

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.
- 7 players including 2 females required to start the game.
- 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 pitchers mound 1B/3B diagonal line.
- Max of 3 “kickable” pitches to put the ball in play (including fouls).
- A “kickable” pitch otherwise known as a strike will be called if the ball crosses the front of the plate within one foot of either side of the plate and is not bouncing more than one foot high.
- Bunting is not allowed as balls short of the 1B/3B line are foul unless judged a true miss-hit.
- All kicks must take place at or 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 your own sneakers or soccer cleats!)