



Kickball Rules



Updated April 4, 2025

1. Pre-Game – Equipment, Game Time, Defaults

Spirit of the League: The primary focus of FCSSC is FUN! This league is a positive and encouraging environment that is welcoming to players of all backgrounds and playing abilities, with the goal of getting moving, meeting new people, and having fun while doing it! We look forward to an awesome season of welcoming and inclusive play.

Play that is competitive, overly aggressive, rough and/or unsportsmanlike such as pushing, shoving, elbowing, shouldering, tripping, hacking, slashing, sliding, tackling, ball blasting, chirping, name calling, threats and intimidation, is prohibited and will not be tolerated by FCSSC. FCSSC IS FIRST-AND-FOREMOST-FOR-FUN. ANY ROUGH OR PHYSICAL PLAY WILL RESULT IN IMMEDIATE EXPULSION FROM THE GAME, THE LEAGUE, THE CLUB AND/OR ALL OF THE ABOVE. All players should go out of their way to avoid contact with other players and/or eliminate actions or behaviours that could jeopardize player safety. If accidental contact occurs it is expected that players will apologize for that contact, ensure everyone is alright and stop the game to seek appropriate help as required. This rule supersedes all others!

Equipment/Set-Up: FCSSC Game Hosts will provide bases and balls for each game.

Mixed Gender Requirements: FCSSC is committed to providing inclusive access to for-fun sport for players of all gender identities.

In this mixed gender league, teams on the field consist of nine (9) players with a minimum of three (3) players of the non-majority gender (for example, a team with 5 men must have 3 players of another gender on the roster). A team can play with a minimum of 7 people, as long as gender minimum rules are met.

Batting Order

1. The batting order of a team can have a maximum of two players of the same gender in a row.
2. The batting order must stay consistent from inning to inning.
3. All players must bat before someone can bat for a second time, but players of the non-majority gender may bat more often to maintain Point 1, and may not be behind the same player every time. (see Example 3)
4. Any players arriving after their team has batted in the first inning will be inserted into the bottom of the batting order, while still maintaining Point 1
5. The first player to bat in an inning is the person following the player who recorded the last at bat from the previous inning.

Example 1 (Majority Male)	Example 2 (Majority Female)	Example 3 (only 2 non-majority gender)
1. Male 1	1. Female 1	1. Male 1
2. Male 2	2. Female 2	2. Male 2
3. Female 1	3. Male 1	3. Female 1
4. Male 3	4. Female 3	4. Male 3
5. Male 4	5. Female 4	5. Male 4
6. Non-Binary 1	6. Male 2	6. Female 2
7. Male 5	7. Female 5	7. Male 5
8. Male 6	8. Female 6	8. Male 6
9. Female 2	9. Male 3	9. Female 1
		10. Male 1
		11. Male 2
		12. Female 2

Game Time/Default:

- Please arrive 15 minutes early so that you can start your games on time. Games are 7 innings in length with a time limit of 55 minutes. No new inning can start with 5 minutes left before the formal end time.
- A default will occur if any team cannot field a squad by 10 minutes after the official start time. Captains may agree to waive the rules regarding gender minimum but this should be decided before the game starts. IF IT IS AGREED THAT THE GAME COUNTS, IT COUNTS!

Foul Weather: In the event of severe weather (thunder and lightning storms) games should immediately be stopped and players should take cover away from open spaces. Wait 15 minutes; if the severe weather passes, continue play. If it does not and the game was in the first half (did not complete 4 full innings), the scores will not count and the game may be rescheduled to a make-up date. If it was in the 2nd half (at least 4 full innings played), the score at the time of stoppage will be recorded as the final.

Alcohol: THERE IS ABSOLUTELY NO DRINKING OF ALCOHOLIC BEVERAGES PERMITTED WHILE PLAYING!! ANY OFFENDERS WILL BE ASKED TO LEAVE THE LEAGUE WITHOUT REFUND. No exceptions.

Discrepancies: All games are self-refereed. Any disputes will be discussed amongst the two team captains. Please play honestly.

2. In Game – General Rules

General Rules:

1. A coin toss or paper/rock/scissors should determine the home team (except during playoffs, when the higher ranked team will have a choice to bat 1st or 2nd)
2. Each inning is played with 3 outs or when a team scores a maximum of eight (8) runs. EXCEPTION: A team has no run limit in the final inning of the game.
3. Mercy rule: If a team is up by 15 runs or more after the 5th inning of play, the losing team has the option of calling the game or choosing to continue.
4. Please note kickball fouls include the following circumstance: If the ball is kicked and lands outside the foul zone, and someone tries to catch it but drops it, it is considered a foul ball.
5. Player are considering out by the following: 1) Striking out, 2) A fly ball caught by the defense, 3) A foul out, 4) The runner being tagged by the ball, and 5) a runner being hit by a thrown ball below the shoulders.
6. No metal cleats are allowed.

Pitching/Batting:

1. The team at bat provides their own pitcher. The pitcher can pitch from wherever they chose. If a hit ball touches the pitcher, the ball is declared dead and the pitch is redone – base runners return to their previous bases and the pitch count is restored. (Pitchers should do their best to avoid making contact with a hit ball).
2. Every batter can receive a maximum of three (3) pitches. All foul balls, wild pitches, strikes and balls count as one of the three pitches. The only exception is a ball that hits the pitcher, which is considered a dead ball and does not count as one of the pitches.
3. The pitcher cannot bounce the ball into home plate; it has to be rolled along the ground. Pitches that bounce one (1) foot above the ground will be a ball.
4. Intentional bunting is not allowed. If the kicker takes a full kick and it does not pass the pitcher, then it is a fair kick.

Base Running/Fielding:

1. There are no leadoffs for base runners or stealing bases; you must wait until contact with the ball is made. Please respect this rule.
2. When the ball hits the runner, the runner is out, but the play is continued.

3. Runners can be tagged out, also the ball can be thrown at them. If it hits them above the shoulders, the runner is considered safe and will be awarded one base **in addition** to the one they were running to (i.e. if a runner was hit in the head while running to 2nd base, they would be granted position at 3rd base).
4. No blocking runners between bases.

Ground Rules: Captains should decide prior to the start of the game if they are going to play any ground rules with regards to boundaries. Please make sure that both teams are aware of these rules.

3. Post-Game – Departure & Score Reporting

Departure: Each week after your game, it is important to leave the diamond in a timely manner. Teams could be playing after you and will need to get their game started on time. It is also possible that the facility could be closing upon the completion of your game and all staff and members will need to depart the building at that time.

Score Reporting: FCSSC Game Hosts will report the scores for each game. Scores and standings can be viewed at www.forestcityssc.ca

4. Playoff Games

No Ringers: To play on playoff nights players must have played a minimum of 2 regular season games for that team.

Substitutes: A player is only allowed to play for one team in each playoff round. Players cannot sub in for another team during the same round, most particularly in a championship game. Exception: a player may sub for another team in the same league during the same play-off round IF the game is not a championship game (ie, title on the line) and the team needing a sub would default the game without the substitute player (resulting in both teams being unable to play).

Tiebreaker: During playoffs games are 50 minutes in length. If the game is tied after the completion of 7 innings, or the expired time, teams will utilize the following format. The team that is up to bat will start the inning by placing their 'last out' from the previous inning on 2nd base, with 2 outs. Once 3 outs have been reached, the other team will then place their 'last out' from the previous inning on 2nd base (also with 2 outs) and proceed to bat until 3 outs are reached. Teams will take turns doing this until the score is settled upon the completion of a full inning.

Determining Home Team: During playoffs, the higher ranked team will have the choice to bat 1st or 2nd.