

# How to Play Kickball

## Things you need:

- 3 bases
- Home plate
- Large rubber ball



1. Set up the kickball field. Place first, second and third bases in the same general arrangement as you would for baseball--a diamond shape. Make home plate the last point of the diamond shape.
2. Divide the players into equal teams. Optimally, you need at least seven players on a team.
3. Decide which team will kick first and which team will field first. The fielding team needs a pitcher, catcher, first base player, second base player, third base player and two outfielders. The kicking team should line up off the field to prepare to take turns kicking.
4. Give the ball to the pitcher and have the first kicker approach home plate to kick the ball. The pitcher rolls the ball on the ground to the kicker and the kicker must kick the ball into the field. The kicker has three tries to kick the ball and if he fails to kick after three tries, he is out. After kicking the ball, the kicker runs to first base, trying to get there before the fielders get the ball to the first base player.
5. Use the same principals as baseball, with fielders trying to catch or field the ball and runners trying to advance around the bases without fielders tagging them. Fielders who catch pop flies can get the kicker out. Fielders who throw the ball to a base player before a kicker reaches the base can get the kicker out. When fielders achieve three outs, the teams switch places and the fielders kick and the kickers field.
6. Score runs when kickers advance around all the bases and get back safely to home plate.

# Playing Kickball

Kickball is traditionally played on a baseball diamond and the rules are similar to those of baseball.

## **General Rules**

Participants are divided into two teams, the kicking team and the pitching team. The number of players on the field can vary, but most commonly there are a minimum of seven players on the field and a maximum of 11. Depending on the league you are playing in, there may or may not be a referee enforcing the rules. World Adult Kickball Association rules say games should consist of five innings and should last no less than 45 minutes and no more than 90 minutes.

## **Pitching Team**

The pitching team fields players in a manner similar to baseball. This side consists of a pitcher and catcher; first, second and third baseman; and three outfielders. If an eighth player is not available, teams can play without a catcher. The pitcher rolls the ball toward the kicker; the ball must be rolling on the ground as it passes over home plate. Once a ball is in play, members of the pitching team try to get the kicker out either by tagging him with the ball or, while holding the ball, touching the base the player is headed for. When the pitching team earns three outs, the inning is over and the teams trade places.

## **Kicking Team**

The kicking team places one player behind home plate who is responsible for kicking the ball into play. Kickers must be in the kicking box and behind home plate when they make contact with the pitch. The ball is hit either fair or foul. Foul balls are kicks that land the ball anywhere outside the playing field, and are considered strikes. When the kicker gets three strikes, he is out and the next player in line kicks. Players must kick the ball into fair territory and run to first base. If a player is already on first base, he advances to second base, and so on. Players must make it to the base without being tagged out by an opposing player. A kicker who rounds all three bases and tags home plate scores a run. The team with the most runs at the end of five innings wins the game.

# How to Play Four Square

1	2
3	4

1. Have each player stand in one of the four squares
2. **Note that the "ace" stands in square #2.** This is the highest-ranking square. All other squares are in descending order of rank, going down 1, 3, and 4 (1 is king, 3 is queen, and 4 is jack). The ace starts the serve.
3. **Serve the ball by bouncing it in your square once.** Then hit it to the second square. Make sure that the ball stays within the other square and is not on or outside of any lines. You can get out on a "serve".
4. **Hit the ball back.** Receivers must hit the ball back to any other player.
5. **Continue playing until a player hits the ball out of the square or it bounces twice in the player's own square.** This makes the player out. All other players serve as line judges if the ball hits the line and there is a disagreement between the hitter and the receiver.
6. **Shift the player who is out to the lowest level (jack) unless there is a line of people waiting to play, then the person who is out goes to the end of the line and the person next in line goes to the jack square.** When a player is out everyone moves up one square.
7. **Play off walls, poles, etc.**
8. **The ace can make up rules ( Double tap, ricochet, Double bouNCE...)**

# TIPS

- Draw and number the squares with sidewalk chalk and/or masking tape to help everyone know where each position is located and to establish boundaries.
- The size of the squares does not matter too much, but the general size is about 5 feet x 5 feet (1.5 meters x 1.5 meters). Obviously a larger square makes it harder to hit balls back and forth in, but smaller squares offer little surface area to stand and receive the ball.
- Instead of fighting for the ace position, try playing Rock, Paper, Scissors.
- While there is no "winner" in four-square, the person who stays in the ace position the longest is usually considered the champion.
- Some people make up different rules, such as Popcorn, where instead of hitting it directly at someone, you can toss it in your hands and then hit it or if you have a ball almost out of your square you can get it and bounce it in the air. There's also Cherry Bomb, where you throw the ball up in the air, jump up, and hit it to the ground. One variation is someone throws a ball out of a square and if the person given a cherry bomb doesn't get it back in ten seconds they're out. And Lobster, where you are only allowed to make lobs. A lob is when you hit the ball so that it lands on your opponent's side without bouncing the ball on your square first. Be sure that you're good at playing Lobster before playing the Lobster rule. Some people also make up rules to get people out such as if you hit a ball while it bounced on another person's square and they haven't hit it yet they consider it as a "steal" and that person goes to the back of the line.
- There are different serves that people make up, such as Skyscraper, where you bounce the ball very hard on your square so that it will bounce up very high and your opponent can't receive it as easily.
- If some of the other players start forming a team, you have no chance if you're going against them. Start your own team with somebody else and work together if necessary. Cherry bombing is against the rule but you can play 2 ways: against the rules or with rules. Cherry bombing is slang for spiking the ball or an overhead slam.