



Adult Athletics Handbook

Cherokee Recreation and Parks Agency
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CHEROKEE RECREATION & PARKS AGENCY

Mission Statement

“Our Mission is to enhance the quality of life for all Cherokee County residents by providing a diverse system of parks and recreation programs that promote healthy lifestyles and an active community”



It is important to note that this is a recreation league, and the intent is for fair and clean competition and the enjoyment of all those involved. Please keep this in mind throughout the season.

Policy & Procedures

A. General Policy

- The governing body of this league is Cherokee Recreation & Parks will have final decision on anything not covered in these rules.
- Cherokee Recreation & Parks recognizes the manager listed as having sole authority on team decisions including CRPA league play, GRPA District Tournaments, and GRPA State Tournaments. The manager's authority supersedes any concerns from sponsors and team players.
- Cherokee Recreation & Parks reserves the right to rule on anything that may not be covered in league supplement rules.
- CRPA, on occasion, may photograph or videotape registrants, participants and spectators in programs, special events or facilities. Such photographs are for CRPA use only and may be used in publications, brochures, pamphlets, flyers websites or video productions.
- A nine (9) game guarantee (including playoffs) will be provided in all league. however due to circumstances beyond our control (weather, etc.,) CRPA reserves the right to provide an eight (8) game schedule in all leagues.

B. Registration Information

- Registration begins approximately six weeks before the seasons start date.
- Early registration is not permitted and a late fee may be applied for late registration.
- One registration form for each team each season is required.
- Players must be 16 years of age prior to the start of the season to be eligible for Cherokee Recreation and Parks divisions and to participate in G.R.P.A. District and State tournaments players must be 18 years old.
- To register, visit www.playcherokee.org and click Register Now.
 - Register Now > Adult Athletics > Your Sport > Select your league
- Registration cannot be accepted by fax or email.
- Returned checks are subject to a **\$35 fee**.
- **When paying in cash, please have the correct amount.**

C. Cancellation Policy

- All leagues not meeting the minimum number of teams will be cancelled or combined with another league if it is possible.
- If your league is cancelled you will be notified. Leagues maybe cancelled because of the lack of teams.
- A full refund will be given for cancellation of any league.
- All refunds for cancelled leagues may take up to 30 days to refund.

D. Refund Information

- Refund requests must be completed in person at the Recreation Center Monday – Friday between 9 a.m. and 5 p.m. within five (5) working days of the beginning date of the season. (The beginning date of the season is the draft date for each league)
- Refund requests must be in writing and are subject to approval by the Cherokee Recreation and Parks Agency staff.
- **Refund checks will take 30 days for processing. There are No Cash Refunds.**
- Participants requesting a refund will be charged a \$5 processing fee and any other applicable fees including the cost of uniform, etc.

E. Eligibility

- Each team must have a roster and code of conduct turned in to the league coordinator prior to your first game of the season.
- Players are only allowed to play on one team per division. Example: A player cannot be listed on two rosters on a Monday night league. A player can be listed one roster per league/location.
- Players not on that team's roster are not eligible to play and are classified as an ineligible player.
- Players not on that team's roster are not eligible to play and are classified as an ineligible player.
- If teams need players a free agent list will be available upon request.
- New players may be added to a team roster prior to the **Thursday of the fourth week** of the season. Rosters will be redlined to indicate they are frozen.
- A manager may drop a player from his/her roster at any time but must coordinate it through the league coordinator at least 24 hours prior to game.
- Rosters are limited to 20 players per team.

F. Gameday

- Home team is the first team listed on the schedule.
- Games will begin at 6:30pm.
- Teams will not be allowed to swap game times or days with other teams, unless it was discussed and confirmed with the league director.

G. Forfeits

- A ten (10) minute grace period is allowed only on the 6:30 pm games. The grace period is considered as part of game time.
- The score of a forfeited game will be seven to zero (2-0) in favor of the team not at fault.
 - Captains should notify CRPA staff by 4:00pm if their team will not be able to attend their scheduled game.
 - If a team has more than 2 forfeits (no call/no show) in a season they can be removed from the league and a refund will not be given.

Exception: If a team notifies CRPA by 4:00pm it will not count against their 2 forfeits.

H. Conduct

- Each team is responsible for the conduct of its players and spectators. A team may be reprimanded, put on probation, suspended or face expulsion for any unsportsmanlike conduct by player(s), coach(s), or spectators. Cherokee Recreation & Parks has the right to deny anyone eligibility to play in our league.
- If a player is ejected from a game for unsportsmanlike conduct that player must leave the ballpark immediately. He/she is not eligible to play in any other games the rest of the night. Also, that player is ineligible to play for **one (1) calendar week** for any teams that they may be on.

THERE IS NO APPEAL PROCESS ON PLAYER EJECTIONS AND SUSPENSIONS.

- If a player is ejected from a game for unsportsmanlike conduct and it is his/her second offense they will be removed from all leagues for the remainder of the season.
- Profanity, unsportsmanlike conduct, and verbal or physical abuse will not be tolerated.
- No participant may touch an umpire or league official in anger, or threaten to do them bodily harm. Disciplinary action will result in expulsion from the league.
- The manager is the only person authorized to discuss rule interpretation with the umpire.

- Any player(s) involved in a fight before, during, or after a game while on CRPA property will result in automatic suspension. Players and coaches are responsible for the behavior of their team and its spectators.
 - The key is to step in and end a bad situation before it escalates and we have to suspend or banish players.
 - Anyone involved in a fight and or altercation before, during, or after a game will be suspended for a **minimum of one calendar year**.
- Alcoholic beverages and intoxicants prohibited. Cherokee County Ordinance No. 2015-0-003 Section 42-41 prohibits possession of alcohol in the county parks system, including parking lots.
- If teams are found with alcoholic beverages or tobacco products on the premises and/or dugout/gym, the player and head coach will be ejected and serve a 2-game suspension. Any subsequent actions will be grounds for removal from the league.
- It shall be unlawful for any person to inhale, vape, exhale, burn, or carry any turned-on e-cigarette, lighted cigar, cigarette, pipe or other combustible substance in any manner or form within 25 feet of a playground, picnic pavilion, athletic field or court including the adjacent spectator areas, or outdoor pool or aquatic playground.
 - **SMOKING/VAPING IS NOT PERMITTED AT ANY CRPA FACILITY OR PARK.**
- Cherokee Recreation & Parks reserves the right to suspend any or all players, coaches, and managers for unbecoming conduct either before, during or after a game.
 - Any team or player suspended from any of the adult athletics leagues could face suspension in all CRPA programs.

I. Protest

- Protest will be handled onsite by CRPA Supervisor and must be made before the game has concluded. There will be a \$100-dollar protest fee (Cash Only). Protest can only be on rule interpretations and player eligibility.
- Judgment calls cannot be protested.
- If protest is upheld the protest fee will not be returned.
- If protest is overturned the protest fee will be returned.

J. Inclement Weather Cancellations

- Each team will be responsible for checking website, emails, or text messages for rain-out and make-up game information. We will post this information to the website as soon as it becomes available.
- Notice of cancellations due to weather will be put out by 5:00 pm the day of the game by the league director.
- Games will be rescheduled to the discretion of Cherokee Recreation & Parks. CRPA will try to reschedule on regular scheduled game nights. However, CRPA reserves the right to reschedule games on any night of the week.
- The safety of the participants, officials, and spectators is the primary concern in cases of inclement weather. Once a game has started, the league coordinator and/or officials will have the responsibility to remove the players from the field if the conditions become extreme. If ordered to do so, please find a safe shelter until instructed to return to the playing field or told that the game has been cancelled. The storm will be considered over 15 minutes after the last sighting of lightning. Light rain showers, without thunder and lightning will not justify delaying or cancelling a game

K. Important Dates

- A list of key dates to remember will be emailed out before the season starts. Also, any updates will be emailed throughout the season.
- An email with the time and date of the captain's meeting will be emailed out before the close of registration.
- Spring and Fall consist of an eight to nine game regular season.
- The start date of the season will be considered the captain's meeting. Schedules will be distributed and posted on the website at the conclusion of the meeting. No refunds will be given after this date.

L. Medical Information

- All minor injuries will be treated by CRPA Staff or coaches. Any major or life-threatening injury or accident that may occur on the playing field or at the facility, during scheduled game/practice times will be handled as follows:
 - 911 will be called immediately
 - Parent/Guardian will be contacted
- Based on the professional decision of the EMT unit, the participant may be transported to the closest medical facility for immediate care. If medical transportation is required, the charges incurred will be billed to the parents/guardians and/or parents'/guardians' insurance policy. It is prohibited to transport a participant in a personal vehicle.
- A doctor's Release Form must be submitted before a participant may resume play.
- Please notify CRPA if you or a teammate has a pre-existing medical condition (i.e. allergies, medications, physical impairments, etc.). Also, notify the CRPA staff at the team meeting. This is essential in order to determine the severity of an accident and to assist medical personnel who respond to the scene.

A. Uniform

- Teams will have until the second week of the season to have alike colored jerseys with a number on the front or back of the jersey.
- Jersey numbers must be permanently attached (**No taped numbers – Markers or ink are acceptable**). Failure to comply with this rule will result in immediate removal from the game.
- Uniforms must be in good taste and worn in good taste.

B. Post- Season/ Awards

- All teams are eligible for the postseason tournament. The format of the tournament is up to the league director.
- In case of league standing ties, winners will be determined by:
 - a. Head-to-Head record
 - b. Run Differential (points scored-points allowed)
 - c. Net Points in all league games
 - d. Coin Toss
- In the event of a 3 or more-way tie, we will determine the highest seed using the aforementioned tie-breakers and after a team has been eliminated and seeded, we will revert back to the first tie breaking procedure.
- League awards are as follows:
 - Division Champions receives team jerseys (quantity differs per sport)
 - Division Runner-ups receives \$50 league credit.
 - Tournament Champions receives \$75 league credit.

Basketball Rules

A. General Rules

- There are currently Adult Basketball Leagues in the Fall, Spring, and Summer.
- The current edition of the National Federation and Georgia High School Association rules will govern league play, unless contrary to local rules established herein.
 - *Full Court Press Defense Rule:* When a team is ahead by twenty or more points, they are not allowed to **full court press**. Once the team that is trailing gains possession of the ball, the winning team must retreat to the other side of the mid-court line. Defensive pressure can be applied once the ball is across the mid-court line. (Note: This applies only to the team that is ahead. The team that is trailing is allowed to play defense in the back court.)
 - A ball will be provided for all games.

1st and 2nd violations = Warning and possession awarded to the offended team. Subsequent violations = Unsportsmanlike conduct technical foul charged to the team. (Not the individual)

B. Game Rules

- All teams must have at least four (4) players to start or continue a game. If a team falls below four (4) players, the game will be a forfeit.
- All games will consist of two halves, each twenty minutes long. The clock will run continuously for the first eighteen (18) minutes of each half, with the exceptions of official timeouts and team timeouts.
- During the final two minutes of each half, the clock will stop at each dead ball. In the first half if a team is ahead by 20 points or more the clock will still stop inside 2 minutes.
- In the event of a tie at the end of regulation time, there will be an overtime period of two (2) minutes. The clock will operate as a standard game clock during this period. All fouls committed in the regulation time will carry over.
 - If the score remains tied following this period, there will be additional two (2) minute overtime periods until a winner is determined.
- Each team will be granted five time-outs during the course of a regulation game. In the event of an overtime period, each team will be granted one time out. Any unused timeouts will not roll over the overtime period.
- Mercy Rule: When a team is leading by 20 or more points with two (2) minutes or less remaining in the game, the game will be terminated with the team in the lead declared the winner.
 - The team must be ahead inside the final two minutes for the game to be terminated.
- In the event of a forfeit or an early conclusion to a game, one or both teams may continue to use the court for the remainder of their allotted time with two exceptions.
 - (1) Please yield to players in the next game at ten (10) minutes prior to the next game.
 - (2) If it is the final game of the night, the gym will close immediately
- If both teams are wearing similar colored jerseys, the officials will conduct a coin toss to determine which team must wear the scrimmage vests.
 - It is the sole judgment of the officials whether the vests are needed.

C. Player Conduct

- THERE WILL BE NO DUNKING ALLOWED AT ANY TIME BEFORE OR AFTER THE GAME, OR DURING HALFTIME. Violation of this rule will result in a technical foul.
- Dunking will be permitted during the games. However, hanging on the rim for any reason other than to prevent injury to yourself or others will result in a technical foul. This is the sole judgment of the officials and cannot be protested.
- The Cherokee Recreation & Parks reserves the right to suspend any player, coach, and manager for unsportsmanlike conduct, either before, during, or after the game.
- A player or coach drawing two (2) technical fouls or one flagrant foul in the course of a game will be automatically suspended for the remainder of the current game. He/she must leave the premises at this time.
- Any team that receives three technical fouls for unsportsmanlike conduct during the course of a game will forfeit that game.
- If a team accumulates five (5) technical fouls for unsportsmanlike conduct during the season, the entire team will be suspended for the remainder of the season.

Softball

A. General

- ASA/USA slow pitch rules govern league play except when superseded by the following rules and regulations.
- The league shall consist of the following divisions: Men's League, Co-ed, and Church.
- Adult Softball consists of a Spring and Fall League.
- A One-Pitch softball league will be held in the summer.

B. Game Day

- A minimum of two (2) umpires will be assigned to every game. A game will be played if only one umpire is present.
- There is a one (1) hour time limit for each game. **No new inning shall begin after this after 58 minutes of game time has passed or 2 minutes remaining on the clock.**
- Four (4) completed innings or thirty-five (35) minutes passed shall constitute an official game in the case of rain-outs or three and one half (3 ½) innings if the home team is ahead.
 - If required regulation innings have not been played, CRPA will reschedule the game. (Any rescheduled games will start as a new game not at the point of interruption.)
- If a game is tied at the end of the one (1) hour time limit or after seven (7) completed innings extra innings will be played with a one (1) pitch format. International Tiebreaker.
- Each team can bat up to twelve (12).
- All teams must have at least eight (8) players to start or continue a game. If a team falls below eight (8) players, the game will be a forfeit.
- Teams may pick up player(s) to get to 8 players to prevent a forfeit.
- A Pick-Up Player is defined as any person not on your current team roster. Pickup Players must be signed off by the supervisor on site and the captain from the opposing team prior to game time.
- The pickup player(s) are only eligible until the rostered player(s) arrive.
- Upon the arrival of a rostered player(s), the pickup player(s) MUST be removed for the remainder of the game. Pickup player(s) are NOT eligible to continue to play once a team has 8 rostered players in the lineup.
- Late Players: If a team has less than ten (10) players when the game starts they can only add players to get to ten (10) players throughout the game.
- If a team does not start a game with the extra player(s), he/she may not be added once the game has started.
- Pitcher and Catcher positions must be occupied when playing in the field.
- If at any point a team lineup falls below eight (8) players, the game will be an automatic forfeit.
- If a player is removed from a game due to an injury, an out **will not** be charged for the persons turn at bat. Once removed, the player cannot re-enter the game.
Exception: If a player is removed from a game for unsportsmanlike or rowdy conduct, an out **will be** charged for the removed persons turn at bat.
- A ten (10) minute grace period is allowed only on the 6:30 pm games. The grace period is considered as part of game time. However, if a team has eight (8) players, the game will start immediately or as soon as the eighth (8th) player arrives. Grace period time counts as game time.

C. Pitching

1. The pitching arc is 4-10' from the ground in all leagues.
- The pitcher will have a second line behind the pitching plate in which the pitcher can deliver the pitch from. As long as the pitcher comes to a pause after receiving the ball and has one foot between the line and the pitching plate he/she may deliver the ball.
- The pitcher may not fake a pitch, pitch behind his/her back, or between his/her legs.
- Each batter will come to the plate with a 0-0 count. The umpires will use a three (3) ball and two (2) strike method. Batters will receive one (1) extra foul.
- Pitching Screens must be used in all adult leagues (NO EXCEPTIONS).
- The screen must cover no less than half (1/2) of the pitching plate and should be placed approximately two to four (2-4ft) feet in front of the pitching plate.
- The screen can only be adjusted as to a left- or right-handed pitcher.
- First (1st) contact per batter per at bat with the screen is a dead ball/foul ball. Second (2nd) contact per batter per at bat with the screen is a dead ball/out. ** If a batter does not have any fouls left in his/her at bat and contacts the screen an out will be recorded.
- No Runners may advance any time a batted ball hits the screen. If a thrown ball hits the screen at any time it will consider to be live unless an umpire has already signaled dead ball prior to ball hitting the screen.
- Contact is considered to be the ball touching any part of the pitching screen no matter if in direct flight or from the ground.

D. Co-ed Specific Rules

1. A game can start with eight (8) players. Teams can start with a minimum of 3 females.
2. Late Players: If a team has less than ten (10) players when the game starts they can only add players to get to ten (10) players. Ex. If you start with 5 males and 3 females, you will be able to add 2 more females to get to 10. No more males are allowed to be added as that point.
3. There will be a 200-foot line in the outfield that all outfielders must remain behind while a female is at bat and contact has been made. The penalty for outfielders being over the line will be all baserunners advance one base and the batter will receive first base.
4. If at any time male batter is walked before a female batter he will be awarded second (2nd) base and all other runners will move to the next base if forced.
5. If a male batter is walked before a female batter with less than two (2) outs, she must still take her turn at bat.
6. If a male batter is walked before a female batter with two (2) outs, she will have the option to hit.
7. Teams must arrange their batting order with a female batter between each male batter. Unless you have 8 players with the minimum of three females.
8. Fielding Regulations:

*A team must have one and only one male in the pitcher/catcher combination.

*A maximum of two (2) male players are permitted in the infield.

*A maximum of two (2) male players are permitted in the outfield.

Note: Male players are permitted to play side-by-side in the field.

(Unless your team only has 8 players)

E. Homerun/ Mercy Rule

1. In all divisions and leagues each team will be allowed over the fence home runs.
 - Beginners league will be allowed 1 over the fence home run
 - Intermediate and coed leagues will be allowed 2 over the fence home runs.
 - Any balls that are hit over the fence exceeding the allotted home runs will be ruled an out and all runners must return to the last base legally occupied before the pitch.
2. The following mercy rule will be in effect for all games played:
 - 15 runs after 3 innings
 - 12 runs after 4 innings
 - 10 runs after 5 innings

F. Courtesy runners

1. A Courtesy runner will be allowed for one person per inning. (Coed: One male and One Female per inning)
 - A courtesy runner can be anyone in the lineup. The first person to step on the base as the courtesy runner will be considered the legal runner.
 - If the person is due up next in the lineup and is on base that will be considered an automatic out. Exception: In coed a courtesy runner must be the same gender.
 - If a team bats around in their line up in an inning, the same player who received a courtesy runner may use the same person as their courtesy runner again. (The same two players have to be involved).

G. Stealing bases is NOT allowed.

H. Uniform/Equipment

1. ASA/USA approved bats are the ONLY bats allowed for CRPA league play. All bats must have the ASA/USA approved stamp. If it doesn't have the ASA/USA stamp it is NOT a legal bat. If the bat has the ASA/USA stamp, but is on the non-approved list you CANNOT use that bat. If a player is caught using an illegal bat he/she will be "OUT", all runners will return to the base last occupied, and the batter will be ejected. A current list of legal and non-approved bats can be found at <http://usa.asasoftball.com/e/BB1P2000.asp>.
2. When a batter enters the batter's box with or is discovered using a non-approved bat, the batter shall be ejected.
3. Teams will have until the second week of the season to have alike colored jerseys with a number on the front or back of the jersey.
4. Athletic shoes are required. Steel Cleats are not allowed.
5. There are only two approved softballs for league competition provided by the league:
 - *.44 Core with a compression rating no greater than 375. (12-inch softballs only)
 - *.44 Core with a compression rating no greater than 375. (11-inch softballs only)
7. Men's and Church league may only hit 12-inch softballs 2
8. Women's league may only hit 11-inch softballs 3) Coed league men will hit 12-inch softballs and women will hit 11-inch softballs.
9. Each team will be provided with game balls at the beginning of the season or during the games. Teams must turn in rosters to receive game balls.
10. Additional balls can be purchased \$8 per ball.
11. Each team must provide league approved game balls to the umpire before each game.

I. One Pitch Specific Rules

1. Games will be 35 minutes or 5 innings, whichever comes first. No new inning should begin after the time has expired.
2. If there is a tie, we will go to the International Tie Breaker rule.
3. Home team will be listed first on the schedule.
4. Each team will be allowed 2 homeruns.
5. Run rule of 15 after 2 innings, 12 after 3 innings, and 8 after 4 innings
6. Teams may bat maximum of 12 players.
7. Coed specific: each team must have a MINIMUM of 3 girls.
8. Max 10 players on the field for defensive.
9. Courtesy runners are allowed (One per inning)
10. One male or one female courtesy runner per inning. (coed specific)
11. Runner is the last batter of the same sex, not on base.
12. **YOU GET ONE PITCH!** (You pitch to your own team)
 - o One Pitch: Each batter gets only one pitch to put the ball into play.
 - o If the pitch is not put in play the batter is out.
 - o If the ball hits the screen the batter is out. Pitching screens must be used.
13. The screen must cover no less than half (1/2) of the pitching plate and should be placed approximately two to four (2-4ft) feet in front of the pitching plate.

Inning Order (3,6,6,3 format)

1st - Visitors, Home

2nd - Home, Visitors

3rd - Visitors, Home

To cut down on transition time this will be the order in which the innings are played. Once a team gets 3 outs, the outs start over from 0. Example: The visiting team bats first. Then when the home team is up to bat in the bottom of the 1st they will get 3 outs. When they get the 3 outs the bases clear, and the outs start over. The Home team is still up to bat.

All other rules not listed will be the same as the Fall/Spring Adult Softball leagues.

Flag Football

A. General

- The current edition of the NIRSA Flag & Touch Football Rule Book & Officials' Manual will govern play except where modified by local rule.

B. Time Factors

- Game consists of two TWENTY-TWO (22) minute halves. It will run continuously for the first 22 minutes of each half unless it is stopped for one of the following reasons:
- Team timeout – Clock restarts on the snap. Note: if a team timeout is called prior to a Try, the try down shall be untimed, and the clock shall restart on the snap of the play that follows the Try.
- Official's timeout – clock restarts on the ready for play. c. 2 Minute warning – Referee shall stop the clock and announce the two (2) minute warning. The clock will restart on the snap. In the final 2 minutes of each half the clock will revert to a regular football clock (only stopping on plays out of bounds, incomplete passes, timeouts, or penalties).
- With less than two (2) minutes remaining in the game the offended team of any foul will have the option to start the game clock on the snap.
- The game will begin when each team has at least 5 eligible players present.
- If the game is tied at the end of regulation an overtime period or periods will be played to determine a winner. Each team will have four (4) downs to try and score a touchdown from the 10-yard line. All penalties will be assessed as usual. If the defense intercepts a pass they may return it for a touchdown.
- Each team will have 2 timeouts per half. In overtime each team will be allowed one (1) timeout per overtime period.

C. League Rules

- Each team may have up to seven (7) players to start a game. Five players are required to avoid a forfeit once a game has started.
- Each team will designate two team captains (offensive and defensive) to the Referee. Only the team captains will be spoke to regarding penalties and penalty decisions. The captain's first choice on any penalty option shall be irrevocable.
- Team representatives, including players, substitutes, replaced players, coaches, trainers and other persons affiliated with the team are subject to the rules of the game, and shall be governed by decisions of officials assigned to the game.
- The Referee shall be the judge of any ball offered for play and may change the ball during play at his/her discretion. During the game each team must use a legal ball of its choice when in possession.
- All jerseys must be tucked in or be 4" above the waist. 6. Each player must wear pants or shorts without belt loops or pockets.
- Each player must wear a one-piece belt at the waistline with three flags permanently attached. Penalty: Failure to have flags legally attached prior to the snap, 5 yards from the previous spot.
- Each player must wear shoes. They must be made of soft, pliable upper material (canvas, leather or synthetic) which covers the foot attached to a composition bottom. NO golf, track, or baseball shoes (steel cleats) shoes allowed.

- Listed below are additional clothing guidelines:
 - NO jewelry of any kind.
 - NO hats of any kind with bills on them.
 - NO pads or braces above the waist.
 - NO leg or knee braces made of hard, unyielding material, unless covered on both sides and alleges overlapped with closed cell slow recovery rubber.
 - NO towels attached to the player's waist.

Players not following rules above they will not be allowed to play

- The Center is the only player that has to be on the line of scrimmage line on all plays.
- All fumbles are dead as soon as the ball touches the ground. The ball will be marked at the place where the ball touched the ground.
- Only one forward pass per offensive play. Laterals or backwards passes are unlimited during play.
- When a player removes a flag he/she should hold it up to help the referee with the spot. If a flag beltline inadvertently falls to the ground, a one hand tag constitutes a capture. A player, who removes the flag belt, may leave his/her feet.
- A defensive player may not hold, push or knock the runner down in an attempt to remove the flag belt.
- Punts are free kicks and the offense may not run-down field until the ball is kicked. The team receiving the punt can arrange the players anywhere on the defensive side of the ball, but may not touch the kick.
- The only type of blocking allowed is screen blocking. Arms must be kept down and/or hands behind the back. Rushers must go around blockers and may not use their hands to push blockers out of the way. Blockers may not stick their legs out to trip-up rushers.
- Rushers may leap and use their hands to block passes, but if a leap causes them to land on or knockdown a passer they may be penalized.
- Runners may not run over defenders, lower their shoulders, use stiff arm, guard his/her flags or hurdle defensive players.
- Offensive players in motion may not turn toward the defense until after the snap.
- All defensive pass interference penalties are spots fouls and an automatic first down. Pass interference called in the end zone will be marked for play on the 1-yard line and an automatic first down.

D. Mercy Rule is as follow:

- If a team is ahead by 35 points at 10 minutes remaining in the second half after the losing team has had one series.
- If at the 2:00 Minute Warning a team is in the lead by 25 (coed) or 19 (men's), the game will end.

E. Scoring may occur in the following manners:

- Touchdown is six (6) points.
- Extra points are one (1) point from the three (3) yard line, and two (2) points from the ten (10) yard line, and three (3) points from the 20-yard line.
- Safety is two (2) points.

- Extra points intercepted are automatic dead balls no returns are allowed.

F. Player Conduct

- The Cherokee Recreation & Parks Agency reserves the right to suspend any player, coach, or manager for unsportsmanlike conduct before, during, or after the game.
- If a player accumulates two (2) penalties for “unsportsmanlike conduct” during the season, that player will be suspended for the next two games. If a player accumulates two (2) penalties for “unsportsmanlike conduct” during any game, that player will be suspended for the remainder of that game plus two additional games.
- If a player accumulates three (3) penalties for “unsportsmanlike conduct” during a season, that player will be suspended for the remainder of the season.
- If a player is ejected for any reason(s), that player must leave the park and will automatically be suspended from the next game played by their respective team. Any participant ejected twice during the same season will be suspended for the remainder of the season.
- Any team that receives three penalties for “unsportsmanlike conduct” during the course of a game will forfeit that game.
- If a team accumulates five (5) penalties for “unsportsmanlike conduct” during a season, the entire team will be suspended for the remainder of the season.
- Any player or coach found to be under the influence of alcohol or illegal drugs shall be removed from the game and the facility. Failure to do so will result in the forfeiture of the game, player suspension, and team suspension, if necessary.

Kickball

A. General

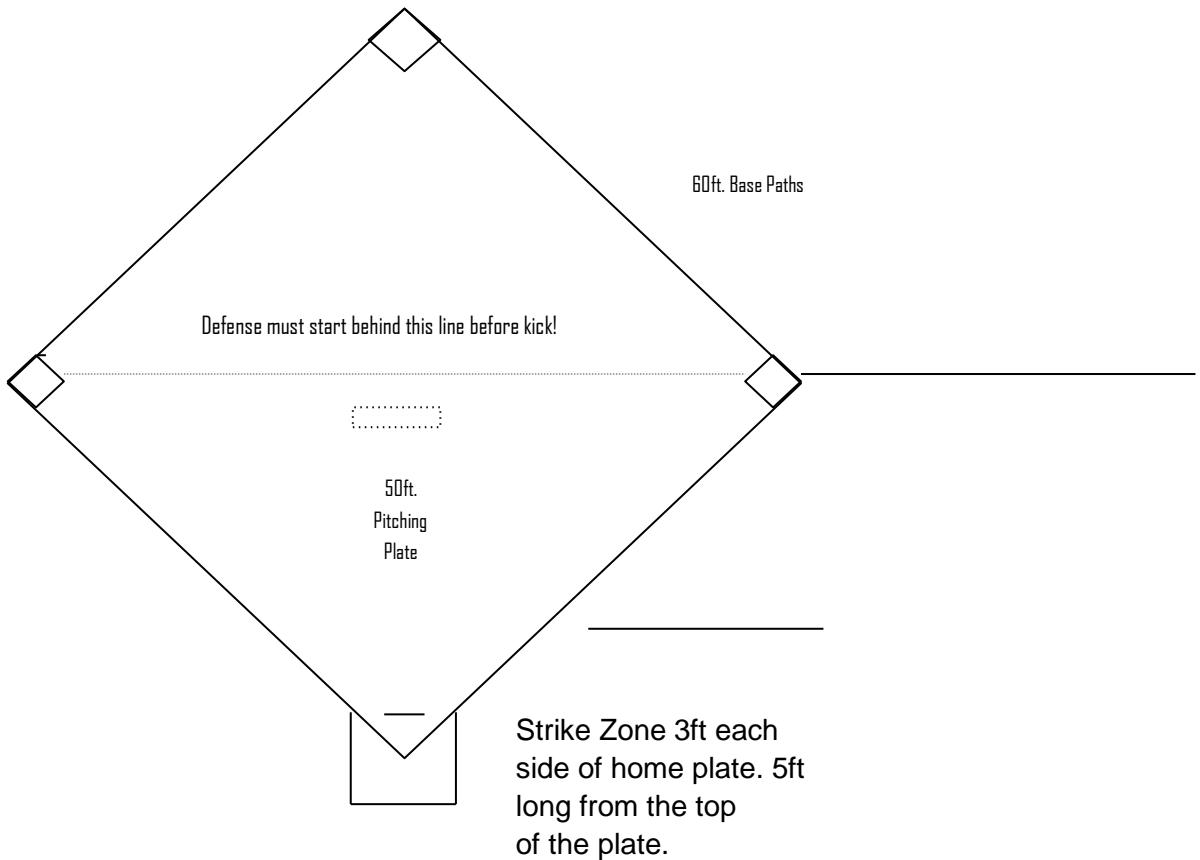
- The current WAKA (World Adult Kickball Association) will govern league play except where modified by local rules.

B. Time Factors

- Games will be 55 minutes or 7 innings whichever occurs first. In the event of a tie after 55 minutes or 7 innings, the international tie breaker will be used for one inning. The last out of the previous inning will go to second to start the inning. If the game is still tied after one complete inning utilizing the international tie breaker, the game will end in a tie.
- There will be a mercy rule. Teams ahead by 20 runs after 3 innings, 15 after 4 innings, or 12 after 5 innings will be declared the winner.
- In case of weather cancellations while a game is being played. A game will be considered complete if 3 ½ innings are played and 30 minutes have passed and the home team is ahead. If this has not happened games will be void and rescheduled to start in the first inning.

C. Game Rules

- All teams must have a minimum of eight (8) players to start or continue a game. If a team falls below eight (8) players, the game will be a forfeit.
- A ten (10) minute grace period is allowed only for the 6:30pm games. The grace period is considered as part of the game time. However, if a team has eight (8) players, the game will start immediately or as soon as the eighth (8th) player arrives.
- Teams may play with 10 fielders and can have a maximum of players 12 in the lineup if there is an equal number of males and females in the lineup. 4. If playing shorthanded, teams must have a minimum of 4 females on the field and in the lineup at all times and must alternate genders in the lineup. If a team has only 4 females in the lineup there is an out between males.
- Teams may pick up players to make a legal team. 6. Teams will not be required to play a certain number of females in the outfield or infield. Defensive alignment is at the team's discretion.
- If a player is hurt during the game and has to come out of the game, the captain must report that the player is coming out of the game immediately. If the team doesn't have a player to place in the injured players spot it will not be an automatic out no matter the gender and the original player cannot return to the game.
- If a player is ejected for unsportsmanlike conduct and the team does not have a substitute to place in the lineup than that vacant spot in the lineup will be an automatic out.
- Innings may end on an automatic out.



D. Pitching, Catching and Fielding

- Balls must be pitched (rolled) by hand. There are no restrictions on pitching style. Balls that have extreme bounces are not allowed and will be considered an illegal pitch. Speed of the pitch must be kept at a moderate speed (this will be the umpire's judgment).
- The pitcher will have a 1 ball, 1 strike count when the kicker comes up. There will be one extra foul.
- The pitcher must start the act of pitching within the pitching mound and have at least one foot on or directly in front of the pitching plate when releasing the ball.
- All fielders except the pitcher must start play and remain behind the 1st and 3rd diagonal until the ball is kicked.
- Failure to be properly positioned on defense the first time will result in a team warning to the team that caused the infraction. The team's second infraction will result in the kicker being awarded first base regardless of the outcome of the play.
- The catcher must field behind the kicker, within or directly behind the kicking box, and may not cross home plate nor be positioned forward of the kicker before the ball is kicked. The catcher may not contact the kicker, nor be positioned so closely to the kicker as to restrict the kicking motion.

E. Kicking

- All kicks must be made by foot or leg, below the knee. Any ball touched by the foot or leg below the knee is a kick.
- All kicks must occur:
 - At or behind home plate. The kicker may step on home plate to kick, however the planted foot maybe in front of or across the front edge of home plate.
 - The kicker must have at least a portion of the planted foot within the kicking box during the kick. The kicker may line up outside the kicking box.
- Bunting is allowed

F. Running Bases

- Stealing is not allowed. Players off the base before the ball is kicked are automatically out.
- Runners may only run one base on an overthrow. That's one extra base per attempt at a runner. Players advancing on an overthrow are advancing at the risk of being put out.
- The defense may throw the ball at the runner with the following guidelines (if a runner ducks to avoid throw and it hits them in the head it will be an out): Overhand throw must have two hands on the ball at the release and may hit the runner from the back to the feet. Underhand throws (hand can't be above the waist) are only required to have one hand on the ball and players must hit runner below the waist.
- Players that continue to hit players in the head during the game will be a defensive ejection and will not be allowed to play on defense the remainder of the game; however, the player may still kick. Once a team receives a defensive ejection they must play the remainder of the game a player down on defense if they don't have a sub.
- There are no courtesy runners.

G. Balls and Strikes:

- Kickers will come to the plate with 1 ball, 1 strike count. There will be one extra foul.
- The strike zone will be 1 chalked line on each side of home plate.
 - Any rolled ball not kicked that crosses that strike zone will be a called strike.
 - If a ball does not cross the strike zone, it will be called a ball.



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