age and Grade** - Freshmen, Sophomores, Juniors, and Seniors in high school who have not reached the age of 20 before the completion of the athletic season in which they are competing, which includes the following summer. A potential participant who is not presently attending regular high school also is eligible to participate during the school year and including the following summer as long as this person falls within the age rule outlined above and the class with which he or she completed grade school has not graduated from high school. Any student over this stated age limit, who wishes to participate, must submit a written request to the CYO Office for review at least three weeks prior to the start of an athletic season.

2. **Parish and School Affiliation** — In order to participate in CYO sports, all participants must be either a student enrolled in a Catholic school or a child residing in a household registered in and participating in a Catholic parish. A participating household is determined by official registration on the parish roster. However, pastors, at their discretion, may also require attendance at Mass and or active participation in the religious education or youth ministry programs offered by the parish.

**Please scan the QR codes below to get information on diamond locations,  
ground rules and our CYO Codes of Conduct**



**Kickball Diamond Locations**



**Kickball Diamond Ground Rules**



**CYO Code of Conduct**