



MIDDLE TENNESSEE STATE UNIVERSITY

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Campus Recreation

Intramural Sports

INDOOR KICKBALL RULES HANDOUT

ELIGIBILITY RULES

1. You must have a MTSU ID to participate.
2. No Person shall play on more than one single sex and co-rec team per sport. If caught doing so by supervisor or official, Player shall be suspended for remainder of season and that game shall be forfeited. Opposing team does not have to protest if caught by supervisor or official.
3. No person shall use false identification in order to participate. If caught, person will be suspended from Intramural Sports and possibly Campus Recreation activities for a period of time determined by the Competitive Sports Coordinator.

THE GAME:

1. **The Field:** The playing field consists of the following basepaths: Home to 1st and 3rd to home → 57 feet. 1st to second and second to 3rd → 46 feet.
2. **Team:** Teams will consist of 5 players on defense, but a team may begin a game with a minimum of 3 players. A maximum of 10 players is allowed on the roster. A maximum of 6 kickers may be in the lineup.
3. **Game:** No inning can start after the 20th minute. 5 inning maximum.
4. **Time-outs:** There will be no time-outs in Indoor Kickball
5. **Substitutions:** Substitutions may occur either while kicking or in the field. Substitutes may enter the game at any time and at any position in the lineup. There are unlimited substitutions.
6. **Equipment:** Teams must wear proper clothing while playing and players must wear appropriate closed-toe footwear. Hats, bandanas, cleats or spikes, or jewelry may not be worn while playing. Any player found wearing any of the above during the game will be removed from the game and not allowed to re-enter until they correct their equipment.

PLAYING REGULATIONS:

➤ Kicking Rules:

- All players in the lineup/kicking order will kick each inning. Teams may have a maximum of 6 players in their lineup/kicking order each inning. Therefore, up to 6 outs and up to 6 runs may be recorded during a team's time at bat.
- The lineup/kicking order may change each inning as long as every player in the lineup/kicking order gets an opportunity to kick.
- The offensive team is responsible for notifying the defensive team when the last kicker is preparing to kick.



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- When the last kicker of an inning kicks, the inning will end when any out is recorded or when the last kicker scores a run. For this situation only, a fielder being in possession of the ball and touching home plate before the last kicker reaches it shall be considered a force out and the inning will end.
- All kicks must be made on or behind home plate. If a kicker contacts the ball in front of home plate, the play will be dead immediately, the kicker will be out, and the runners will return to the base they originally occupied at the time of the pitch.
- A kicked ball that hits the net or wall before the gold line closest to home plate is declared a foul ball.
- Bunting is allowed at any time during an Indoor Kickball game but must cross the first gold line before being touched.

➤ **Pitching Rules:**

- Each team will provide a pitcher who will pitch to their own team.
- Pitcher's must begin their motion from the designated spot, anywhere inside the center circle.
- There will be a 3 pitch maximum for all leagues. On the 3rd pitch, the ball must be put in play. If the kicker kicks a foul ball on the 3rd pitch, they are declared out.

➤ **Fielding Rules:**

- No more than 5 players may play defense at one time. There are no positional requirements.
- If a team provides a catcher, that player may play anywhere as long as they do not interfere with the kickers attempt to kick the ball.
- In order to make a successful out, the ball must be thrown by the fielder with the hands/arms. Any ball that is kicked or contacted by the defense in such a way that it hits a runner will not result in an out.
- Any runner hit with a ball above the shoulders shall not be put out. The ball remains live. If the runner intentionally uses his/her head to block the ball or ducks into a thrown ball, he/she will be called out. The ball remains live.
- If a thrown ball hits anything prior to hitting a runner (i.e. the ground, the wall, etc), that runner is not out.

➤ **Base Running Rules:**

- There will be no stealing or leading off. Baserunners may not leave the base until the pitch is kicked.
- A runner receiving aid in making turns, recovering from a fall, etc. from a base coach or teammate will be declared out, the ball will become dead and runners will return to their previous occupied base.
- Runners over-running bases will be subject to being tagged out, except at 1st base. Runners over-running 1st base must stay within 3 feet of the wall until they return to first base. Any runner that leaves that 3 foot space is assumed to have made a play toward 2nd base and is subject to being tagged out.

GROUND RULES:

- **Home Runs:** Any kicked ball, which reaches the netting above the extended portion of the wall above the soccer goal.

➤ **Ground Rule Doubles:**

- Any kicked ball which reaches the outfield goal.
- Any ball that is kicked over the top of the arena netting without hitting the rafters.
- Any kicked ball that gets lodged in the net.

- **Ball in Play:** Any ball inside the arena walls is considered live and in play.

- **Recording Outs:** Players may be called out in the following situations:



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- If a runner is off the base prior to a pitched ball being kicked, that runner is called out and “no pitch” is declared.
- If the final kicker kicks without the offense notifying the defense that it is their last kicker, that kicker will be ruled out and the inning will be over.
- When the last kicker of an inning kicks, the inning will end when any out is recorded or when the last kicker scores a run. For this situation only, a fielder being in possession of the ball and touching home plate before the last kicker reaches it shall be considered a force out and the inning will end.
- If a kicker contacts the ball in front of home plate, the play will be dead immediately, the kicker will be out, and the runners will return to the base they originally occupied at the time of the pitch.
- Any kicked ball that hits the net or wall outside of the home run area is a live ball and is able to be caught for an out.
- Any kicked ball that hits the rafters, ceiling, or lights attached to the ceiling is an out. This is a dead ball and all runners return to the base they occupied at the time of the pitch.
- If a runner gets hit by a thrown ball below the neck, prior to it touching anything, when they are off the base.
- If a runner intentionally uses his/her head to block the ball or ducks into a thrown ball, he/she will be called out. The ball remains live.
- If a fielder catches a ball that is in flight, whether fair or foul
- If a fielder catches a kicked or thrown ball and tags a base to put out a kicker or runner
- If a fielder catches a thrown ball and tags a base to record an out on an appeal play
- If a fielder tags a runner when the runner is off the base
- A kicker may be called out after three pitches
- A kicker may be called out for being touched by his own kicked ball
- A kicker/runner may be called out for interfering with the catcher or any other fielder
- A kicker may be called out for being touched by a fair ball
- A kicker may be called out for running out of the baseline to avoid being tagged
- A kicker may be called out for passing another runner

➤ **Overthrows:** An overthrown ball that remains inside the arena walls is live and runners may advance at their own risk. Balls that are overthrown into the net, over the net, or out of play are considered dead balls and baserunners will be awarded 1 additional base from the time the ball gets lodged. This includes overthrown balls, which enter the soccer goals behind home plate and in center field.

THE CO-REC GAME:

- The game is played between two teams of 5 players each. You may only have 6 kickers per lineup. Teams must begin and end each match with a minimum of 3 players.
- Acceptable gender ratios while on defense:
 - 3 Males and 2 Females
 - 3 Females and 2 Males
 - 2 Females and 2 Males
 - 2 Males and 1 Female
 - 2 Females and 1 Male
 - If using a lineup/kicking order with 6 players, the team must use 3 Males and 3 Females