



ADULT KICKBALL HANDBOOK



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Important Phone Numbers

Hunt Recreation Center	557-9600
Weather Hotline.....	557-2939
Jarrold Miron - Recreation Programs Specialist.....	557-9601
Austin Ohms - Recreation Programs Specialist.....	557-3124
Chris Champion - Recreation Programs Manager.....	567-4031
Kristen Denton – Community Center Manager.....	557-6293
Adam Huffman - Asst. Parks and Recreation Director.....	557-2925
LeeAnn Plumer - Parks and Recreation Director.....	557-3127

PURPOSE

The purpose of the League is to provide Holly Springs residents and members of the surrounding community the opportunity to play kickball. The League will promote, and regulate competitive play and good conduct among affiliated members. Holly Springs Parks and Recreation, as governing organization, will develop and administer rules that will uphold these standards.

MEMBERSHIP

Membership in the league shall be open to a maximum of sixteen (16) teams. All teams must be approved by the Parks and Recreation Department and must comply with all rules and regulations as set forth by the department. Each team must submit a team roster form, signed by all players. Any player or coach forging names on a team roster or waiver will automatically be disqualified from participation in the program for one (1) calendar year from the point of discovery.

GENERAL

All authority not covered in these Rules and Regulations shall be invested in the Holly Springs Parks and Recreation Department. The department will have jurisdiction over all managers and players. Amendments may be made to these rules by the department as circumstances dictate.

BY-LAWS

1.REGISTRATION AND ELIGIBILITY

- All participants must be eighteen (18) years of age by the start date of the league.
- Teams using ineligible players will be subject to forfeiture of games in which ineligible players have participated.
- Rosters can have unlimited number of players. However, players can only be on one (1) roster in the HSPR adult kickball program.
- Team managers are responsible for the enforcement of and adherence to all eligibility rules and submission of a final completed team roster.
- The deadline to add a player to your roster at the front desk will be Friday, April 9th at noon. After this date, a player may only be added to your roster with prior approval from the Program Manager. All waivers and non-resident fees must be signed and paid before a player is eligible. Rosters will be frozen on Friday, April 30th at noon. Roster changes may only be made at the discretion of the Parks and Recreation Department.

2.RULES

- Outs – Any count of three strikes. Any baserunner who is contacted by a fielded ball (thrown or tagged) while not safely touching a base is out, unless contacted while overrunning first base from the kicking box. Runner is safe if the thrown ball hits the runner in the head, provided the runner did not try to dive, slide or duck to evade the ball. Baserunner that intentionally runs more than 4 feet outside the baseline, while intending to avoid a tag or throw, is out.
- Pitching – must be done underhand. The pitcher must have at least one foot on the pitching rubber. The pitcher must stay behind the pitching rubber until the ball is kicked. The pitched ball must bounce at least 3 times before crossing the front of home plate. The pitch must cross home plate no more than 12” to the left, to the right, or above any part of home plate to be

considered a strike. 4 balls result in a walk. If a pitched ball bounces higher than the kickers knee after crossing the plate, the pitch will be called a ball.

- Fouls – 3 fouls result in an out. A foul is considered any kicked ball that lands in foul territory or travels out of bounds on its own before reaching 1st or 3rd base. Fouls in kickball follow the same rule as baseball.
- Plays at Home – “Point of No Return line” will be half way between 3rd base and home plate. Once a runner has passed this line, they are committed to continue toward home and may not return to third base. This will always be considered a force play to prevent injuries from tags at home plate.
- Catchers Position – The catcher must remain behind the kicker, within or directly behind the kicking box, and may not cross home plate nor be positioned forward of or next to the kicker before the ball is kicked. The catcher may not contact the kicker or stand so closely to the kicker as to restrict the kicking motion.
Kicking – All kicks must be made by the foot or leg, below the knee. If the kicked ball hits above the knee, it will be ruled a foul. All kicks must occur at or behind home plate. The kicker may step on home plate to kick the ball; however, no part of the planted foot may be in front of or cross the edge of home plate. Doing so will result in a foul ball. All kicks must be made in the kicking box. The kicker may line up outside of the kicking box. **Bunting is permitted.**
- Continuous kicking lineup will be used with free defensive substitutions. Kicking order does **NOT** have to rotate genders.
- 10 defensive players will be allowed on the field (minimum of 8 to play). At least 2 players from both genders (male and female) must be on the field at all times.
- Base stealing is not permitted.

3. PLAYING TIME

- All games will consist of a 1-hour time limit or 7 innings of play, whichever comes first (no mercy rule in kickball).
- Regular season games can end in a tie. Tournament games will continue until a winner is declared.
- Games must start on time (no grace period).
- HSPR will provide a scorekeeper and umpire(s) for all games. The scorekeeper will keep the official time for the game as well. The umpire(s) will be an HSPR staff member. Their calls will be considered final and should not be argued.

4. POSTPONED GAMES

- For practice and game days, the Parks and Recreation Department will have the final decision on field cancellations. The weather hotline can be reached at 557-2939. Decisions will be made by 4:00pm on weekdays, 8:00am on Saturdays, and 12:00pm on Sundays. The alert center on the Town website allows you to receive an email or text message when cancellations are announced. Click on the link <http://www.hollyspringsnc.us/list.aspx> and follow the steps to receive notifications. The weather cancellation page <http://www.hollyspringsnc.us/index.aspx?NID=7> on the website is also updated with cancellation information.
- Games that are suspended due to inclement weather shall be continued from the point of suspension as rescheduled by the Parks and Recreation Department.

5. PROTESTS

- The only legal protest is one involving the use of an ineligible player.
- The team protesting ineligible players must notify the umpire at the time they suspect an ineligible player is participating. An HSPR staff member will request a photo ID from the player in question to compare to the team's roster. **Please make sure all players bring a photo ID to the games!** Said player will submit his/her ID to the facility manager immediately. If the game has already started, and a player is determined ineligible, their team will forfeit. If the game hasn't started, said player will be removed from the dugout and will become a spectator. If a player can't show a photo ID, they will be removed from the game and a substitute will be allowed in their spot. No protests can be made after a game has ended.

6. FIELD AND EQUIPMENT

- Bases will be set at 60 feet and the pitcher's plate at 40 feet.
- The Kicking Box will be defined by the traditional baseball batters box.
- WAKA official kickball will be provided for all games.
- Team jerseys will be required. All jerseys must have non-duplicating numbers for the purposes of tracking kicking order.
- Athletic shoes are required. No flip flops, bare feet or metal spikes.

7. POST-SEASON TOURNAMENT

- There will be a single-elimination tournament at the end of the regular season.
- Winners will receive team trophy and individual championship t-shirts.

PLAYERS CODE OF CONDUCT

- 1.01 The Town of Holly Springs Parks & Recreation Department has a zero tolerance for unsportsmanlike conduct or behavior by an individual (players, coaches, officials, spectators, or parents) at any town function or event and said behavior will be subject to partial or permanent suspension.
- 1.02 Unsportsmanlike conduct is defined as but not limited to the following: harassment of officials or participants, use of profane language or gestures, and public threat or physical violence.
- 1.03 The length of the suspension will be determined by the Athletic Programs Manager.
- 1.04 Any player, coach, spectator or parent that enters the field of play and confronts and/or makes contact (i.e. cursing, shoving, pushing, etc.) with an official or participant is suspended from the program and any Parks and Recreation related facilities for any practice, game, or activity for one calendar year from the date of the incident.
- 1.05 No player, coach or spectator shall refuse to abide by an official's decision.
- 1.06 No player, coach or spectator shall be guilty of objectionable demonstration of dissent at an official's decision.
- 1.07 No player or coach, other than the Head Coach, should discuss with an official in any manner the decision reached by an official.
- 1.08 No player or coach shall be guilty of using unnecessary rough tactics in the play of the game against an opposing player.

- 1.09 No player, coach or spectator shall be guilty of personal verbal abuse upon any official for any reason.
- 1.10 No player, coach or spectator shall be guilty of physical attack as an aggressor upon any players, official or spectator.
- 1.11 No alcoholic beverages are allowed on any Town of Holly Springs property. Anyone violating this rule is subject to arrest and expulsion from the League.
- 1.12 No player, coach or spectator shall use profanity. Offending players/coaches may be subject to ejection, possible suspension/expulsion from the league.
- 1.13 If ejected, a player or coach must vacate the premises. Failure to abide by this will result in forfeiture of the game.
- 1.14 Any player, coach or spectator ejected by an official or a supervisor will be subject to suspension. Any ejection due to fighting will result in expulsion for one (1) year. A suspension from the game is also a suspension from the playing site. A second ejection in the same season results in a suspension from all remaining games for that season. If circumstances warrant, the suspension may include all competitive programs offered by the Town of Holly Springs Parks and Recreation Department. Seasonal suspensions may be appealed to the Assistant Department Director.
- 1.15 Game suspensions may apply to regular season games and/or tournament play and may, at the discretion of Holly Springs Parks and Recreation, be carried over to future seasons.

VIII. Lightning Policy

- 1. When thunder is heard, or lightning is visible, the thunderstorm is close enough to strike your location with lightning. Suspend play and all players, coaches, fans and umpires should **Take Shelter Immediately!**
- 2. Flash (Bang) Method – Count seconds between lightning flash and thunder and divide by 5 – this gives the distance of lightning in miles. If count is 30 seconds or less **Take Shelter Immediately!**
- 3. **Safe** places for shelter would be fully enclosed metal vehicles with windows up, enclosed buildings or the low ground. Seek cover in clumps of bushes. **Unsafe** shelter areas include all nearby outdoor metallic objects like flag poles, fences, high mast light poles, metal bleachers, etc. AVOID water, AVOID open fields, AVOID using the telephone.
- 4. If you feel your hair standing on end or hear “crackling noises” you are in lightning’s electric field. Immediately remove metal objects (including baseball cap), place your feet together, duck your head and crouch down with hands on knees.
- 5. If anyone is struck by lightning **CALL 911 IMMEDIATELY**. People who have been struck by lightning do not carry an electrical charge and are safe to handle. Apply CPR immediately if you are qualified to do so.
- 6. **Thirty-minute rule**. Once play has been suspended, wait at least **30 minutes** after the last thunder is heard or flash of lightning is witnessed prior to resuming play. Any subsequent thunder or lightning after the beginning of the 30-minute count, reset the clock and another 30-minute count should begin.
- 7. At the conclusion of the first thirty (30) minute delay, the game officials will determine whether or not to continue or cancel the game(s). NOTE: If lightning is still visible after the first thirty (30) minute delay, the game(s) will be cancelled and rescheduled on another day.

IX. Tornado Policy

Tornado Watch (which means that conditions are favorable for tornadoes to form), all activities will continue as scheduled when the National Weather Service issues a Tornado Watch for Wake County. All participants and staff should monitor weather conditions and announcements. Please monitor local media or weather radio for weather alerts.

Tornado Warning (which means that a tornado has either been sighted or considered to be imminent in the warned area), all activities should be suspended when the National Weather Service issues a Tornado Warning for Wake County. All participants should take shelter immediately and adhere to the following procedures:

- I. Seek shelter inside the facility.
- II. Go to an interior room on the lower level (closets, interior hallways). Interior hallways on the lowest floor are usually safest. Put as many walls as possible between you and the outside. Get under a sturdy table and use arms to protect head and neck. Stay there until the danger has passed.
- III. Do not open windows. Use the time to seek shelter.
- IV. Stay away from windows, doors and outside walls. Go to the center of the room. Stay away from corners because they attract debris.
- V. Get out of vehicles, trailers and mobile units immediately and go to the lowest floor of a sturdy nearby building or a storm shelter. Mobile units, even if tied down, offer little protection from tornadoes.
- VI. If caught outside with no shelter, lie flat in a nearby ditch or depression and cover your head with your hands. Be aware of potential for flooding.
- VII. Do not get under an overpass or bridge. You are safer in a low, flat location.
- VIII. Never try to outrun a tornado in urban or congested areas in a car or truck; instead, leave the vehicle immediately for safe shelter. Tornadoes are erratic and move swiftly.
- IX. Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.

All activities should be resumed once the Tornado Warning has cleared for the Holly Springs area and the conditions of the facility are safe. All participants and staff should continue to monitor weather conditions and announcements. Please monitor local media or weather radio for any additional weather alerts.

