



Sports And Fitness

Have Fun Playing Kickball!

Kickball has been a fun game to play for many years! It can be played most anywhere! All you need is a playground ball that's around 8 to 10 inches in diameter. Choose a lightweight one for smaller children and a heavier one for bigger kids. You will also need something to serve as the 4 bases. A large yard, playground or park is the perfect place for kickball. The ball will roll better on a hard surface. Grass is more kid-friendly. It's easy to play and a great way to pass the time with your friends.

A kickball game is played by two teams of 9 players each who try to score more runs than their opponent by rounding the bases and crossing home plate as many times as possible.

Playing Area

The kickball field is laid out similar to a baseball diamond with 4 bases, a pitching rubber, an infield and an outfield. The dimensions of the field can vary depending on the age of the players.

Starting Play

The visiting team kicks first while the home team starts out in the field. The fielders line up in one of 9 positions. The first kicker steps up to the plate to kick. A game lasts 6 innings. Each inning is divided into a top and bottom half with each team having a turn to kick. An inning is completed when the kicking team gets 3 outs. A team scores a point every time a player rounds all of the bases and crosses home plate.

Pitching

- The ball must roll on the ground when crossing over the plate.
- The pitcher has to stay behind the pitching rubber until the ball is kicked. Failure to do this results in a "ball."
- The strike zone is 1 foot inside and outside of home plate.

Runners

- Runners have to stay in the baselines.
- Sliding into the base or running into fielders is not allowed. The runner is out if he runs into the fielder. The runner is safe if the fielder initiated the contact.
- Fielders must stay out of the baseline. Unless they are making an active play for the ball, if they interfere with a runner, the runner is safe at the base they are running toward.
- No runners may lead off or steal. They can only run after the ball is kicked. A runner who is off the base before the ball is kicked is out.
- Runners have to tag up after a fly ball is caught before they can advance to the next base.
- Runners may overrun 1st base, but they must turn toward foul territory once they pass the base. If they overrun any other base, they may be tagged out by a defender



with the ball.

- If the ball is overthrown, the runner may advance only one base.
- If a runner overtakes and passes a runner on the bases ahead of him, he is out.
- When the pitcher has control of the ball and is standing on the mound, all of the runners must stop advancing.

A batter is out if:

- He/she kicks the ball, and it's caught in the air (even if it's in foul territory).
- He/she gets 3 strikes, 3 fouls, or 2 strikes + a foul.
- He/she bunts the ball (doesn't take a full swing of the leg in an attempt to kick the ball a short distance).

A runner is out if:

- She is hit by a kicked ball while off base.
- A fielder tags her with the ball while she's not on a base.
- He/she runs out of the baseline.
- A fielder throws the ball and hits him below the shoulders while he's off the base. (Runners hit in the head or neck aren't out unless they were ducking to dodge the ball.)
- He/she is tagged by a fielder before reaching the base she is forced to run to or if a fielder with a ball touches the base before she gets there.
- He/she leaves the base before the ball is kicked.
- He/she runs past a runner in front of her.