

KICKBALL

Lifetime Sports

1. KICKBALL AT A GLANCE (www.kickball.com)

- WAKA Kickball - The World Adult Kickball Association is the preeminent adult kickball organization and the world governing body of kickball. 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, WAKA plays with 11 fielders, 5 innings, 2 base coaches, no head shots, one base on an overthrow, forced outs,

2. THE PLAYING FIELD

- The kickball diamond is a square with equal sides of 60 feet or about 20 paces;
- The pitching mound extends 12 feet from the center of the pitching strip
- 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 kicker is not required to start in the kicking box, however the kick must occur within the kicking box
- *The strike zone extends to 1 foot on either side of home plate, and 1 foot high.*
- Any ball touched by a player or Referee wholly or partly in fair territory is automatically in play

3. TEAMS

- Teams must field at least eight (8) players and no more than eleven (11). one player must play the position of catcher.
- The kicking lineup does not require a specific sex order;

4. 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.
- Game may be ended at the discretion of the losing team, if losing by 12 or more runs at any point in the game.

5. PITCHING AND CATCHING

- The pitcher must start the act of pitching within the pitching mound.
- Pitching must be done by hand.
- No player may field forward the 1st-3rd base diagonal other than the catcher until the ball is kicked,
- The catcher must field directly behind the kicker and may not cross home before the ball is kicked.
- There are no restrictions on pitching style.
- All kicks must be made by foot or leg, below the knee.
- All kicks must occur 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.

6. RUNNING AND SCORING

- Runners must stay within the base line.
- Fielders must stay out of the base line.
- Neither leading off base, nor stealing a base is allowed. A runner may advance once the ball is kicked
- 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 is safe, and advances to the base they were running toward when the ball hit 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.
- Tag-Ups are only required before advancement on a caught ball. After a kicked ball is caught, runners are forced to tag their originating base before running to the next base. If the runner has not moved off of base before the ball is caught by a fielder, the runner may run forward without a forced tag up.
- All ties will go to the runner. Runners may overrun first base.
- 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.

7. STRIKES

- A count of three (3) strikes is an out.
- A strike is a pitch within the strike zone that is not kicked or an attempted kick missed by the kicker inside or outside of the strike zone
- Foul balls never count as strikes.

8. BALLS

- A count of four (4) balls advances the kicker to first base.
- A ball is a pitch outside of the strike zone as judged by the Referee where a kick is not attempted

9. FAIRS AND FOULS

- A foul is a kicked ball landing in foul territory
- A kicked ball landing in bounds, but traveling out of bounds on its own before reaching first or third base.

10. OUTS

- A count of three (3) outs by a team completes the team's half of the inning.
- Any kicked ball (fair or foul) that is caught by a fielder;
- A runner off of his/her base when the ball is kicked;
- A runner physically assisted by a base coach during play
- A runner that passes another runner

11. BALL IN PLAY

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