

## Indoor Kickball Rules: Virginia Beach Field House

### Field Setup:

- The center of the pitching area is 40 feet from home plate and aligned with the first-to-third base line.
- The strike zone is 1 foot wide on either side of home plate and 1 foot high from the bottom of the ball.

### Team Composition:

- Game play shall consist of 7 players on the field, minimum of 5 to start the game.
- One player must be designated as the catcher.
- Kicking order cannot change, but late arrivals can be added to the bottom of the lineup.
- Injured players can remain in the lineup to avoid an automatic out.
- Players ejected or leaving for non-injury reasons result in an automatic out.

### Game Play:

- Games are 50 minutes or 7 innings, whichever comes first.
  - The home team can continue batting if losing at the end of regulation time or the top of the 7th.
- No extra innings, ties are allowed.
- Teams must be ready to play within 5 minutes of the scheduled start time or forfeit. (You can have sub players fill in during the normal season)
- Maximum of 5 runs per inning, except for the last inning.
- Forfeits result in a 10-0 score.

### Pitching and Catching:

- Underhand pitching only.
- No bouncing pitches above 1 foot.
- Pitchers must stay within the pitching area until the ball is kicked.
- All defensive players must stay behind the red attack line until the ball is kicked.
- Catcher must be at least 3 feet from the kicker and behind the plate until the ball is kicked.
- No interference from the catcher to the kicker.
- The count is 1 ball, 1 strike.
- Three foul balls can result in a strikeout due to time constraints.
- Teams may only have 5 guys on the field at a time. (You may have more than 5 guys on your roster, they can switch out each inning in order to satisfy the 5 man rule)

### **Kicking:**

- All kicks must be made with the foot.
- Kicks must be made at or behind home plate.
- Kicks in front of the plate are foul ball strikes.
- Males must kick past the red line, females past the white line.
- Balls must stay within the first-to-third baselines to be fair.
- Balls picked up short of the line but judged to have cleared it are live.
- Double kicks are foul balls.

### **Fielding:**

- No fielder can advance past the red attack line until the ball is kicked.
- All kicked balls are live.
- Balls kicked into the dugout or caught in the net are ground-rule doubles.
- Runners must stay in the baselines.
- Fielders can be on the base but must lean out of the baseline.
- Runners must avoid collisions, ties go to the runner.
- Intentional obstruction by a fielder allows the runner to advance.
- Leading off base before the pitch is out.
- Hitting a runner above the shoulder with the ball is illegal, except for intentional head contact or diving attempts.
- Intentionally kicking the ball out of bounds after being tagged results in all runners returning to their bases.
- On overthrows, runners advance as far as possible.
- When two runners are on the same base, the fielder can tag either one.

### **Foul Balls and Outs:**

- Foul balls count as strikes.
- A foul ball is a kick out of bounds, a kick that goes out of bounds before reaching first or third, or a kick that doesn't meet the minimum distance requirement.
- Three outs end a team's half-inning.
- Outs occur from strikes, tags, caught balls, force outs, leading off base, and intentional head contact or diving attempts.
- Hitting the base with the ball is not an out.

### Other Rules:

- No foul language.
- Teams are responsible for their own behavior.
- Teams keep track of their batting order.
- Umpires make judgment calls on unspecified situations.
- Intentional walks to a male to get to a female result in the male advancing to second.
- No infield fly rule. (No intentional dropping of the ball to create extra outs.)
- We do not want anybody to forfeit due to numbers, you are always welcome to bring in a guest player(s) . They must stop at the front desk, have a profile, a signed waiver, and pay the guest player fee. They will receive a slip from the front desk and that will be handed to the official, please make sure they have their ID to show the official. **There are no subs in the playoffs, please ensure your roster is correct, up to date, and meeting the requirements before playoffs.**
- Registration fees must be paid at time of registration.

The logo features a stylized baseball bat in the background, with the words "VIRGINIA BEACH" in a light, sans-serif font above the words "FIELD HOUSE" in a larger, bold, blue, italicized sans-serif font.

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