

# VASL KICKBALL LEAGUE RULES



Our Coed Kickball League is purely social with an emphasis on meeting people and having a good time! Overall, we have very relaxed rules and follow our pure social format. All officials have the last and final calls. Please read below for more details:

## SUMMARY

- 10 players vs. 10 players
- **Pitchers will be from the opposing team.**
- Minimum of 4 females on the field (suggested).
- 7 players including 2 females required to start the game.
- The pitcher must roll the ball behind the pitcher's mound and must not touch the ball or the batter is out.
- No headshots at baserunners.
- Everyone must be in the batting/kicking order.
- Try to mix up the batting order with males and females
- Games will be 7 innings or one hour long (no inning must start after 50 minutes)
- No player other than the catcher may cross the pitcher's mound 1B/3B diagonal line.
- Max of 3 "kickable" pitches to put the ball in play (including fouls).
- Bunting is not allowed as balls short of the 1B/3B line are foul.
- All kicks must take place behind home plate.
- Runners can leave on contact and must stay in base-paths.
- Overthrows out of bounds give runners one extra base.
- Players can get out by strike out (3 balls with none in play), caught flyball, force out at a base, or hitting a runner below the neck with the ball.
- You will be called safe at home as long as you cross the plane (no need to touch plate)
- A double will be awarded to any batter who receives THREE unkickable balls. (3 balls)

## EQUIPMENT

- 1 large kickball and bases are provided.
- Please wear sneakers or soccer cleats!

## **OTHER ASSORTED RULES**

- You are not required to wear your league t-shirt to games although it is suggested. T-shirts can also get you specials at our league sponsored bars!
- You must sign an athletic waiver at the beginning of the season.