

Kickball Rules | History, Equipment, Kicking & Fielding Positions, Scoring, Referees, Skills, Fouls & Penalties | A Complete Players Guide 2020

Kickball is from the family of baseball and softball. Similar to baseball and softball, Kickball is a team sport that needs 9 players in each team.

It is played on a diamond-shaped court with three bases, one home plate, one pitcher and foul lines. It involves sending the ball towards opponents, running towards the bases, catching the ball and tagging the players before they reach their targeted bases.

However, some of the rules of Kickball are different from those of baseball and softball. Unlike baseball and softball, which are played with rod-like bats and small hard balls, Kickball is played by feet with inflated rubber ball, just like a soccer ball. Kickball is also known as “Kick Baseball”, “Soccer Baseball”

or “Foot Baseball” for its playing nature.

Kickball Rules

How to Play Kickball



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Brief History of Kickball

Kickball or Soccer baseball was introduced almost a century ago. It was Nicholas C. Seuss, a supervisor of Park Playgrounds in Cincinnati, Ohio, who is credited with the introduction of Kickball sport. He wrote a book namely; “The Playground Book”, in 1917 and called this game as “Kick Baseball”.

In his ground breaking book, he introduced 12 rules of Kickball, including the replacement of baseball bat and hard ball with feet and soccer-like inflated rubber ball. He also mentioned the diagram of the playing field of Kick Baseball that lacked pitcher.

In the initial stages of the game, this game included less number of bases. Hence, more than one players could occupy one base simultaneously. There used to be two short stop positions between bases.

There was a time when physical teachers (PT) of different schools were given the training of Kick Baseball. Those teachers would later on pass this training to their students. Thus, this game became a crucial part of physical-cum-fun activities in different schools and beyond.

Game Objectives

In Kickball, the object of the players is to score more runs than opposite team at the end of a predetermined number of innings.

To achieve this purpose, the players of kicking team kick the large inflated ball to their opponents one by one from the home plate and run to the bases without being tagged or their ball being caught.

If a player, before the end of his team's innings, manages to pass all the three bases and reach "home plate" from where he first started his journey, his team gets one run. The more players manage to do it, the more runs their team scores.

On the other hand, the fielders of opposing team try to end the innings of kicking team by sending their three players out. This is done either by catching the ball being hit by the kickers or tagging a player, who is running towards the base, with the ball before he reaches his base.

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Kickball is played indoors as well as outdoors. Kickball indoor rules are similar to Kickball outdoor rules. The only difference between them is one is played on an enclosed court and the other is played outside, in the open sky.

Since this game emerged from the schools, there are intramural Kickball rules and grade schools Kickball rules. All these rules are similar and create negligible confusion. However, the following basic and detailed rules of Kickball will cater your needs to the fullest.

Kickball Fielding Positions

The position of players is pivotal in Kickball. The fielding team has to make a judicious field set up to get the players of kicking team out as soon as possible. The recommended positioning is given here under:

A). Five Players should be out of the Playing Square

The fielding team should place its 5 fielders in the diamond area just out of playing square. The first player should be near the 2nd base. The second player should be at the right field position that is beyond 1st base. The third player has to be between the 1st and 2nd base but near the boundary.

The fourth player needs to be between the 2nd and 3rd base but near the fence. And the last fielder has to be at the left field position that is beyond the 3rd base. The basic aim of these fielders is either to catch the ball that is kicked by the kicker or to stop it and send back to the teammates who are inside the playing square.

B). Four Players should be inside the Playing Square

Out of remaining 4 players, 1 player has to be inside the pitcher to throw the ball to opposing team's kicker and 1 player has to stand behind the kicker to catch the ball. The positions of pitcher and catcher are permanently occupied.

The remaining 2 players should stand near two important bases. One player should stand near 1st and the other at 3rd base to tag the players of kicking team before they reach these bases.

Kick Ball Kicking Position

The position of the players of kicking team is 4 bases, that includes home plate. A player of kicking team has to kick the ball from the home plate and then run to the 1st base.

After him, a new player enters the home plate and does the same and runs to the 1st base. Meanwhile the first player should move to the 2nd base. This process goes on until a player reaches back to the home plate after passing three bases.

Duration of Kickball Match

A Kickball (Kick baseball) match lasts for maximum 55 minutes. It comprises 5 to 7 untimed innings or any other number of innings that is applicable in different leagues of Kickball. In case the match ends in a tie after 7 innings, it will remain a tie if these innings have already consumed 50 minutes.

However, an additional innings is played to determine the winner only if the seven innings have ended before 50 minutes and there is considerable time left.

Starting the Kickball Match

To start a Kickball match and decide which team kicks first, depends on either toss or "rock paper scissors". The winner of the toss may choose kicking or fielding first. After the final decision, one team (fielding team) takes position on playing field with all its players.

Whereas, the other team (kicking team) stands outside of the playing area except the kicker. The kicking team has to send its one player initially to kick off the game. The game officially commences when the first kicker kicks the ball to his opponents.

Scoring Pattern in Kickball

The scoring pattern in Kickball is similar to that of baseball and softball. You score runs only while kicking the ball. To score runs, players of kicking team, after kicking the ball from home plate, have to pass all three bases and return safely to the home plate.

When a player of kicking team, without getting out, reaches to his home plate, his team scores 1 run. The more players accomplish this task, the more runs their team gets.

To win a Kickball match, you need to score more runs than your opposing team at the end of 7 innings. If a match ends in a draw, you are allowed an additional innings to finalize the winner provided the innings

have not consumed 50 minutes. If these innings have wasted 50 minutes, an additional innings is not possible. So, the match remains tie.

Playing Procedure; How to Play Kickball?

There is no rocket science behind playing Kickball. It is really easy to play and digest its rules. If you are unaware of Kickball and willing to playing it, here is a step wise procedure to help you out.

Step 1

Firstly, arrange a big rubber ball (a soccer or volleyball ball will suffice), players to form two teams of equal number and a playing surface that has to be smooth and spacious.

Step 2

After you have managed all the above mentioned things, go for the toss to decide the kicking and fielding team. The team that wins the toss may choose kicking first and the other team enter the playing field with all the players to set up fielding.

Among fielding team's players, one player should occupy the pitcher to throw the ball and one player must be behind the home plate to catch the ball.

Step 3

After the fielders have been positioned, the kicking team should send its first kicker to kick the ball that is thrown from the pitcher. The pitcher has to throw the ball with his hands by being inside the pitcher areas.

His throw must be low or grounded (without bounces) so that the kicker can kick it. Conversely, the kicker has to kick the ball by his foot or leg just below his hips. He has to be inside the home plate and do not over step.

Step 4

The goal of the kicker is to kick the ball and then go all the way around the bases and get back to home. When you kick the ball, the ball has to be in bounds or in playing area. There are two imaginary foul lines that emerge from home plate.

One line goes all the way to the right, along first base. The other line stretches all the way to the left, along third base. When you kick the ball it has to be in between these imaginary lines, otherwise the ball is out and causes a foul.

In case of such foul, the ball goes back to the pitcher and the person kicking it gets to try again and he gets as many foul kicks as he needs. This kicking goes on until the person kicks it in bounds or inside those imaginary lines.

Step 5

When the ball is thrown and the person kicks it and the kick is in bounds, that person then runs towards first base. The first base is to the right and you are always going to run to the right after you kick the ball. When the kicker successfully reaches the first base without being out, he completes his single.

After that he can now run from first base to second base (double) and then keeps going to third base (triple) and then all the way back around to home base (a run is completed).

If you are able to go all the way around the bases, you score a point. By the way, you do not have to go all the way around the bases in one kick, however, you might only get to first base or a second base and then you need to wait for one of your teammates to kick it and you can come all the way home.

[su_note note_color="#b8fbc6" text_color="#190209" radius="0"]Note: a. You score runs only when you are kicking the ball. The fielding team can only send the players out so as to get the chance to kick the ball. Only one player can occupy the base at a time. [/su_note]

Step 6

The fielding team will try to send the players of kicking team out before they try to reach home plate and complete a run. They can send the players of kicking team out in three following ways:

Catching the Ball

If any of the fielders catches the ball, kicked by the opposing player, before the ball touches the ground, he is out. So, if the pitcher throws the ball to home and the kicker kicks it and somebody, from fielding team, catches it the kicker goes out.

1. When a fielder reaches the base with ball in hands, before kicking team's player

The next way you can get out is if one of the fielders gets the ball to the base, you are heading to before you reach there. So, if this ball is kicked and that fielding player who gets the ball makes it to the base before the runner of kicking team, he is out.

Tagging

The third and last way that a player can get out is if he gets tagged with the ball while he is not on a base. So, if the ball is kicked and the player of fielding team gets the ball and tags a running player of kicking team with the ball, he goes out.

[su_note note_color="#b8fbc6" text_color="#190209" radius="0"]Note: The players, who has been sent out, should stand in the end of their team line. The fielding team can send two opponents out at a time. One by catching and other by tagging. [/su_note]

Step 7

You cannot neglect the importance of running in Kickball. When you run fast for the first time from home plate to the first base, you are allowed to run through the first base and may go beyond. This is the only exceptional base that is safe as house and offers you safety even if you cross it.

Other than first base, you should run and stop at the 2nd and 3rd bases. In case you step ahead or out, you may be tagged by the opponents. In addition to that, running directly towards the bases is also important.

You have to run from one base to the other in straight direction by imagining a line that runs straight as an arrow between all the bases. You are not allowed to run out of these straight imaginary lines to avoid being tagged.

[su_note note_color="#b8fbc6" text_color="#190209" radius="0"]Note: You can return to the base from where you just ran, after you see a potential threat of being tagged. However, your return depends on the base being unoccupied by your teammate.[/su_note]

Step 8

When the fielding team sends any three players of kicking team out, there ends the half of the innings. Now, the role of teams shifts.

Previously fielding team becomes the kicking team and the kicking team acts as fielding team. The game continues in the same fashion until three players are sent out.

Step 9

Generally, a Soccer baseball match lasts for 5 to 7 innings. The team scoring more runs at the end of these innings, wins the match. In case of a tie, an extra innings is played if the time frame of the match permits. Otherwise, it remains as a draw.

Strategies and Skills for Playing Kickball

Kick baseball demands less skills as compared to baseball and softball. You do not need to hold a bat and hit a speedy hard ball with fierce power.

You also need not be afraid of being hit by the hard ball on your face, ribs, chin, or anywhere of your body, neither you worry of getting seriously injured. All you need is to apply following strategies and skills to beat your opponents.

Skills and Strategies for kicking team

A). Kicking Skills

This is probably the reason why Kickball is known as Soccer baseball. Just like soccer, you need to kick the ball to your opponents who would try to catch it and send you out as soon as possible. Here, you should kick the ball in a way that either it lands beyond the reach of the fielders or it goes grounded.

It is very necessary to be vigilant and have an hawk eye on the gaps where it is safe to send the ball. Another strategy that you can use is to kick the ball to the weak catcher in your opposite team.

B). Running Skills

It is the second most important skill for the kicking team. Remember, you can score runs only if you run from one base to the home. Without running it is absolutely needless to think of scoring. An energetic and fast runner is gem of the team.

He is the one who can steal runs for his team during a match. He runs fast and reaches the safe zones (bases) before the ball comes near to him. In contrast, a slow runner is always considered a weakling and remains on the target of opposite team.

Skills for the Fielding Team

A). Catching skills

This skill is the game changer for fielding team. The players of fielding team should practice catching so as to hone this skill.

When they catch the ball of the kicker, he gets out instantly. As per rule, three outs result in the end of half innings and the shift of teams' roles. To get the role of kicking team is vital since teams can score only while kicking.

B). Coordination & Communication while Tagging

The fielding team has to maintain an excellent communication. In case a fielder drops the catch or the ball falls out of his reach, he should grab the ball as soon as possible and throw to his teammate who is in an ideal position to tag an opponent. This can only be possible when players of fielding team showcase coordinating skills.

Conclusion

Kickball though looks like baseball and softball, its popularity is not overshadowed by these two seemingly dominant sports.

Kickball continues to captivate players and audience worldwide. Kick baseball's being less demanding and risk free, has made it more popular among kids, youngsters and adults alike.

Hopefully, you must have known everything about this fascinating game after going through this equally brilliant article on Kickball rules. Enjoy Kickball!