

# **Atlanta Sport and Social Club**

## **Official Indoor Kickball Rules**

### **(Co-Ed, 7v7)**

#### **General Rules**

1. The game will be played with 7 players in the field, with a minimum of 2 females. Teams can have as many kickers in the lineup as they choose.
2. **Forfeits** - Game time is forfeit time. (**Minimum to start a game is 5 players. {1 female for Co-Ed leagues}**)  
(Forfeits will be scored as a 10 – 0 final match score)

#### **Game Play**

1. All games are 50 minutes in length or 7 innings. Once the 45 minutes has expired, a new, full inning will not start.
2. Regular season games can end in a tie.
3. Kickball Run Rule/ Mercy Rule
  - a. 15 runs after 3 innings
  - b. 10 runs after 4 innings

#### **Kicking**

1. The kicker can make contact with the ball anywhere behind the line formed by the strike zone cones as long as their plant foot is not in front of home plate.
2. Double kicks are not permitted. The result of a double kick is a foul ball.
3. All kickers will receive a maximum of 3 pitches.
  - a. 2 balls will result in a walk
  - b. 2 strikes will result in an out
  - c. Foul balls will count as strikes
4. Bunting is NOT allowed in indoor kickball. A bunt attempt will result in an out.
  - a. A bunt is generally the act of shortening a kick to intentionally pause so slow down the speed of a ball.
  - b. It will be at the discretion of the umpire if strike is considered a bunt or just poor contact.
5. Runners may NOT run through first base or they risk being tagged out.
6. Any ball caught in the air that has not touched the ground, will be an out. This includes balls that bounce off players, walls, fixtures, ceiling, etc.
7. **Any kicked ball striking a hanging light fixture within the “in bounds” portion of the court shall be a dead ball out. No runners may advance or score.**
8. Any kicked ball that ends up in a balcony area or elevated seating area shall be a dead ball out. No runners may advance or score

- a. If a kicked ball goes into a balcony area and returns naturally to the playing field is still live and may be played including being caught for an out as if it has not touched the floor
- 9. Any kicked ball that goes through the opposite basket will be ruled a home run

### **Fielding**

- 1. There are no gender field position requirements for defenses. Male and female players can play any position in the field.
  - a. In order to field a 7-player defense, there must be AT LEAST 2 female players on the field.
- 2. There is no encroachment rule in indoor kickball. The defense can play as close as they would like.
- 3. The catcher must stay behind the catcher line, which is 4 ft from the front of home plate, until the ball is kicked.
- 4. The catcher may move before the kick however he/she may not interfere with the kicker in any way (physically or verbally). If it is deemed the catcher has interfered with the kicker, the kicker will be awarded first base.
- 5. Any foul ball caught in the air is an out. If a foul ball is dropped in foul territory, it remains a foul ball.
- 6. Players may be hit anywhere below the shoulders with a thrown ball and will be considered out. Hitting a runner with a thrown ball above the shoulder level is not allowed. Any hit above the shoulders is considered safe. If the runner intentionally uses their head to block the ball, the runner will be called out.
- 7. Defensive players may kick the ball to another defender player to make an out. The ball must be kicked to another defensive player without making contact with a runner. The defensive player receiving a kicked ball from another defensive player must then throw the ball at the runner, tag the runner with the ball, or step on a base holding the ball for a force out.
- 8. Defensive players may not kick the ball at a runner to make an out.

### **Spirit of The Game**

This is the most important rule in **ADULT RECREATIONAL AND COMPETITIVE SPORTS**. Competitive play is important, but never at the expense of following the rules, respecting other players, respecting the bar/facility, and having fun!



