Adult Woman’s Kickball League Rules

**General**

-Players must be 18 years or older.

-Teams must have at least 8 players and no more than 16 players.

-Games will last 7 full innings, or will not be shorter than 45 minutes and no longer than 60 minutes.

-A strike is a pitch that is not kicked that travels through the strike zone or not called a ball, or is an attempted kick missed by the kicker inside or outside of the strike zone.

-A “ball” is a pitch outside the strike zone where a kick is not attempted, a pitched ball that does not touch the ground twice before entering the kicking box, or a pitched ball that is higher than one foot off the ground when entering or passing through the kicking box.

-A team must field at least 8 players. If only 8 players are on the field, while kicking, the 9th kicking position is an out.

**Offensive**

-All kicks must be made by the foot or leg below the knee; at or behind home plate (the kicker is allowed to step on home plate but cannot go past home plate); and within the kicking box.

-Bunting is not allowed.

-Runners must stay within the baseline and may use a natural running arc. The runner will be out if she goes outside the baseline.

-Leading off or stealing a base is not allowed.

-A runner may advance only one base on an overthrow (any ball that is thrown or kicked into foul territory or beyond the cones).

-Runners must tag up if a ball is kicked in the air and caught. A tag up means the runner must stay on or retouch the base he/she is already on before they can begin running after the ball is caught.

**Defensive**

-Balls must be pitched by hand.

-All fielders besides the catcher must stay behind the 1st & 3rd base line (arc) until the ball is kicked.

-The pitcher must start the act of pitching within the pitching circle and cannot cross the pitching stripe until the ball is kicked.

-Fielders must stay out of the baseline unless making a defensive play.

-Hitting a runner in the neck or head is not allowed, unless the runner is sliding. If a runner is hit in the head, he or she is safe and may advance to the base they were running toward.

-Three strikes is an out, four balls advances the kicker to first base, and four fouls count as an out.