

KICKBALL STUDY GUIDE

Kickball at a Glance –

Kickball is a simple game consisting of two teams, bases, and a big red ball. Played like baseball, the object is to score more runs than the opposing team. In short, games are played with 11 fielders, 5 innings, 2 base coaches, bouncies, no head shots, one base on an overthrow, forced outs, no ghost men, and bunting is allowed so get a good catcher on your team.

The Playing Field –

- The kickball diamond is a square with equal sides of 60 ft or about 20 paces with a base at each corner.
- The distance from home plate to second base and from first base to third base is 84 ft 10 ½ in. or about 28 paces.
- The pitching strip is in the center of the diamond, 42 ft. 5 1/8 in. or about 14 paces from home plate, and directly aligned with the 1st-3rd base diagonal.
- The kicking box is a rectangle with the front of the box aligned with the front of home plate and the back of the box aligned with the sideline cones behind home plate. The area directly forward the kicking box is fair territory. The kicker is not required to start in the kicking box; however the kick must occur within the kicking box.
- Any ball touched by a player or Referee wholly or partly in fair territory is automatically in play.

Equipment –

- Athletic shoes are required. Metal cleats are not allowed
- Players may wear protective equipment providing it does not offer the wearer an unfair advantage.
- The official kickball is the red WAKA Logo Kickball with a pressure of 1.5 pounds.

Teams –

- Must field at least eight (8) and no more than eleven (11) players; and the 11th player must play the position of catcher.
- Must field a minimum of four (4) players of each sex.
- May only field one pitcher and one catcher at any time during the game.
- All players participating in the game must kick in the written scorebook kicking order, but do not have to field.

Base Coaches –

- Two members of the team at kick must coach first and third base. The base coaches must assist in retrieving foul balls and may switch with other team members in the proper written kicking order.

Regulation Games –

- Regulation games last five (5) full innings.
- In the event of a tie score at the end of the game, the game shall be marked as a tie.

- A single time limit may be set for all regular season games. Such a time limit may not be shorter than 45 min. and cannot exceed 90 min.

Pitching, Catching and Fielding –

- Balls must be pitched by hand. There are no restrictions on pitching style. Bouncies are allowed.
- Proper field position is: All fielders besides the catcher must start play and remain behind the 1st-3rd base diagonal until the ball is kicked.
- The pitcher must start the act of pitching within the pitching mound and have at least one foot on or directly behind the pitching strip when releasing the ball.
- The catcher must field behind the kicker, within or directly behind the kicking box, and may not cross home plate nor be positioned forward of the kicker before the ball is kicked.

Kicking –

- All kicks must be made by foot or leg, below the knee. Any ball touched by the foot or leg below the knee is a kick.
- All kicks must occur; 1) at or behind home plate, 2) within the kicking box.
- Bunting is allowed.

Running and Scoring –

- Runners must stay within the baseline. Any runner outside the baseline is out.
- Runners are free to change course to avoid interference with a fielder making a play.
- When attempting to avoid a ball tag, runners may move no more than four feet out of their established path.
- Neither leading off base, nor stealing a base is allowed.
- Hitting a runner's neck or head with the ball is not allowed, except when the runner is sliding.
- 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.
- All ties go to the runner.
- An overthrow is a ball thrown, kicked, or deflected into foul territory while making a defensive play toward a player or base.
- A runner may advance only one base beyond the base the runner is on or running toward when the ball travels into foul territory.
- 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.
- A run scores when a runner touches home plate before the third out is made.

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, and 2) an attempt kick missed by the kicker inside or outside the strike zone.
- Foul balls never count as strikes.

Balls –

- A count of four (4) balls advances the kicker to first base.
- A ball is:
 - 1) a pitch outside of the strike zone
 - 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 at the plate.

Fairs and Fouls –

- A count of four (4) fouls is an out.
- A foul ball is:
 - 1) a kicked ball landing in foul territory.
 - 2) a kicked ball touched in foul territory.
 - 3) a kicked ball landing in fair territory, but touching foul territory on its own at any time before reaching first or third base.
 - 4) a kick made on or above the knee.
 - 5) a kicked ball kicked outside the kicking box.

- 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 beyond the 1st-3rd base diagonal.

Out –

- A count of three (3) outs by a team completes the teams half of the inning.
- An out is:
 - 1) a count of three (3) strikes or four fouls.
 - 2) any kicked ball (fair or foul) that is caught by a fielder.
 - 3) a ball tag on a base to which a runner is forced to run, before the runner arrives at the base.
 - 4) a runner touched by the ball or who touched the ball at any time while not on a base while the ball is in play.
 - 5) a kicker intentionally hits the ball with their hand or arm.
 - 6) a ball tag of a runner on base.
 - 7) a runner off base when the ball is kicked.
 - 8) a runner that passes another runner.
 - 9) a runner outside the base line.
 - 10) a runner who misses a base.

Ball in Play –

- Once the pitcher has the ball in control and retains possession on the mounds, the play ends.

Ghost Men –

- Ghost men are not allowed.