

CO-ED ADULT KICKBALL LEAGUE

2025 Program Information

Registration: Begins: Wednesday, 04/30
Ends: Monday, 06/02

Season: June 4th through July 30th (8 consecutive weeks on Wednesday nights plus one end of season tournament on Wednesday, August 7th)

Fees: \$250.00 total per team

Teams & Participants: Co-Ed Kickball is limited to the first 8 teams to sign up and each team is limited to no more than 12 players (including team captains/representatives)

Registration: Players can either sign up as part of a team (minimum 10 players), or can sign up individually and will be assigned to a team

TOTAL TEAM FEES MUST BE PAID BEFORE SCHEDULES WILL BE MADE. TEAMS WILL NOT BE PERMITTED TO PLAY UNTIL ALL FEES ARE PAID IN FULL.

Rosters: Must contain the names of 2 team reps and their 9-5 phone numbers or a number where a message can be left during those hours. All players must be listed on a roster to be eligible to play. Ineligible players may result in the forfeiture of a match. ONLY team reps are to make roster changes. Final changes to roster must be done by Monday, June 3rd.

Times: 6:00pm & 7:00pm

Schedules: Schedules can be emailed to team reps and can also be picked up starting on 6/3 if all team fees have been paid

Kickball Rules & Regulations:

The playing field:

- A. The pitching distance is 42 feet
- B. The bases are set at 60 feet
- C. Kicking arc is 25 feet

Equipment:

- A. Official kickball (provided by Park District) has a pressure of 1.5 pounds and is 10 inches in diameter.
- B. Athletic shoes are required. NO METAL CLEATS of any kind are allowed.
- C. Any equipment deemed by the official, as a performance enhancement must be removed.

The Game:

- A. Each game shall last 7 innings or 50 minutes (the scorekeeper is the official timer). The clock starts as

soon as the first pitch is thrown. (Different for the tournament)

- a. There is a 10 run per inning limit for all innings. NO MERCY RULE
 - b. Games must begin at scheduled times, unless the previous game is the reason for delay, in which case the following game will start immediately following the conclusion of the previous game. The next scheduled game will not start early unless agreed upon by both teams and umpires.
 - c. A new inning cannot be started unless there is one minute (60 seconds) remaining on the clock after the final out of the previous inning.
- B. Tiebreaker: Games cannot end in a tie; therefore, the winner will be determined by placing the last kicked (batted) out on 2nd base with 1 out and playing the game until a team wins.
- C. A team must have 8 (but no more than 10) eligible players on the field or in the dugout ready to kick (either offensively or defensively) to start the game. If at any time a team cannot field 8 players, the game will result in a forfeit.
- a. If a team “checks in” 8 players, they can add players to the bottom of the line-up at any time during the game; WITHOUT penalty.
 - b. If a team at any time drops below 8 players, and has no eligible sub, the game will result in a forfeit. NOTE: All teams must have a catcher behind home plate while playing defense.
- D. Kicking Order: The batting order must alternate between genders. Line ups shall consist of 4 women and 4 men, 5 women and 5 men, etc. *Must have 4 women on team*
- a. A game may begin or end with no less than 8 players.
 - b. The vacant position for the missing sex must be listed last in the batting order.
 - c. An out will be recorded when the vacant position in the batting order is scheduled to bat.
- E. A grace period of 5 minutes will be allowed for all games from the scheduled start I. Teams must have all eligible players on the field or in the dugout prior to the grace period running out. If time is available, the teams can share the field for warm up.
- F. Courtesy runners are not allowed, except for situations that fall under ADA rules.
- G. A game shall be forfeited in violation of the following: If a team scheduled to play, fails to place at least 8 eligible players in the line-up; if a team or any member of a team shall delay the progress of a game, the opposing team could be declared the winner; if a player or manager engages in an argument with umpire(s) and refuses to continue the game, he/she will be ordered off the field. Failure to comply with the umpires could mean a forfeit for his/her team. In case of a double forfeit, both teams will be charged with a loss.

Fielding:

- a. Defensive players are allowed to wear gloves.
- b. No player may field in front of the pitcher other than the catcher, and no player may advance past the 1st-3rd base diagonal until the ball is kicked. Failure to abide by this rule results in a ball.
- c. The catcher must field directly behind the kicker and may not cross home plate nor be positioned forward of the kicker before the ball is kicked. Failure to abide by this rule results in a ball.
- d. If a defensive player touches a kicked ball inside the arc before the ball stops, it is a live ball.
- e. Defenders cannot kick the ball while in play. They may only stop it with their foot and proceed to pick it up and throw the ball.

NOTE: If a defender kicks the ball, each base runner will be awarded 2 bases from the previous base occupied.

Pitching:

- a. The strike zone is 2 feet inside and outside of home plate.
- b. A pitch must roll on the ground when passing over the strike zone.
- c. Bouncing balls result in a ball.

- d. The pitcher must stay behind the pitching rubber until the ball is kicked. Failure to abide by this rule results in a ball.
- e. A pitch outside the strike zone is a ball.
- f. There are no restrictions on pitch speed.
- g. Balls must be pitched by hand.

NOTE: If a player chooses to kick the pitch, the result of the kick is the call.

EXAMPLE: If a player chooses to kick a bouncing pitch, and gets called out running to first, that player is “out” and cannot re-kick due to a bad pitch.

Strikes:

- a. A strike is:
 - i. A pitch within the strike zone that is not kicked;
 - ii. An attempted kick missed by the kicker inside or outside of the strike zone;
 - iii. A foul ball is a strike
 - iv. A ball touching any part of the line is a strike
- b. Three (3) strikes is an out

Balls:

- a. A ball is:
 - i. A pitch outside of the strike zone, as judged by the official, where a kick is not attempted;
 - ii. An illegal bouncing pitch;
 - iii. Any fielder or pitcher advancing on home plate before the ball is kicked;
 - iv. Any catcher crossing home plate before the kicker or failing to field behind the kicker
- b. Three (3) balls walk the kicker to first base

Kicking:

- a. A player’s foot or leg must make all kicks
- b. All kicks must be behind home plate. The kicker may step on home plate to kick. If one or more feet are in front of home plate and the same time the ball is kicked, it is a strike and the kick is called back (if such a kick is caught on the fly, it is an out).
- c. No bunting is allowed. A bunt is called an out.
- d. All kicked balls must go past the 25ft arc or be considered a bunt

Foul Ball:

- a. A foul is:
 - i. A kick that goes foul prior to passing 1st or 3rd base & not touched by a player
 - ii. A kick landing in foul territory; beyond 1st or 3rd base
- b. A foul counts as a strike
- c. Three fouls is an out

Running:

- a. Runners must stay within the baseline
- b. No sliding or running into a fielder. Absolutely no contact is allowed
- c. Fielders must stay out of the baseline. Runners hindered by any fielder within the baseline, not making an active play for the ball, shall be safe at the base to which they were running.
- d. No leading off or stealing. Runners can only advance after the ball is kicked. A runner off the base when the ball is kicked is out.

- e. Runners may tag-up after a kicked ball is caught by the defense to advance to the next base.
- f. Runners may overrun first base.
- g. If a ball is overthrown out of the playing field (into dugout, over the fence, etc.), the runner(s) advance one base
- h. Running past another runner is not allowed. Any runner that passes a runner in front of them is out.

Outs:

- a. An out is:
 - i. Three strikes, three fouls, fouling with 2 strikes, or bunting;
 - ii. Runner touched by the ball while not on a base & the ball is in play;
 - iii. A runner hit with the ball below the shoulders;
 - 1. Note: Runners hit in the neck or head with the ball will not be out unless they were ducking to dodge the ball.
 - 2. Play stops and the ball is dead after hitting a base runner and being declared out. All other base runners, if more than halfway to the next base, should advance.
 - iv. A kicked ball (fair or foul) that is caught in the air;
 - v. A ball thrown to a fielder touching a base beats the runner who is forced to run;
 - vi. A runner off of his/her base when the ball is kicked;
 - vii. A runner who is physically assisted by a base coach during play

Play Ends:

- a. When the pitcher has the ball in control and on the mound;
- b. A runner intentionally touches or stops the ball (the runner is out);
- c. When a team scores 10 runs in an inning;
- d. When a runner is hit by a thrown ball and called out the play is dead and no runners can advance unless more than halfway to the next base.

Alcoholic beverages will not be allowed at any time on Lincoln Park District property.

DISCIPLINARY ACTION

Profanity and vulgar language will not be tolerated. Players not abiding by this rule receive one warning from the official. The second violation results in the team forfeiting the match and the offender being suspended from play for two games.

After two suspensions, the offender is banned from the Lincoln Park District for thirty days. After returning, if another incident occurs, the offender is out for a period determined by the administration.

An official can inform a team representative that they need to have their players conduct themselves in a more sportsmanlike manner.

NOTE: When bringing children to games, we strongly encourage you to have an extra person to monitor their behavior. Please do not let them play in the way of others. You are responsible for them. Thank you for your cooperation.

Lincoln Park District Roster

Activity/Sport: _____ **Division/League:** _____

Team Name: _____ **Sponsor (optional):** _____

Coaches/Team Representatives

Name Phone Email

1. _____

2. _____

Roster List

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

***Please have every team member sign the waiver**

For Office Use Only:

League: Amount Pd. _____ Cash/Check # _____ Date _____ Initials _____

Lincoln Park District Waiver

WAIVER/RELEASE OF CLAIMS

This waiver MUST be signed by each team member to be valid. There is no insurance provided. As a participant, I recognize and acknowledge the risks of physical injury. I agree to assume full risk of any injury, damage, or loss which I may sustain as a result of participating in any and all activities connected with such programs. I agree to waive and relinquish all claims I may have against Lincoln Park District and its officers, agents, servants, and employees as a result of participating in the program. I do hereby fully release and discharge Lincoln Park District and its officers, agents, servants, and employees, from any and all claims from injuries, damages, or loss which I may have, or which may accrue to me on account of my participation in the program. I further agree to indemnify and hold harmless and defend Lincoln Park District and its officers, agents, servants, and employees from any and all claims resulting from injuries, damages, and losses sustained by me arising out of, connected with, or in any way associated with the activities of the program. I have read and fully understand the above details and waiver of liability.

Name Signature Date

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____