

Indoor Kickball League Rules

Player Conduct Guidelines

We're here to play, have fun, and show good sportsmanship! All players are expected to follow the YMCA's core values — Caring, Honesty, Respect, and Responsibility.

Players Must:

- Play fair and follow all rules
- Respect teammates, opponents, referees, and staff
- Keep a positive attitude — no arguing or profanity
- Avoid rough play or unsafe behavior
- Accept referee decisions as final

Not Allowed:

- Verbal or physical aggression
- Harassment or threats
- Damage to equipment or property
- Alcohol, drugs, or vaping inside the facility

Remember: The YMCA may remove players who violate these guidelines. Let's keep the game safe, fair, and fun for everyone!

General Game Rules

- Games are 7 innings or 1 hour whichever comes first.
- If
- 3 outs per side, per inning
- 5 players per team, 1 pitcher, 1 catcher, 3 fielders
- Kicking order must remain constant throughout the game.
- Kicked balls that hit the ceiling are dead balls and count as a foul
- Kicked balls that hit the divider curtain are dead balls and shall not be counted as a foul
- A kicked ball that crosses the foul line before passing 1st or 3rd base or hits a side wall is considered a foul ball
- Balls that hit anything aside from the curtain or ceiling in fair territory are considered playable and balls caught before hitting the ground are considered an out.
- The strike zone is 1 foot on either side of home plate or above.
- If a ball or strike is not fielded by the catcher, it shall be considered a wild pitch/passed ball and any runner on base may attempt to advance/steal a base.
- One base on an overthrow.