

Kickball

FOR

DUMMIES

Well, since no one wants to read the official WAKA kickball rules, here is a simple Kickball for Dummies to help you out as the season starts out!

The Kickers Box - You know, where to kick!

- Remember a pitched ball must bounce at least TWICE, or ROLL, before reaching the plate to be considered a strike!
The kicker does not have to start in the box, but they must kick in the box.
- The strike zone extends 1-foot on either side of home plate and 1-foot high. Catch that guys? 1-foot HIGH!
- The kicker must kick the ball after it crosses the plate, not before!

The Art of Kicking - Staying on Your Feet Helps!

- You must kick the ball within the kicking box - duh!
- The kicker may not kick the ball above the knee
- There is no double kicking (meaning the kicker cannot tee the ball up with one foot then blast it with the other)

Foul Ball! Wait, was it?

- First of all, if the ball lands in foul territory (on the first bounce) it's foul - seems simple right?
- If a ball is kicked in bounds, but travels out of bounds before passing 1st or 3rd, it is foul... Ok, let me simplify that down, if a ball is traveling down the baseline, and no fielders touch it of course, and it rolls into foul territory, then it's foul.
- If a ball first lands in fair grounds, beyond 1st or 3rd, and rolls into foul territory, then it is still fair.
- If a ball is kicked outside of the kicking box, then the kick is foul.
- A kick made on or above the knee is foul (no matter how short the kicker is)

Beware the Imaginary Line Between 1st and 3rd

- Just so you know, there is an imaginary line between 1st, the pitcher, and 3rd.
- If you are fielding, even if you see someone who you KNOW is going to bunt, you can NOT charge in front of the imaginary line between 1st and 3rd until after the ball is kicked. The ball must be kicked before you can charge to retrieve it. If you do, bad things happen. And pitchers - don't cross the pitching strip when pitching!
- If you cross the line once, it's a warning... do it again and it's an automatic walk to first for the kicker!

Fielding... quit staring at the grass!

- Fielders must stay out of the baseline.
- Catchers must line up within or directly behind the kicking box, and if they encroach, it is (after 1 warning) a free base for the kicker. Fielders trying to make an out on first base must touch the base to the inside of the cone. A kicker hindered by the a fielder touching the Extra Base will be safe.
- Unless you're running from home to 2nd base, when heading to first, hit the OUTSIDE base (called the Extra or Safety Base)!
- Only a runner off-base and IN FORWARD MOTION may attempt to proceed to the next base once the ball is back with the pitcher on the mound. Runners that have stopped must return to their prior base.
- Fielders trying to make an out on base may have their foot on the base, but must lean out of the baseline. Basically, stay the hell out of the baseline when you are fielding.

And in general...

- Games are 45 minutes [or as close as possible to]!
- Remember if your team has to forfeit, call the other team's captain to let them know.
- Pick up your trash
- No glass on the fields
- Don't be mean to the refs, they're volunteers.

Winners learn the rules...

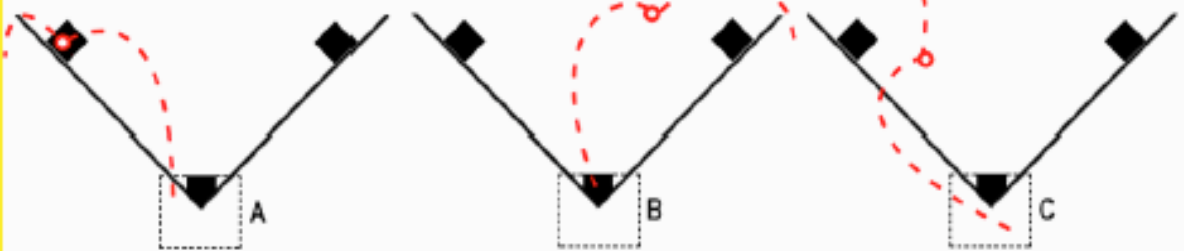


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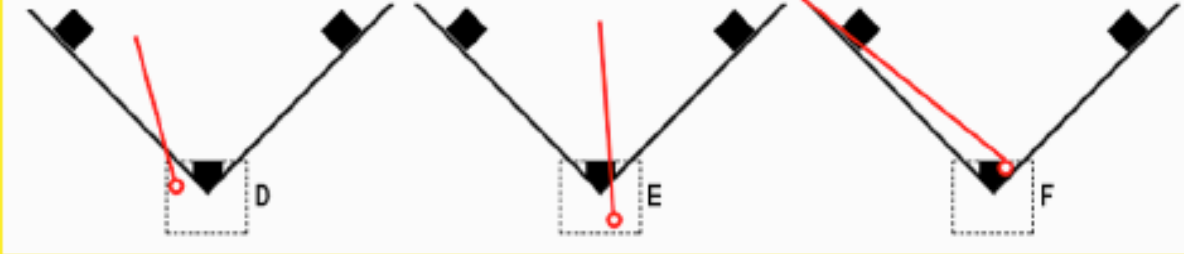
I think you people need some more help.. here are some pictures!



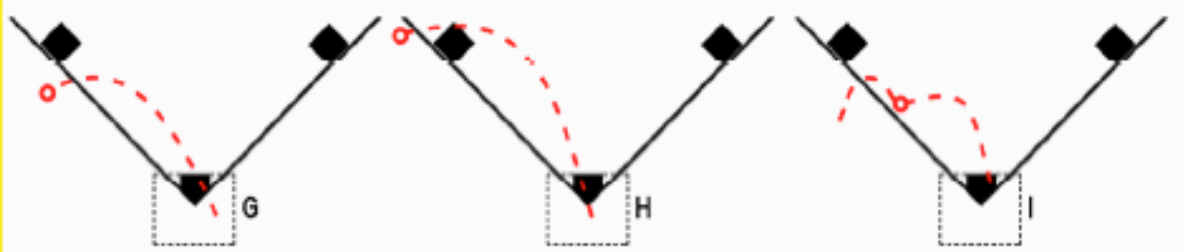
WANT TO KICK IT IN THE AIR? IF IT LANDS LIKE THIS IT IS A-OK!



POP-UPS ARE TROUBLE, TRY TO KICK IT ON THE GROUND LIKE THIS...



KICKIN' THE BALL IN THE AIR LIKE THIS IS A BIG NO-NO!



KICKIN' IT ON THE GROUND LIKE THIS WON'T GET YOU TO FIRST!!

