

# INDOOR KICKBALL RULES



- FYI PRETTY MUCH SAME RULES AS OUTDOOR KICKBALL
- **This is a practice-bunt league**
- Each team must bring their ball
- You can practice with 7/ 8 players must have 1s, 2<sup>nd</sup>, 3<sup>rd</sup> base, 1 or 2 short stop ,hind catcher and 2 out fielders
- All players Must have on rubber shoes ( can't play barefoot)
- Players must have on the same color t-shirt or jersey so officials can keep up who is on what team
- Games will be 7inning or 45mins, whichever comes first.
- **Only bunting and ground balls or allowed**
- Everybody must kick
- Individuals may play on only one team
- Home team will be determine by flipping a coin
- A ball caught off wall is an out
- A ball kicked to the ceiling is an out

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## Live ball Rules:

- No defensive player may advance forward of the 1st-3rd base diagonal line until the ball is kicked.
  - If all runners advance at least one base the penalty will be ignored. If there is an out made on the play it will be a delayed dead ball and the kicker will be awarded first base. The offensive coach will have an option to take the play or place the kicker on first and only advance runner if forced.
  - When the pitcher has control of the ball in the pitching circle, the play is dead and time is called.
- \*If a baserunner is hit by a kickball and not on base, the runner is out. The play is dead immediately. If a kicked ball, hits a base runner while on base, she is safe.
- If a runner intentionally touches or stops the ball, even if they are on the base, the play ends and the runner is out.
  - Players in the field are allowed to kick the ball {as opposed to throwing it} towards another teammate in the field. This is particularly helpful if you have a long throw from the outfield.



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- The Head Coach may discuss any call with the Head Referee/Umpire. With the proper request of timeout and then approach the Head Referee/Umpire for discussion. (Remember referee/umpire has the final ruling.)
- If there is a concern on a play/call by a player, the proper protocol to is as follows: the player is to quietly take it to the manager, and the manager to the coach and then the coach to referee/umpire.
- Base coaches CANNOT assist any kicker, or runner physically while the ball is in play.

**\*\*\*PLEASE DON'T BLOCK THE BASE WHEN YOU'RE OUTFIELD FOR SAFETY**

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## **Pitching:**

- The strike zone extends to 12 inches on either side of home plate and 12 inches in height. Three strikes is an out. Every foul ball is a strike.
- Three balls is an awarded base
- The pitcher may pitch from anywhere inside the pitching circle but must remain behind the imaginary line.
- The pitcher can use any pitching style. There is no restriction to how the pitcher can release the ball.
- The pitcher and catcher can only be replaced once per inning.
- The pitcher has 5 seconds once she has received the ball and the kicker is in the box to pitch. The delay will result in an awarded ball.

**FYI THE PITCHER GET 3 PRACTICE ROLLS BEFORE GAME START**

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## **Catcher:**

- The catcher must not restrict the kicker in the process of kicking. The catcher must be behind the kicker when contact is made.
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## **Kicking:**

- Each player must kick in kicking order as printed on the kicking roster.
- Each player must kick and run for themselves.
- NO KICKS CAN BE MADE ABOVE THE KNEE. ANY KICK MADE AT THE KNEE OR BELOW IS LEGAL.
- Bunting is permitted and defined as a kick in which the leg is not fully extended.
- If the ball is kicked to the ceiling, it is an out.
- The kicker can step on home plate to kick however, no part of the planted foot may be in front of the plate. If so, it is treated as a foul

Kickers must be in the kicking box as soon as the pitcher has the ball in the circle and is ready to pitch. The umpire will direct a pitch to be thrown. The pitch is automatically a strike.

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## **Base Running:**

- Neither leading off base nor stealing is allowed.
- A runner off their base when the ball is pitched shall be called out!
- Sliding is allowed. (Please be careful)
- An injured player who has reached first base maybe replaced with the last kicked out.
- If a base runner advances in front of another runner or touches the runner in front of them she will be called out.
- Hitting a runner with the ball above the shoulder level is not allowed. Any runner hit above the shoulder as they are running to a base shall be safe. If a runner has fallen completely to the ground and the ball hasn't been released you are not allowed to hit the runner in the head area.
- If a player chooses to SLIDE and is hit anywhere on the body, they will be out, if they have not reached the base.
- If a player intentionally throws at the head or above the shoulder of another player, they will be EJECTED. If the incident occurs a second time by any member of the same team, that team



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will forfeit the game. However if a runner intentionally uses their head to block the ball that runner is out.

- On a fly ball the runner may tag on first touch.
- If an overthrow stays in the field of play the runner may advance without limits.
- If a ball goes into dead ball territory (dugout, over a fence, etc...) the ball is dead and the runners are awarded one extra base.
- Runners are to change their path in order to avoid contact.
- When attempting to avoid tag, runners may move no more than 4 feet out of their established path.
- If a base dislodges, the runner is safe while in contact with the base original location.

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## Strikes, Balls, Fouls and Outs:

**Strike: A strike is a pitch that rolls within the strike zone either, not kicked, or missed by the kicker**

- 3 balls is a walk 3 strikes is out
- 3 foul is an out
- All fouls are strikes
- If the ball hit above the knee it's a foul
- No tag ups on foul balls

**Ball: Is a pitch outside the strike zone.**

**Out: Three strikes.**

- Any kicked ball that is caught.
- Any kicked ball that hits the ceiling.
- Tagging a base to which a runner is forced to run.
- A runner off of the base when the ball is pitched.



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- If a base runner advances in front of another runner or touches the runner in front of them, they both will be called out.
  - If a kicker touches a pitched ball with her hands.
  - Fielder catches a foul ball.
- \*\*INJURY PLAYER\*\***that can kick but must make it to first base, last person who didn't reach first can run for them
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### Miscellaneous Rules & Code of Conduct:

- \* **NO BEATING ON PARK PROPERTY PARKS AN REC' DON'T LIKE IT (EXAMPLE beating on DUGOUT) if damage dugout team is responsible for damages**
- \* No Alcoholic Beverages are prohibited in the dugout, on the field, in the parking lots and on playground areas. **NO CUPS ON THE FIELD!!!**
- \* **!!! (SO PLEASE LET FAMILY & FRIENDS NO OUR PARK DON'T ALLOW SMOKING AROUND PLAYERS & FIELDS)**