

PGAL KICKBALL RULES AND POLICIES:

PGAL GAME FORMAT

- GAMES WILL BE 7 INNINGS- EACH TEAM WILL BAT AND FIELD EACH INNING
 - IF HOME TEAM IS LEADING IN FINAL INNING, THE HOME TEAM WILL NOT BAT AGAIN IF SCORE IS NOT BE BROKEN BY AWAY TEAM
- 3 OUTS PER INNING
- IN THE EVENT OF INCLEMENT WEATHER AFTER A GAME HAS STARTED- A GAME IS CONSIDERED FINAL AFTER 4 FULL INNINGS HAVE BEEN PLAYED IF PLAY IS DEEMED UNSAFE TO RESUME
- GAMES ARE SCHEDULED FOR 50 MINUTES AND WILL BE COUNTED AS IS ONCE THE CURRENT INNING HAS CONCLUDED
- BATTING ORDER: EACH PLAYER MUST GO THROUGH AND BAT BEFORE A PLAYER CAN BAT AGAIN
 - BOTH MEN AND FEMALES MUST HAVE EQUAL OPPORTUNITY TO BAT DURING INNINGS
 - IF ONLY ONE FEMALE IS PRESENT FOR THE GAME- SHE MUST BAT AT LEAST EVERY OTHER INNING
- HOME/AWAY IS INDICATED ON THE SCHEDULE WITH 1ST TEAM LISTED AS HOME AND 2ND TEAM LISTED AS AWAY
 - HIGHER SEED DURING PLAYOFFS WILL BE CONSIDERED THE HOME TEAM
- RUN RULE: MAXIMUM OF 8 RUNS CAN BE SCORED IN THE FIRST 3 INNINGS
 - MERCY RULE: IF A TEAM IS UP BY MORE THAN 10 RUNS AFTER THE 6TH INNING, THE LEADING TEAM WINS GAME AND GAME IS CONSIDERED FINAL
- EXTRA INNINGS: THERE WILL BE NO EXTRA INNINGS DURING REGULAR SEASON GAMES
 - PLAYOFF GAMES: EXTRA INNINGS WILL BE PLAYED UNTIL A WINNER IS NAMED
- TIE BREAKER POINT SYSTEM:
 - HEAD TO HEAD MATCH-UP
 - POINT SCORED DIFFERENTIAL
 - OVERALL STANDING

PGAL EQUIPMENT

- KICKBALLS AND BASES ARE PROVIDED BY THE PGAL EACH WEEK
- NO METAL CLEATS ARE PERMITTED ON THE TURF

PGAL SCHEDULE

- EACH TEAM WILL BE GUARANTEED 5 REGULAR SEASON GAMES AND 1 PLAYOFF GAME. WINNING TEAMS WILL CONTINUE TO ADVANCE AND HAVE THE OPPORTUNITY TO PLAY MORE GAMES. YOU MUST WIN TO KEEP PLAYING. THE PLAYOFF SCHEDULE WILL BE LISTED ON THE WEBSITE AND UPDATED WEEKLY. ONCE PLAYOFFS BEGIN, THE HIGHER SEEDED TEAM WILL BE CONSIDERED THE HOME TEAM.
- THE TOP 4 TEAMS WILL PLAY FOR THE CHAMPIONSHIP

PGAL TEAM REQUIREMENTS

- PGAL REQUIRES EACH TEAM TO HAVE A MINIMUM OF 7 PLAYERS TO START THE GAME INCLUDING A MINIMUM OF 1 FEMALE TO START THE GAME AND BE PRESENT ON THE FIELD AT ALL TIMES.
- THERE IS A MAXIMUM OF 10 PLAYERS ON THE FIELD AT ONCE AND TEAM MUST FOLLOW THE LEAGUE RATIO
- POSITIONS- ONE PITCHER, 1 CATCHER, 4 INFELDERS, 4 OUTFIELDERS- IF THERE IS NO DESIRE FOR A CATCHER, HE/SHE IS ALLOWED TO PLAY IN THE OUTFIELD.

PGAL FORFEITS

- A TEAM HAS UP TO 10 MINUTES TO TAKE THE FIELD AFTER THE START OF THE GAME. IF THE TEAM HAS NOT DONE SO, THE TEAM WILL FORFEIT AND THE OPPOSING TEAM WILL BE MARKED ON THE SCHEDULE WITH A WIN.
- IN ORDER TO START A GAME, A TEAM MUST HAVE AT LEAST 7 PLAYERS ON THE FIELD WITH ONE PLAYER BEING FEMALE.
- IF A TEAM IS UNABLE TO MAKE A GAME, THEY MUST NOTIFY THE PGAL ASAP SO THE OTHER TEAM CAN BE NOTIFIED THAT THE GAME HAS BEEN FORFEITED.
 - A TEAM THAT IS FORFEITING WILL STILL BE RESPONSIBLE FOR UMPIRE FEES.

- MULTIPLE FORFEIT PENALTIES:
 - 1ST FORFEIT: TEAM WILL BE MARKED WITH A LOSS ON THE SCHEDULE AND WILL BE RESPONSIBLE FOR UMPIRE FEES
 - 2ND FORFEIT: TEAM WILL BE FLAGGED AND MUST COMPETE IN THE SCHEDULED GAME THE FOLLOWING WEEK IN ORDER TO BE ELIGIBLE FOR PLAYOFF ROUNDS
 - 3RD FORFEIT: TEAM WILL BE REMOVED FROM LEAGUE WITHOUT REFUND

PGAL PITCHING

- PITCHERS MUST MAKE EVERY EFFORT TO KEEP THE KICKBALL ON THE GROUND WHEN PITCHING- IF A PITCH IS DEEMED TOO BOUNCY, THE PITCH WILL BE CALLED A BALL. IF ADEQUATE EFFORT IS NOT MADE TO ENSURE THE PITCH IS FLAT, THE BATTER WILL BE GRANTED A WALK AND WILL ADVANCE TO FIRST BASE.
- PITCHERS MUST MAKE EVERY EFFORT TO PITCH BALL IN A STRAIGHT LINE IN THE “STRIKE ZONE” THAT IS ONE (1) FOOT OFF OF EACH SIDE OF HOME PLATE
- IF A PITCH IS IN ANYWHERE IN THE STRIKE ZONE, THE PITCH IS CONSIDERED A STRIKE
- A PITCH THAT IS NOT WITHIN THE STRIKE ZONE WILL BE CONSIDERED A BALL
- A PITCHER MAY NOT INTENTIONALLY WALK A BATTER AND IS UNDER THE DISCRETION OF THE UMPIRE IF THIS OCCURS

PGAL BASERUNNING

- BASE RUNNER CAN OVERRUN ONLY FIRST BASE AND HOME PLATE. IF BASE RUNNER OVERRUNS SECOND OR THIRD BASE AND IS TAGGED, THE BASERUNNER IS CONSIDERED OUT.
- BASERUNNERS CAN NOT INTERFERE WITH THE FIELDING TEAM. THIS INCLUDES PHYSICAL INTERFERENCE AND VERBAL INTERFERENCE.
 - IF THE UMPIRE DEEMS THIS HAS OCCURRED, THE BASERUNNER WILL BE OUT.
- SUBSTITUTION FOR A BASERUNNER IS ONLY PERMITTED IN THE EVENT OF INJURY.

- THE BASE RUNNER MUST HAVE MADE IT TO FIRST BASE IN ORDER TO BE SUBSTITUTED DUE TO INJURY
- BASERUNNER IS NOT PERMITTED TO STEAL BASES OR TAKE LEADS
- IF A FIELD PLAYER IS BLOCKING THE PATH OF A BASERUNNER, THE BASE RUNNER WILL BE ALLOWED TO ADVANCE TO THE CORRESPONDING BASE AT THE DISCRETION OF THE UMPIRE
- THE BASERUNNER MUST MAKE EVERY ATTEMPT TO ADVANCE TO THE NEXT BASE IN A STRAIGHT LINE. THE BASERUNNER MAY NOT RUN INTO THE OUTFIELD OR INFIELD IN ORDER TO AVOID BEING TAGGED OR THROWN OUT. IF THIS OCCURS, THE RUNNER WILL BE DEEMED OUT BY THE DISCRETION OF THE UMPIRE

PGAL FIELDING

- THERE ARE NO SUBSTITUTIONS DURING AN INNING UNLESS INJURY OCCURS
- PITCHERS MAY ROTATE AFTER A NEW BATTER
- THE CATCHER IS OPTIONAL- IF A TEAM DOES NOT WANT A CATCHER, THE CATCHER CAN ONLY PLAY IN THE OUTFIELD
 - CATCHER CAN NOT INTERFERE WITH BATTER DURING THE INITIAL PITCH AND CAN ONLY CROSS HOME PLATE AFTER CONTACT IS MADE BY THE BATTER
- OUTS: AN OUT OCCURS WHEN THE BALL IS CAUGHT IN THE AIR, THE RUNNER IS TAGGED, THE FORCED BASE IS TAGGED, OR THE RUNNER IS HIT BY THE KICKBALL BELOW THE SHOULDERS
 - BALLS CAN NOT BE THROWN AT A RUNNER'S HEAD- IF THIS HAPPENS, THE RUNNER WILL AUTOMATICALLY TAKE THE NEXT BASE. HOWEVER, A RUNNER CAN NOT PURPOSELY ATTEMPT TO USE HIS/HER HEAD TO AVOID BEING OUT. IF THIS OCCURS, THE RUNNER WILL BE CONSIDERED OUT AND IS AT THE DISCRETION OF THE UMPIRE..
- NO FIELD PLAYERS CAN OBSTRUCT A RUNNER WITH THEIR BODIES
 - IF THIS OCCURS, RUNNER BE ALLOWED TO ADVANCE TO NEXT BASE

PGAL KICKING

- A BATTER MUST KICK THE BALL WITH ONE FOOT STILL BEHIND HOME PLATE AND CAN NOT HAVE BOTH FEET IN FRONT OF HOME PLATE WHEN CONTACT IS MADE. IF THIS OCCURS, THE BATTER WILL GET A STRIKE, AND MUST BAT AGAIN (UNLESS IT IS THE THIRD STRIKE)
- PGAL DOES NOT ALLOW ANY BATTER TO BUNT- A BUNT WILL BE CONSIDERED A STRIKE
 - A BUNT IS DEFINED AS AN INTENTIONAL GENTLE KICK THAT IS USED TO INTENTIONALLY KEEP THE BALL IN THE INFIELD WITH LITTLE POWER
 - BATTERS MUST MAKE EVERY EFFORT TO USE A FULL SWING TO KICK THE BALL. THIS IS DEEMED AT THE DISCRETION OF THE UMPIRE.
- FOUL BALLS
 - IF A BALL IS KICKED INTO FOUL TERRITORY, IT WILL BE CONSIDERED A STRIKE UNLESS IT IS THE THIRD STRIKE.
- IF THE PITCHER INTENTIONALLY HITS THE BATTER ABOVE THE KNEES WITH THE BALL, THE BATTER WILL BE ALLOWED TO ADVANCE TO FIRST BASE.
- FLY BALL RULE- A RUNNER IS ALLOWED TO TAG UP AND ATTEMPT TO ADVANCE TO THE NEXT BASE IF THE BALL IS CAUGHT IN THE AIR IF THERE IS ONE OR LESS OUTS IN THE INNING.

PGAL PLAYER EJECTION

- A PLAYER WILL BE EJECTED FROM A GAME IF HE/SHE VIOLATES ANY OF THE POLICIES LISTED. THIS IS AT THE DISCRETION OF THE UMPIRE. IF A PLAYER IS EJECTED FROM A GAME, HE/SHE WILL NOT BE ALLOWED TO PARTICIPATE IN THE FOLLOWING GAME FOR ANY REASON.

PGAL DOUBLE ROSTERING

- DOUBLE ROSTERING IS ONLY PERMITTED WITH APPROVED NOTICE FROM PGAL DUE TO A TEAM BEING UNABLE TO FULFILL FIELDING REQUIREMENTS. A PARTICIPANT MUST BE REGISTERED IN THE LEAGUE AND HAVE SIGNED THE WAIVER IN ORDER TO DOUBLE ROSTER. ONCE PLAYOFFS BEGIN, DOUBLE ROSTERING WILL BE NOT ALLOWED- NO EXCEPTIONS.

PGAL UMPIRE FEE

- ALL GAMES WILL HAVE 1 PGAL UMPIRE PRESENT UNLESS IT IS A CHAMPIONSHIP GAME IN WHICH 2 PGAL UMPIRES WILL BE PRESENT. PGAL REQUIRES EVERY TEAM TO PAY \$10/WEEK IN ORDER TO COVER UMPIRE FEES. THE METHOD OF PAYMENT FOR UMPIRE FEES IS \$10 CASH THE NIGHT OF. UMPIRE FEE MUST BE PAID BEFORE THE START OF THE GAME BY EACH TEAM. A GAME WILL NOT BEGIN UNTIL THE UMPIRE FEE HAS BEEN PAID BY EACH TEAM. IF A TEAM HAS NOT PAID THE FEE WITHIN 10 MINUTES OF THE START OF THE SCHEDULED GAME, THE TEAM WILL BE CONSIDERED TO HAVE FORFEITED THE GAME AND WILL STILL BE RESPONSIBLE FOR COVERING THE FEE. IF THE GAME IS FORFEITED, BOTH TEAMS WILL STILL BE RESPONSIBLE FOR THE UMPIRE FEE.

PGAL ATHLETE ELIGIBILITY

- PGAL REQUIRES ALL TEAM MEMBERS TO BE ADULTS AGE 21 + NO EXCEPTIONS.
- THERE IS NO MAXIMUM AMOUNT OF PLAYERS PER TEAM. THERE MUST BE A MINIMUM NUMBER OF 10 REGISTERED PLAYERS ON EACH TEAM, WITH AT LEAST 2 FEMALE PLAYERS.
- THE LEAGUE IS A MIXED GENDER LEAGUE, MEANING EACH TEAM MUST FOLLOW THE PRE-SET GENDER RATIOS IN ORDER TO BE ELIGIBLE.
- THE PGAL IS COMMITTED TO CREATING A WELCOMING ENVIRONMENT FOR ALL PARTICIPANTS REGARDLESS OF GENDER IDENTITY. NON-GENDERED AND NON-BINARY ATHLETES ARE WELCOME TO PARTICIPATE AND CAN CHOOSE TO IDENTIFY THEMSELVES AS THE FEMALE PARTICIPANT REQUIREMENT IF THEY SO CHOOSE. DURING REGISTRATION, PARTICIPANTS ARE NOT REQUIRED TO DISCLOSE THEIR GENDER IDENTITY. HOWEVER, THEY ARE ENCOURAGED TO INDICATE IF THEY PREFER TO BE CONSIDERED THE FEMALE PARTICIPANT REQUIREMENT.
- PGAL RESPECTS THE SELF-IDENTIFICATION OF ALL PARTICIPANTS.
 - PARTICIPANTS ARE ENCOURAGED TO PROVIDE FEEDBACK ON THE LEAGUE'S POLICIES AND PRACTICES RELATED TO GENDER INCLUSIVITY. ANY CONCERNS ARE WELCOME AND WILL BE CONSIDERED BY OUR STAFF.

PGAL ROSTER/ PLAYOFF ROSTER

- ALL ATHLETES MUST HAVE REGISTERED, PAID, AND SIGNED THE PGAL WAIVER PRIOR TO COMPETING IN ANY GAME ON ANY TEAM. IN ORDER TO BE ELIGIBLE TO COMPETE IN PLAYOFFS, AN ATHLETE MUST HAVE PLAYED IN AT LEAST 1 SEASON GAME WITH A TEAM. EVERY PLAYER MUST BE LISTED ON THE TEAM'S OFFICIAL ROSTER IN ORDER TO PARTICIPATE IN PLAYOFFS.

PGAL TEAM CAPTAIN PAYMENT POLICY

- THERE MUST BE ONE DESIGNATED TEAM CAPTAIN FOR REGISTRATION WHEN CREATING A TEAM. THE TEAM CAPTAIN IS RESPONSIBLE FOR THE INITIAL REGISTRATION OF THE TEAM AND PAYING THE FULL AMOUNT FOR THEIR TEAM AT TIME OF SIGN-UP. THE TEAM CAPTAIN AGREES THAT IT IS HIS/HER RESPONSIBILITY TO COLLECT PAYMENTS FOR THE TEAM MEMBERS AND THAT PGAL WILL NOT BE RESPONSIBLE FOR ENFORCING PAYMENT FROM TEAM MEMBERS.

PGAL MEDIA DISCLOSURE

- THE PGAL INSTAGRAM WILL CAPTURE MOMENTS THROUGHOUT THE SEASON FROM PLAYER AND TEAM FEATURES, WEEKLY SPECIALS, TEAM WINS, AND ANY EXCITING MOMENTS THROUGHOUT THE SEASON! EVERY PARTICIPANT HAS AGREED TO THEIR IMAGE BEING USED ON THE PGAL INSTAGRAM AND EMAILS USED IN RELATION TO THE LEAGUE.

PLEASE CHECK YOUR EMAIL/ CONTACT YOUR TEAM CAPTAIN 24 HOURS BEFORE SCHEDULED GAME IN ORDER TO ENSURE THERE HAVE BEEN NO CHANGES DUE TO WEATHER OR TEAM FORFEITS. YOU CAN ALSO CHECK THE PGAL INSTAGRAM FOR ANY NEWS REGARDING GAME PLAY.

The Proving Grounds Adult League reserves the right to adjust any of the above formats.

PGAL GENERAL RULES AND POLICIES

REFUND POLICY: A FULL REFUND WILL BE GRANTED TO ANY PARTICIPANT UP TO 6 DAYS PRIOR TO THE START OF THE LEAGUE. AFTER THE REFUND PERIOD HAS PASSED, A \$25 REFUND WILL BE GRANTED TO AN INDIVIDUAL ATHLETE UP TO THE START OF THE SEASON. NO REFUNDS WILL BE GRANTED AFTER THE SEASON HAS BEGUN.

ALCOHOL: NO OUTSIDE ALCOHOL IS PERMITTED ON THE PREMISES AND EVERYONE MUST BE 21 + WHEN CONSUMING OR PURCHASING AN ALCOHOLIC BEVERAGES

*NO CHEWING TOBACCO, SUNFLOWER SEEDS, CHEWING GUM, OR THE LIKE ARE PERMITTED ON THE FIELD AT ANY TIME.

DRUGS: NO DRUGS OF ANY TYPE ARE PERMITTED ON THE PREMISES AT ANY TIME

CANCELLATIONS- IF A GAME NEEDS TO BE CANCELED DUE TO INCLEMENT WEATHER, ALL TEAMS MEMBERS WILL BE NOTIFIED VIA EMAIL. IF INCLEMENT WEATHER OCCURS WHILE THE GAME IS BEING PLAYED, THE UMPIRE WILL CALL THE GAME AND DEPENDING ON THE SITUATION, PLAYERS WILL EITHER WAIT UNTIL THE WEATHER PASSES, OR IF 4 INNINGS HAVE OCCURRED THE GAME WILL BE CONSIDERED FINAL. PLAYERS WILL WAIT INSIDE THE CONCESSION BUILDING LOCATED NEXT TO THE FIELD UNTIL IT IS DEEMED SAFE TO GO BACK OUTSIDE. IN MOST CASES, THE GAME WILL RESUME AFTER THE INCLEMENT WEATHER HAS PASSED.

PETS- NO PETS ARE PERMITTED AT THE FACILITY OR ON THE FIELD AT ANY TIME. THE ONLY EXCEPTION TO THIS RULE IS FOR SERVICE ANIMALS. ALL ANIMALS ARE PROHIBITED ON THE TURF FIELD AT ALL TIME.

GUESTS/SPECTATORS- THE GUEST IS THE FULL RESPONSIBILITY OF THE ATHLETE HE/SHE ACCOMPANIES AND THE ATHLETE WILL ACCEPT AND ASSUME FULL RESPONSIBILITY FOR THE ACTIONS OF THE ASSOCIATED GUEST(S). ALL GUESTS UNDER THE AGE OF 20 MUST BE ACCOMPANIED BY AN ADULT 25+ AND ARE NOT ALLOWED ANY ALCOHOLIC BEVERAGES UNDER ANY CIRCUMSTANCE. GUESTS MUST BEHAVE IN A RESPECTABLE MANNER AT ALL TIMES. ALL GUESTS ARE

CONSIDERED SPECTATORS AND ARE NOT ALLOWED TO INHIBIT PLAY IN THE GAME. GUESTS MAY WATCH FROM ANYWHERE ON THE FIELD, BUT IF DEEMED A DISTRACTION OR INTERFERENCE, THE UMPIRE HAS THE RIGHT TO MOVE ALL SPECTATORS OFF THE FIELD.

LOST/STOLEN ITEMS - THERE WILL BE A WEEKLY LOST AND FOUND THAT WILL BE DONATED AT THE END OF EACH WEEK. THE PROVING GROUNDS IS NOT RESPONSIBLE FOR ANY LOST OR STOLEN PERSONAL ITEMS BROUGHT TO THE COMPLEX OR PARKING AREAS. IT IS THE RESPONSIBILITY OF THE ATHLETE TO ENSURE THAT HIS/HER ITEMS ARE SECURE.

DAMAGES: THE ATHLETE IS RESPONSIBLE FOR COVERING THE COST IF HE/SHE DAMAGES THE FACILITY OR EQUIPMENT THROUGH THEIR PERSONAL MISUSE OR NEGLECT.

FIGHTING- THERE WILL BE NO FIGHTING PERMITTED IN ANY CIRCUMSTANCE AT ANY TIME. IF A FIGHT OCCURS, THE RESPONSIBLE PARTIES WILL BE EJECTED IMMEDIATELY AND WILL NO LONGER BE ALLOWED TO PARTICIPATE IN THE LEAGUE.

PROFANITY: THE USE OF EXTREME PROFANITY WILL RESULTS IN EJECTION FROM THE GAME.

SHOES: NO METAL SPIKE SHOES ARE PERMITTED ON THE TURF AT ANY TIME

TRASH: PLEASE LEAVE THE FACILITY IN THE WAY THAT YOU ENTERED. REMOVE ANY AND ALL TRASH BEFORE LEAVING AND BE RESPECTFUL OF THE FACILITY.

WAIVERS: ALL PARTICIPANTS MUST AGREE AND SIGN THE PROVING GROUNDS LIABILITY WAIVER WHEN REGISTERING AND ARE NOT ALLOWED TO PARTICIPATE UNTIL THE PROVINGS GROUNDS HAS RECEIVED THE SIGNED WAIVER ON FILE- NO EXCEPTIONS.

UNSPORTSMANLIKE CONDUCT: UNSPORTSMANLIKE CONDUCT WILL NOT BE PERMITTED OR TOLERATED AND IS UNDER THE DISCRETION OF THE UMPIRE. IF UNSPORTSMANLIKE CONDUCT OCCURS, THE RESPONSIBLE PARTY WILL BE EJECTED FROM THE GAME. THIS INCLUDES ACTIONS AND LANGUAGE TOWARD THE UMPIRE AND SPECTATORS. ENSURE YOU ARE BEHAVING IN A RESPECTFUL MANNER.

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