

Best Damn Sport and Social Club

Co-ed Kickball Rules

Last Updated 5/2/25



Game Regulations

- Games will last 1 hour
- BDSSC Staff will give you a 5 minute warning, from this point you can finish the current inning. Do not start a new inning after 5 minute warning. (An inning refers to a Top and Bottom of Inning)
- NO METAL CLEATS
- Games ending in tie will be marked as ties, an extra inning may be allowed depending on time and field availability. Decisions will be made by BDSSC Staff.
- Any game called off after 3 innings played for any reason, will be considered a finished game without makeup
- Everyone kicks. You may not have anymore than THREE males in a row when making your pickup lineup
- 8 (4 females) is the minimum required in the field at all times without forfeit, you may field up to 10 with 4 outfielders
- If your team cannot field at least 4 males or 4 females they forfeit the week (be there on time and bring Subs if you need them!)
- ALL players kick, while only 10 can field, You can sub defenders whenever you like

- Each kicking team will select an Umpire who will stand in the field of play and make all calls, they will rotate out when it is their turn to kick
- Cones will be setup around home to signify "Kicking Zone". Kicker does not need to start in Kicking Zone, but the ball must be kicked within the kicking zone.
- There will also be a strike zone signified by cones, which will be the area where a ball is "pitched" to be considered a strike/ball
- Captain of team will write down final score of game
- Keep things Social and do not argue over calls, ref has final say
- All BDSSC members must wear Team Shirts WHILE PLAYING
- Back-end software determines all tie breakers; NOT Best Damn Staff to avoid any arguments/Bias
- Standings Tie Breaks are determined in the following order:
 - Head to Head (Head to Head cannot break a 3 way tie, only 2 team tie. PSA will break any more than 2 team ties)
 - Least Points Allowed during season (You are rewarded for playing good defense, not running up the score)
 - Point differential for season

Substitutes

- He/She must be replacing an actual BDSSC member who is absent
- Every sub must get with staff BEFORE game and sign waiver and also write down WHO they are subbing for
- The sub may wear a similar colored shirt as subs team
- You may pinch run for injured players after the player kicks (male for male, female for female)

Game Rules

(We want to keep these short and sweet, this is not the Olympics, so just have fun and enjoy the game!)

Pitching

- The pitcher will have a marker to show where pitches should start
- The pitch must be at a full roll when it gets to kicker, not bouncing
- No one in the infield may line up closer than the pitcher mound (halfway between home and 3rd or 1b) before the ball is pitched
- Once the pitcher has ball in hand after a kick, runners cannot advance (They must be more than halfway before pitcher has ball to advance)
- Pitcher can catch ball anywhere in INFIELD (within the baselines, they cannot be north of the baseline. Imagine there is a straight line from 1B to 2B and 2B to 3B. The pitcher cannot be past this line on the outfield side) and running rule applies

Kicking/Fielding

- No more than 6 players including the catcher can be in the infield (DIRT PORTION) before the kick
- A kick must be made by the foot/ankle. No other body parts
- Only 1 BUNT is allowed per inning. People sometimes miss balls when kicking, this will not be considered a bunt, but please do not abuse bunts to where the other team is complaining or we will have to ban them completely.
- Once the "1 Bunt per inning" has been used everyone must be making a full stride kick (full follow through with leg) for the remainder of inning
- Runners must stay in the "baselines" when running bases. Use discretion, if you wildly get out of "baseline" you will be called out
- 3B and 1B can line up halfway down the line to home before pitch to play the bunt. Nobody in the infield (1b,3b,2b) can be closer than halfway to home play UNTIL the ball is kicked. Once the ball hits the foot you can pass the halfway line
- You cannot PURPOSELY drop an infield fly to get a double play. Please do not be the person who does this. This is SOCIAL ADULT kickball. Don't game the rules for an unfair advantage. You should make all efforts to catch any fly ball; not purposely drop it for a double play.
- Catcher must be setup behind plate, not on the side of field.

Running

- Fielders should never block baseline
- There is NO STEALING of bases. You may not take your foot off the base when advancing until the Kicker's foot has touched the ball.
- THERE IS NO SLIDING, HEAD FIRST OR FEET FIRST. (This is purely a safety rule)
- Out rules work like baseball, with the exception that you can throw the kickball at a runner and hit them to get an out. If you hit them in the HEAD they are safe, so do not aim for head. The

only exception to this rule is sliding, if the runner slides and gets hit in the head they are still OUT.

- Runners cannot advance once a ball is returned to the PITCHER (pitcher can be anywhere in infield/dirt and it counts as ball to pitcher), so defense should get ball to pitcher ASAP if there is no play to be made. Runners who have not advanced at least halfway before ball has got to pitcher must return to previous base.
- You are allowed to “Tag Up” and advance a base (from ANY base) on a caught ball, except one caught by the pitcher.
- The entire coned area will count as HOME PLATE. This will be for safety reasons to avoid collisions at home.

Strikes/Balls/Fouls

- 3 strikes is an out
- A strike is any missed kick, a pitch through strike zone not kicked, or a foul kick
- 4 fouls in one “at-bat” will be considers a strikeout
- 4 “Balls” will award a kicker 1st base
- A “Ball” is anything outside of strike zone not kicked, any pitch that is still bouncing when it gets to kicker rather than rolling, or a pitch that fails to get to strike zone
- A foul ball is anything landing in foul territory
- A ball touched more than once by kicker regardless of ending ball location
- A kick hitting above the knee of kicker while kicking
- A FAIR kick is anything landing in between 1st and 3rd base lines
- Any ball HEADING to foul territory but attempted to catch by a fielder and DROPPED does result in a FAIR BALL, so keep this in mind when attempting to catch foul balls.

Outs

- **3** outs results in the end of team's half inning
- Outs include: 3 strikes, 4 foul kicks, a ball caught in the air by fielder, a runner hit by a ball before reaching base, a “force out” by touching a base or throwing to the basemen before the runner gets to base (must be a base runner is forced to go), runner running outside of baselines,

Scoring

- You score a run when a runner crosses home plate BEFORE the 3rd out of that inning

- The only exception is if the 3rd out is made by a force play, then the run would not count if it beat the out, just like in baseball
- Team with most runs, which will be tracked on scoreboard cards, wins the game

Umpires and Base Coaches

- Each kicking team will have an umpire on field at all times to make judgement calls, when it is umpires turn to kick they must be replaced by another player not kicking.
- Kicking team will also have a 1st and 3rd base coach. This person will guide runners and also retrieve foul balls. This Coach may not argue calls.
- Any kickball rule not specifically stated in rules, defer to standard baseball/Softball rules!

End of Game

- You will be alerted when there is 5 minutes left
- Do not start any inning after 5 minute warning
- You can finish top and bottom (if necessary) of current inning after 10 minute warning
- Captains should write down score and sign before turning in scorecards to BDSSC Staff

Captain Responsibilities

- Make sure your team has enough people to play every week
- Make sure you fill out your lineup card BEFORE your game time
- Make sure you turn in scorecard to BDSSC Staff EVERY week after play
- Make sure your team understands this is a social league. No one should be getting angry or arguing calls
- Make sure your team understands all rules before playing
- Please return all Kickballs and other equipment to STAFF
- Captains are responsibility for ANY lost or damaged Kickballs, Bases and Cones so make sure all are returned to BDSSC Staff after every game

- Captains will split the cost of replacing every lost or damaged Kickball, Base, and cones and must pay ASAP. Failure to do so can hinder future participation so DO NOT LOSE ANY BALLS!!

Other Things

- Please play fair and do not get angry, this is a social league
- Please do not drink and drive, if you need assistance getting a ride speak with BDSSC Staff
- BDSSC LLC is not responsible in any way for damages, injuries, and faults of its members. You sign this away with your waiver so you will be responsible for all of the above. Please be aware and stay safe
- BDSSC Staff will be taking photos and videos during all events. We have the right to use all media and will be posting them to our social media for everyone to enjoy
- There is no smoking anywhere at the park
- Have FUN and Keep it SOCIAL!!