

KC Kickball Club "Longball" Rules
Wednesday Night
Edited April 2026

ROSTERS

Team rosters appear online. Each player is responsible for paying their league dues before they will be allowed to participate. Roster sizes are unlimited with each team required to have at least 12 players on their roster. All rosters must have the minimum number of players registered and paid by the beginning of league play. No players may be added to a roster after the third week of league play. Teams not meeting this requirement will be ineligible for end of season tournament.

NUMBER OF PLAYERS

A maximum of ten (10) players can take the field at any time. If 10 players are on the field, four players must be female. A minimum of eight players must take the field to begin each game, three of which must be female. Never in any circumstance can you play more than 6 males in the field. If a team does not have four females for a particular game, a "ghost" player shall be written into the kicking order and represents an automatic out for each female under the minimum. Teams who are unable to field an eligible team can play the game as an "exhibition game" but for sake of records they will be credited with a loss. Failure to field an eligible team within 10 minutes of scheduled game time will result in a forfeit.

1. A catcher is not necessary for teams with less than 9 players.
2. All players on your roster that are present, must kick in the line-up, unless a player is injured.
3. Subs from other teams may be used at any time to fill your lineup up to 10 players with at least 4 females. (Players outside the league are prohibited). Maximum of 5 subs allowed. Failure to field a team will result in forfeit. An exhibition game can still be played with any number of league players.
4. *Players for Playoffs/Tournament*
 - a. *If your team will have less than 10 players for a playoff game, then subs are allowed however you must have at least 7 players from your season roster in your lineup.*
 - b. *A maximum of 3 subs would be allowed.*
 - c. *All subs must already be participating in the league AND in the current season being played.*
 - d. *If subs are required, then you can not have more than 10 players in your lineup.*
 - e. *Players can only play for one team in the entire playoffs/tournament.*

STANDINGS

Standings based on:

1. Win/Loss / Winning Percentage
2. Head to head competition
3. Runs Allowed
4. Run Differential

HOME TEAM

Teams will play rock, paper, scissors to determine the home and away team.

SCORING

Each run scored is one point.

INNINGS

Each game will last seven innings, or 50 minutes of game time (a new inning cannot be started after 50 min have been played.) If a game starts late, it shall be played until 5 minutes before the next game is scheduled to start. If a game remains tied at the end, it will be recorded as a tie except during playoffs. If time permits, Field Monitors may grant additional innings if both captains agree to play them. During the playoffs, the winner shall be determined by whoever wins the next full inning (both teams get at-kicks). Games will be official after 4 innings of play.

PITCHING/CATCHING

1. A legal pitch must be underhand.
2. No bouncies! A pitch where the bottom of the ball is higher than the kicker's knee will result in a ball. Whether a pitch is a ball or strike, based on bounciness, will be based on the height of the last bounce before it crosses home plate.
3. The pitcher must stay behind the pitching strip until the ball is kicked. Failure to do so will result in a ball.
4. No player can advance past the first- third base diagonal until the ball has been kicked. Failure to follow this rule may result in a ball.
5. The catcher must be outside of the batter box/kicking zone and cannot advance in front of home plate (and the line that extends from each front corner of the plate) until the ball is kicked. Failure to follow this rule will result in a ball if ball is not kicked or a base if ball is kicked.
6. No Fireballs. (i.e. excessively fast pitches. This will be judged by the game official.)
7. Pitch must bounce at least three times and be on a downward trajectory before crossing the plate.

KICKING

1. Kickers will start with a 1 and 1 count.
2. Ball must be kicked by foot, ankle, or low shin. A foul ball will occur if ball is kicked from mid-point of shin or higher.
3. The toe of the plant foot must remain behind the front edge of the plate when kicking. If the ball is kicked with plant foot in front of home plate a "dead ball" will be called and a foul will be charged. (Runners cannot advance on a dead ball, however the ball can be still caught for an out).
4. Bunting is allowed by male and female players; Each team can have a total of 6 bunts.. A team may not execute a bunt if they are up by 10 or more runs. If this happens it will result in an automatic out.
5. A kick will be ruled a bunt based on players intent perceived by the umpire (if kicking foot is swung through plane of plant foot with intent, this is a kick. If not, it's a bunt.) Distance does not determine a bunt or kick (miskicks are not considered bunts).
6. No kicking lineup requirements except that all players have to kick before a player kicks a 2nd time.

RUNNING

1. Runners must stay within the base line or they will be called out.
2. Fielders must stay out of the baseline unless the play requires them to be in the baseline. If a fielder is trying to make an out at the base they can have their foot on the base but need to lean out of the baseline. Fielders in the way of any runner in the baseline will cause the runner to be safe at the base they are running to.
3. NO LEADING OFF OR STEALING. A runner off the base when the ball is kicked will be called out.

4. No hitting a runner with the ball above the shoulders. If the runner is hit above the shoulders they will be called safe. If the runner intentionally uses their head to block the ball or is hit in the head while sliding, or jumping or ducking to avoid the ball, and is so called by the referee, the runner is out.
5. Runner must tag up to advance on fly ball outs. A runner can leave the base as soon as the fielder makes initial contact with the ball. Control of the ball is not required for runner to advance. However, if a dead ball is called because the ball was kicked in front of the plate, runners cannot advance.
6. Runners may overrun first base. There must be intent to move to 2nd base for a possibility of them being out after running through 1st base.
7. If any offensive runner passes a teammate that is running the bases ahead of them, the "passing" offensive player will be called out.
8. If a ball, that is kicked by the person up to kick, hits them or any base runner that is not on a base and is in fair territory, the kicker or said base runner is out. (Intentionally kicking the ball by the base runner or kicker will result in a dead ball and the player will be called out).
9. Pinch runners are allowed for injured players only, but the kicker must make it to 1st base before said pinch runner can run for them. The runner will be the player that made the last out, of the same sex, on the offensive team. Injured players requiring a pinch runner shall not return to the lineup.
10. Injured kickers that cannot kick in their respective place in the line-up are not allowed a pinch kicker and are not allowed back into the game once they miss their turn due to an injury. Meaning they cannot play in any defensive position on the field.
11. One base on overthrows where the ball goes out of play. If over halfway to next base, it will be an additional base

OUTS

Three outs by a team will complete the team's half of the inning.

An out occurs after:

1. Strike three is called (All kickers start with 1 and 1 count)
 - a. A strike occurs when:
 - i. a ball is pitched within a ball width of either side of the front of home plate, that is not kicked
 - ii. or that is missed by the kicker.
 - b. A foul occurs when:
 - i. A kick lands out of bounds
 - ii. A kick lands in bounds but goes out of bounds on its own before it reaches first or third base.
 - iii. A kick that is made after a player has crossed in front of home plate.
 - iv. Any foul ball can be caught in the air for an out.
 - v. Kickers will have 1 courtesy foul ball if a foul is kicked with two strikes.
2. A Runner is touched by the ball at any time while not on base, except in the case of overrunning first base.
3. A ball tag on a base in which a runner is forced to run.
4. A kicked ball is caught in flight.
5. A runner repeatedly leaves a base before the ball is kicked.
6. See ghost batter rule above.

As even the most innocent looking pop ups are potential hits in kickball, there is NO infield fly rule. Due to some abuses of this in the past, there will be a "No Cheese" rule for situations where a fielder is judged to

have intentionally allowed the ball to drop to turn a double play. (For example, team A has a runner on first. The kicker from team A kicks the ball in the air to the first baseman on team B. The runner on team A stays on first, while the kicker runs to first. The first baseman intentionally [and these are generally obvious] muffs the pop fly, tags the waiting runner and tags the base). As this is contrary to fair sportsmanship KCSSC promotes, the tactic will be deemed "Cheesy" and the runner and kicker will be deemed safe.

BALLS

There are no walks. "Ball 4" will allow the kicker a free kick in the batter's box. (within 2 feet of either side of the plate, but not in front of the plate). On the free kick, the batter retains any strikes and courtesy that they had prior to the placekick.

A ball is:

1. A pitch outside the strike zone
2. An illegal bouncy pitch
3. See Pitching/Catching

BALL IN PLAY

When the pitcher has the ball in control and is within the vicinity of the pitching area/**or it's deemed that play is over, the play ends.**

When the play is deemed complete by either option above, the umpire will call time. Once time is called, the play is dead.

Runners advance or return to the nearest base when pitchers have the ball. **Exception**, this rule is not applicable if a runner is tagging up after a catch and will get the first base without the halfway rule in effect. **After one base is gained OR a runner stops momentum to the first base they can advance to, then the halfway rule is back in effect.**

The pitching circle will be deemed as a 15' diameter around the pitching spot.

If the runner intentionally touches or stops the ball, the play ends and the runner is out.

SAFETY BASES

In order to reduce the amount of collisions during the games safety bags will be utilized at first base.

At first base the runner must use the safety bag if a play is being made at first base. Additionally if a play is not being made on the runner at first base the defender shall not stand on or block the first base bag. The defender also may not cross in front of the runner's path to the safety bag when making a play on the ball. Doing so will result in "interference" being called and the runner will be safe.

Interference will be deemed by the umpire. **What constitutes interference is**

- 1. Defender is obviously in the safety base lane**
- 2. Runner has to slow down, swerve, or make an unnatural motion to avoid contact.**

***If play is deemed not close enough to where the defender can safely get out of the safety base baseline then it shall not be interference.**

DISPUTING CALLS

Only captains should question calls made by the official, and shall do so in a respectful manner. If the captain wants to delegate this responsibility to another team member, the captain must designate that team member at the rock, paper, scissors match up. If a captain delegates this authority, the captain gives up the power to dispute calls during that game.

FIELD DIMENSIONS

- The kickball field is square with equal sides of 60 feet.
- The distance from home plate to second base and from first base to third base is 84 feet.

EQUIPMENT

- 8.5 inch red playground balls (provided by KCSSC)
- **NO METAL CLEATS ALLOWED**

UNSPORTSMANLIKE CONDUCT

Zero tolerance for unsportsmanlike conduct including rough play.

Warnings and penalties will be as follows:

1. One Warning
2. Second occurrence: Out for game
3. If this becomes a trend, we reserve the right to remove you from the league

PLAYER ELIGIBILITY

Players who have been officially placed on the roster, signed the waiver, and are wearing the current season league t-shirt are eligible to play. A formal protest may be filed before a game if an opposing player's eligibility is in question. The player in question will be required to provide his/her player information (name, address, phone#, and signature) in writing to a KCSSC staff member prior to the start of the game. This qualifies as an official protest. Any protest made during a game or after a game will NOT be considered a formal protest. If a formal protest is made the game will then be played in its entirety as scheduled. Teams will be notified of all rulings on the identified eligibility discrepancy by the following business day - decisions will not be made on site. If the protest is proven to be legitimate, it will result in the forfeiture of the game in question. Games subsequent to the protested game may be rescheduled. The above procedure will also apply for any other "logged" protests. All rulings by KCSSC staff are considered final.

FORFEITS

If your team forfeits a match during the season, the following rules apply:

1. First Offense - Loss of game and warning.
2. Second Offense - Loss of game and KCSSC reserves the right to remove the team from playoffs.
3. Third Offense - Removal from the KCSSC League with no refund.

If you know in advance that your team is going to forfeit a game, we encourage you to email us so we can schedule your opponent a game (info@kcsportandsocial.com). This does not mean your team will not receive the loss and forfeit. Please let us know by noon the day of the game so we can make arrangements.

Teams have until ten minutes past the designated start time to field a full squad (or the league minimum of players required according to the rules). If at that time a team is unable to field a legal team, it will be up to the staff and the opposing captain to determine whether a team will receive a forfeit win, or if a team will allow the opposing team to play a legal game with less than league minimum of players required according to the rules.

LEAGUE CANCELLATION/RAINOUT

League games may be canceled due to existing weather conditions, dangerous or unplayable field conditions, facility constraints, etc. KCSSC staff makes every effort to play all scheduled games, thus we will not cancel games until absolutely necessary.

Our rainout/cancellation phone number is (816) 945-2489. If you are calling concerning a decision on a cancellation, remember we will not have an answer until close to the start of the league. If the league is canceled, KCSSC staff will change the voicemail immediately. KCSSC will then call all of the captains to let them know. It is then the captain's responsibility to inform all teammates of the cancellation. If a league is canceled on site, KCSSC staff will attempt to contact those teams still scheduled to play the remainder of the league day/night. Depending on the time of cancellation, some teams will have to be notified on site. If we do cancel, follow next week's schedule (ex. If April 13 is canceled teams should follow the April 20 schedule for their next game). The games that are canceled will be made up towards the end of the season if time allows. In extreme circumstances, KCSSC reserves the right to run a shortened season without a refund. KCSSC also reserves the right to schedule games on days other than your regularly scheduled league day/night if necessary.

PROTESTS

The referee's judgment is final. You may log any complaints with the KCSSC Field Monitor or email the commissioners at info@kcsportandsocial.com. All complaint/recommendations are welcome and will be reviewed at the end of each week and ruled upon. All changes/additions to rules will take effect the following season. These policies are designed to make the league run as smoothly and safely as possible, and provide continuity for its participants. Each player in the league is responsible for this information: please advise your team of these rules and thanks for playing.