

**VAVi SPORT AND SOCIAL CLUB**  
**OFFICIAL KICKBALL & FLIP CUP RULES**

**12 Simple Rules**

1. HAVE FUN. PLAY NICE. **THIS IS NOT A COMPETITIVE LEAGUE!**
2. **PLAYERS: 11 fielders per team (16-20 players on the roster)**
3. **SUBSTITUTIONS:** Free substitutions in the field. Everyone kicks.
4. **FIELD:** Played on a regulation softball field with some additional restrictions.
5. **EQUIPMENT:** Played with a regulation 10" big red playground ball. Players must wear their VAVi team shirts. **NO METAL SPIKES ALLOWED.**
6. **INNINGS: A regulation kickball game is 6 innings or 45 minutes, which ever comes first.**
7. **SCORING:** A tie game after 6 innings will be declared a tie unless, time permitting, both captains and the umpire agree to continue play. In the event that the game goes into overtime and the lights go out at any point during the inning, the game will be called a TIE even if the away team is ahead.
8. **COED RULES: 11 fielders (8 min), 6 men max, 3 women min**
9. **PLAY:** This game is based on softball with some added rules
  - a. **Fielders**
    - i. **Must have 5 outfielders**, 1 pitcher, 1 catcher, and 4 infielders
      1. Outfielders must be at least 10 feet beyond the infield until kicker makes contact.
      2. Infielders (including pitcher) must be behind the 1<sup>st</sup> to 3<sup>rd</sup> diagonal
      3. Catcher must be at least 3 feet behind the plate
  - b. **Pitching**
    - i. Strike Zone is the plate plus 1 foot on either side and 1 foot high. The height of the ball is measured from the bottom of the ball at the highest point of the last bounce.
    - ii. Ball must be thrown underhand
    - iii. Ball must bounce at least 3 times before crossing the plate
    - iv. 4 Balls is a walk, 3 strikes is an out (foul on the 3<sup>rd</sup> strike is an out)
      1. **4 balls in a row with 0 strikes constitutes an intentional walk and will result in an automatic walk for the following batter as well.**
  - c. **Kicking**
    - i. **All players kick and must kick in order determined at beginning of game**
    - ii. Ball must cross the plate before it is kicked or a foul ball is called
    - iii. Fair balls must cross the bunt line in fair territory before it is touched
    - iv. Balls touched before the bunt line are foul
  - d. **Runners**
    - i. Runners must run to the safety bases at 1<sup>st</sup> and home. An out will be awarded if the runner does not tag the safety base at home.
    - ii. Sliding is permitted at 2<sup>nd</sup> and 3<sup>rd</sup> base only.
    - iii. Force plays are same as softball
    - iv. Runners may tag up as in softball. **Runner may leave the base as soon as the ball is touched by the defender even if it results in a catch.**
    - v. Runners may be thrown out by hitting them directly with the ball
    - vi. Balls may not be thrown at runners above the shoulders. Any blatantly hard or dangerous throw, regardless of where it hits, will result in the runner being called safe and may result in the ejection of the player. This is completely up to the discretion of the umpire and may not be argued.

- vii. No leading off or stealing
  - viii. Runners passing the commit line between 3<sup>rd</sup> and home must advance
  - ix. It is always a force at home (even with no runners on 1<sup>st</sup> and 2<sup>nd</sup>)
  - x. If a runner is hit by the ball, the play remains live
  - xi. If a runner intentionally runs into a fielder, or is out of control when running and runs into a fielder, they will be called OUT. This is completely up to the discretion of the umpire and may not be argued.
10. WIN THE LEAGUE: Top teams will make the playoffs and compete in a single elimination tournament to determine the league champion.
11. ALCOHOL: Smoking and alcohol are forbidden. We use public youth fields for many of our leagues and it is illegal to use tobacco or alcohol on the property.
12. HAVE FUN!!! (Flip Cup rules located after extended kickball rules)

### **EXTENDED KICKBALL RULES:**

#### 1.1 A foul is:

1.1.1 A kick landing in foul territory

1.1.2 A kick that lands in fair territory but travels into foul territory before passing 1st or 3rd base except when touched by a player.

1.1.3 A kick made beyond home plate

1.1.4 A kick that does not cross the "Bunt" Line

1.1.5 A ball that is fielded by a fielder before it crosses the bunt line

#### 1.2 A ball is:

1.2.1 A pitch outside the strike zone

1.2.2 An un-kicked ball when a fielder crosses the 1st/3rd base diagonal

1.2.3 Any catcher coming within 3 feet of home plate before the ball is kicked

#### 1.3 An out is:

1.3.1 Three strikes including a foul on the third strike

1.3.2 Any kicked ball that is caught in the air

1.3.2.1 This includes a ball that is kicked in front of the plate and called foul

1.3.3 A ball tag on a base to which a runner is forced to run

1.3.4 A runner touched by a ball at any time while not on base

1.3.5 A runner leading off a base

1.3.6 A ball that is kicked into the street (over the outermost fence)

Note: A ball kicked into the bleachers or over the homerun fence is not an out.

1.3.7 At Carmel Valley Rec Center far field only, a ball that is kicked over the outermost fence and into the brush along the third baseline.

1.3.8 A runner that intentionally runs into a fielder, or is out of control and runs into a fielder.

## **2 Field**

- 2.1 The field is a standard Softball Field.
- 2.2 The pitching area is located directly between 1st and 3rd base.
- 2.3 The Bunt Line is a diagonal that connect the 1<sup>st</sup> and 3<sup>rd</sup> base line located 30ft from the plate on either base line (see Bunt Line)
- 2.4 The Commit Line is half way between 3<sup>rd</sup> base and home plate (see Running)

## **3 Equipment**

- 3.1 All players must wear VAVi team shirts.
- 3.2 The official ball is a red 10" playground ball

## **4 Teams**

- 4.1 Team rosters shall consist of 16 – 20 members.
- 4.2 A maximum of 11 players on the field during play
- 4.3 A minimum of 8 is required (minimum of 3 must be females).
- 4.4 No more than 7 males on the field.
- 4.5 If a team cannot field the minimum at game time the game will be a forfeit unless alternate agreements are made by team captains.

## **5 Game Play**

- 5.1 All players will bat alternating between males and females.
- 5.2 The kicking order cannot change unless due to injury where the player is simply removed from the lineup.
- 5.3 Only paid league members can play in the game. NO EXCEPTIONS.

## **6 Regulation Games**

- 6.1 A regulation game consists of 6 innings, time permitting.
- 6.2 If the game ends in a tie, then the game is a tie.
  - 6.2.1 Time permitting; both team captains and the umpire may agree to play an additional inning.

## **7 Fielding**

- 7.1 The defense consists of a Pitcher, Catcher, 1B, 2B, SS, 3B, and 5 outfielders.
- 7.2 Outfielders must stay at least 10 feet away from the infield dirt until the ball is kicked.
- 7.3 No player may advance beyond the 1st/3rd base diagonal before the ball is kicked.

7.4 If any player (except the catcher) advances beyond the 1st/3rd base diagonal before the ball is kicked the pitch is considered a ball or if the ball is kicked, and the fielder makes a play on the runner, the kicker is safe.

7.5 Fielders must stand at a 45 degree angle when covering a base otherwise the runner will be safe. This rule is for the safety of the players and to avoid collisions. If there is no play at the bag then the fielder must move off of the bag to avoid collisions.

7.6 “Modified” Infield Fly Rule: If the ball is popped up in the infield, the defense may not intentionally knock the ball down to get the double play. Unintentional drops will allow all players to advance safely. This is completely up to the discretion of the umpire and may not be argued.

7.7 Each team must have a catcher at all times.

7.8 A game that is called off after 5 complete innings is considered a regulation game.

7.8.1 If a game is called off before 5 innings every attempt will be made to make up the game. If the game is unable to be made up the game will be considered a tie.

7.9 There is a **7 run limit** per inning except in the last inning where no limit exists.

7.10 To avoid collisions, fielders may not tag the safety base to get a runner out. They must use either the first base bag or home plate.

## **8 Pitching**

8.1 Pitching must be underhand.

8.2 The strike zone extends 1 foot on either side of home plate and 1 foot high.

8.2.1 The height will be measured from the bottom of the ball and at the apex of the last bounce before the plate. This is completely up to the discretion of the umpire and may not be argued.

8.3 The ball must bounce at least 3 times before it reaches the plate to be considered a strike. Otherwise, it is a ball. (Kickers may choose to kick a ball even if it is a ball)

8.4 If the third bounce lands on home plate, it will be considered a strike.

8.5 The pitcher must stay behind the pitching line until the ball is kicked.

8.6 The catcher must stay at least 3 feet behind and out of the way of the kicker until the ball is kicked. However, once the kicker runs up, the catcher is allowed to follow, keeping a 3 foot distance at all times.

## **9 Kicking**

9.1 All kicks must be made by foot.

9.2 All kicks must be taken at or behind home plate or a foul will be called

9.2.1 A ball kicked in front of home plate may still be caught for an out

9.2.2 Runners may not advance, be tagged out, or forced out

9.3 Kicks that go over the fence and in to the sidewalk or street are considered an out.

9.4 Bunting is allowed as long as it passes the “bunt” line (see Bunt Line)

## **10 Bunt Line**

10.1 The Bunt Line is located approximately 20 feet in front of home plate and extends toward the 1st and 3rd base lines (30ft from the plate on either base line).

10.2 All kicks must cross the “Bunt” Line to be considered fair.

10.3 Balls not crossing the “Bunt” Line are fouls.

10.4 A ball that is touched before it crosses the “Bunt” Line is a foul

## **11 Ball in Play**

11.1 Once the pitcher has control of the ball in the pitching area (5 foot radius around the mound), the play is over.

11.1.1 If the runner is already advancing to the next base, he/she may continue.

11.1.2 This is COMPLETELY up to the discretion of the umpire and may not be argued!

## **12 Running**

12.1 Runners must stay in the base line. If a runner leaves the baseline they are considered out.

12.2 Fielders must stay out of the baseline.

12.3 If a fielder interferes with a runner in the baseline, the runner safely advances to the base they were approaching.

12.4 Fielders making a play on a base must lean out of the baseline when making a play on the bag otherwise the runner will be considered safe.

12.5 Leading or stealing is not allowed. A runner leading off a base before the ball is kicked is out.

12.6 Sliding is permitted at 2<sup>nd</sup> and 3<sup>rd</sup> base only.

12.7 Safety Base at Home Plate must be used at all times. If you do not use the safety plate at home plate, you will be called OUT even if there is no play at home plate. The safety of the players is our main concern so the umpires will be enforcing this rule in full effect. Please remind your teammates before and during every game! Thank you for your commitment to keeping our leagues safe!

12.8 Safety plate at First Base must be used whenever the ball is kicked into the infield or if there is a play at first base or the runner will be called OUT. If the ball is kicked into the outfield then the runner may use first base to round the bag to second base. In this case, the first baseman must move off the bag to allow the runner to round first otherwise it will be called obstruction and the runner will automatically be called safe at second. This is completely up to the discretion of the umpire and may not be argued.

12.9 It is always a force play at home and runners may not slide. **Fielders may still throw the ball at runners who advance past the commit line, but they may not tag the player with the ball in hand.** Fielders must stand on home plate to get the force out.

12.10 Hitting the runner in the head or neck is prohibited.

12.10.1 If the runner is hit above the shoulders the runner advances 1 base past the base in which they are approaching.

12.10.2 If a runner intentionally uses the head or neck to block the ball the runner is out.

12.11 Tag ups are allowed.

12.12 All ties go to the runner.

12.13 On an out of bounds ball the runner may advance to the base they were approaching plus one extra base.

12.13.1 Out of bounds is considered outside the fence, behind the dugout, or behind the backstop.

12.14 Pinch Running: A pinch runner may only be the same sex as the runner coming off the base; and it must be the player that was last up to bat and that is not on base at the time the pinch runner is needed.

## **13 Sportsmanship**

13.1 Please remember we are here to have fun. Show sportsmanship toward your teammates, opponents, and officials at all times.

13.2 Have fun. Don't be that guy.

## **14 Tournament**

14.1 The top 4 teams will go to the tournament based on season rankings. The top teams will be determined by record (2 points for a win, 1 point for a tie, 0 points for a loss). If time and schedule permits, we will occasionally take more than 4 teams.

14.2 In case there is a two-way tie between teams, the following tiebreaker system will be used:

14.2.1 Head-to-head match up (wins and losses)

14.2.2 Head-to-head run differential (both have one win and one loss)

14.2.3 Overall season run differential (overall season runs scored minus scored against)

14.2.4 A coin flip (If there is still a tie)

14.3 In case there is a three-way tie between teams, the following tiebreaker system will be used:

14.3.1 Head-to-head match up (wins and losses)

14.3.2 Head-to-head run differential (highest average runs scored minus scored against)

14.3.3 Overall season run differential (overall season runs scored minus scored against)

14.3.4 A coin flip (If there is still a tie)

14.4 Forfeits are considered a 7-0 loss for the forfeiting team.

14.5 All other playoff scenarios that occur will be treated on a case-by-case basis by the Sports Director. The VAVi Sports Department has the final say on any disputes and will treat each situation in the fairest and most logical way. Please email Dave Draizen at [ddraizen@govavi.com](mailto:ddraizen@govavi.com) if you have any questions about these rules.

14.6 In the event that there is a tie after 7 innings during tournament play, each team will start the 8th inning with a runner on second base. Each team may choose to have a male or female start on second in the 8th inning; however, the runner must alternate sexes every inning. Please note that if the kicking team chooses to start with a male on 2nd base in the 8th inning, the next female in the batting order must kick first. A female will then have to start the 9th inning on second and the next male in the batting order (from the end of the 8<sup>th</sup> inning) must kick.

## **FLIP CUP RULES**

After your games both teams will play in a best of 7 flip cup game for a point! That's right kickball is worth 2 points, flip cup is 1 point! You must have at least 5 players and can have up to as many as you want, so long as both teams are evenly matched up. If the teams do not match up, the captains must agree on the amount of players and remember you can sub!

- 1.1 Teams may set any order they want for each round so long as each person only goes once.
- 1.2 The first person on each team will cheer the other player, tap the cup to the table and then drink the contents of the cup. The player then puts the cup face up on the edge of the table and—using only one hand—tries to **flip** it over so it lands face down. Once the cup lands face down, the next person on the team may drink and then flip. The first team to get through all members wins the round.
- 1.3 Flip Cup matches are best of 7 rounds with the first team to win 4 rounds winning the match and earning the point.
- 1.4 Alcohol is not required to play.
- 1.5 Tournament for Flip Cup will be run in the same format.