



## Kickball Rules



### The Playing Field

- Games will be played on LCRAC baseball/softball fields.

### Regulation Game

- Games are 7 innings or 45 minutes.
- There is a 10 run rule after five innings. 15 runs after four innings.

### Teams

- Teams will consist of at least five females and five males.
- A minimum of eight will be required for a game to start or continue. Teams can play with 4 female and 4 male players. Teams playing with 8 players will not be penalized 2 outs for only having 8 players.
- If a team starts with 10 players and then drops down to 8 players- they will be penalized 2 outs for only having 8 players.
- Teams must alternate positions in the batting order by sex.
- Teams must have at least two females and two males in the infield and two females and two males in the outfield. The pitcher and catcher must be of opposite sex.
- Teams will be allowed to use up to 10 players in the field.
- Teams will only be allowed to kick 8, 10 or 12 players. They must alternate between male and female. At no time can a team kick two females or two males in a row.

### Batting/Running

- No kicking the ball until it has crossed the plate, kicking the ball in front of the plate will count as an out.
- All kicks must be made by the foot, with the kicking foot completing a follow through swing.\* Females may choose to bunt (forgoing the follow through, NO Male BUNTS, Male bunts will result in an out)
- After a fly ball is caught, a runner must tag up before advancing to the next base. Failure to do so may result in an out if the runner is legally hit with the ball or the opponent gets the ball to the previous base before the runner can return to tag up.
- If a ball hits a kicker in fair territory after the ball is kicked, the kicker is out; the same applies to a runner.
- A batter/runner is out in situations similar to softball (force outs, pop outs, etc.) In addition, a runner is out when he/she is hit by a thrown ball below the shoulders.
- No leading off or stealing is allowed. Runners off the base when the ball is kicked will be declared out.
- Runners must stay within the base line.
- Running past another runner is not allowed.
- Hitting a runner's neck or head with the ball is not allowed. If the runner intentionally uses the head or neck to block the ball, the runner is out. If a ball is thrown at the runner's neck or head, it will be an immediate dead ball and each runner advances a single base.
- Kickers are allowed one foul ball on the second strike. Any foul ball after they have received their one free foul will result in an out.
- Male kickers who are walked will be awarded second base. If there are two outs, and a male walks, he will be awarded second base and the female kicker will have the option of taking 1<sup>st</sup> base.

## Pitching/Fielding

- All pitches must bounce at least once prior to crossing the plate. Pitches must be below the kickers knee as it crosses the plate. All pitches must be of reasonable speed. No overhand pitches will be allowed. All pitches must be rolled underhanded. No side-arm pitches allowed.
- Pitchers will receive one warning about pitching the ball to hard. Any further pitches deemed too hard will result in a dead ball and the kicker advancing to 1<sup>st</sup> base.
- The pitcher must stay within the pitchers circle until the ball is kicked. Infraction results in all runners advancing one base and the batter re-kicking the ball.
- No player may field in front of the pitchers circle other than the catcher. Infraction results in all runners advancing one base and the batter re-kicking the ball.
- The catcher may not break the plane of the home plate until the ball is kicked. Infraction results in all runners advancing one base and the batter re-kicking the ball.
- There is the infield fly rule,
- Once the pitcher has the ball in control and on the mound, the play ends.

## Outs

- A count of three outs by a team completes the team's half of the inning.
- An out is:
  - A runner touched by the ball or who touches the ball at any time while not on base while the ball is in play. (Runners must be hit with the ball below the shoulders. If a ball is thrown at the runner's neck or head, it will be an immediate dead ball and **ALL** runner's will advance a single base.)
  - Any kicked ball that is caught (fair or foul).
  - A ball tag on a base to which a runner is forced to run.
  - A runner off his/her base when the ball is kicked.

## Substitutions

- Free substitution as long as five females and five males remain on the field. The sub and the player they sub for cannot be in the game at the same time. The starting player must return to the line up in their original position in the order.
- No substitution of runners except in the case of injury. Each team will receive one courtesy runner per inning. The courtesy runner must be of the same sex and the last out made by the runners team.