



KICKBALL RULES

I. GENERAL RULES

- 1.01 **TEAM NUMBERS**—Teams typically consist of 10 players
- 1.02 **PLAYING AREA**—50' base paths and 28' to the pitching rubber
- 1.03 **PLAYING TIME**—Each player will be given an equal opportunity to kick and play in the field.
- 1.04 **INNING LENGTH**— A full-inning is over when all players on both teams have had an equal opportunity to bat through the lineup once.
- 1.05 **GAME LENGTH**—Each game will last 3 innings.
- 1.06 **SCORE**—Score will NOT be kept.
- 1.07 **OUTS** – Even though One Goal Sports does not record “official outs” in kickball, we believe there are some fundamentals to the sport that can be taught and enforced to further develop players at this age. One way to measure defensive improvement is to see how many “outs” a team can record in a given half inning.
- 1.08 **PLAYER ATTIRE**- All jerseys **MUST** be tucked in during games. No modifications to team shirt (jersey). Do not cut off sleeves or alter team uniform in any way. Players must wear current team uniforms to ensure recognition of team sponsors (Replacement jerseys cost \$20).
- 1.09 **PLAYER JEWELRY** – Jewelry is prohibited during all OGS games. This includes but is not limited to studs, flush mounts, hoops, necklaces, bracelets. Only medical alert bracelets will be permitted. Players are not allowed to tape over any jewelry.

II. KICKING

- 2.01 The ball **MUST** kicked with either foot or leg.
- 2.02 All kicks must be made behind home plate. It is a legal kick if foot is on home plate. If a kick is made in front of home plate, a retry will be given.
- 2.03 Each kicker will be allowed a maximum of 3 unassisted kicks to kick the rolled ball. The kicker will be allowed to kick a dead ball behind home plate after the 3rd attempt.

- 2.04 **BUNTS**—No bunts are allowed (Contacting the ball with fully extending kicking leg.) A retry will be given if official deems a kick to be a bunt.
- 2.05 **WALKS**—No walks will be given to the kicker.
- 2.06 **STRIKEOUTS/FOUL OUTS**—No strikeouts or foul outs will be given to the kicker.
- 2.07 **KICKING ORDER**—The kicking order will be established by the coach before each game. The coach may choose to have a straight up and down order or snake the kicking order (i.e. last person to kick in the previous inning is the leadoff batter in the next inning and continuing back up the order).
- 2.08 **BASE COACHES**—Base coaches shall remain next to either 1st or 3rd base at all times, unless play dictates otherwise.
- 2.09 **PITCHING THE BALL**—Coaches will pitch to their team. Coaches **MUST** pitch underhand to all kickers. Coaches may take a knee for a more eye-level pitch to kickers.
- 2.10 **LAST KICKER**—The last kicker for each team for the inning will run around the bases to allow for the chance to reach home plate.
- 2.11 **PITCHING RUBBER FOR COACH**—the rubber (chalk line) will be as close as 30 feet from home plate and as far back as the coach prefers. The pitching coach must pitch at least 30' from the kicker. Once the coach has pitched and the player has kicked, he/she should crouch down, or if possible completely leave the field-of-play.

III. BASE RUNNING

- 3.01 **STEALING**—There will be no stealing permitted.
- 3.02 **LEADING OFF**—Each runner must remain on the base until the ball is kicked.
- 3.03 **TAG UP**—If a ball is caught on the fly (does not hit ground), base runners cannot advance.
- 3.04 **SLIDING**—No sliding is allowed.
- 3.05 **OVERTHROWS**—A runner may only advance one base from an overthrow (overthrow is defined as a ball that rolls or travels in the air beyond the intended fielder to the 1st base fence, 3rd base fence, or a reasonable distance beyond 2nd base). *This ruling is ultimately at the umpire's discretion.*
- 3.06 **TIME**—Time will be called once the ball is controlled and returned to the infield and/or all base runners are frozen. All play must stop once the official has called 'Time.'

IV. DEFENSE

- 4.01 **INFIELD**—Only one person at each position in the infield, you **MUST** have a pitcher, 1st baseman, 2nd baseman, 3rd baseman, shortstop, and catcher.
- 4.02 **OUTFIELD**—All additional players **MUST** be placed in the outfield.
- 4.03 **CATCHER**—The catcher must stay at least 6 feet behind the kicker while he/she is kicking. Once the ball is kicked, the catcher may step up to play the position.
- 4.04 **PITCHER’S CIRCLE/INFIELD LINE**—There will be a pitcher’s circle that the defensive pitcher must keep one foot in until the ball is kicked. A coach shall not keep the same player in the pitcher position each inning or from week to week. All players must stay behind the infield line (between 1st and 3rd) until the ball is kicked.
- 4.05 **DEFENSIVE PLAYER ROTATION** – Players **ARE NOT PERMITTED** to play the same position inning to inning during a game. Each player must be given equal opportunity to play in the pitcher role as well as all other positions on the field throughout the season.
- 4.06 **DEFENSIVE POSITIONING**—Coaches must keep players in the same positions throughout the entire inning. Please only change players’ positions at the beginning of the inning before play begins. Infield players are not allowed to stand on the infield line that runs from first base to third base. Player’s must rotate positions inning to inning and week to week.
- 4.07 **THROWING THE BALL**—When fielding the ball, the defense **MUST** attempt to throw the ball to the desired target (fielder; not runner) instead of running or rolling the ball to the base. Fielders are not allowed to throw the ball at runners (pegging).
- 4.08 **TIME**—Time will be called once the ball is controlled and returned to the infield and/or all base runners are frozen. All play must stop once the official has called ‘Time.’

V. OUTS

- 5.01 **KICKER**
 - 5.01.1 Ball is caught on the fly (does not hit ground)
 - 5.01.2 Ball is thrown to and caught by the fielder while touching the base (force out)
 - 5.01.3 Runner is tagged by one of the fielders with the ball
- 5.02 **RUNNER**
 - 5.02.1 Hit by a kicked ball
 - 5.02.2 Tagged by a fielder holding the ball while not a base

- 5.02.3 Ball is thrown to one of the bases and is caught by the fielder while touching the base (force out)
- 5.02.4 Runs in to a fielder attempting to make a play on the ball
- 5.02.5 Runs past a runner in front of him/her

10-man outfielder set-up:

- Pitcher
- Catcher
- 1st baseman
- 2nd baseman
- 3rd baseman
- Shortstop
- Right fielder
- Right-Center fielder
- Left-Center fielder
- Left fielder

VI. EQUIPMENT

- 6.01 **SHOES**—Tennis Shoes or baseball shoes with RUBBERIZED cleats may be worn. No Metal or Plastic Cleats.
- 6.02 **BALL**—An official sized Kickball will be used.

COACHING PRIVILEGE

OFFICIAL TIME-OUT – Sometimes things happen and/or people act out in ways that are less than exemplary for modeling Christ-likeness on the field. Here at One Goal Sports, we believe that matters should be addressed immediately to further demonstrate that leading by example is top priority. If you witness something that is out of order (rule violation, unsportsmanlike conduct, etc), please call and official time-out, bring the coaches and umpire together and reasonably resolve the matter then and there. By doing this, you will guard your heart and prevent a bitter root from springing forth. This will also reduce the need to email or call OGS about a situation that could have been resolved on the field.

INJURY PARTICIPATION

CASTS/BOOTS/BUBBLE WRAP – Children required to wear a cast or medical boot for a broken or fractured limb WILL NOT be allowed to participate in OGS sports. Bubble wrap is NOT an option.