

Adult Kickball Rules

Kickball is a simple game consisting of two teams, bases, and a big red ball. Played like baseball, the object is to score more runs than the opposing team. In short, kickball is played with 10 fielders, 6 innings, no bounces and no headshots. For the enjoyment of all, proper respect and civility is required of all participants and spectators.

Equipment

- Athletic shoes are required. Metal cleats are NOT allowed.
- Players may wear protective equipment provided it does not offer an unfair advantage.

Teams

- Each team must consist of a minimum of eight (8) and no more than twenty (20) rostered players. All players must be 18 years of age and out of High School.
- Teams must field at least eight (8) players and no more than ten (10). Teams must follow one of the following gender ratios:
 - 4 of each gender (Team of 8 players)
 - 5 of one gender and 4 of the opposite gender (Team of 9 players)
 - 5 of each gender (Team of 10 players)
 - All teams must have at least (4) females on the field and in the kicking order. Failure to do so will result in the team forfeiting the game.
- Each team shall have one Captain who will be responsible for the team. The team captain must ensure that:
 - All team players in the kicking order must kick. The kicking order must alternate between genders.
 - All team players must kick in the written scorebook order.
 - Only the team captain may log disputes.

Base Coaches

- Two members of the kicking team must coach first and third base. The base coaches will assist in retrieving foul balls and may switch with other team members to remain in the proper kicking lineup.
- Base coaches must be eligible players on the roster.

Regulation Games

- Games will consist of six (6) full innings.
- Games of four (4) full innings of play shall be considered a regulation game. The game score at the end of the last full inning shall determine the winner. Regulation games called off that end in a tie shall be marked as such.
- A team failing to field at least (8) players at game time will forfeit the game. A forfeit shall count as a loss.
- Team must submit a lineup to the scorekeeper 10 minutes before game time.

Pitching / Catching

- No bounces. A pitch that is higher than one foot at the plate is called a bouncy and results in a ball.
- The pitcher must stay behind the pitching rubber until the ball is kicked. Failure to abide by this rule results in the kicker being awarded first base.
- No player may field in front of the pitcher other than the catcher, and no player may advance past the 1st to 3rd base diagonal line until the ball is kicked. Failure to abide by this rule results in the kicker being awarded first base.
- The catcher must field directly behind the kicker and may not cross-designated line before the ball is kicked. Failure to abide by this rule results in the kickers being awarded first base.
- A walk of a male player results in the female player up to kick next has the option of walking or kicking the ball.

Kicking

- The strike zone extends to one foot on either side of home plate and 1 foot high.
- All kicks must be made below the knee.
- All kicks must occur at or behind home plate. A kick in front of home plate is called a foul.
- Bunting is not allowed; if the ball does not pass the 15 ft. arch it will be considered a foul.

Running

- Runners must stay within the base line. Fielders must stay out of the baseline. Fielders trying to make an out on base may have their foot on base. But must be safe at the base to which they were running.
- Neither leading off base, not stealing a base is allowed. A runner off his/her base when the ball is kicked is out.
- Hitting the runner (upright running position) with the ball above shoulder level is not allowed. Any runner hit above the shoulders is safe and advances one base. If the runner is hit above the shoulders while intentionally using the head to block the ball, ducks to avoid contact with the ball, or slides, the runner is out.
- After a kicked ball is caught, runners must tag their originating base before running to the next base.

- All ties go to the runner. Runners may overrun first base only.
- One base on an overthrown ball into dead ball territory: In taking advantage of the time loss from an overthrown ball that travels outside of the fence, a runner may advance to the next base.
 - In case of a need for a pinch runner, the pinch runner must be of the same gender.
 - 3 out of 4 outfielders must have both feet on the grass when ball is kicked.

Strikes / Balls

- Kicker get 3 balls or 2 strikes.
- A strike is:
 - A pitch within the strike zone either not kicked, or else missed by the kicker.
- The first foul counts as a strike; The second foul counts as an out.
- A count of three (3) balls advances the kicker to the first base.
- A ball is:
 - A pitch outside of the strike zone
 - An illegal bouncy

Fouls

- Two (2) fouls constitute an out
- A foul is:
 - A kick landing out of bounds
 - A kick landing in-bounds but traveling out of bounds on its own before reaching first or third base.
(Any ball touched by an in-bounds fielder is automatically in play.)
- A kick in front of home plate.

Outs

- A count of three (3) outs by a team completes the team's half of the inning.
- An out is:
 - A count of two (2) strikes or two (2) fouls.
 - A runner touched by the ball at ANY time while not on a base.
 - Any kicked ball (fair or foul) that is caught in the air.
 - A ball tag on a base to which a runner is forced to run, a force out.
 - A runner off his/her base when the ball is kicked.

Ball in Play

- Once the pitcher has the ball in control and on the mound the play ends.
- If a runner touches or stops the ball, the runner is out.



Kickball Study Guide

The game of kickball consists of 2 teams, bases, and a playground ball. The object of the game is to score more runs than the opposing team.

Terminology:

Tag-up - once a kicked ball is caught in the air, a runner on base may advance

Bunting- a short kick by the kicker

Lead off – stepping off a base before the kicker kicks the ball

Force out - an out at a base where the base runner need not be tagged

Stealing- Running to the next base before a ball is pitched

Overthrow – a ball thrown or deflected into foul territory while making a defensive play toward a player or base

Strike Zone – extends 1 foot from each side of home plate and 1 foot high

Strike – a ball that is not kicked by the kicker; the kicker kicks a foul ball **Tag** - to touch a runner who is off the base and put him/her out

Ball – a ball is pitched outside the strike zone; the ball is higher than 1 foot in height at the base

Out – a ball touches a running player, a kicked ball is caught, 3 strikes, a fielder with control of the ball touches the base before the runner gets there

Walk - kicker is awarded 1st base after specific number of balls

Rules of the game:

1. A **strike** is called for each ball that enters the strike zone and is not kicked or for each foul ball that is not legally caught. The kicker is allowed 3 strikes until he/she is out.
2. A **ball** is called for a ball that does not enter the strike zone or for each illegally pitched ball higher than 1 foot in height at the base. If the count reaches 4 balls, the kicker walks.
3. Each team is allowed three outs per inning.
4. **Bunting** is allowed but a kicker may not stop the ball or it is a foul.
5. A kicker must kick at or behind home plate.
6. A fielder attempting to get a player out may not hit a player in the head or neck with the ball, unless the player is sliding and it is accidental.
7. Kicks must be made below the knee.
8. You must keep your kicking order!

Base running rules:

1. Base runners must touch all bases in order.
2. Base runners may leave a base when the kicker kicks the ball.
3. If a player is off the base before the ball is kicked, the player is out.
4. Base runners cannot lead off or steal a base.
5. A runner is out when legally touched by the ball, or is **forced out** on the base.
6. When running to first base, you may overrun first base.
7. The base runner is out if he/she passes another base runner.
8. The base runner is allowed one base on an overthrow.
9. If a kicked ball hits a base runner, the runner is out.
10. A base runner must tag-up on a caught ball.