



Kickball Study Guide

The game of kickball consists of 2 teams, bases, and a playground ball. The object of the game is to score more runs than the opposing team.

Terminology:

Tag-up - once a kicked ball is caught in the air, a runner on base may advance

Bunting- a short kick by the kicker

Lead off – stepping off a base before the kicker kicks the ball

Force out - an out at a base where the base runner need not be tagged

Stealing- Running to the next base before a ball is pitched

Overthrow – a ball thrown or deflected into foul territory while making a defensive play toward a player or base

Strike Zone – extends 1 foot from each side of home plate and 1 foot high

Strike – a ball that is not kicked by the kicker; the kicker kicks a foul ball **Tag** - to touch a runner who is off the base and put him/her out

Ball – a ball is pitched outside the strike zone; the ball is higher than 1 foot in height at the base

Out – a ball touches a running player, a kicked ball is caught, 3 strikes, a fielder with control of the ball touches the base before the runner gets there

Walk - kicker is awarded 1st base after specific number of balls

Rules of the game:

1. A **strike** is called for each ball that enters the strike zone and is not kicked or for each foul ball that is not legally caught. The kicker is allowed 3 strikes until he/she is out.
2. A **ball** is called for a ball that does not enter the strike zone or for each illegally pitched ball higher than 1 foot in height at the base. If the count reaches 4 balls, the kicker walks.
3. Each team is allowed three outs per inning.
4. **Bunting** is allowed but a kicker may not stop the ball or it is a foul.
5. A kicker must kick at or behind home plate.
6. A fielder attempting to get a player out may not hit a player in the head or neck with the ball, unless the player is sliding and it is accidental.
7. Kicks must be made below the knee.
8. You must keep your kicking order!

Base running rules:

1. Base runners must touch all bases in order.
2. Base runners may leave a base when the kicker kicks the ball.



3. If a player is off the base before the ball is kicked, the player is out.
4. Base runners cannot lead off or steal a base.
5. A runner is out when legally touched by the ball, or is **forced out** on the base.
6. When running to first base, you may overrun first base.
7. The base runner is out if he/she passes another base runner.
8. The base runner is allowed one base on an overthrow.
9. If a kicked ball hits a base runner, the runner is out.
10. A base runner must tag-up on a caught ball.