

KICKBALL

League Rules



EDMONTON SPORT & SOCIAL CLUB

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1. COVID-19 RULE AMENDMENTS

GENERAL HEALTH AND SAFETY GUIDELINES

Following government and Alberta Health recommendations, players need to understand and follow these guidelines:

- Please complete the screening checklist provided with your registration. If you answer “yes” to any of those questions, please do not participate. The checklist includes items such as coughing, fever, shortness of breath, and travel outside of Canada.
- Players should wash hands prior to heading out to the diamond and bring their own sanitizer.
 - Thoroughly wash your hands with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
 - Handwashing as soon as possible after the games is highly recommended.
 - At this time, we have sourced some supplies, due to arrive mid-June, however depending on the total teams and timelines of a second shipment, we will lean on teams to help ensure equipment is properly cleaned.
- It is highly recommended that players wear a cloth face mask that covers the nose and mouth when not playing; including arriving, departing, and subbing.
- We encourage teams to avoid bringing spectators to their facility. If you bring children, please do not leave them unattended while playing.
- In the lead up to the game, maintain the appropriate 6-foot social distance between teammates and opponents that are not a part of your household or personal cohort.
- Pre-game captains’ meetings & handshakes have been eliminated.
 - If captains choose to meet, they should maintain a 6-foot distance.
 - Schedules will indicate who the home and away teams are. Team listed first in the match-up is the home team.
 - At the end of the game, teams can verbally acknowledge “good game” to your opponent.
- Please arrive 15 minutes maximum before scheduled game time. There will be absolutely no congregating at parks, facilities or parking areas before and after your game.
- Handshakes, high fives, or any other physical contact is not permitted.
- Teams must ensure they limit shared equipment and ensure frequent sanitization between use. Please make sure you are wiping down equipment between each player with the appropriate sanitization tools.
- Teams must spread out along the sidelines, benches, and dugouts, unless they are members of the same household.
- Players must cover their mouth and nose with the pit of their elbow when coughing or sneezing.
- Players must not share water bottles, orange slices, or Spitz.
- Leave nothing on site; take all belongings and garbage with you.
- Teams and/or players who do not adhere to the suggestions put forth by league organizers risk being refused to participate. It is imperative that all participants conduct themselves in a respectful and sportsmanlike manner.



SPORT SPECIFIC AMENDMENTS

- Roster caps
 - Alberta Health has introduced a 50-person cohort “mini-league” restriction. With this in mind all divisions will be made of 4 teams, and teams will have a 12-person roster cap.
- Warm-up
 - Warming-up muscles and stretching is important to avoid injury, but they should be done individually or paired with your own team maintaining a minimum of 6 feet distance between players.
 - It is recommended that players wash/sanitize hands after the warm-up prior to game start.
- Diamond Set-Up
 - The first team listed on the schedule will be responsible for diamond base set-up. The opposing team must ensure that the diamond is clear of people to allow the responsible team time for setup.
- Base running & fielding
 - Base running coaches will always stand 2 meters away from 1st and 3rd base; however, it is recommended that there be no base coaches.
- Equipment
 - Each team will be supplied with disinfectant wipes by the Club, to ensure that clean balls are used as much as possible. It is recommended that balls are wiped before each inning.
- Batting
 - Please use caution when exiting the field following an inning. Please do your best to stay as far aware from the opposing team during change-over.
 - When on offense, players that are on-deck will need to line up behind the back-catching fence.
 - The catcher must stand 2 meters behind the player at the plate.



2. PLAYFIELDS

The ESSC rents all outdoor fields from the City of Edmonton Parks and Recreation Department. As tenants, players must respect the standards and rules of each field:

- Please refer to the google maps for parking information; no parking in restricted areas or permitted zones
- Alcohol consumption and smoking is prohibited on any outdoor field or the surrounding parking lots
- Public urination on City fields will not be tolerated
- Dogs are NOT permitted on any playfield (Bylaw 23M2006 – Section 15)
- All public by-laws apply when using a field, including; excessive noise, offensive language, littering, etc
- Be respectful to homeowners, community residents or anyone else who is sharing the surrounding area
- Players are responsible for all property damage that results from their actions, including vehicles

Any player who causes the ESSC to receive a complaint regarding a field rented by the ESSC will receive a \$100 fine and may be ejected from the League.

3. SPORTSMANSHIP

The ESSC encourages a fun-first, winning-second attitude in all leagues. All players are expected to abide by the ESSC sportsmanship policies, including:

- Controlling emotions and actions at all times
- Treating the field, equipment, staff, and other players with courtesy and respect
- Avoiding retaliation under any circumstance
- Providing feedback in a constructive manner to the opposing team captain, and being open to feedback

ZERO TOLERANCE POLICY

The ESSC requires Team Captains to remove players from a game if they are involved with any of the following acts:

- Swearing directly at another player
- Displaying disrespectful or threatening behaviour
- Intentionally pushing, shoving or making physical contact with another player
- Making comments to instigate an altercation with another player

If a player is ejected from a game they must vacate the field immediately. The offending player will be subject to further follow-up from the ESSC, including possible suspension/expulsion from the League.



SPORTSMANSHIP RATINGS

- Spirit points are handed out by the opposing team at the conclusion of every game
 - **Recreational Division** – Spirit points are added to a team’s points earned from wins and ties, factoring into a team’s total points
 - **Recreational Plus** – Spirit points do not factor into a team’s total points; however, they are used as the first tie-breaker in the standings
- Each team will be given a single rating from the opponent, combining two categories:
 - **Accountability** – how responsible the other team was with regards to rules and calling fouls
 - **Spirit** – overall attitude and fun-first mentality of the team
- Teams can receive a maximum of +1 or -1 spirit points in any given game

Rating	Explanation
(+1)	The team was a lot of fun and made a genuine attempt to call their own fouls
(0)	The team was okay. There are two scenarios: (1) they were average in both fun and accountability; (2) they were strong in one area but weak in the other
(-1)	The team was too intense or aggressive, generally did not follow the rules or call their own infractions/penalties, and showed a low-level of ownership

REPORTING SPORTSMANSHIP CONCERNS

- If at the end of the game a team has an unresolved concern with respect to the other team’s sportsmanship, report the details of the issue to the ESSC using the online complaint form
- **If a team submits a sportsmanship rating of -1 for their opponent, the team is required to fill out a formal complaint form online by 5:00pm the day after their game, or the rating will be changed to a ‘0’**
- The ESSC reserves the right to change a rating if the GC believes a rating is not warranted and/or an appropriate representation of a team's play

4. ROSTERS

League	Ideal Roster Size (F) = Female	Total # of Players Required on the Field	Total # of Females Required on the Field
All	12 – 14 (5 F)	10	3

Minimum female requirements are inclusive of *anyone* who identifies as a female (i.e. players who identify themselves as M and X will not count towards female minimums).



5. SUBS

For all ESSC Leagues, players are responsible for finding their own subs, it is not the ESSC's responsibility to find and/or provide subs for teams.

WHO CAN SUB?

- Anyone 18 years of age or older

REQUESTING A SUB

Recruiting a sub can be done in one of two ways:

1. ESSC Subs Lists: 'Request a Sub' online through your MyESSC account to access players who have voluntarily signed up as subs
2. Team Invites: Invite a player not on the subs list to the online team roster, through the MyESSC account function (e.g. friends, family, co-workers, etc)

SUB POLICIES FOR REGULAR SEASON

- Subs should be of a similar skill level to the player that they are replacing. Bringing out ringers could result in follow-up action from the ESSC
- All subs must know the rules, understand the level of play, and abide by all ESSC policies

SUB POLICIES FOR PLAYOFFS

- Teams that have qualified for a shot at the championship can only bring in subs who have played at least one regular season game with the team
- All teams who are not playing for the championship can bring in subs regardless of how many games they have played with the team
- Prior to the first playoff game, teams must have all players who are playing in the playoff game(s) displayed as part of the confirmed roster in MyESSC, otherwise they could receive an automatic loss and will not be eligible for the championship

6. DEFAULTS

WHAT IS A DEFAULT?

A default occurs when, at the scheduled game start time, or at any time during the game, a team has fewer than the minimum number of required players. If a team chooses to leave early and quit the game for any reason, including a lack of players, the team will also be subject to the default rules.



The chart below outlines the minimum players required for each specific league in order to not default:

League	Minimum Players to Avoid Default	Default Score
All	7 (2 Female)	0-20

WHAT HAPPENS WHEN A TEAM DEFAULTS?

- When a default occurs, the opposing captain must choose one of the following options:
 - a) Enforce the default fee and mercy score
 - b) Waive the default fee and enforce the mercy score
 - c) Waive the default fee and play a regular game, not enforcing the mercy score
- In all above scenarios, the team being defaulted against is responsible for stating to the ESSC and any members of the defaulting team, which option they have chosen prior to the playing of any fun game
- The playing of a fun game does not alter the results of scenario a) or scenario b) above

7. LEAGUE SPECIFIC RULES

GAME FORMAT

- Players should arrive 15 minutes prior to the scheduled game time
- Teams will play one 90-minute game per night:
 - Maximum of 9-innings in length
 - Most diamonds have two rotations of games per night, **if playing in the early slot on a diamond, teams may not start a new inning with less than 10 minutes remaining in the timeslot**
 - If a game is called due to darkness, the final score will stand as of the last completed inning
- **Regular Season:** Ties are allowed
- **Playoffs:** Ties are not allowed
 - If a game is tied at the end of 9-innings, the game proceeds to extra-innings
 - Both teams get a chance to kick in each extra-inning
 - If the score remains tied, additional extra-inning(s) will use the **'International Scoring Rule'**
 - Teams will start each inning with a runner on 2nd base
 - The runner will be the player who was the final out in the previous inning

SCORING

- Mercy is called and the score freezes if a team is up by 20 or more runs as the conclusion of a full-inning

EQUIPMENT

- **Cleats** are permitted, as long as they do not have metal spikes
- Players **cannot** wear gripped gloves in ESSC Kickball Leagues
- All kickballs will be provided by the ESSC



8. GENERAL PLAYING GUIDELINES

STARTING THE GAME

FIELD SET-UP

- Teams should set-up the field using the **ESSC Field Set-up Diagram**
 - Most fields will be lined, but if lines are absent, teams should mark the following:
 - Foul Lines, Respect Line, Commitment Line, Home-plate line, Home-run line
 - Bases will be placed **65 feet** from home plate
 - Some fields will have the distance marked by an in-ground whisker

KEEPING SCORE

- **Regular Season:** Teams may use any suitable means to determine who is the home team; receiving the choice to field or kick to start the first-inning
- **Playoffs:** The higher seed is the home team, choosing to field or kick to start the first-inning
- Teams will track individual kicker results each inning for their own team, as well as total runs scored by the opposing team
- **A team can score a maximum of 7-runs in a single-inning**, with the exception of the final inning where a team can score an unlimited number of runs
- **Mercy** is called and the score freezes if a team is up by **20 or more runs** as the conclusion of a full-inning
 - In this case, teams are encouraged to continue to play for fun, or to mix up the teams for practice, but it is not a requirement and teams may leave the game following a mercy
- A team does not kick in the bottom of the 9th inning if already leading the game
- If the go-ahead / winning run is scored in the bottom of the 9th inning, the game ends immediately
- **The score should be confirmed at the end of each half-inning to avoid any discrepancies**

KICKING ORDER

- All players playing in the game must be listed in the kicking order
 - A player cannot play in the field during the game if they are not part of the kicking order
 - A player can be part of the kicking order, but not play in the field during the game
- Any additions or changes to the kicking order after the start of the game (due to players arriving late, etc) must be approved by the opposing team
 - Teams are allowed to sub or replace a player mid-way through a game, but once a player is removed from their spot in the kicking order they cannot return to the game
- 3 females must appear within the first 10 players in the kicking order
 - If only 2 females are present at the game, every 3rd female spot results in an automatic out
- 3 male kickers in a row may occur only one-time in the kicking order, including the carry-over from the bottom of the order to the top
- There is no limit to the length of the kicking order
 - A team can have more than 10 players listed in the kicking order as long as the male to female ratios remain in intact



- If a team doesn't have enough females to keep the above ratio intact, they may construct the kicking order using the word 'female' in the appropriate spots in the order, and rotate all present females evenly through these spots

Kicking Order Examples:

# of Players in Kicking Order	# of Female Spots Needed	Suggested Legal Kicking Order
10	3	M-F-M-M-M-F-M-M-F-M M-M-F-M-M-M-F-M-M-F M-M-M-F-M-M-F-M-M-F
11	4	M-F-M-M-F-M-M-F-M-M-F M-M-F-M-M-F-M-M-F-M-F
12	4	M-M-F-M-M-F-M-M-F-M-M-F
13	4	M-M-F-M-M-M-F-M-M-F-M-M-F M-M-M-F-M-M-F-M-M-F-M-M-F
14	5	M-M-F-M-M-F-M-M-F-M-M-F-M-F
15	5	M-M-F-M-M-F-M-M-F-M-M-F-M-M-F

PITCHING

- The pitching mound should be 42 feet from home plate
- Teams will pitch to their opponents:
 - Each kicker will receive up to 3 strikes and/or 4 balls
 - The pitch must be an underhand, below 1 foot in height and hit the ground at least once, or it will be deemed 'illegal'
 - Windmill pitchers are not allowed
 - Pitches that bounce higher than the allowed threshold are not allowed
 - The umpire must call 'illegal' before the kicker makes a play on the ball
 - An 'illegal' pitch results in a 'ball' in terms of the kicker's count
 - If the kicker makes an attempt on the ball, the result of the play cannot be over-turned
 - A strike occurs:
 - On a swing and a miss, or on a foul ball
 - If the kicker takes the pitch and the ball rolls through the strike zone
 - The strike zone is one foot on either side of the plate and one foot high
 - If a male kicker is walked with four straight balls (no strikes) and a female kicker is on-deck, the male kicker will automatically advance to 2nd base on the walk



- The female Kicker will have the option to kick, or to take an automatic walk, and travel to first-base
- Previous base-runners will only advance if the walk(s) force them to the next base

KICKING

- There is no bunting allowed in any ESSC Kickball division
 - A half-kick or bunt attempt will result in a strike
- When a player makes contact with the ball, it does not have to pass the pitcher to be live, as long as the kicker took a full-kick or attempt at the ball
- A kicker who hits a foul tip or ball with two strikes is 'out'
- A kicker may step on the plate in order to kick the ball
- The kicker must have at least a portion of the planted foot in the kicking box when the kick is made

FOUL BALLS

- A foul ball exceeding the height of the Kicker and caught by the catcher is an out
- If the kicker makes contact with the ball and it touches the strike mat, it is a foul-tip (strike)
- If the kicker makes contact with the ball and it touches home plate and rolls into fair territory, the ball is live
- If the kicker makes contact with the ball and it touches any part of their body (including clothing) the ball is a foul-tip (dead ball) and is considered a strike
- A ball can travel over the foul line and return into play before it passes 1st or 3rd base as long as it has not been touched by a defender in foul territory

OUT OF PLAY

- Any balls (infield or outfield) that travel past the 'out of play' lines are not catchable for an out
- Drawing an imaginary line from the corner of the backstop is the easiest reference point for designating the Out of Play lines

INFIELD FLY RULE

- Applies if there are less than 2 outs, and;
 - Runners on 1st and 2nd base
 - Runners on 1st, 2nd and 3rd base
- 'Infield Fly' should be called by the umpire while the ball is in the air
- On a routine pop-fly to the infield the Kicker is automatically declared out
 - The infielders do not have to make an attempt to catch the ball
 - This prevents the fielder from dropping the ball in an attempt to force multiple runners out
- The rule does not apply for line drives, or balls that leave the shale infield playing area
- On an infield fly play, a player who is already on base may choose to try to tag-up and advance



HOME RUNS

- There is a team home run limit of 5 home runs per game
 - **ESSC Leagues:** Any additional home runs hit by a team after the limit has been reached will be recorded as a double, with the runner stopping on 2nd base
 - Both captains agree on an alternate rule before the game starts (strike, out, single, etc)
 - Only balls that travel over the home run line while in the air will count towards the limit
 - An inside-the-park home run, or home run resulting from a defensive error will not count
- If a ball passes the home run line in the air, it automatically becomes a dead ball and cannot be fielded

BASE RUNNING

- Lead-offs or stealing bases are never permitted in ESSC Kickball Leagues
 - The runner is 'out' if they leave the bag before the Kicker makes contact with the ball
- When running to 1st base:
 - The runner may only contact the orange safety base beside 1st base
 - If the runner touches any part of the white 1st base then they are out
 - The fielder may only contact the white 1st base
 - If the fielder touches any part of the orange safety base, the runner is safe
 - The exception is if the runner is rounding 1st base on a multi-base hit:
 - In this case the fielder must move out of the base path and allow the runner to round the base unobstructed and the runner can make contact with the white 1st base
- A runner may not run out of the baseline to avoid a tag, or they will be called 'out'
 - *Exception:* When running from 3rd base towards home plate the runner is to keep outside of the baseline and is considered safe if they pass the home-plate line (one foot on the ground past the line) before the catcher has the ball while touching home plate
 - If the base runner touches the home plate while attempting to score it is an automatic out
- A commitment line will be drawn halfway between 3rd base and home plate
 - Once a runner passes this line, they must proceed home (cannot run back to 3rd base)
- Sliding into 2nd or 3rd base is permitted
- Sliding into home is never permitted
- Sliding into 1st base is only allowed if the runner is returning to 1st base after rounding the base
- Tagging up and running on fair or foul a fly ball is permitted
 - The runner must stay on the base until the ball contacts any part of the fielder's body or glove
- If the third out occurs on a fly-ball the inning is over; any runs that scored on the play do not count
- If a runner scores before a non-forced third out is made, the run will count
- **Pinch Running:**
 - Pinch runners are allowed only for injured players
 - The pinch runner must be the last out of the same gender as the player that they are running for
 - The pinch runner must start from behind the plane of home plate



FIELDING

- A full team on the field consists of 10 players: *a pitcher, a catcher, 4 infielders, 3 outfielders, and a rover*
- A fielder may throw or kick the ball at a base runner on their way to a base to get them out
 - Head shots are not allowed and result in the baserunner being safe at the next base
 - If a headshot occurs while a baserunner is sliding, the baserunner is out
- The defence may tag a base runner on their way to 1st base, or between the other bases
 - Tagging is not permitted between the commitment line and home plate
 - To record an out at home, the catcher cannot tag the runner, instead they must touch home plate (not the strike mat) while in complete possession of the ball
- An outfielder may relay the ball to the infield by throwing or kicking the ball
- The **respect line** applies in all divisions:
 - **Infielders** cannot pinch in, they must stay along or behind the base line until contact is made
 - **Outfielders** must remain behind the marked outfield respect line until contact has been made

OVERTHROWS

- If an overthrow occurs on a play and the ball rolls out of play:
 - **All runners can advance one base beyond the base they were travelling towards**
 - If the runner had rounded 1st base or was travelling towards 2nd base at the time, they will be awarded 3rd base
 - If the runner had rounded 2nd base or was travelling towards 3rd base at the time, they will proceed home

INTERFERENCE

- There are two kinds of interference:
 - **Offensive interference:**
 - A base runner will be called 'out' if they make contact with a fielder, yell at a fielder to distract them, or screen them from making a clear play
 - If interference from a base runner clearly prevented an out from being made on another base runner, both runners will be called out
 - **Defensive interference:**
 - A fielder may not block the base with their foot or body
 - A fielder may not stand in the base path unless they are making a play on the ball
 - In a case where defensive interference occurs, the runner will be considered safe, or will be awarded the base that they were travelling towards
- Interference is difficult to call and players are expected to avoid interference or body contact at all costs
- If the sides are not in agreement on the call, there is an option for a re-play
 - Base runners will return to the bases they were at prior to the hit, and the kicker will resume the count from where it was prior to making contact



UMPIRING

- All ESSC games are self-officiated
- The kicking team will supply the umpires
 - A home-plate umpire is mandatory and will call balls, strikes, and outs
 - The umpire should be a player with a high level of rule knowledge
 - 1st and 3rd base umpires are not mandatory, but are highly encouraged
- If an umpire makes the wrong call, the two captains should quickly agree on a resolution

VIOLATIONS AND FOULS

- Captains are encouraged to bring the rulebook or handbook to games
 - It is unsportsmanlike for teams or players to not know the rules, or claim ignorance towards the rules
 - While a team may be 'just out to have fun', they can ruin the experience for the opposing team if they are constantly violating rules
- Captains are expected to control the actions of their teammates
 - Captains must honor the zero-tolerance policy and remove players from the game who participate in unsportsmanlike conduct or threatening behavior

UNSPORTSMANLIKE CONDUCT

- The first offense (if non-malicious) should result in a **warning** from the team captain
- A malicious first offense, or a second offense will result in a **game misconduct**
- Examples of unsportsmanlike conduct:
 - Players making calls from the bench
 - Players yelling at fielders to 'drop the ball' or make a mistake from the bench
 - Throwing equipment
 - Arguing calls with the umpire

THREATENING BEHAVIOR

- The first offense will result in a **game misconduct**
- Examples of threatening behavior:
 - Swearing or verbal abuse
 - Physical threats or contact
 - Fighting, Instigating, Retaliation,
 - Intent to injure

