



# Charles County

## Department of Recreation, Parks, and Tourism

### Youth Adult Kickball League Guidelines

#### THE LEAGUE:

- A. **Mission:** To enhance the quality of life of our residents and visitors by providing well rounded recreational and organized sports programs focusing on building a sense of community and improving the overall quality of life for current and future generations.
- B. **Philosophy:** The Charles County Youth Kickball League is first and foremost intended to provide a positive social experience for young boys and girls with an emphasis placed on good sportsmanship, fun, and exercise. **(NOTE—Players may not sit the bench for more than one inning during a game unless injured).** These guidelines will govern practices and games at all times.
- C. **Administration:** All leagues will operate under the jurisdiction of the Charles County Department of Recreation, Parks, and Tourism. Questions and concerns should be brought to the League Director's attention for review.

#### I. COACH OBLIGATIONS:

- A. A Coach's primary function is to encourage all participants to have fun and motivate them to participate regardless of the circumstances that occur during the course of the game.
- B. Coaching strategy should be minimal for kickball. You are there to mentor and guide the participants, ensure fair play, and mediate any disagreements.
- C. Teams are not permitted to scrimmage or play against children/teams outside of their own age division. Younger players may move up age divisions however, older players may not play down an age division.
- D. Coaches will be responsible for umpiring the game.



## II. POLICIES & PROCEDURES:

### A. Age Divisions:

Youth Kickball divisions will be made up by two age divisions:

**7-9, 10-12**

Players must register for the appropriate age division. Age is determined by calendar year (Age of December 31) Children in the 7-9 age division may play up to the 10-12 age division with approval from the Sports Office. Charles County DRPT is not responsible should the child be injured during the course of the season.

### B. Team Roster Size:

Team roster size for all divisions is 12 maximum and 7 Minimum

### D. Team Selection:

Coaches will assess players and evenly divide teams by age with an equal number of boys and girls when possible. Our goal is making sure that each team is as competitive as possible. Following this process, the coaches will notify the parents of when and where their practices and games will be.

### E. Participation:

All players present will not sit the bench for more than one (1) inning each game unless they are injured. A maximum of 9 players will enter the field defensively. **Those children on the bench while their team is in the field must rotate in on defense the next inning. This process will continue throughout the entire game.** Each team will have a continuous kicking order for every half inning they are up to kick. If a player is injured, the kicking team will not be charged an out, they will skip to the next kicker. **There are no forfeits. If a team is short players either the team with more players will loan that team players to play the field or they may play as is.**

### F. Player Equipment

1. Cleats are acceptable footwear as well as tennis shoes (No metal cleats)
2. Wear comfortable clothes suitable for the heat.

### G. Season Game Play

1. The season will consist of a 6-game schedule. Games will be played on Tuesdays and Thursdays starting at either 6 pm or 7 pm. No standings will be kept. Games will be rescheduled weather permitted.



## H. Practices

Each team will practice 2-3 times at beginning of the season in order for coaches to meet with their respective players and parents to go over game rules and format. Once games begin, there will be no other practices during the season. If practices are rained out there will be no reschedules.

## I. Game Rules

### (a) Umpire:

Coaches will serve as umpires for all age groups. **Kicking team's coach is responsible for home plate and the fielding team's coach is responsible for the field.**

### (b) Player Eligibility:

All players must be registered through Charles County recreation, Parks & Tourism to participate in the program. At no time are teams permitted to allow unregistered children to participate.

### (c) Regulation Game:

All games will be 50 minutes. Games will play as many innings as they can within this time frame. No Overtime! Tied games remain so. No new inning will start after 50 minutes has passed. There is no slaughter rule. Coaches are encouraged not to run up the score. **There is a 6 run maximum per inning for all age groups.**

### (d) Base Coaches:

Base coaches can either be a coach or player.

### (e) Pitching/Catching:

Players will pitch.

- **The strike zone is 1 foot either side of home plate. A bouncing ball is considered a ball. The umpire determines if a pitch is a strike or not.**

- The pitcher must stay within the circle until the ball is kicked. Failure to abide by the results in a ball.

- The catcher must wait until the ball is kicked before he/she crosses home plate to field a ball. The catcher must be positioned to the left or the right of the kicker giving the kicker a clear path to kick the ball.

- **There are no walks. If a kicker misses 4 pitches, he/she will be out.**



**(f) Kicking:**

- A player's foot or leg must make all kicks.
- All kicks must be at or behind home plate. A kicker may step on home plate to kick.
- Bunting is permitted and may be fielded by the catcher once the ball crosses home plate.

**(g) Running:**

- Runners must stay within the base line.
- **No sliding or running into a fielder.** No contact is allowed. The runner is out if the runner initiates contact or the runner is safe if a fielder initiates contact.
- Fielders must stay out of the base line. Runners hindered by a fielder within the base line, not making an active play for the ball, shall be safe at the base to which they were running.
- **No leading off or stealing.** Runner can only advance after the ball is kicked. A runner off a base when the ball is kicked is out.
- **Runners may Tag-Up after a kicked ball is caught by the defense to advance to the next base.**
- **One base on an overthrow over the fence that encloses the field or if the ball rolls into the dugout.**
- Running past another runner is not allowed. **Any runner passed by another runner is out.**
- Runners may not over-run 2nd or 3rd base. They will be called out if they are hit with the ball or tagged.

**(h) Strikes:**

- Three strikes is an out
- A strike is:
  - A pitch within the strike zone that is not kicked
  - An attempted kick missed by the kicker inside or outside of the strike zone
  - Foul balls are considered a strike. A foul ball with 2 strikes does not constitute a strike out.
  - A foul ball is a kick landing in foul territory or any kick that goes in foul territory prior to passing 3rd or 1st base and not touched by a player.

**(i) Outs:**

- Three outs by a team completes the team's half inning
- Three strikes by a batter is an out



- A runner touched by the ball while not on base and the ball is in play.
- A fielder can throw a ball at a runner below the shoulders. Runners hit in the neck or head with the ball will not be out unless they were ducking to dodge the ball. Play stops and the ball is dead after hitting a base runner and being declared out.
- A kicked ball (fair or foul) caught in the air.
- A ball thrown to a fielder touching a base that beats a runner who is forced to run.
- A runner off of his/her base when the ball is kicked.
- A runner physically assisted by a base coach during a play.

**(j) Play ends:**

- When the pitcher has the ball in control on the mound.
- A runner intentionally touches or stops the ball (the runner is out).
- Play also ends when an umpire grants time out.

**(k) Kicking Order:**

- The kicking order must alternate between male/female or vice versa. Once the kicking order has been established, it cannot be altered. .
- If a player has to leave the game or is injured, you may skip their spot in the order with no penalty.

**I. Game Locations:**

All games will be played at White Plains Park



**Safety Concerns - Heat Policy** - There is considerable danger concerning heat stress/exhaustion during outdoor physical activities which occur during late spring, summer and early fall. All athletes are at risk and the necessary precautions need to be taken for all sports. All participants should be monitored closely.

1. Coaches shall pay particular attention to extreme weather conditions and make adjustments in their practice schedules when appropriate. When the heat index (air temperature plus relative humidity) reaches 84° or higher, the following restrictions listed below must be followed:

HEAT INDEX READING	RESTRICTION
<b>105° Plus</b>	<b>DANGER!</b> Discontinue regular practice. Very short restricted practice is permitted. Make sure all athletes drink water.
<b>95° - 104°</b>	<b>EXTREME CAUTION!</b> Modify practice with required water breaks every 30 minutes. Observe athletes carefully for signs of heat injuries. Make sure all athletes drink water.
<b>84° - 93°</b>	<b>WARNING!</b> Provide a mandatory ten (10) minute rest per 45 minutes of activity. Water is to be available at all times.
<b>Below 83°</b>	<b>NO RESTRICTIONS.</b> Monitor the heat index for increases. Water is to be available at all times.

**J. Inclement Weather:**

Charles County Recreation utilizes the Charles County Citizen Notification System (CNS) to provide updates on program or facility cancelations and closures due to inclement weather. Sign up to receive free text messages or emails at [www.charlescountymd.gov/switching-alert-systems](http://www.charlescountymd.gov/switching-alert-systems). Notifications will also be uploaded onto the Department of Recreation, Parks, and Tourism Facebook feed.

Games cancelled due to weather will be rescheduled if time permits.



## **CONCUSSION FACT SHEET**

### **WHAT IS A CONCUSSION?**

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding”, “getting your bell rung”, or what seems to be a mild bump or blow to the head can be serious.

Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost, even if they do not directly hit their head.

The potential for concussions is the greatest in athletic environments where collisions are common. Concussions can occur, however, in any organized or unorganized sport or recreational activity. As many as 3.8 million sports and recreation-related concussions occur in the United States each year.

### **WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?**

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

#### **Signs Observed by Parents or Guardians**

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Cannot recall events prior to hit or fall
- Cannot recall events after hit or fall

#### **Symptoms Reported by Athlete**

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”



## **HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?**

Every sport is different, but there are steps your children can take to protect themselves from concussion

- Ensure that they follow their coach's rules for safety and the rules of the sport
- Encourage them to practice good sportsmanship at all times
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly, be well maintained, and be worn consistently and correctly
- Learn the signs and symptoms of concussion.

## **WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?**

- **Seek medical attention right away**
  - A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports
- **Keep your child out of play**
  - Concussions take time to heal. Don't let your child return to play until a health care professional says it's ok. Children who return to play too soon – while the brain is still healing – risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- **Tell your child's coach about any recent concussion**

Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

**Remember, you can't always see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. It's better to miss one game than the whole season.**

For more detailed information on concussion and traumatic brain injury, visit:  
<http://www.cdc.gov/injury>