



KICKBALL

PROGRAM GUIDE

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Welcome

The purpose of the Springfield/South County Youth Club (SYC) Kickball program is to provide area youth a safe, fun, and social opportunity to stay active, engage in competition, and learn a new sport.

The Kickball program is built for every child. Whether the child is a novice or a seasoned athlete, each child will have the opportunity to learn a new skill, make friends, and have fun. Kickball is the perfect sport for both the body and mind. All you need is a sturdy ball and a group players.

I look forward to seeing our athletes have fun on the field!

- Christopher Kernan-Schmidt, Head Coach & Director

Practice Structure

During our pilot season(s), practices will be relatively basic, focusing on allow athletes to have fun and compete with peers rather than primarily focusing on improving their kickball skills. However, coaches will review proper technique and critique where appropriate.

Practices will begin with a structured group warmup. Then, coaches will review the rules of the game before randomly splitting participants into two teams. Athletes will then be randomly given positions and kicking order. Then, the teams play!

As the program grows, practices may include more technical and skill-based coaching. For now, however, the goal is to get children out of the house and having fun.

Practice Checklist:

- Water (reusable bottles are recommended)
- Appropriate clothing
- Appropriate shoes
- Sunscreen (if needed)
- A good attitude

Competitions

Each practice will involve one or more games. Games will be scored, but during our pilot season(s) there will be no league play or championships (subject to change).

As the program grows in size and scale, competitions may as well.

Kickball Rules

Teams: Each team will be assigned no more than 12 players. Players on the field will randomly choose from the following positions: catcher, pitcher, first base, second base, third base, shortstop, left/right/center/out fielders (remaining players). Kickers will be lined up randomly and keep the same lineup for the entirety of the game.

Pitching: Each team will pitch to the other team. Pitchers must pitch from the pitching mound and cannot go in front of plate until the ball is kicked. If the kicker requests a slower pitch then the pitcher is obligated to do so. Pitching must be by hand. A pitch outside the strike zone is a ball.

Kicking: All kicks must be made by foot. A kicker can be called out if they get 3 strikes or 4 foul balls. A play ends when the pitcher has control of the ball and is near the mound/pitching circle. Bunting is not permitted.

A strike is defined as: a pitch within the strike zone that is not kicked; an attempted kick missed by the kicker; a foul ball (landing in foul territory).

A ball is defined as: a pitch outside the strike zone when no kick is attempted; bouncing pitch.

Running: Runners must stay within the baseline. Fielders cannot hinder any runner (they must stay out of the baseline). Runners can only advance if the ball is kicked. Runners may not pass another runner.

Outs: An out is defined as: three strikes; four fouls; fouling with two strikes; a runner tagged with a ball while not on a base and the ball is in play; a kicked ball that is caught in the air; a ball thrown to a fielder who reaches the base before the runner; a runner off his/her base when the ball is kicked.

Three outs completes the team's half of the inning.

Kickball Rules

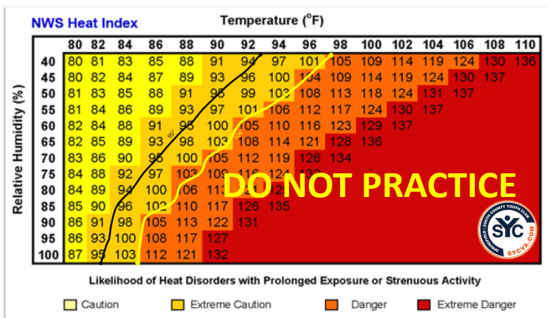
Plays: A play ends when the pitcher has control of the ball on the mound. A runner is deemed out.

Player Expectations:

- No foul language.
- Referee calls are final.
- Exhibit good sportsmanship.
- Follow all coach/officials' instructions.
- Ask questions when confused.
- Bring a good attitude to each practice.
- Talk to the coaches if you are hurt, upset, or angry.

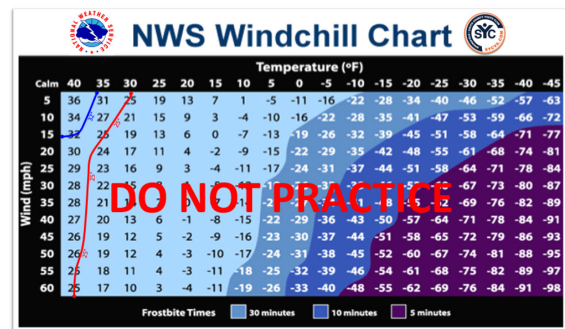
Weather Cancellations

Occasionally, we will be forced to cancel, delay, or move practice due to weather.



At/Below 94° Heat Index – Practice may occur
 Between 95° - 104° Heat Index – Limitations per Guide
 Above 104° Heat Index - DO NOT PRACTICE

Common Sense Rule
 Applies in all heat related conditions



Above 36° Wind Chill (WC) – Practice may occur
 Between 35° - 33° WC with Precipitation – Limitations
 Between 35° - 26° WC without Precipitation – Limitations
 At/Below 32° WC with Precipitation - DO NOT PRACTICE!!
 At/Below 25° WC without Precipitation - DO NOT PRACTICE!!

Common Sense Rule
 Applies in all cold related conditions

All changes to the normal operation of practice will be posted to the main SYC Kickball website and emailed to parents. Please check both before leaving for practice each day.

Please note that light to moderate rain generally will not warrant the cancellation or movement of practice.