



Official Xoso Coed Indoor Kickball Rules - Updated 6/14/2011

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 21 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 shall consist of 10 – 15 members.
2. A maximum of 9 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. If a team cannot field the minimum at game time they will start the game down a run for every person it is missing.
 - a. If the player(s) show up, they can join the game in progress but the penalty runs will still be assessed.
4. A team must have 2 of each gender to prevent a forfeit.
 - a. Each team will have 5 minutes from the scheduled game time to meet the 2/2 rule.
5. Maximum of 5 men on court.

6. Only paid Xoso league members are allowed to play. NO EXCEPTIONS.

Game Play

1. All players must kick, alternating between males and females.
 - a. If there is a gender shortage, they kick more often to maintain male/female order. If the next kicker is currently on base, a pinch runner of the same gender should be used.
 - b. Suggestion: Make two lineups, one for men, one for women.
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. Games start right on time.
2. A team that uses a player not on their roster will forfeit their game.
3. A team that registered as a team that uses a player under 21 will forfeit their game.
4. Any team that fails to provide referees for any of their designated games will receive a "paper forfeit".
 - a. "Paper Forfeits" count towards the rule below determining playoff eligibility.
5. Any team that forfeits two or more games, including "paper" and game forfeits, 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 40 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 40 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.

Fielding

1. The fielding positions : Pitcher, 2 Catchers, 1B, 2B, and 4 outfielders.
2. Teams may place defenders at any position on the field as they see fit. However, to play with 9 defenders there must be 2 catchers.
3. 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
4. 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 blue 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 wood 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. A runner who intentionally uses the head or neck to block the ball the runner is out.
- j. Catching a thrown ball while standing on base or interfering with the fielder’s catch while on base.

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 not overrun any base.
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 caught. 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 selects a numbered card prior to the game.
 - ii. The umpire randomly select one of the two cards.
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 can 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 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.
 - vi. 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. Xoso Coed Indoor Kickball is a player-officiated sport, and each team is responsible for designating players from their team as umpires for other games as indicated on the provided season schedule:
 - a. Teams will be scheduled by Xoso to provide THREE umpires for games in rotating fashion.
 - b. A team failing to provide THREE umpires in accordance with the schedule will result in a "paper" forfeit in the team's record which will count toward its total number of forfeits. This paper forfeit does not count as a loss. Teams with two or more forfeits, including game forfeits, will be ineligible for the tournament or playoffs.
 - c. Games must be officiated by at least THREE Umpires: a Head Umpire/ Scorekeeper, and a First Base Umpire, and a Third Base Umpire. The Head Umpire governs all game play and issues all final rulings, and has final authority on equipment issues. Other Umpires may assist these officials when available.
2. The team-designated Umpires are the designated league officials for the game.
3. **Only team captains may dispute calls with the Officials.**
4. All decisions by Officials are final.
5. Any player who commits the following infractions shall be declared out at the Officials' discretion:
 - a. No player shall use abusive language.
 - b. No player shall engage in any unsportsmanlike conduct.
 - c. No player shall argue with a Xoso staff member or Official.
 - d. No player shall intentionally throw at any player's head.
6. Any player who breaks the above rules twice in one match shall be ejected.
7. Any player ejected twice in a season shall be removed from the league.
8. The Head Umpire must begin each game by reading the following:
 - a. "Every player must be 21 years or older, have adequate current health insurance, and be officially registered with Xoso to participate. I am the Head

Umpire, my name is _____ and I will issue all final rulings if necessary. The only participants who may dispute a call are the team's designated Captain and Co-Captain. Who are the Captains and Co-Captains for tonight's games? (Get Names) Rules to keep in mind include: the pitcher and all fielders must stay behind the pitching strip line until the ball is kicked; the catcher must play behind the kicker; the kicker must kick at or behind home plate; once the pitcher has the ball in control and on the mound, the play ends. Are there any questions?"

9. Umpires have jurisdiction over play and may:
 - a. call a time out;
 - b. penalize a player, including game ejection, for any reason. This includes but is not limited to unsportsmanlike conduct, fighting, delay of game and excessive verbal abuse.
 - c. Ejected participants must leave the field area and may not return to the game.

10. Official Duties
 - a. The official will be responsible for:
 - i. Starting games
 1. Keeping time
 2. Recording each win and loss
 3. Enforcing the honor system
 4. Enforcing all penalties
 5. Managing the game
 6. Turning in the final score, with team captain signatures at the end of the match.
 7. The Head Umpire must ensure that the team captains exchange their written scorebook kicking orders.
 8. Call any game still in play after 40 minutes at the conclusion of an inning.
 9. Umpires may make rulings on any points not specifically covered in the rules (at the time of occurrence), but the ruling shall not be deemed as a precedent for future rulings.

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. Officials and Xoso staff members may give **YELLOW** and **RED** cards at their discretion for unsportsmanlike conduct without prior warning.
 - a. Games will be whistled to a stop to issue the card.
 - b. Suspensions as a result of YELLOW/RED cards may be reviewed by Xoso staff members who may alter or amend punishment as they deem necessary.
3. **Warnings, Yellow Cards, and Red Cards**
 - a. **Warning:** No suspension, but if conduct is repeated there should be a card given.

- b. **Yellow Card:** Player must sit out the remainder of the current GAME. The team shall play minus one player for the remainder of the game.
 - c. **Red Card:** The player in question shall be ejected from the remainder of the current GAME and the following GAME. The team shall play minus one player for the date the player received the card. The following week the team may play full strength but without the player in question. The player must leave the premises.
 - i. Two Red Cards for any player in a season shall prevent that player from participating in or registering for any Xoso league for one year.
 - d. 2 Yellow Cards = 1 Red Card
 - i. A player receiving two Yellow Cards on the same day (before, during, or after a game) will result in a Red Card and immediate ejection from the game, and facility.
4. If a **Yellow** or **Red Card** results in a team's inability to meet the 2/2 gender requirements to play in a game it shall count as a forfeit for said team. If it prevents the offending team from meeting the 3/3 gender requirement the offending team will begin down a run as stated earlier.
- a. The forfeited game or match shall count as suspension time served for the offending player.
 - b. If the opposing team must forfeit it shall also count as suspension time served.
5. **Some Causes for Cards**
- a. Drug and alcohol use on or near the playing court/field shall be an immediate **RED CARD**.
 - 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. Crossing the center-line in an intentional or threatening manner, physical abuse or posturing shall result in an immediate RED CARD.
 - 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.

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.

Tournament

1. If there is a playoff, the top 4 teams will go to the tournament based on season rankings.
2. The top teams will be determined by record (2 points for a win, 1 point for a tie, 0 points for a loss).
3. If time permits, we will occasionally take more than 4 teams to the tournament (i.e. We have 5 or more hours of field time).
4. In case there is a tie between teams, the following tiebreaker system will be used:
 - a. Overall season run differential (Overall season runs scored minus overall runs scored against)
 - b. Head-to-head matchup
 - c. In the case that a tie still persists, a coin flip will determine the winner.
5. In the event of a forfeit, for the purposes of tiebreakers, the forfeiting team shall lose by 5, resulting in a win/loss differential of -5 for the game. The team winning as a result of the forfeit shall win 5-0 for a differential of +5.
6. 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.

In the event that there is a tie after 7 innings during tournament play, each team will start the 8th inning with a runner on base. Each team may choose to have a male or female start on base in the 8th inning; however, the runner must alternate sexes every inning. Please note that if the kicking team chooses to start with a male on base in the 8th inning, a male may still lead off kicking in that inning. A female will then have to start the 9th inning on base.

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 disputes@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.