Kickball Rules

Kickball Video

Overall Rules:

- The object in a Kickball match is for one team to score more runs than the other, thus winning the game. Each player tries to do this by kicking the ball and running all the bases and scoring a point. When not kicking, the opposing team attempts to prevent opposition players scoring runs and get them out
- We play 7 innings with a half time, games can end in a tie!
- A count of 3 outs by a team completes the team's half of the inning and the teams switch from infield to outfield
- We will call our own outs and keep our own score if there is no umpire or ref available

Outfield/Getting Outs:

- Each team will pitch to the other team
- Pitchers must pitch from the pitching mound and cannot go in front of the plate until the ball is kicked
- Slow to moderate pitches only
- No throw outs! That means you cannot throw the ball at a runner to get them out
- You can get an out when:
    - The ball is caught by an opposing team member
    - They are tagged out by an opposing player who is holding the ball
    - The player is forced out at a base
- The catcher must be positioned within or directly behind the kicking box and behind the horizontal plane of the kicker, parallel to the front edge of home plate
- The catcher may not make contact with the kicker, nor position so closely to the kicker as to restrict the kicking motion

Infield/Kicking:

- All kicks must be made by foot
- A kicker can be called out if they get 4 foul balls
    - The foul line is between Home and 1st/Home and 3rd
    - If the ball bounces out before the 1st or 3rd base that is considered a foul
- A play ends when the pitcher has control of the ball and is near the mound/pitching circle
- You may bunt the ball if there are enough players, but the ball must move forward for it to count.
- Runners must touch the base. Runners may run through 1st and Home Plate, but must keep at least one foot on 2nd and 3rd base
- No leading off or stealing is allowed
- A runner has to run back if the ball is caught and if they are off their base can be called out if the ball is thrown to base before they get back

Other Rules:

- The teams are between 5 and 15 people, with the World Adult Kickball Association recommending that teams should number between 8 and 11
- If there is a tie on the base, it goes to the runner
- If a ruling is being contested you can always ro sham bo!
- If there is an umpire or ref, their rules are final
- Have Fun!