

OSPR 2026 Adult Kickball League Rules



1. **Age Requirements:**
18 and older
AS CAPTAINS IT IS YOUR RESPONSIBILITY AND LIABILITY TO ENSURE THAT YOUR TEAM IS OF CORRECT AGE.
2. **Rosters:**
Final rosters may have a **MAXIMUM** 10 players on it, **50% of which must live or work in Old Saybrook**. Final Roster forms must be submitted to the Park and Recreation office before your team plays its first game of the season.
Teams can field a maximum of 7 players and a minimum of 6 (catcher supplied by other team). There has to be at least two women in the field at all times.
3. **Positions:**
 - a. Pitch and Catcher (optional)
 - b. First, Second and Third Bases
 - c. Left and Right Field
4. **Substitutions:**
You can sub at the end of any inning. Players can alternate innings. There is not a maximum on substitutions in the field.
5. **Team uniform:**
Optional but recommended. To be provided by individual teams.
6. **Equipment:**
The game ball and bases will be supplied by OSPR. Sneakers are mandatory.
7. **Alcohol and Tobacco:** **The consumption of alcoholic beverages is prohibited as is ALL TYPES of smoking on all town properties.**
8. **Umpires:**
There will be no umpires. Honesty is our policy. If the teams cannot come to terms, our staff will make the call for you. **Staff's call is final.**
9. **Game:**
Six (6) innings, or a maximum of hour in length. 3 outs per inning. **GAMES BEGIN AT 6:00pm, 7:00pm or 8:00pm SHARP.**
10. **Pitching:**
The goal is to put the ball in play, not strike anyone out. Therefore, no FAST pitching. A pitch can and should have some speed, but it should be kick-able. There are NO Strikeouts.
A pitch should not bounce more than once. Pitcher must be in circle, when pitching!
4 FOULS = OUT
THERE ARE NO WALKS ALLOWED
11. **Kicking:**
There is NO Bunting. Each batter **MUST** make their best attempt to **fully** kick the ball and kick fully through.
Any time the ball hits an object (gym curtain divider, track guardrails, blue padding, I-beams, etc.) the ball is live and an out can be made. If the ball goes under the bleacher, it's a dead ball, runner can only advance to 1 base.

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12. **Foul Ball:**
A foul ball is any kick that doesn't go beyond the blue, volleyball 10' line or goes to the right of first base or the left of 3rd base. 4 foul kicks = out
13. **Run Rule:**
In the first 5 innings, a team can score a maximum of 7 runs per inning, before they have to switch sides. There is no run limit in the 6th or extra innings. Games will not go past 1 hour.
14. **Catchers:**
It is recommended that the catcher stands far enough behind the Kicker near the blue wall.
15. **Outfielders:**
Must position themselves beyond the basketball court Free Throw line, opposite courtside of home plate.
16. **No Sliding or Stealing:**
No sliding or stealing, they are **automatic outs**. The base cannot be blocked by any player. If a player is blocking the base path the runner will be automatically awarded the base. You can over run the base within reason. No advancing while pitcher has ball in circle.
17. **How to make an out in the field:**
 - a. A kick that is caught before touching the ground, including off an obstruction, anywhere is an out, unless it was a Home Run.
 - b. If the ball is thrown to a teammate at a base, on a force out, and they step on the base before the runner does, that is an out.
 - c. If you tag a runner with a ball before they are safe at a base, they are out. If you throw the ball and hit a runner before they are safe at a base, they are out.
 - d. If your throw hits the runner in the head, they are safe.
18. **Force Outs:**
If a player is forced by another baserunner to advance to the next base, this constitutes a force out and all the defense needs to do is tag the base while in possession of the ball.
19. **How to make an out while kicking:**
If you kick the ball in one of the two hoops on the "home plate" side of the court, it is an out. If the ball is kicked above the track and gets stuck on the Track, it is an out. If you kick four foul balls it's an out.
20. **Homeruns:**
 - A. Any ball that hits the back wall, **above** the blue mat that is not touched by a fielder is a homerun.
 - B. Any ball kicked above the track, beyond the back court, side hoops is a homerun, **UNLESS**, it gets stuck and remains on the track.
 - C. Any ball that is kicked into the back, side hoops is a 2 run homerun.
 - D. Any ball that is kicked into the back and furthest hoop is a grand slam worth 4 runs.
21. **First Aid Kits:**
OSPR will have a med kit at the scorer's table during each game.
22. **HAVE FUN:**
This recreational league will not tolerate rough or dangerous play on the field. There is no alcohol allowed during the games. The relaxed nature of the rules and officiating should promote enjoyable sportsmanlike games for everyone. Anyone who cannot follow these rules will be asked to leave the property and will not be allowed to participate in the remainder of the season.
23. **PRIOR TO THE START OF ANY GAME, BOTH CAPTAINS SHOULD MEET TO DISCUSS THE RULES.**