



Bourne Recreation Department

Adult Kickball Rules & Game Format

Basic Game Format

Each game is 5 innings or 50 minutes, whichever comes first. Once the clock reaches approximately 5 minutes remaining, staff will announce the current inning as the final inning.

During regular innings, a 7-run maximum per team per inning will be instituted. The final inning has no run limit.

Field Setup

Bases will be set approximately 35–45 feet apart

Wall/Ceiling Rules

Right Side Wall (Beyond First Base): Live ball

Bleacher Side Wall: Foul Ball

Back wall: Live ball

Ceiling/Curtain/Hoops: Foul Ball

Basketball hoops/backboards: Foul Ball

Bleachers/doorways/equipment: Foul Ball

Players And Substitutions

Six defensive players take the court: Pitcher – Catcher – First Base – Second Base – Third Base – Rover. However, teams can position players in whichever way they'd like if they remain within legal defensive areas.

Everyone on the roster can kick.

10 people kick → 6 play defense → defensive players rotate freely.

Substitutions can occur freely between innings.

Pitching

The pitcher rolls the ball underhand toward home plate.

The ball must be pitched from the marked spot.

The ball must be rolled smoothly, on the ground.

The pitcher must stay behind the pitching strip until the ball is kicked.

Kicking Rules

The kicker must kick from or behind home plate.

No bunting. The ball must travel beyond a designated bunt line, approximately 10–15 feet from home plate. If it doesn't cross the line, it's a foul. A full kick attempt must be made at the ball. A full kick attempt will be at the discretion of the rec staff.

A kick is a foul ball when:

- The ball first contacts the floor outside the foul lines.
- The ball rolls or travels into foul territory before reaching first or third base.

Any ball that gets stuck on a hoop or rafter will result in a re-kick

A kicked ball caught in the air is an out.

Three foul balls is an out, three outs ends the half-inning.

Running

Runners may advance until the defense controls the ball, by getting the ball to the pitcher.

No stealing or leading off.

Runners must tag up on a pop-up.

Runners leave the base only after the ball is kicked.

No sliding.

Runners may over run first base while turning to their right and not making an attempt to advance. Players may not overrun second or third base.

Standard force-out rules apply.

A run will count if the runner crosses home plate before the third out is made, unless the third out is a force out.

A force out happens when a runner must advance to the next base because another runner is advancing behind them. If the third out is made on a force play, no runs scored on that play will count.

Outs

A runner can be called out by:

- Force out: Defense possesses the ball while touching the appropriate base.
- Catch: A kicked ball is caught before touching the floor.
- Tag: Runner is tagged with the ball.
- Peg: A defensive player may throw the ball at a runner below the shoulders.

Ball caught off the side wall is an out.

A ball bounced off the side wall, then back wall and caught is an out.

A ball off the back wall is NOT an out.

Head-Shot Rule

If a thrown ball strikes a runner in the head or neck, the runner is safe.

If the referee determines the runner intentionally lowered their head into an otherwise legal throw, the runner may still be called out.

Repeated reckless throws can result in removal from the game.

Overthrows

If a thrown ball enters a designated dead-ball area (Bleachers/Locker Room/Gym Lobby), runners receive: The base they were advancing toward + one additional base.

The referee's judgment is final.

Safety Measures:

Fielders must try to stay out of the way of advancing runners unless they have the ball or are making a play on the ball. The runners always have the right of way. Any interference and the runner is awarded the base they were advancing towards.

Officials and Final Decisions

Staff will have the final say on all calls, rule interpretations, and game-related decisions. Players are expected to respect all calls and maintain good sportsmanship. Staff may use their discretion to address situations not specifically covered by these rules, with an emphasis on fairness, safety, and keeping the game fun and moving.

Code Of Conduct:

Players are expected to treat teammates, opponents, officials, Recreation Department staff, and spectators respectfully.

Friendly trash talk and competitive energy are part of the fun, but aggressive behavior, excessive arguing, intimidation, discriminatory or abusive language, or threatening behavior will not be tolerated.

Staff may issue a warning, remove a player from a game, or removal from the program.