



Outdoor Kickball Rules & Regulations

SETUP

- Athletic shoes or cleats, shirt, and pants/shorts must be worn at all times, no exceptions (i.e. no bare feet, sandals, metal cleats, etc).
- Official kickball is 10" in diameter and will be provided at each game by the referee.

BASICS

- Team rosters are limited to a maximum of 16 players.
 - Each team will roshambo (Rock, Paper, Scissors) for home and away.
 - Teams must have a minimum of 6 players to avoid a forfeit.
 - A team needs a minimum of 3 males, 3 females to avoid forfeiting.
 - To field a "full" team, i.e. 10 players on defense, a team needs at least 4 females and 4 males.
 - A team must have at least 1 male/1 female in the infield and 1 male/1 female in the outfield at all times. There is no requirement on which positions males or females must play.
 - Each game is 50 minutes or 7 innings, whichever comes first.
 - A game will be counted as official after 4 complete innings.
 - *6 runs max. per inning. However, in the event a team has multiple runners on base and are close to the max, a team may exceed this limit for the play on which they exceed 6 runs.
 - For example, a team has scored 5 runs and has the bases loaded. If the kicker hits a home run, the team may exceed the run limit and count NINE runs instead of 6 (all four scored on the play).
- *Note: Kickball officials have sole discretion as to the "end" of a play. Teams attempting to stretch a single into a home run to take advantage of this rule will simply be maxed out at 6 runs.
- No run limit in the final inning (referee will call final inning).

- If a team is behind by 10 runs or more in the final inning, and the losing team is the HOME team, that team will kick twice in a row (i.e. 6 outs instead of 3) to allow for a possible comeback. This also reduces the ability of the winning team to “pile on” runs during the unlimited portion of the final inning.

- EXTRA INNINGS (If time allows - 6+ minutes)
 - Teams will start with their last female preceding the kicker that is due up first the extra inning on 2nd base
 - 2 outs ends the half inning

Kicking

- Every player on a team must kick unless a player is injured during the course of play
 - o Note: If a player is injured and was originally in the game’s lineup, teammates (same gender) take turns filling the original spot of the injured player. It is NOT an automatic Out.
- If a team is short a player, e.g. only 9 players, the missing 10th player does NOT count as an automatic out.
- A player must wait until the ball reaches the front edge of the plate to kick it.
- The ball must move forward to qualify as a kick.
- Foot or leg contact must be made to qualify as a kick.
- Teams may not have more than 2 of the same gender in a row.
- A “foul ball” by the kickers MUST result from an attempt by the kicker.
 - A kicked ball that is appearing to roll towards foul territory will have a 5 second count. If any part of the ball is still in fair territory the play is live.
- There are no walks in kickball. 4 balls results in a new count.
- If a team has more than a 2:1 ratio of men to women, e.g. 8 men: 3 women, the women rotate through the lineup after each other. Example:
Male
Male
1st Female
Male
Male
2nd Female
Male
Male
3rd Female
Male
Male
1st Female
(again) Etc.

Bunting

- A “bunt” is a ball that does not pass the pitcher’s mound in fair territory within 3 seconds, unless the ball is touched by a defensive player prior to reaching the Bunt Zone boundary line or the 3 second count.
- Female players may kick or bunt.
 - o Note: If a team is ahead by more than 10 runs, female players MUST kick (similar rules to “man bunts”).
- Male players may not bunt at any time. A man bunt, or “munt”, can only occur when three conditions are met:
 - 1) The ball is kicked by a male player
 - 2) The ball is not touched by a defensive player
 - 3) The ball does not pass the Bunt Zone boundary line within 3 seconds.
- If the bunt is rolling along the foul line in fair territory, the ref will count 5 seconds. If the ball is still in fair territory the ref will hold out one hand to declare fair and the play is live. If the ball rolls foul prior to 5 seconds the ref will announce foul ball.
- A bunt by a male player is an automatic out. All players return to their previous base.
- Teams may not have more than 2 of the same gender in a row.
- Two strikes is an out.

Outs

- Three (3) outs ends the half inning.
- Two strikes and the kicker is out.
 - Any type of foul is treated as a strike, regardless of count.
- A kicked ball caught in the air in foul or fair territory is an out. Runners may tag up on any caught fly ball, fair or foul.
- A ball thrown to a fielder touching a base that a runner is forced to will be out. The runner must be forced to run to the base in order to be called out.
 - For example, home to first is considered a ‘force out’. A runner on 2nd base with no runners on base is not forced to run to 3rd base on a kick from home plate, and therefore must be tagged out rather than forced out.
 - o Note: If a runner is forced to a base and is tagged out, the play is still considered a ‘force out’ and a run would not count on the 3rd out, even if the runner crosses the plate before the player is tagged.
- The ball is ‘poison’ therefore any runner that is off the base during live play and is touched by the ball will be considered out, even on a ricochet; the ball is still LIVE!

- Intentional headshots and intentional knee & below shots are illegal and the runner will be called safe. If the runner ducks, jumps, or slides to avoid the ball and is hit in the head, or knees and below then the runner will be called out.

Baserunning

- Runners advancing to first base after a kick need to run through the ORANGE bag unless they are advancing to second base
- Yell rule: Screaming, yelling or any type of distraction toward a fielder making a play on the ball results in an automatic out for the kicker and all runners return to their previous base.
 - If anyone from the dugout yells, the next kicker up will start with an extra strike. (1-2 count)
- No leading off
- No stealing
- No head-first slides. The runner is out when diving head-first to a base, but not if they are diving BACK to a base
- Once the ball is kicked, the runner may leave their original base. On a flyball, once the ball is touched by a fielder the runner may leave his original base or 'tag-up'. The runner does not have to wait for the ball to be caught.
- A runner may tag up on fair or foul balls that are caught.
- There is no infield fly rule in kickball; however, fielders may not intentionally drop an infield fly for the sake of creating a double or triple play. If the latter occurs, the kicker is out and all players return to their previous bases.
- A ball thrown 'out of play' will grant runners one extra base from the last reached base. the referee will stop play and enforce this rule.
- Runners who pass another runner on the base path will be ruled out.
- Any contact by a runner with a fielder who is making a play on the ball, will result in an out (interference). The fielder has the right to make a play on the ball at all times. It is the responsibility of the RUNNER to avoid contact.
 - o Note: Once a fielder has been given an opportunity to initially field the ball, the runner has rights to the base path.
- Runners may advance at their own peril until time is called by the referee.
- Runners must use the safety base at first and home whenever possible during play.
- Upon reaching any base, if a runner makes an intentional or accidental attempt to advance to another base, that runner may be tagged by a fielder.

Pitching/Catching

- When rolling the ball, one foot must be on the rubber at all times. You may take one step forward on the follow-through, but no other movements forward, backward or side-to-side until the ball is kicked.
- The pitch must be made with your hands.
- A pitch must be rolled on the ground and may not bounce above the knee at any time during the delivery.
- If a ball bounces above the knee at any time during the pitch, it will immediately be called Illegal, in which case the kicker may have the option of kicking the ball or taking the pitch as a ball.
- A strike is called when any part of the ball crosses home plate. The referee will determine if it is a strike or not.
- 2 strikes is an out and 4 balls resets the count.
- The catcher must remain inside the catcher's box until the ball is kicked.
- A catcher is NOT needed if a team only has 7 or 8 players. If a team has 9 or a full team (10 players), a catcher is required.
 - Note: A team may choose not to field a catcher and play down an infielder or outfielder.

Fielding

- Infielders must stay behind the baselines before the ball is touched by the kicker.
- Outfielders must be on the grass or behind the designated cones before the ball is touched by the kicker. Referee has discretion on outfield boundary if no physical boundary exists, e.g. grass outfield, dirt infield.
- Players cannot change positions between infield and outfield during an inning, e.g. rotating catchers. However, fielders may shift for specific batters, e.g. right fielder moving to left field.
- Early encroachment by an infielder is determined by the referee and may result in the kicker reaching base safely. Play will continue if it is advantageous to the kicking team.
- Any throw by the fielder that hits a runner below the shoulders is an out.
- An intentional headshot (determined by referee) will result in suspension for one inning or more, at the referee's discretion.
- A fielder cannot obstruct the runner from reaching a base (obstruction). If the runner is hindered in the baseline, they will be ruled safe unless the fielder is making a play on the ball.