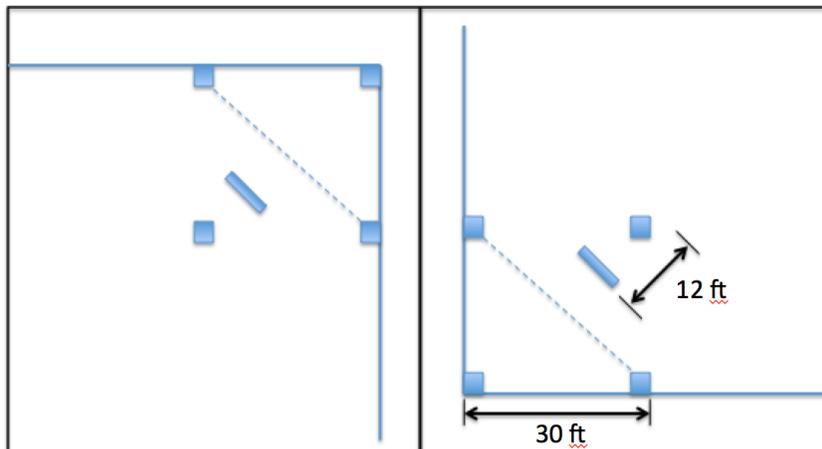




Indoor GO Kickball

Basic Rules and Guidelines

1. Gameplay is 7 v 7 with a minimum of 3 females required in the lineup and in the field on defense.
2. At least 5 players must be present to start a game or it will be a forfeit. Forfeits are recorded as 7-0.
3. A roster should have a minimum of 10 players with a recommended 7 guys and 5 girls.
4. Games are 7 innings or 45 mins, whichever comes first.
5. The official ball is an 8.25" official Gator Skin Indoor Kickball.
6. The bases will be deluxe waffle-backed rubber bases and will be 30' apart.
7. The pitcher's plate should be located halfway between second base and the imaginary 1st to 3rd line.
8. The strike zone will be 1 ft to either side of home plate and marked by cones.
9. 4 strikes (or fouls) results in an out. 4 balls results in a walk. Any walk with a female up next is 2 bases. If there are 2 outs, the female kicker up next has the option to walk to 1st base.
10. All players must wear rubber, non-marking soled gym shoes. Barefoot play is not allowed.
11. All pitches must be underhanded. No overhand or sidearm pitchers are allowed.
12. Pitchers must start and release the pitch with one foot on the pitcher's plate.
13. The playing court is half a gym with 2 games being played simultaneously as space allows. See Diagram:



Typical Gym Setup with 2 Indoor Kickball Courts

14. A catcher is required and can only play behind the kicker until the ball is kicked.
15. No fielder can be in front of the imaginary 1st to 3rd line before the ball is kicked.
16. No bunting is allowed. All kicks must be a legitimate kick attempt.
17. Any bunt or attempted bunt will be ruled a foul unless it is caught for an out.
18. All walls and ceilings are live unless the gym ground rules are specifically stated before each game.
19. A wall that is in foul territory can be played off for a catch, but if not caught it counts as a foul ball.
20. All walls and ceilings in fair territory are live and balls kicked off them are fair.
21. Runners can advance on foul balls that are caught unless it is the 4th foul on a kicker.
22. A player can be tagged or hit with a thrown or kicked ball by the defense at or below the shoulder.
23. Overthrows that result in a dead ball will allow one additional base to be awarded to each runner.
24. Runners may not slide into bases or they will be ruled out.
25. All other standard GO Kickball Rules Apply.

Good Luck and Have Fun!