

Basic Kickball Rules

All Skill Levels Welcome.

TEAMS: Teams on the field will be made up of 8-11 employees. All teams must have at least one male and one female player on the field at all times. Teams are allowed to have more than 11 employee players, and can switch off their players at any time during the game.

SCORING: Score by rounding the bases and reaching home plate.

FIELD AND EQUIPMENT: A kickball field needs four bases in a diamond shape, with the pitcher in the middle.

PITCHING: The pitcher delivers the ball, and must do so with one foot in contact with the pitching rubber. The ball must be rolling or have bounced twice before reaching home plate to be counted as a fair pitch. If the ball passes through the strike zone and the kicker does not make contact, it counts as a strike. A ball that goes wide of the strike zone, is not rolling or did not bounce twice will count as a ball.

KICKING AND RUNNING: The kicker 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 and a strike). If a ball clears the outfield wall for a home run, the kicker and all runners on base run the bases unopposed to home plate. One run is scored every time a runner reaches home.

OUTS: Each team gets three outs per inning. A kicker is out if three strikes are thrown, or if a ball is kicked foul on the third strike. In kickball rules, a kicker is out when the fielding team touches a base with a ball before the kicker arrives, or if he/she is hit with a thrown ball below the shoulders while running the bases. A kicked ball caught by a fielder before hitting the ground will also result in an out.

