

# Official OptiHealth Kickball Play Book

**Field:** OptiHealth Kickball is played on a regular baseball field.

**Equipment:** 1 home plate, 3 bases, 1 kickball, 15 markers

**Player Positions:** OptiHealth Kickball games are played by 16 players. Each player is assigned to a specific starting position and rotates through all the positions each inning.

10 DEFENSIVE POSITIONS	6 OFFENSIVE POSITIONS
Fielder in Next – off field Right Field Center Field Left Field 3 <sup>rd</sup> Base Short Stop 2 <sup>nd</sup> Base 1 <sup>st</sup> Base Pitcher Catcher	Kicker in Line – off field Kicker Up Next – off field Kicker Base Runner on 1 <sup>st</sup> Base Runner on 2 <sup>nd</sup> Base Runner on 3 <sup>rd</sup>

**Object of the Game:** Players kick, catch, and throw the kickball and run the bases in order to score individual points on each play.

**Play Time:** Each game consists of 2 innings. Each inning consists of 1 play in each of the 16 positions for a total of 32 plays per game. An average of 28 seconds is allowed for each play. Each play involves a pitch and a kick, plus the fielding of the kickball. Each full game takes 15 minutes to complete. Players sign-up to play games scheduled at 15-minute intervals.

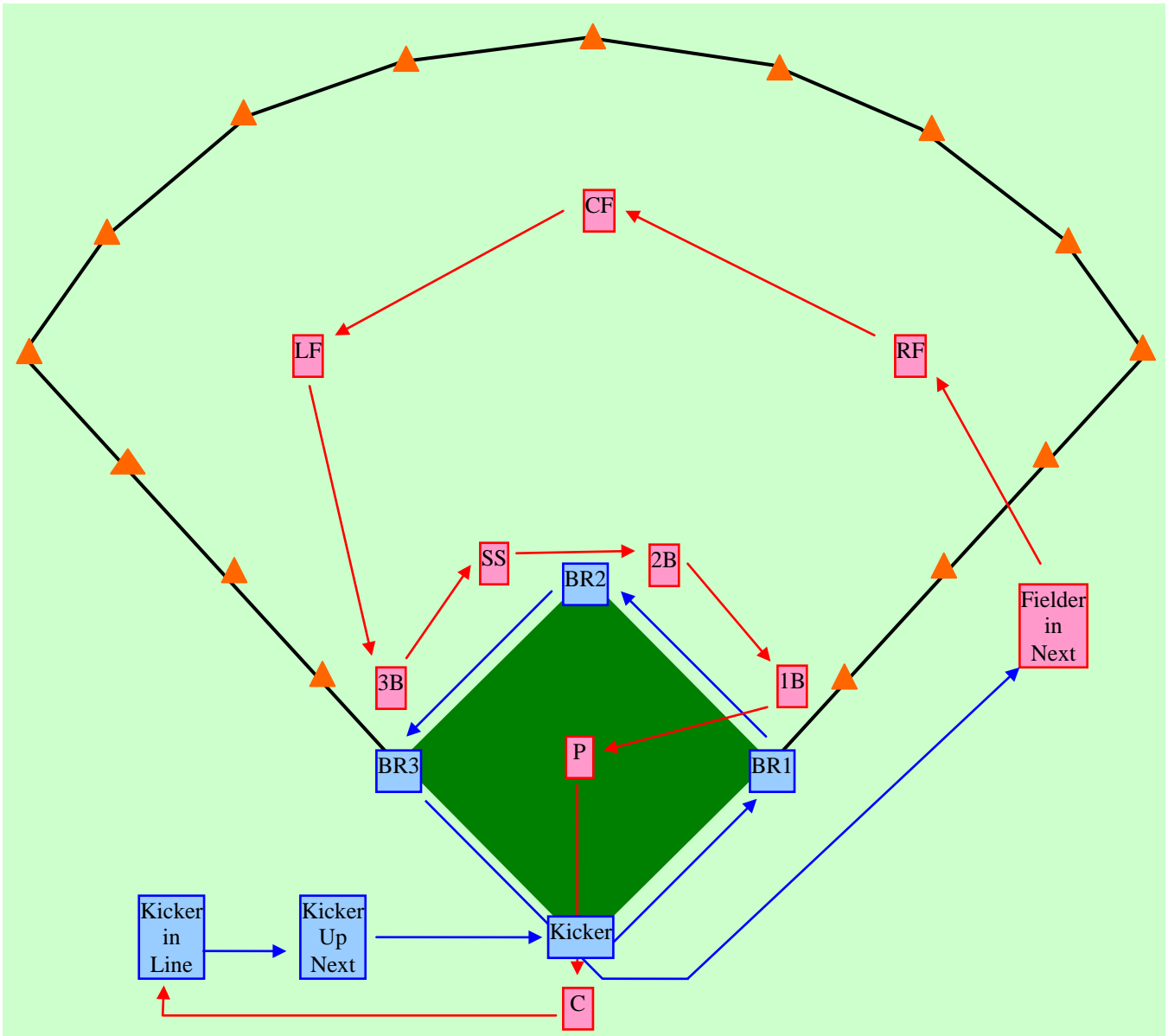
**Position Rotation:** A complete rotation through all 16 positions constitutes 1 inning. Players rotate in the following order:

**Offensive Players** simultaneously move to their next position **during** each play: the Kicker in Line moves to Kicker Up Next, the Kicker Up Next moves to Kicker, the Kicker becomes the Base Runner at 1<sup>st</sup>, the Base Runner at 1<sup>st</sup> becomes the Base Runner at 2<sup>nd</sup>, the Base Runner at 2<sup>nd</sup> becomes the Base Runner at 3<sup>rd</sup>, and the Base Runner at 3<sup>rd</sup> crosses home plate, and proceeds to the Fielder in Next position.

At the end of each play, the kickball is given to the 1<sup>st</sup> Baseman who rotates to Pitcher as all the other defensive players rotate to their next positions:

**Defensive Players** simultaneously rotate to their next position **after** each play: the Fielder in Next moves into Right Field, the Right Fielder moves to Center Field, the Center Fielder moves to Left Field, the Left Fielder moves to 3<sup>rd</sup> Base, the 3<sup>rd</sup> Baseman moves to Short Stop, the Short Stop moves to 2<sup>nd</sup> Base, the 2<sup>nd</sup> Baseman moves to 1<sup>st</sup> Base, the 1<sup>st</sup> Baseman moves to Pitcher, the Pitcher moves to Catcher, and the Catcher moves to the Kicker in Line.

# Kickball Field



## Description of Play

OptiHealth Baseball games start with 1 player in each of the 16 positions.

### Pitcher

The Pitcher tosses the ball under-hand for it to bounce at least 3 times before rolling over/near home plate. Each Pitcher gets only 1 attempt to toss a “kick-able” pitch.

### Kicker

Each Kicker gets only 1 pitch for an attempt to kick the ball. If the pitch is not kick-able, the Kicker gets to hold and self-drop the ball for a kick attempt. The Kicker attempts to kick the ball into fair territory, which includes anywhere on the field within the bases or the out-field markers.

After any kick attempt (fair, foul, or miss), the Kicker tries to get to 1<sup>st</sup> Base before he/she is tagged or forced out. The Kicker may over-run 1<sup>st</sup> Base, turn right, and return to 1<sup>st</sup> Base without the risk of being tagged out beyond 1<sup>st</sup> Base.

If the Kicker misses a kick-able pitch or the drop-kick attempt, the Kicker strikes out, but the Catcher still plays the ball to get the Kicker out at 1<sup>st</sup> Base or get any of the Base Runners out at their next bases.

If the Kicker kicks the ball into foul territory (where the ball lands outside the 1<sup>st</sup> or 3<sup>rd</sup> baselines or beyond the outfield boundary), the Kicker fouls out. In this case, the Kicker and all the Base Runners return to and remain on their original bases until the ball is retrieved by the closest defensive player. Play resumes when the ball is thrown into play from the boundary line to either the Pitcher or an out-fielder (whichever is closest). When the ball enters fair territory, the Kicker and all the Base Runners try to advance to their next bases while the defensive players try to get them out.

## **Base Runners**

Base Runners are not allowed to lead-off or steal bases. Since the bases are always "loaded," each Base Runner attempts to run to the next base on each kick attempt or throw-in from a foul kick. The Kicker and Base Runners can start running to their next base as soon as the Kicker attempts to kick the ball from a pitch or self-drop, or as soon as the ball is thrown in after a foul kick.

When running to the next base, the Base Runners must stay within 3 feet of the direct line between the bases. The Base Runner on 1<sup>st</sup> and the Base Runner on 2<sup>nd</sup> can be tagged out if they over-run their next bases.

Base Runners may advance only 1 base on each play. Base Runners stay on their next base for the next play even if they were tagged or forced out during the previous play.

## **Fielders**

The fielders follow the basic rules of kickball when fielding a ball kicked into fair territory, or returned to play after a foul kick, in order to get the Kicker and Base Runners out.

All players are responsible for being in their correct position at the start of each play and be ready for the ball to be hit or thrown into play.

All players must remain in their specific areas and not cause interference for another player.

All players must "play the ball" and not use "unnecessary roughness" when trying to make a play.

**Game Change:** A complete rotation through all of the positions is 1 inning. The game continues play to play and inning to inning. After each 2-inning game, all the current players exit the field, and all the players scheduled for the next game immediately take their assigned positions.

**Cost of Play:** OptiHealth Kickball costs each player 1 Game Ticket for each 2-inning game (32 plays).

**Dodgeball Option:** The players must vote unanimously before the game in order to allow the Fielders to throw the Kickball at the Kicker and Base Runners in order to tag them out directly (in addition to tagging them with the ball while holding it or forcing them out at their next base). If the dodgeball option is used, effort must be made to avoid hitting the Base Runner's head.

## Scoring

Each play of the game is self-officiated by the players. Each player scores individual points based on the player's role in the outcome of each play. Each player is responsible for keeping his/her own score. Players are encouraged to have a personal Score Keeper. (Refer to OptiHealth Kickball ScoreCard.)

<b>Pitcher</b>	+1 point if the pitch is "kick-able" 0 points for a non-kickable pitch
<b>Kicker</b>	+1 point if the ball is kicked into fair territory 0 points if the ball is missed or kicked into foul territory  +1 point if the Kicker gets safely to 1 <sup>st</sup> base 0 points if the Kicker is tagged or forced out
<b>Runner</b>	+1 point if the Base Runner gets safely to the next base 0 points if the Base Runner is tagged or forced out
<b>Fielders</b>	+1 point per out for each player that handled the ball to get the out(s). 0 points if the Fielder does not handle the ball during the play or is unable to get the Kicker or any of the Base Runners out.
<b>Penalties</b>	-1 point for interfering with another player in their position  -2 points for using unnecessary roughness against an opponent

## Scoring Example

The Short Stop catches a fly ball that gets the Kicker out, and then the Short Stop throws the ball to the 2<sup>nd</sup> Baseman who catches it and forces the Base Runner from 1<sup>st</sup> out at 2<sup>nd</sup> Base.

The Short Stop earns a total of 2 points: 1 point for catching the ball to get the Kicker out, and 1 point for throwing the ball to the 2<sup>nd</sup> Baseman to get the Base Runner from 1<sup>st</sup> out.

The 2<sup>nd</sup> Baseman earns 1 point for catching the ball from the Short Stop and tagging 2<sup>nd</sup> Base before the Base Runner from 1<sup>st</sup> gets there in order to force him/her out.

The Kicker earns 1 point for kicking the ball into fair territory, but 0 points for not getting to 1<sup>st</sup> Base safely.

The Base Runner on 1<sup>st</sup> earns 0 points for not getting to 2<sup>nd</sup> Base safely, but the Base Runner stays on 2<sup>nd</sup> Base for the next play even though he/she was forced out.

The Base Runners on 2<sup>nd</sup> and 3<sup>rd</sup> earn 1 point each for safely advancing to their next bases.

All the other players earn 0 points for not participating directly in either of the outs.