



**Rosters must be turned in by week 1
all players must sign the online waiver.**

M/ilesports kickball rules have bases 55 feet apart.

The pitching strip is directly in front of home plate and 2 yards behind the line with first and third base. Games are 7 innings or 1 hour long. no inning can start after 55 minutes.

Line-ups

Each team have 6 guys / 4 girls in the field.

Each team can bat (Kick) 12 people. - an extra guy and an extra girl.

Batting order **cannot be ‘shuffled’** at any point.

If a player leaves the game for any reason without a sub available **an out** must be recorded in that spot.

There are no designated batters. All players must kick when their spot comes up.

Three guys cannot bat in a row at anytime even if you go to the top of the inning from the bottom.

Follow

M-**W**-M-M -**W**-M-**W** -M-**W**

You can bat an extra guy **ONLY** if you bat an extra girl.

Teams

Milesports kickball rules permit a team to field at least eight and no more than 12 players during a kickball game. If teams are short a girl they must **take an out in that place.**

Subs can be added at any time but cannot go back in after they are substituted out.

Pitching A legal pitch must:

1. The pitcher must have one foot in contact with the pitching rubber when releasing the ball.
2. The pitcher may only take **one step** to the mound before releasing The ball - no run ups.
3. If the ball bounces at any time more than 8" (80% of the ball height) it is called a "bounce pitch" -it is a ball. Special note -If a bounce is called and the batter continues to kick the pitch counts.
4. A pitcher can use two hands to throw the ball.

Kicking and Running:

Foul lines extend out from first and third base, and a ball must be inside these lines to be in play (otherwise, it is foul and a strike).

Runners that touch or pass the runner in front of them is out.

If a coach or other player assists a runner in any way they may be called out.

Courtesy runner – a man or women can run for another runner. It must be the last gender out. Only 1 per inning and 3 total. The other team must be notified of the switch.

Outs

Each team gets three outs per inning.

A kicker is out if three strikes are thrown, or if a ball is kicked foul on the third strike.

A player is out when they either get hit by a ball, run into a kicked ball or the base is tagged during a force out.

Runners can tag up after a catch whether it is in fair territory or foul territory. The runner can tag after the ball is touched by the fielder

Defense All players (except catcher) must not cross the line between 1st and 3rd.

The catcher must stay behind the plate until the ball is kicked.

The pitcher **must remain at the pitchers mound** until the ball is kicked.

Defenders **MUST** stay out of the base paths (running lanes) unless they have the ball.

If the defenders are in the base paths and obstruct the runners the runners will get awarded a base. When the ball is collected by the pitcher **NEAR** the pitchers mound (10 feet) time out is called and players must return to the base.

If a runner is near the base they get awarded the closest base.

Special rules

If a Player is gets hit in the face or head that player will be awarded a base if **the ump rules** the hit was **not necessary**.

If the ball rolls out of play (10 feet) the ump will call dead ball and award a base. The base the runner is going to and 1.

There are no infield fly rules – An umpire may rule that a player intentionally dropped a ball to gain advantage. Dead ball - players advance a base.

Women players can bunt. **WOMEN only**.

The ball need only be on the plate to be in play.

If a male slows his foot swing or stops it it is a bunt.

If a player crosses the plate and both feet are in front of the plate when he/she kicks it is a dead ball strike.

Courtesy runner – you can use three courtesy runners per game (max 1 per inning) it must be the last gender out.

Walks. If a guy walks with a girl on deck the guy immediately goes to second and the girl has the choice to walk or hit.

Forfeits

Please do not forfeit. If your team forfeits day of game you have to pay for **both teams before your next game.**

Illegal argument – M/ilesports promotes good sportsmanship. You can question a call until the next play starts. After that you can be removed from the game even if you are arguing with the other team or with a player on your own team. If an ump can hear it you said it.

The commissioner has final say on any rule interpretation.

You can file a protest at any time during the game or within 4 hours of completion of the game.