

How to Play Kickball - Basic Rules

The most important rule - Have fun, kickball is about having fun and being social.

Below is the basic setup and rules for a kickball game, each section below has additional details and subtleties. For more detailed and complete full set see our full rulebook further down the page.

Kickball is a simple game consisting of two teams, bases, and a big red ball. Played like baseball, the goal is to score more runs than the opposing team. Here is a list of general rules/concepts central to gameplay, from team structure to other less discussed rules.

- 10 fielders. (3 must be female)- Minimum of 8 players
- 6 innings and/or 45 minutes
- "bouncies" are allowed when pitched but it must bounce at least twice before home-plate.
- Strikezone is 1 ft on all sides of the home-plate (and above), must not be over the cone
- You can throw a runner out, but no headshots.
- forced outs.
- no ghost men.
- Bunting is allowed
- Disorderly conduct will not be tolerated
- Must be 18 to play

Once teams are assembled, one team takes the field and the other prepares to kick. Play begins when the pitcher rolls the ball to the kicker. Once the kicker kicks the ball, they run around the bases in order depending on how far they kick the ball - further kicks will afford the runner more time to traverse more bases.

If the ball lands in the foul zone, the kicker must try again and the foul will count as a strike, you will be allowed 1 bonus foul. If a fielding player catches the ball before it touches the ground, the kicker is automatically out. If a fielding player manages to get the ball and pass it to one of the players on the base the runner is going to before the runner gets there, the runner is out. If any fielding player manages to touch the runner with the ball while holding it in their hand, the runner is out.

When a player makes it around all bases and returns to the home base, the kicking team scores a run. The kicking team should aim to score as many runs as possible in an inning without getting out. If three of the kicking team's players get out, the teams switch positions. Once both teams have had a turn in the field and at the plate, the inning ends. Whichever team has the most points at the end of 6 innings or 45 minutes wins the game.

Pitching, Catching, and Fielding

- Balls must be pitched by hand. There are no restrictions on pitching style.
- Proper Field Position must be maintained by all fielders while a pitch is in progress, and until the pitched ball reaches the kicker. Failure to be properly positioned will result in a Position Warning to the team that caused the infraction. The team's second and each subsequent Position infraction by that team that game will result in the kicker being awarded first base regardless of the outcome of the kick. Proper field position is:

1. For Fielders: All fielders besides the catcher must remain in fair territory behind the 1st-3rd base diagonal.
2. For Pitchers:
 1. The pitcher must start the act of pitching with at least one foot within the pitching mound
 2. The pitcher must have at least one foot on or directly behind the pitching strip when releasing the ball;
 3. No part of the pitcher's front foot may be in front of or across the front edge of the pitching strip.
3. For Catchers:
 1. 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.
 2. The catcher may not make contact with the kicker, nor position so closely to the kicker as to restrict the kicking motion.
 3. The kicker may not trigger a position violation through maneuvers judged by the Ref to be deliberately tricky or unsportsmanlike.

Kicking

- All kicks must be made by foot or leg, below hip level. Any ball touched by the foot or leg below hip level is a kick.
- All kicks must occur:

1. at or behind home plate. The kicker may step on home plate to kick, however no part of the planted foot may be in front of or cross the front edge of the home plate (see Rule 13.02g).
2. within the kicking box (see Rule 1.01g). The kicker must have at least a portion of the plant foot within the kicking box during the kick. The kicker may line up outside of the kicking box.

Runners must stay within the baseline. Any runner outside the baseline is:

1. Runners may choose their path from one base to the next, and may follow a natural running arc;
2. Runners are free to change course to avoid interference with a fielder making a play;
3. When attempting to avoid a ball tag, runners may move no more than 4 feet out of their established path.

- Obstruction. Fielders may be within the baseline when doing so is necessary to make an active play on the ball, but must otherwise stay out of the baseline. Runners hindered by any fielder within the baseline, not making an active play for the ball, shall be safe at the base to which they were running. Runners may choose to advance beyond this base while the ball is still in play.

- Neither leading off base, nor stealing a base is allowed. A runner may advance once the ball is kicked. A runner off base when the ball is kicked is

- Hitting a runner's neck or head with the ball is not allowed, except when the runner is sliding. Any runner hit in the neck or head shall be considered safe at the base they were running toward when the ball hits the runner. If the runner intentionally uses the head or neck to block the ball, and is so called by the Referee, the runner is out.

- A tag-up is a requirement to retouch or stay on a base until a kicked then caught ball is first touched by a fielder. After a tag-up a runner may advance. A runner failing to tag-up as required is out

- All ties will go to the runner. Runners traveling from home plate may overrun first base, and may only be tagged out if actively attempting to advance to second base.

- Base Running on Overthrows;

1. an overthrow is a ball thrown, kicked, or deflected into foul territory while making a defensive play toward a player or base;
2. a runner may advance only one base beyond the base the runner is on or running toward when the ball travels into foul territory;
3. one base on an overthrow is a restriction on the runner – not an automatic right for the runner to advance;
4. if any fielder attempts to make an out prior to returning the ball to the pitcher, runners may commence base running.

- Running past another runner is not allowed. The passing runner is out - A run scores when a runner touches home plate before the third out is made, EXCEPT that no run can score when the third out is made during a force play situation, or when the kicker is put out before touching first base. At the end of a game the team with the most runs

wins.

- When a base is displaced during play, any runner is safe while in contact with the base's original and correct location. All displaced bases should be restored at the end of each play

11. Strikes

- A count of three (3) strikes is an out.
- A strike is:

1. a pitch that is not kicked and is not called a ball, that enters any part of the strike zone
2. an attempted kick missed by the kicker inside or outside of the strike zone

Balls

- A count of four (4) balls advances the kicker to first base, with the exception of four-pitch walks
- During a single plate appearance, if a kicker is walked on exactly four pitches, without being pitched any strikes or any resulting foul balls the kicker will be awarded a walk of two bases. Base runners shall only advance as far as they are forced by the kicker proceeding through 1st base to 2nd base.
- A ball is:

1. a pitch outside of the strike zone as judged by the Referee where a kick is not attempted
2. a pitched ball that does not touch the ground at least twice or roll before reaching the kicking box;
3. a pitched ball that exceeds one foot in height from the bottom of the ball at any time while passing through the kicking box, prior to reaching the kicker;
4. a pitched ball that is higher than one foot at the plate.

13. Fairs and Fouls

- A count of three (4) fouls is an out.
- A foul ball is:

1. a kicked ball first touching the ground in foul territory
2. a kicked ball first touching a fielder or Referee wholly in foul territory, while the ball is over foul territory
3. a kicked ball landing in fair territory, but touching the ground in foul territory on its own at any time before crossing 1st or 3rd base

4. a kicked ball landing in fair territory, then entering foul territory before crossing 1st or 3rd base, and touching a fielder or Referee wholly in foul territory
5. a ball put into play with any part of the kicker's body at or above the kicker's hip level
6. a kicked ball touched more than once or stopped in the kicking box by the kicker; "Double Kick"
7. a kicked ball first kicked outside of the kicking
8. a kicked ball first touching a permanent object, such as a batting cage or fence.
9. a kicked ball first touching a fielder in front of the kicker's box prior to the ball crossing into fair territory

- A fair ball is:

1. a kicked ball landing and remaining in fair territory
2. a kicked ball landing in fair territory then traveling into foul territory at or beyond 1st or 3rd base
3. a kicked ball first touching a player or Referee in fair territory
4. a kicked ball landing in fair territory, then touched by a participant in fair territory before touching the ground in foul territory
5. a kicked ball that touches a runner before touching the ground in foul territory
6. a kicked ball that touches the kicker once outside the kicking box before touching the ground in foul territory
7. a kicked ball by a male player that touches a defender prior to reaching the 1st-3rd diagonal line.

Outs

- A count of three (3) outs by a team completes the team's half of the inning.

- An out is:

1. a count of three (3) strikes or three (4) fouls;
2. any kicked ball (fair or foul) that is caught by a fielder. Any part of the ball may incidentally touch the ground during the act of catching and still be ruled an out if the fielder first displays full control of the ball and maintains control after touching the ground;
3. a Force Out, being the tag by any part of a fielder's body of a base to which a runner is forced to run, before the runner arrives at the base, while the fielder has control of the ball. The ball may be touching the ground if the fielder displays full control of the ball while simultaneously tagging the base;
4. a runner touched by the ball or who touches the ball at any time while not on base while the ball is in play;
5. a kicker or runner that interferes with the ball

6. a tag of a base by any part of a fielder's body, while the fielder has control of the ball), before the runner originating at that base can tag-up as required due to a caught ball
7. a runner off base when the ball is kicked
8. a runner physically assisted by a team member during play
9. any kicker that does not kick in the proper kicking line up
10. a runner that passes another runner
11. a runner outside of the baseline
12. a runner who misses a base, as called by a Referee upon the conclusion of the play;
13. a runner who fails to properly tag up on a caught ball, as called by a Referee upon the conclusion of the play;
14. a runner touched by the ball while on a base they are forced to vacate by the kicker becoming a runner;
15. a runner coming from home plate who steps on First Base when required to use the Extra Base (while an Extra Base is in use - see Rule 1.06);
16. a player improperly occupying the sideline area after their team has been issued a warning

Ball In Play

- Once the pitcher has the ball in control and retains possession on the mound, the play ends. Runners who are off base at this time and in forward motion may advance only one base. Runners who are off base at this time and not in forward motion must return to the base from which they were running.

- Interference is:

1. when any non-fielder or non-permanent object except a Referee or a runner, touches or is touched by a ball in play in fair territory. This interference causes the play to end, and runners shall proceed to the base to which they were headed;
2. when any runner on or off base intentionally touches a ball, or hinders a fielder. This interference causes the play to end, the runner to be out, and any other runners shall return to the base from which they came, unless forced to advance
3. when any kicker intentionally touches a pitched ball by hand or arm before the pitch is called a Ball or Strike, or intentionally touches a kicked ball to render it foul. This interference causes the play to end, the kicker to be out, and any runners shall return to the base from which they came

- During any play where a ball is popped or deflates significantly, that play shall be replayed with a properly inflated ball.

Injury and Substitution

- In cases of injury or illness, a time-out may be requested for participant removal and replacement with a teammate as a substitute. If the participant later returns to play, the participant must be inserted in the same written kicking order position previously held.
- If a player is ejected, injured, becomes ill and cannot continue, or leaves the game for any reason, the written kicking order will continue in the same formation, less the removed player. A player removed from the kicking order for ejection, injury, illness, or any reason does not constitute an improper kicking order and there is no “automatic out” when the removed player’s spot in the order is reached.
- Injured players who do not kick shall not play in the game.
- Any player removed from the game for injury or illness must be noted on both team written kicking orders and mentioned to the Head Referee.
- The pitcher and the catcher positions may only be replaced once per inning each, unless injury forces another substitution.
- Only runners who are injured while traveling to a base, and who successfully make it to a base, may be substituted. There are no other allowable runner substitutions. A runner may be substituted no more than twice during the game. Upon the second substitution, the player will be removed from the game and no longer be allowed to participate.