

Revised Date: March 2nd, 2026



“Real Fun for Real People. Come Kick It.”

www.EchoAthletics.org

Updates and Maintained Rules @ www.EchoAthletics.org Rules may be changed without notice.

Official ECHO Athletics Over 40s

COED Kickball Rules

A) Teams

Under-40 Player Roster Allowance

- i. **Each team is permitted up to four (4) players between the ages of 30–39 on its official roster. A maximum of two (2) under-40 players may be on the field defensively at any one time. All other players on the roster must meet the league's 40+ age requirement.**
- ii. **3 or more males than females is *not permitted*. The *minimum* number of players on the field is 6. The *maximum* number of players on the field is 10. Team rosters shall contain a maximum of 15 players**
 - ◆ ***MAXIMUM LIMIT of Each Gender on Team Roster = 7 Males AND 7 Females - All Girls Teams welcome.***
- iii. **Rosters must be submitted on Week 1**, if teams wish to add players to their Roster they must meet with the Commissioner/League Coordinator and sign the Roster/Waiver.
- iv. All players present for a game must be placed in the kicking order.
- v. Fielding teams are required to play catcher and pitcher.
- vi. Teams must vacate fields and dugouts within 5 minutes of the conclusion of their scheduled game time.
- vii. All players must be registered with the League to play with the team. Unregistered substitutes are not permitted. Any team found to be playing with an unregistered player will forfeit the game.
- viii. **Substitute Player Usage** - Teams may only use substitute players in the event they are unable to field the league minimum of **six (6) players**. Substitutes may be added **only in the number required to reach the minimum roster of six (6)**, and no additional substitutes beyond that limit are permitted. Once the minimum is met, **all standard roster and gameplay rules apply**, including the league's **male/female ratio requirements**, which must be maintained at all times. Substitute players may not be used to gain a competitive advantage or to exceed minimum roster needs.

- ix. Due to injury, Umpires may use their discretion to determine whether to assign a(n) out per inning or remove from the line-up.
- ◆ ***Injuries during the Playoffs - Pitch runners can ONLY be used if the injured player sits out the rest of the game AND the next game. (If you are too injured to run - you are too injured to play)***
- x. ***Safety Bases must be used at all times*** -- Warnings will be given until Week 3, after which umpires may use their discretion to determine whether to assign an out or issue a warning.
- xi. ***Courtesy Runner Rule (Injury Prevention Focus)***
- ◆ Each kicker is permitted one (1) courtesy runner per at-bat. The use of a courtesy runner is optional. A courtesy runner is automatic for any player who requests one due to knee, back, or other mobility limitations.
 - ◆ The courtesy runner must be the last recorded out of the same gender as the kicker. If no out has been recorded, the last eligible kicker of the same gender in the lineup will serve as the courtesy runner.
 - ◆ The courtesy runner may not leave home plate until the ball has been legally kicked and makes contact.
 - ◆ Once the kicker reaches their base safely, a courtesy runner may be used at any base. This rule is designed to promote injury prevention and extend player longevity in the league.
- xii. ***Late Registration:*** Teams may add players to the roster up through the ***5th scheduled match of Season Play*** with the team captain & commissioner's approval. The league fee shall ***not be*** prorated for the remainder of the season. **All players** must be formally registered with the League, read and signed Team Roster/Waiver, and paid in full prior to playing 1st scheduled game.
- xiii. All players must be 18 years or older.
- xiv. Divisions, if applicable:
- ◆ Champions of the Recess Division will graduate to the Playground Division after winning.
 - ◆ Teams will be bumped Up and Down Divisions during the Season as seen fit by the commissioner.

B) Playoffs/Championship Home Field Advantage

- (a) The #1 and #2 Seeded Teams receive home-field advantage in the **FIRST GAME** of the **FIRST ROUND** of their Playoff games, every following game (including the Championship) teams must play Rock, Paper, Scissors to decide Home-Away.

C) Officials

- i. Each game shall be officiated by a League-assigned Umpire.
- ii. Umpires are responsible for:
 - (a) Setting Up and Tearing down the Field
 - (b) Keeping game time.
 - (c) Keeping score.
 - (d) Enforcing all game rules.
 - (e) Tracking all counts and outs.
- iii. **Team Captains are the only individuals** involved in **Any/All** deliberations or conferences between Teams and Umpires.
- iv. Umpires shall eject a player from the game if that player engages in unsportsmanlike conduct. An ejected player must leave the field and facility immediately; failure to do so may result in removal from the league. Players/parties may be ejected from the game & forced to forfeit their game at the discretion of the Umpire and Commissioner.

D) Field

- i. Games may be played on any flat grassy area with sufficient space for an infield and outfield or a formal baseball diamond. The distance between bases shall be 60 feet.
- ii. First & Home Plate shall include a safety base; overruns at 1st (First) must be made on the safety base.
 - ◆ A double first base (orange/white safety base) will be used at first base. The runner must use the outside (orange) portion of the base when advancing to first. The defensive player must use the inside (white) portion of the base when making a play at first. Failure to use the correct portion of the base may result in the runner being called out or obstruction being called on the defense.
- iii. To help avoid collisions **all** plays at Home Plate the safety base must be used at **all** times and **all** plays are force-outs **after the runner** has advanced **half the distance** toward Home Plate. Base-runners using primary base will be called out.
- iv. Line Advancement (Commitment Lines) will be marked at the halfway point between third base and home safety base, signifying a point of no return for base runners. Once a base runner crosses this line, they must advance and cannot retreat, designating all advances past the commitment line a force out.
- v. The field shall be bounded by a sideline measuring 10 feet from the foul line. No player/spectator shall reside within the sidelines except for those actively playing, the game officials, and a 1st and 3rd base coach. **ALL** Players/spectators must be

touching the fence at all times if not remaining in their team's dugout.

Players/Teams outside of their dugout will be subject to an interference call, at the umpire's discretion, on 'playable' foul balls, resulting in Out(s) and/or bases being granted to the kicking team.

- vi. The On Deck Circle is the place where the player waiting for her turn to kick is located, and will have a diameter of 3 feet.

E) Jerseys (League Play)

All teams participating in the league must wear matching team jerseys during games.

Each player not wearing the team jersey after ***the halfway point of the regular season*** may be subject to a fee of \$5 per game until jerseys are obtained. Teams may get jerseys from any provider they choose. TO USE LEAGUE PROVIDER (Instagram:

@laejerseys), \$25 PER JERSEY, VISIT FOR MORE INFO:

www.echoathleticsca.com/play

F) Equipment

- i. All playing equipment shall be provided by the League
- ii. Players must wear their League-appropriate t-shirts of the appropriate color for their team. Teams are **strongly encouraged** to participate in Weekly Themes, but not required!
- iii. Steel cleats *are NOT allowed*.

G) Game Clock

- i. Each game shall be completed in no more than 7 innings or 50 minutes, whichever comes first.
- ii. Any inning being played after 50 minutes shall be the last inning of the game; no new inning may begin after 55 minutes.
- iii. Any inning in progress shall end immediately, and both teams shall vacate the field when:
 - (a) The clock has passed 50 minutes with the home team leading in the bottom of the inning (the home team wins), or;
 - (b) The clock has passed 55 minutes in a Playoff game; the score shall revert to the score at the previous full inning, with the team leading at the end of the previous full inning declared the winner.
 - (c) In the event of a tied score after the final inning during a Regular season play game, the game shall be recorded as a tie. IT HAPPENS, FOLKS!

H) Game Start

- i. Umpires conduct a ***Rock, Paper, Scissors match*** between captains to determine the "home team," a.k.a. who shall have a choice to either kick first or field first.

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Sports(wo)man-like Conduct mantra must be recited for both coaches to hear and agree upon before the game begins.

I) Sports(wo)manlike Conduct

" You need your opponent because, without him or her, there is no game. Acknowledging that your opponent holds the same deep-rooted aspirations and expectations to have fun while competing recreationally as you do. True Sportsmanship flourishes when one player practices it rather than when hundreds try to teach it."

- i. Yellow and Red cards are means to discipline players for misconduct during the game. Cards may be given verbally.
 - (a) **Yellow card** – To caution players, to punish milder forms of misconduct than red cards. Two Yellow cards in one game, players receive automatic red cards.
 - (b) **Red card** – Flagrant acts of misconduct, resulting in the player's dismissal from the facility entirely.

Umpires reserve the right to eject players from the game, failure to leave the facility may result in removal from the league. Unsportsmanlike conduct is unacceptable and may result in a player/team suspension, with no refund.

- ii. Fighting, abusive language, and personal attacks on individuals are not tolerated. People who infringe on other people's rights to have fun will be asked to leave.
- iii. Umpires are responsible for all verbal calls related to gameplay: *fair, foul, out, I got it, safe*. Calls made by teams/players may result in yellow/red cards being given due to unsportsmanlike conduct.
- iv. Any person(s) asked to leave a game must leave the facility entirely within 5 minutes. If the ejected person(s) does not leave the facility within 5 minutes, the team with which the ejected person(s) plays/is affiliated will forfeit the game, regardless of the score at the time of ejection. The score shall be 5-0 in favor of the team that does not have the ejected player.
- v. Any person(s) asked to leave a game will automatically be suspended from the league for a minimum of 1 game. If any person(s) is suspended 2 times during a season, the person(s) will be ejected from the league indefinitely.
- vi. Any person(s) who is asked to leave a game during the final week of the regular season will be suspended from ALL playoff games.
- vii. Any person(s) who intentionally abuses any piece of league property/equipment

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will automatically be asked to leave the game. The aforementioned person(s) will also be monetarily responsible for any equipment replacements and be subject to suspension details as stated above.

J) Scoring | The 3-1-0 Points System

- i. Teams are awarded **three** points for a victory, **one** for a draw, and **none** for a loss. Teams progress based on points accumulated during Season play.
- ii. SEEDING TIEBREAKER SEQUENCE:
 - ◆ H2H Record (overall) among the tied teams
 - ◆ If these teams have not all played each other and for an equal amount of times then the H2H tiebreaker is invalid. The tiebreaking process proceeds to Points For.
 - ◆ Points For - Most points wins. If a tie remains, the process proceeds to Points Against
 - ◆ Points Against - LEAST points wins*. If a tie remains, the process proceeds to a Coin Flip.

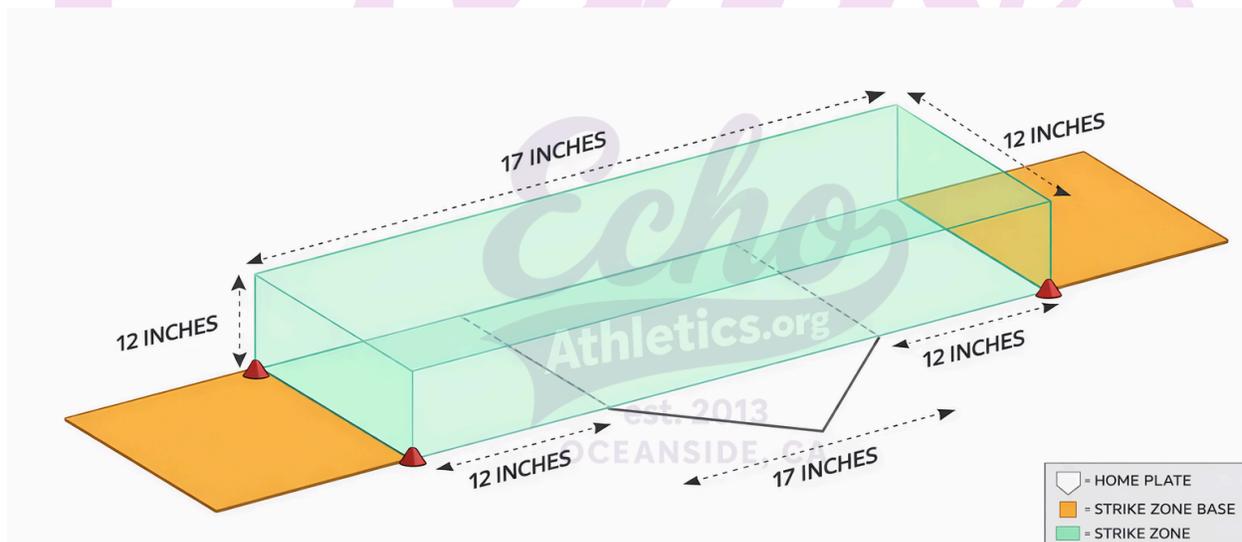
K) Dead Ball

- I. All plays shall be declared dead once the pitcher is on, or in the vicinity of, the pitcher's mound/plate & gives themselves up or raises a hand or is on the pitcher's mound/plate & begins to reset for the next play. Pitchers must not make a play on any base runner.
- II. When a dead ball is called by the umpire and a base runner has advanced beyond the halfway point towards the next base, the umpire holds the discretion to award the advancing runner the base they were heading towards.

L) Pitching, Strike Zone & Fielding

- In intentional walks, where a pitcher deliberately throws four pitches outside the strike zone to a batter, the batting team will be awarded a penalty. The penalty consists of the batter being granted two bases
- Pitchers shall roll the ball, staying on or behind the pitcher's plate until the ball is kicked.
- **Tagging Rule – Below the Knees:** It is illegal to tag a runner below the knees while the runner is in motion. If such an infraction occurs, the runner will automatically be awarded the base they were running toward. This rule is designed to promote safety and ensure fair play.
- **ALL** Pitches in **Recreational Divisions** must be thrown underhand (*the ball is released with the hand below the elbow, at a 90-degree angle.*)

- The pitch must pass within the strike zone around and above the home plate.
- Pitches must have bounced twice or be rolling on the ground when crossing the plate.
- The plane of the catcher's chest must remain behind the plane of the kicker's back until the ball is kicked.
- **BUNT ZONE** – No defensive player, including the pitcher, may cross the invisible encroachment line between 1st and 3rd base prior to the ball being kicked. The first violation of encroachment of the invisible line will result in the team being warned and a re-kick, if necessary. The second violation, and thereafter, will result in the kicker choosing the option of re-kicking or being awarded first base.
- Attempts on Foul Balls are permitted. ANY error on a foul ball during the attempt to play the ball results in a **dead ball** and results in a strike.
 - ◆ The position of the fielder when the ball is touched determines fair or foul. If the fielder pushes a ball that touched down in fair territory into foul territory, it's still a fair ball. Vice versa, if the fielder pushes a ball located in foul territory into fair territory, it's a foul ball.



Strike Zone Update:

We're moving to a new strike zone using two flat throw-down bases. To set it up, place one flat base directly next to home plate, then flip it lengthwise—this creates a 12-inch gap between home plate and the flat base on each side. The height rule stays the same: pitches must still be below the knee, approx. 12 inches, when crossing home plate.

If **any part of the ball** passes through the strike zone and is over the flat plate, it will be called a **strike**. The ball must **completely pass over** the flat plate, and no part in the strike zone to be considered a **ball**.

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NO Infield Fly Rule BUT

Defenders are prevented from intentionally misfielding pop flies to execute a double or triple play at the ***umpire's discretion***. Intentional drops will result in the kicker being out and base runners being safe at their current bases. A fair fly ball (excluding bunts and line drives) that an infielder could catch with **ordinary** effort and less than two outs. The batter is immediately out; even if the ball is dropped, it is considered a dead ball after the call is made, and runners may not advance.

M) Kicking

- i. The kicker's body is considered the bat, thus the kicker should not throw the live ball back to the Pitcher.
- ii. **ALL** Teams must provide a Kicking Order prior to the ending of the 1st of the inning (starting Week 3.)
- iii. Alternating genders in the kicking line-up **is required**. In the event that a team exhausts their female kickers for alternating genders in the kicking lineup, the Females must kick again alternating with the remaining Males. **If a team fields fewer than the required number of women, a ghost out will be added to the kicking order for each missing woman (maximum of two). These ghost outs count as official outs when reached in the lineup every time said team is up to kick.**
- iv. For example, if a team has 3 Females and 6 Males the Lineup would appear as is below

Male #1
Female #1
Male #2
Female #2
Male #3
Female #3
Male #4
Female #1

Male #5
Female #2

- v. All players present must be included in the kicking lineup but not all players must field.
- vi. 3 strikes is an out and is called when:
 - (a) The ball crosses the strike zone without being kicked.
 - (b) The kicker swings at it but misses the ball.
 - (c) The ball is kicked foul.
- vii. Fouls are **always** counted as strikes, including on a 2-strike count, and are called when:
 - (a) The ball lands or is touched in foul territory.
 - (b) The ball lands inside the foul line but rolls outside the foul line before reaching the 1st or 3rd bases. A ball that lands on or past the 1st or 3rd bases but rolls into foul territory **shall be considered fair**.
 - (c) Contact the ball behind home plate with any part of the body above the knee.
 - (d) The kicker kicks the ball with any part of the foot planted outside the kicking box, **including** in front of the home plate.
 - (e) The kicker makes a "double-kick", i.e. kicks or contacts the ball after the initial kick.
- viii. 4 balls allow the kicker to advance to first base as is called when:
 - (a) The Ball fails to pass through the strike zone around home plate.
 - (b) The bottom of the ball bounces above the kicker's knee.

ix. **No Bunting Rule**

- (a) Bunting is not permitted.
- (b) All kicks must be made with a full and deliberate kicking motion.
- (c) The ball must travel beyond the designated 15ft bunt line to be considered a fair ball.
- (d) A ball that does not cross the designated bunt line in fair territory will be ruled a foul ball.

N) Running

- i. Stealing bases and leading off bases is ***illegal***. Teams leading off the base prior to the hit shall be warned once before being called out.
- i. First Touch: Base runners are permitted to leave their base once the ball is kicked; however, base runners ***are subject to*** the rules for tagging on all pop flies, even if they cross the commitment lines in the base path. A tag-up is required to advance or stay on a base until a kicked then caught ball is ***first touched by a fielder***. Runners may advance after a tag-up. If a runner fails to tag up as required the play may remain live until the runner is tagged out by the defense or returns to their primary base.
- ii. Sliding at 1st (first) base is illegal. A player who ***intentionally*** slides at first base shall be called out. Runners must use the safety base.
- iii. ***ALL*** plays at Home Plate are ***forced outs after the runner*** has advanced half the distance toward the safety base at Home Plate.
 - A runner is out when:
 - (a) The fielder catches a fly ball.
 - (b) Gets 3 strikes.
 - (c) The base is tagged on a forced run.
 - (d) A runner is tagged by a fielder in possession of the ball.
 - (e) Comes in contact with the ball, except when thrown by a fielder at the head (unless sliding).
 - (f) A runner is off base when the ball is kicked.
 - iv. A runner's baseline is established when the tag attempt occurs and is a straight line from the runner to the base to which he/she is attempting to reach. Any runner is out when running more than three feet away from his/her baseline to avoid being tagged unless such action is to avoid interference with a fielder fielding a batted ball.
 - v. The baseline belongs to the runner if the ball ***is not*** there. If a fielder is daydreaming on the baseline and a runner runs into him, then it's certainly obstruction. However, the runner not only should but ***MUST*** get out of the baseline if a fielder is trying to field the ball there. Otherwise, the runner (not the fielder) will get called for interference and be out.

COMMON INCORRECT BASELINE BELIEFS:

- (a) The baseline is defined as a straight line between the bases (with 3 feet

- allowed to either side)
- (b) The baseline belongs to the runners and runners are automatically out if they run out of the baseline.
 - (c) If there's a collision with a fielder and the runner is on the line, it is an obstruction, and the runner is awarded the next base
- vi. A runner who is tagged in the head by a ball shall be considered safe at their intended base unless that player was sliding or intentionally placed their head in the path of the ball.
 - vii. In the event of an overthrow into an out-of-play *area* in an attempt to make a play, the runner may advance only as far as the base they are running toward plus the next base. This is a restriction on the advance of the runner; runners are **NOT** *automatically* awarded the base.
 - viii. Pinch running due to injury is permitted at 1st, 2nd, and 3rd base provided the pinch runner is the last out at bat and of the same gender. Pinch running at kick is not permitted.

O) Mercy Rule

- i. **Inning Run Cap (Leading Team Only):**

The Mercy Rule advances the inning but does not end the game. When a team that is already leading by ten (10) or more runs scores its 10th run in a single inning, the half-inning shall immediately end.

 - ◆ This run cap applies only to the team that is ahead by ten (10) or more runs. It does not apply to the trailing team, which will retain the opportunity to score without limitation to close the deficit.
- ii. **Game-Terminating Mercy Rule:**

If a team leads by ten (10) or more runs after four (4) complete innings, the game shall be declared final.

The umpire will enforce the Mercy Rule immediately upon the scoring of the applicable run.

P) Grievances

- A)** Teams may only file a grievance regarding any situation or matter after a mandatory 24-hour cool-off period. Additionally, when submitting a grievance, teams are required to include a fee equivalent to the current umpire fee. This fee will be refunded if the complaint is found to be valid and substantiated. This policy is designed to encourage thoughtful and deliberate consideration of issues

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before escalating them and ensures that the complaint process is used responsibly. Players must wait at least 24 hours after their game before submitting a complaint. All complaints must be received within 72 hours of the game's end. Complaints submitted before or after this window will not be reviewed. **Please note:** Grievances are not intended for disputing referee or umpire calls made during play. All game decisions are considered final once the game has concluded. Complaints should only address sportsmanship, conduct, or administrative issues that affect league operations. Videos recorded during games are for personal enjoyment, social media, and highlight purposes only — they will not be accepted as evidence for overturning or revisiting game results or calls.

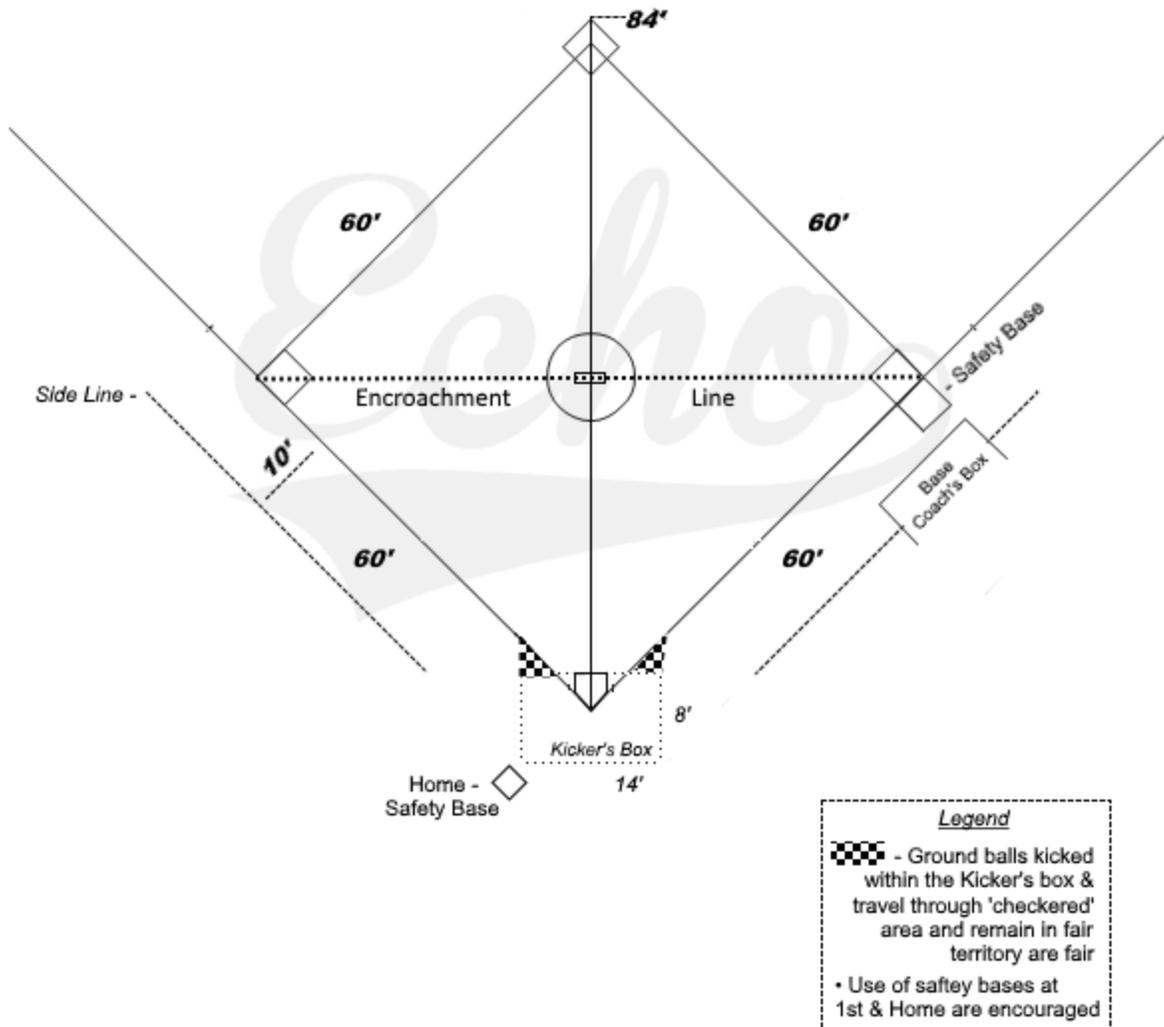
Q) Forfeits

- i. Advance Forfeit Fee: All NEW teams must provide a forfeit fee in advance before playing their inaugural season of Kickball. The fee will be refunded if a team experiences no forfeits during its inaugural season. This ensures that new teams understand the financial responsibility associated with forfeiting a game and helps maintain accountability within the league. The forfeit fee is intended to cover expenses incurred by both teams in the event of a forfeited game. A forfeit occurs when a team pays their umpire fee and their opponents for forfeiting a scheduled game.
- ii. Grace Period = Up to 15 minutes max. after posted game time, does count against the game time and the 50-min game time will be shortened. If neither team is ready to play as the grace period time expires, both teams shall forfeit.
- iii. Teams must be ready to play and meet game-start requirements before the grace period time expires. Any team not ready to play at this time shall forfeit, and the opposing team shall take a default win (3 points in standings) and receive 4 Runs in their Runs For column (equal to a grand slam). ***Forfeits result in paying BOTH Teams Umpire fees (\$60.) Teams will forfeit by default until all Forfeit Fees are paid.***
- iv. Any team found to be playing with a player not registered with the League or team shall forfeit the game.
- v. Alcohol is permitted at certain fields (Alga Norte Community Park) but ***can only be consumed after*** games. No glass bottles of any sort may be present at the park/fields before, during, or after a game. Referees and field supervisors are instructed to review the sidelines, dugouts, and field for any glass beverages and if found they are instructed to delay the start of the game until all glass is removed from the premises. The delayed time does count against the game time and the

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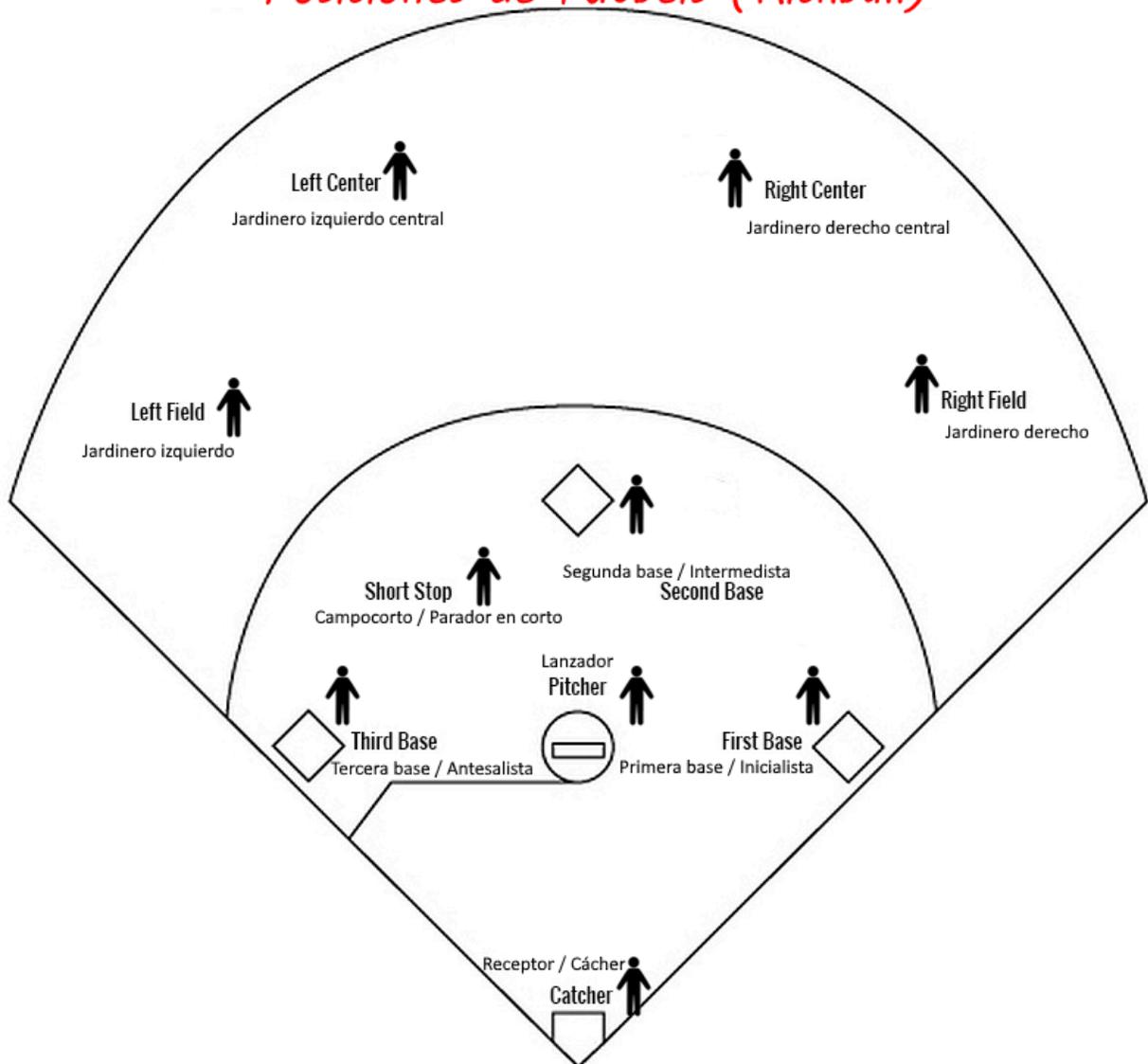
game will be shortened. *Drinking on the field or dugout before or during games can and may result in a Team Forfeit.*

– ***ALL alcohol brought to be consumed AFTER a team's games must be stored outside of the baseball field, including dugouts. ie. Behind the fence of your team's dugout, on the bleachers, or with league officials on-site.***

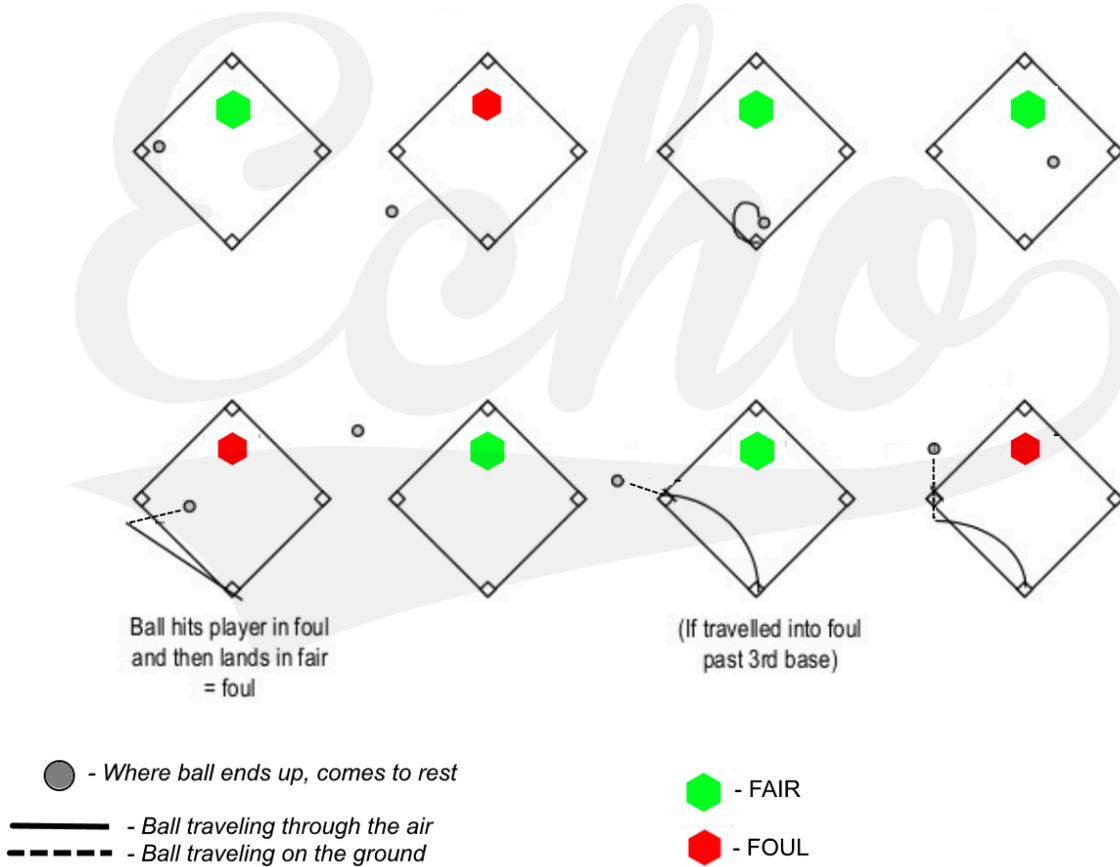


KICKBALL FIELD POSITIONS

Posiciones de Futbeis (Kickball)



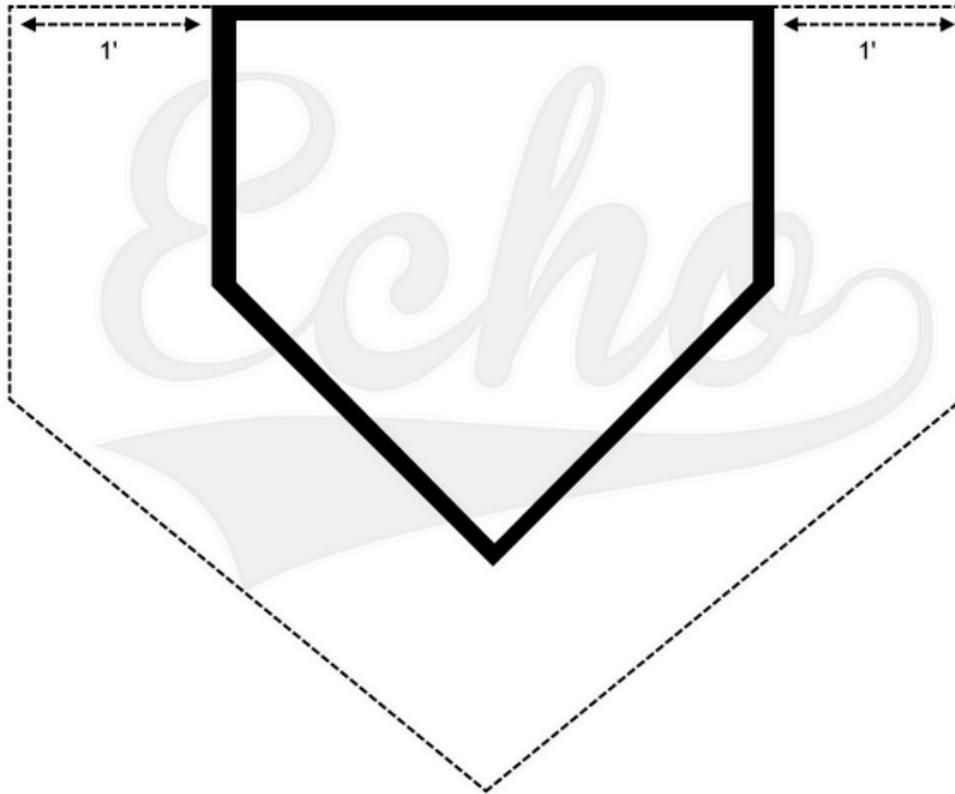
Fair and Foul Ball Diagrams



Revised Date: March 2nd, 2026

Kickball Strike Zone

*Pitches must pass within the 1-foot strike zone around & above the home plate.
Top of the ball must be below the kicker's knee when crossing home plate*



(Not to Scale)

