

# **Rules for Kickball**

1. Pitching
  - a. The defense will supply the pitcher. Pitchers must pitch from the pitching mound and cannot go in front of plate until the ball is kicked. Slow to moderate pitches only. If the kicker requests a slower pitch, then the pitcher is obligated to do so. The pitcher should try his/her best to give the kicker a pitch that they feel most comfortable kicking.
  - b. The strike zone is 1 foot on each side of the plate.
2. Kicking
  - a. All kicks must be made by foot.
  - b. A kicker can be called out if they get 2 strikes with a courtesy foul.
  - c. A kicker will be walked on 3 balls.
  - d. No bunting is allowed. Kicks need to pass the pitcher.
  - e. A kicker cannot pass the plate by more than 1 feet.
3. Defense
  - a. There will be 10 fielders.
    - i. Pitcher, catcher, 4 infielders, and 4 outfielders. At least 2 women on the field at all times.
  - b. Fielders must stay behind the pitcher's mound.
  - c. Fielders must stay out of the baseline otherwise the runner advancing to the base will be called safe.
  - d. A play ends when the pitcher has control of the ball and is near the mound/pitching circle. Any runner who interferes with the ball on its way back to the pitcher will be called out.
  - e. A runner will be out if the ball reaches the base before the runner on a force play.
  - f. A runner will be out if they are tagged with the ball while off the base.
  - g. The ball can be thrown at any player and must hit shoulder and below. The runner will be called safe if it hits their head unless they are sliding/ducking the ball. If a player is hit in the head, they get the base they are running to.
  - h. No leading off or stealing is allowed. A runner off his/her base when the ball is kicked is out.
  - i. Any player who deliberately crashes into a defensive player holding the ball, waiting to apply a tag, will be out.
  - j. Runners can advance on an overthrow. If the ball is out of bounds one base will be awarded.
4. Game
  - a. There will be a coin flip for home and away.
  - b. Games will be 7 innings unless time is called.
  - c. Games will be 45 minutes in length with no new inning after 50 minutes.