



Whole Life Fitness

WLF SPORTS, LLC

OFFICIAL KICKBALL RULES

12 Simple Rules

1. HAVE FUN. PLAY NICE. BE NICE
2. COED RULES: A maximum of 11 players can be on the field at once. A minimum of 8 players must be on the field to play. At least 4 fielders must be female. If a team has 11 players on the field, 1 must be a catcher.
3. SUBSTITUTIONS: Free substitutions in the field. Everyone kicks.
4. FIELD: Adult Kickball regulation size diamond dimensions
5. EQUIPMENT: Played with a regulation 10" big red playground ball. Players must wear their current season WLF team shirts to be considered eligible for play NO SHIRT NO PLAY NO EXCEPTIONS
6. Tennis shoes only. NO CLEATS.
7. INNINGS: A regulation game is 6 innings or 50 minutes, whichever comes first. If the home team is winning going into the bottom half of the 6th inning, the home team wins.
8. SCORING: A tie game after 6 innings will go to a pre-determined tie breaker given by the official. Captains are responsible for choosing team representatives for tie-breaker. Playoff games continue to play as normal into extra innings until a winner is determined.
9. PLAY: This game is based on softball with some added rules
 - a. Fielders
 - i. Teams can field a MIN of 8 players and a MAX of 11 players. Teams must play the 11th player as catcher (male or female).
 1. Infielders must be behind the 1st to 3rd diagonal
 2. Catcher must be at least 3 feet behind the plate
 3. All players, with the exception of the pitcher, must stay behind the 1st to 3rd base line until the ball is kicked.
 4. Pitchers are the only fielders who can follow a pitch prior to the kick.
 - b. Pitching

- i. Strike Zone is the plate plus 1 foot on either side and 1 foot high. The height of the ball is measured from the bottom of the ball at the highest point of the last bounce.
 - ii. Ball must be thrown underhand
 - iii. 4 Balls is a walk, 4 strikes is an out. Foul balls count as a strike, even on the 4th and final strike.
- c. Kicking
 - i. Kicking line up is submitted to referee for approval prior to game play
 - ii. All players kick. Teams must kick in alternating male / female order and follow line up **strictly enforced*
 - iii. Ball must cross the plate before it is kicked or a foul ball is called
 - iv. Pitches that do not pass long enough in distance to cross the plate are deemed a ball.
 - v. Fair balls must cross the bunt line in order for the kicking player can advance. If kicks do not pass the bunt line, and are not touched by any fielders, it is a strike.
 - vi. Balls touched before the bunt line by fielding players are live and in play.
- d. Runners
 - i. Runners can safely overrun 1st and home base, but must not show intention to round first and head to second base. If the runner shows intention to head to second (determination is at the discretion of the referee) the player may be considered live. No other bases can be over-run.
 - ii. Force plays are same as softball
 - iii. Runners may tag up as in softball- i.e. runners must stay with one foot on the base until the ball is caught and secured.
 - iv. Runners may be thrown out by hitting them directly with the ball
 - v. Balls may not be thrown at runners above the shoulders. Any blatantly hard or dangerous throw, regardless of where it hits, will result in the runner being called safe and may result in the ejection of the player. This is completely up to the discretion of the umpire and may not be argued.
 - vi. No leading off or stealing
 - vii. If a runner intentionally runs into a fielder, or is out of control when running and runs into a fielder, they will be called OUT. This is completely up to the discretion of the umpire and may not be argued.

10. LEAGUE TOURNAMENT: ALL TEAMS have a shot at the tournament playoffs and a chance to compete in a single elimination tournament to determine the overall league champion.
11. ALCOHOL: No cans, no glass bottles, no tobacco of any kind. We use public fields and it is illegal to use tobacco or alcohol on the property.
12. HAVE FUN!!!

1 Definitions

1.1 A foul is:

- 1.1.1 A kick landing in foul territory
- 1.1.2 A clearly foul ball, when played by a fielder and not caught for an out, is still a foul ball. ****Remember**** outs in foul territory can still result in a tag up. A ball that lands in foul territory as a result of hitting a live fielder while in fair territory is a FAIR ball
- 1.1.3 A kick that lands in fair territory but travels into foul territory before passing 1st or 3rd base except when touched by a player.
- 1.1.4 A kick made beyond home plate
- 1.1.5 A kick that does not cross the "Bunt" Line
- 1.1.6 A ball that rolls foul, then back into fair territory before passing third base is a fair ball. If the ball is touched by a fielder while still in foul territory, the ball is dead and foul.

1.2 A ball is:

- 1.2.1 A pitch outside the strike zone
- 1.2.2 An un-kicked ball when a fielder crosses the 1st/3rd base diagonal
- 1.2.3 Any catcher coming within 3 feet of home plate before the ball is kicked

1.3 An out is:

- 1.3.1 Four strikes including a foul on the fourth strike
- 1.3.2 Any kicked ball that is caught in the air
- 1.3.3 A ball tag on a base to which a runner is forced to run
- 1.3.4 A runner touched by a ball at any time while not on base
- 1.3.5 A runner leading off a base
- 1.3.6 A runner that intentionally runs into a fielder or is out of control and runs into a fielder.

2 Field

- 2.1 The field is set up using kickball dimensions
- 2.2 The pitching area is located directly between 1st and 3rd base.

3 Equipment

- 3.1 All equipment is provided by the league
- 3.2 Proper tennis/sneakers/athletic shoes required. No bare feet and NO CLEATS
- 3.3 All players must wear WLF team shirts.
- 3.4 The official ball is a red 10" playground ball

4 Teams

- 4.1 Team rosters shall consist of 12 – 18 members.
- 4.2 A maximum of 11 players on the field during play
- 4.3 A minimum of 8 is required (minimum of 4 must be females). If a team has less than 4 females but still enough players to field it will be up to the Captains to decide if they would like to play for league standings or recreational. This decision MUST be made and will stand prior to the first kick.
- 4.4 No more than 7 males on the field.
- 4.5 If a team cannot field the minimum at game time the game will be a forfeit unless alternate agreements are made by team captains.
- 4.6 Forced forfeits are discouraged at all cost. We all came to play so LET THEM PLAY!

5 Game Play

- 5.1 All players will bat alternating between males and females.
- 5.2 The kicking order cannot change unless due to injury where the player is simply removed from the lineup.
- 5.3 Only paid league members can play in the game. NO EXCEPTIONS.

6 Regulation Games

6.1 A regulation game consists of 6 innings

6.2 If the game ends in a tie, then the game goes to a tie-breaker

6.2.1 Tie breakers are led by the officiating referee. The referee will choose from a number of predetermined tie breakers. Examples of tie breakers: Wheelbarrow races, Handstand contest, 3 legged racing

7 Fielding

7.1 Only pitchers can advance before a ball is kicked. All other fielders must remain behind the 1st to 3rd base line.

7.2 If any player (except the catcher) advances beyond the 1st/3rd base diagonal before the ball is kicked the pitch is considered a ball or if the ball is kicked, and the fielder makes a play on the runner, the kicker is safe.

7.3 A game that is called off after 5 complete innings is considered a regulation game.

7.3.1 If a game is called off before 5 innings every attempt will be made to make up the game. If the game is unable to be made up the game will be considered a tie.

7.4 The Mercy Rule takes effect after the 4th inning- when the lead exceeds 10 runs, the inning is stopped, allowing the opposition their half of the inning to shorten the lead. If, after the losing opponent's half of the inning, the lead still remains at 10 runs, the game is called.

8 Pitching

8.1 Pitching must be underhand.

8.2 The strike zone extends 1 foot on either side of home plate and 1 foot high.

8.2.1 The height will be measured from the bottom of the ball and at the apex of the last bounce before the plate. This is completely up to the discretion of the umpire and may not be argued.

8.3 The catcher must stay at least 3 feet behind and out of the way of the kicker until the ball is kicked. However, once the kicker runs up, the catcher is allowed to follow, keeping a 3 foot distance at all times.

9 Kicking

9.1 All kicks must be made by foot.

9.2 All kicks must be taken at or behind home plate or a foul will be called

9.3 Bunting is allowed as long as it passes the “bunt” line (see Bunt Line)

10 Bunt Line

10.1 The Bunt Line is located approximately 8 feet in front of home plate and extends toward the 1st and 3rd base lines (30ft from the plate on either base line).

10.2 All kicks must cross the “Bunt” Line to be considered fair.

10.3 Balls not crossing the “Bunt” Line are fouls.

11 Ball in Play

11.1 Once the pitcher has control of the ball in the pitching area (5 foot radius around the mound), the play is over.

11.1.1 If the runner is already advancing to the next base, he/she may continue.

11.1.2 This is COMPLETELY up to the discretion of the umpire and may not be argued!

12 Running

12.1 Runners must stay in the base line. If a runner leaves the baseline they are considered out.

12.2 Fielders must stay out of the baseline.

12.3 Fielders making a play on a base must lean out of the baseline when making a play on the bag otherwise the runner will be considered safe.

12.4 Leading or stealing is not allowed. A runner leading off a base before the ball is kicked is out.

12.5 Hitting the runner in the head or neck is prohibited. Runners hit in the head or neck are considered safe.

12.6 Tag ups are allowed.

12.7 All ties go to the runner.

12.8 On an out of bounds ball the runner may advance to the base they were approaching plus one extra base.

12.8.1 Out of bounds is considered outside the fence, behind the dugout, or behind the backstop.

12.9 Pinch Running: A pinch runner may only be the same sex as the runner coming off the base; and it must be the player that was last up to bat and that is not on base at the time the pinch runner is needed

13 Sportsmanship

13.1 Please remember we are here to have fun. Show sportsmanship toward your teammates, opponents, and officials at all times.

13.2 Have fun. Don't be that guy.

14 Tournament

14.1 ALL TEAMS will go to the division tournament based on season rankings. The team that wins the "Glory Days" division tournament will be crowned the Ultimate League Champions.

14.2 In case there is a two-way tie between teams, the following tiebreaker system will be used:

14.2.1 Head-to-head match up (wins and losses)

14.2.2 Head-to-head run differential (both have one win and one loss)

14.2.3 Overall season run differential (overall season runs scored minus scored against)

14.2.4 A coin flip (If there is still a tie)

14.3 In case there is a three-way tie between teams, the following tiebreaker system will be used:

14.3.1 Head-to-head match up (wins and losses)

14.3.2 Head-to-head run differential (highest average runs scored minus scored against)

14.3.3 Overall season run differential (overall season runs scored minus scored against)

14.3.4 A coin flip (If there is still a tie)

14.4 Forfeits are considered a 7-0 loss for the forfeiting team.

14.5 All other playoff scenarios that occur will be treated on a case-by-case basis by the League Commissioner.