

Kickball Rulebook

Music City Sports & Social Club. Read with the General League Rules & Code of Conduct.

Kickball in 30 seconds: Rolled pitches, big kicks, and the kind of glory somebody on Music Row should write a song about. Get three outs, score more runs, and nobody gets hit in the face on purpose.

1. Field and Equipment

- **Ball:** League-supplied 10-inch red rubber playground ball. Teams can't bring their own game ball.
- **Bases:** 60 feet apart where the field allows. A double first base (safety bag) is used when available: runners use the orange/outer bag, fielders use the white/inner bag.
- **Pitching strip:** 42 feet from home plate. **Kicking line:** the front edge of home plate.
- **Footwear:** Sneakers or rubber/turf cleats. No metal spikes. No bare feet or sandals.

2. Teams and Co-ed Rules

- **Roster:** 12 minimum is recommended (subs happen), 20 maximum.
- **On the field:** 10 max, with **at least 4 women**. Your roster must include enough women to meet this minimum every game. If you're short women, you play short at those spots. Teams need **at least 8 players (3 women)** to avoid a forfeit.
- **Kicking order:** everyone present kicks, including players not fielding that inning. No more than **two men may kick consecutively**. If the order can't satisfy that, an automatic out is recorded at the spot where a woman would have kicked.
- Players who arrive late get added to the bottom of the order.

3. Game Length

- **5 innings or 50 minutes**, whichever comes first. A new inning won't start with fewer than 5 minutes left on the Coordinator's clock.
- **Run cap:** 5 runs per half-inning in innings 1 to 4, unlimited in the 5th (or the last inning the clock allows).
- **Mercy rule:** a team leading by 12+ after 4 innings wins (the trailing team still gets its last at-bat).
- **Ties** stand in the regular season. In playoffs, play extra innings starting with the last out from the previous inning on second base (the "ghost runner").
- A game becomes official after 3 complete innings (2½ if the home team leads).

4. Pitching

1. Pitches must be **rolled underhand**. No bouncing more than 1 foot high as it crosses the plate (a "bouncy").
2. The pitcher must stay behind the pitching strip until the ball is kicked.
3. Fielders (except the catcher) stay behind the line between first and third base until the ball is kicked. The catcher stays behind the kicker.
4. **Strike zone:** the plate plus 1 foot on each side, at or below knee-height bounce.

5. Pitcher choice: in Sipper leagues, the kicking team may choose to have its own player pitch (the "friendly pitch") if the defense agrees before the game.

5. Kicking

- **Count:** 3 strikes = out. 4 balls = walk. **A foul with two strikes is an out** (Sipper leagues: the 3rd foul is an out instead).
- **Strikes:** a pitch in the zone not kicked, a swing-and-miss, or any foul ball.
- **Balls:** pitches outside the zone, bouncies, or a pitcher/fielder encroaching before the kick.
- **Legal kick:** made with the foot or leg below the knee, with the plant foot on or behind the kicking line. **No bunting or "toe taps"** in Sweater or Swagger leagues. In Sipper leagues, bunts are allowed but the ball must travel past the 10-foot arc.
- **Double-tap:** contacting the ball twice in a kick is a foul.

6. Base Running

- **No leading off and no stealing.** Leaving a base before the ball is kicked makes the runner out.
- Runners may tag up on caught fly balls, like softball.
- **Overthrows:** a thrown ball that leaves the field of play (dead ball area) lets every runner advance **one base** past the base they were heading to.
- **Interference:** a runner who intentionally blocks or kicks a fielded ball is out. A fielder who blocks the base path without the ball awards the runner the base.
- **No sliding head-first.** Feet-first slides are OK in Sweater and Swagger leagues only. In Sipper leagues, sliding is not allowed.

7. Getting Outs

- Classic outs: strikeouts, caught fly balls (including foul flies), force outs, and tags.
- **Pegging (hitting a runner with a thrown ball)** is legal **below the shoulders**. A runner hit in the head or neck is **safe** and advances one base, unless the runner ducked, slid or dove into the throw.
- Any **unsafe or intentional head-shot** gets a warning, then ejection.
- A runner more than 3 feet off the base path to avoid a tag or peg is out.

8. Officials and Calls

League-provided refs call balls/strikes and safe/out. In Sipper leagues, captains may agree to self-officiate with a Coordinator on standby. Only captains may question a call, briefly and politely. (See the General Rules on sportsmanship.)

9. Heat, Lightning and Safety

See the Refund, Weather & Forfeit Policy. Refs add a water break after the 3rd inning whenever the heat index is above 95°F. Lightning or thunder means **everyone off the field immediately**, with a 30-minute wait after the last thunder or strike.

Questions? info@musiccityssc.com | musiccityssc.com | See y'all on the diamond.