

# KICKBALL

Kickball is a sport that contains elements of baseball, softball and soccer. Kickball rules are designed to offer a flowing, fun game that is played in a safe environment.

## Overview

### Field and Equipment

A kickball field needs four bases in a diamond shape. The pitching strip is directly in front of home plate and in line with first and third base. A kickball, or playground ball, is mostly used, however, a soccer ball or something similar, such as a volleyball, can be used for a fun game with friends.

### Teams

Basic games of kickball will have varying numbers, so just split your group into two even teams. There are ten positions: pitcher, catcher, 1<sup>st</sup> baseman, 2<sup>nd</sup> baseman, 3<sup>rd</sup> baseman, short-stop, rover, left fielder, center fielder, and right fielder. If you have more than ten on a team, have the other teams scatter in other areas of the field.

### Pitching

Each team will pitch to their team. The pitcher may not touch or interfere with the ball while it is in play. Each player will get two pitches to kick the ball. If the second pitch is not kicked into the field of play, it will result in an out.

### Kicking and Running

The batter must run to first base after any ball that is kicked. Foul lines extend out from first and third base, and a ball must be inside these lines to be in play (otherwise, it is foul). One run is scored every time a runner reaches home.

### Outs

Each team gets three outs per inning. A kicker is out if the ball is not kicked into the field of play after two pitches. A runner is out on a forced out, the fielder must catch the ball and touch the base before the runner arrives, or if the fielder throws the ball at the runner and hits them below the waist. A kicked ball caught by a fielder before hitting the ground will also result in an out. If the kicking team is not inside the dugout, it will result in an out.