

LifePoint Kickball Cup Rules

Sunday, March 28th

GAME BASICS

- There are 3 innings in a GAME or 30 minutes. (A count of three outs or four runs by the offensive team completes the team's half of the inning.)
- 8 players
- All pitches MUST be thrown underhand
- We do not keep track of balls and strikes
- 3 fouls is an out
- There is no leading off bases or stealing
- You can throw the ball at base runners, but no head shots!

Rule #1: KEEP YOUR COOL!

- The most important rule is to have fun.
- If you are hoping to recapture your athletic glories from the past, this is not the kickball game for you.
- This event is about having fun and meeting new people.
- Absolutely no whining will be tolerated during the course of a game. The only player allowed to communicate with the referees is the captain.

OFFICIALS

- Referees are the final word on all game call decisions.
- Only the team captains may dispute a rules call with the referee. Judgement calls may not be disputed.

TEAMS

- A team will consist of 8 players.
- Every player present is required to be in the kicking line up and run their own bases.
- Every player present is required to play in the field.

SPORTSMANSHIP

- Players should have no intentional or unwelcome physical contact with opposing players.
- Trash talking is permitted as long as it is not cruel, hateful, or a personal attack on another player. The trash talking should only be good natured and shall not be allowed to get out of hand.
- The team captain shall ensure that their players behave themselves.

PITCHING/CATCHING

- The pitcher must plant their foot on the pitching strip (in line with cone) as they wind-up to pitch. All pitches must be UNDERHANDED at a reasonable speed– no overhand or sidearm. When pitching, the ball must not be pitched with side spin or bounced.
- The ball must cross the plate within a foot on either side. The ball may not be more than 1 foot off the ground as it crosses the plate (bouncy).
- The pitcher must stay behind the pitching strip until the ball is kicked.
- **All infielders must stay behind the imaginary line stretching from first to third base until the ball is kicked.** Failure to do so results in a re-pitch.

KICKING

- All kicks must be made by the foot. All contact BELOW the knee is considered a kick. Anything hit at the knee or above is considered a foul.
- All kicks must occur at or behind home plate. The heel of the plant foot must be in line or behind home plate at the time the ball is kicked. If the entire plant foot is in front of home plate at the time the ball is kicked, a foul ball will be assessed by the referee.
- **Bunting is NOT allowed.** A bunt is defined as a kick that does not travel further than the imaginary line between first and third base OR at referee's discretion.

- Any fair kicked ball that travels outside of a reasonable area of play will result in a ground rule double. This doesn't pertain to the unlikely event of a home run kick; rather it pertains to fair balls that then bounce over a fence or lodged in tree, bystanders, inflatables.

RUNNING

- Runners must stay within the baseline. Runners unfairly hindered by any fielder within the baseline shall be safe at the base to which they were running. Leading off base and stealing is not allowed.
- A runner may only move off his/her base after the ball has been kicked, and passing the runner in front of you will result in an out.
- Hitting a runner with the ball above shoulder level is NOT allowed. Any runner hit above the shoulders is safe and advances one base.
- Exceptions: If the runner intentionally uses his head to block the ball. The runner is out. If the runner is ducking, diving or sliding (i.e. attempts to dodge the ball) and is hit in the head because of this, he/she is out.
- There is no tagging up – the player on base must return to their original base if the ball is caught.
- Any overthrown ball at 1st and 3rd base will only allow base runners to advance one single base. This does not apply to a defensive team attempting to throw out a runner who tagged up.

FOULS

A foul is:

- a kick landing out of play. The foul is determined by where the ball lands not how it travels to get there. Remember that if such a kick is caught on the fly it is an out
 - If a defensive player attempts a catch and is completely out of play, it is still a foul if they drop the ball
- a kick landing in-bounds, but traveling out of bounds on its own before reaching first or third base. (Any ball touched by an in-bounds fielder is automatically in play)
- a kicker touching (or kicking) the ball twice while on or behind home plate (i.e., in foul territory); but if such a kick is caught on the fly it is an out
- any foul that hits a tree or other outside object **IS** eligible to be caught for an out.
- three fouls is an out

OUTS

An out is:

- a count of three fouls
- a runner touched by the ball at anytime while not on base (unless a head shot)
- any kicked ball (fair or foul) that is caught before it hits the ground
- a ball tag on a base to which a runner is forced to run
- kicking out of order
- a runner leading off the base or stealing
- a player fails to return to their original base on a fly out, this includes being tagged with the ball or if the ball is returned to the base before the base runner
- a count of three outs or four runs by the offensive team completes the team's half of the inning (no run rule on final inning)

BALL IN PLAY

Once the pitcher has the ball in control and is within 5 feet of the pitching mound, the play ends