

El Paso Kickball Guidelines

Updated 05/20/2026

AMENDMENT: 8.06 A pitcher can only pitch one inning. No repeat pitchers throughout the game.

OVERVIEW

El Paso Kickball is a social-athletic organization. We are a non-profit organization dedicated to providing a fun exercise alternative for individuals 18 years of age and older. The league is designed to bring people together in a social environment, as well as, create a competitive athletic event for people to participate in.

PLAYER CODE OF CONDUCT

EPK promotes a safe friendly environment. In doing so, EPK expects all players to conduct themselves appropriately. Any violent or aggressive behavior will **NOT BE TOLERATED**. Please refrain from using any vulgar or profane language. Any player deemed a danger or liability to the league will not be allowed to participate. Any player found violating the EPK player code of conduct will be subject to a warning, suspension from a game or multiple games, or expulsion from the league.

CAPTAIN AND COACHES

Being a team leader is more than a title, it is a responsibility. We ask all captains/coaches to read the rulebook. Kickball is a simple game but extensive rules exist. Game officials will apply every rule. Make sure that you educate your team about all the rules. We also ask you to help us promote good sportsmanship. Sports get very competitive, kickball is no exception. As a league we are always open to suggestions and will answer any question that a player might have. Above all, help your team have fun!

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PLAYING FIELD AND EQUIPMENT

1. THE PLAYING FIELD

1.01 The EPK league will designate a safe field suitable for play in accordance with the following provisions which equal the dimensions of a softball field (see Diagram 2):

- a. the kickball diamond is a square with equal sides of 60 feet or about 20 paces;
- b. the distance from home plate to second base and from first base to third base is 84 feet 10 1/4 inches or about 28 paces. The distance between any base and home plate shall be measured from the back corner of each;
- c. the pitching strip is in the center of the diamond, 42 feet 5 1/8 inches or about 14 paces from home plate, and directly aligned with the 1st-3rd base diagonal;
- d. the pitching mound extends 12 feet from the center of the pitching strip (see Rule 8.02);
- e. the sidelines are lines 10 feet on the outside of and parallel to the foul lines, the area between the foul lines and the sidelines is the sideline area; (see Rule 14.03)
- f. cones are placed: at the outside corner of first and third base, and not touching the base; on the foul lines 30 feet or about 10 paces behind first and third base; and on the sidelines 10' from home plate.
- g. the kicking box is a rectangle with the front of the box aligned with the front of home plate and the back of the box aligned with the sideline cones behind home plate. Lines extending forward from the sideline cones perpendicular to the front of home plate make up the sides of the kicking box. The area directly forward the kicking box is fair territory. The kicker is not required to start in the kicking box, however the kick must occur within the kicking box (see rule 9.02b).

1.02 The strike zone is a three-dimensional irregular pentagon based on the shape of home plate and is one foot in height. The front of the zone aligns with the front of home plate. The sides of the zone extend one foot to either side of the plate. The back edges of the zone are one (1) foot from the back sides of the plate (see Diagram 4). The strike zone may not be marked by cones or other raised objects.

1.03 All participants must respect and obey all rules and regulations pertaining to the field used for play during all games. Alcohol is prohibited on the field unless expressly permitted by field regulations. Participants breaking field rules must be ejected from the game and will be considered by the league board of directors for further disciplinary action including expulsion from the league.

1.04 Any ball touched by a player or Referee wholly or partly in fair territory is automatically in play. A participant jumping from fair territory is in fair territory while in the air. A participant jumping from foul territory is in foul territory while in the air.

1.05 Upon notification to the head referee of any improper field set up, the field layout shall be corrected before the beginning of the next play. Protest based on field set up will not be considered.

1.06 - Optional Extra Base – The option of using this field setup must be made by the division board of directors each season via formal vote and approval at a scheduled meeting prior to the third week of games played.

If the extra base is used:

- a. Fielders trying to make an out on first base must touch the base to the inside of the cone (first base). Runners hindered by a fielder touching the Extra Base will be safe.
- b. If no fielder is on first base, and/or the runner is attempting to advance to second base, the runner may touch first base.
- c. Once a runner has reached first base safely the runner must start the next play on the First Base.
- d. No additional base may be used at any other base.

2. EQUIPMENT

2.01 While participating in kickball, players must properly wear and fully display the official clothing designated for their use. Teams with players who fail to abide by this rule forfeit that game.

2.02 Metal cleats are not allowed.

2.03 Players may wear protective equipment providing it does not offer the wearer an unfair performance advantage. Any equipment deemed by the Referee as a performance enhancement must be removed or the player will be removed from play.

2.04 The official kickball is a red kickball with a pressure of 1.5 pounds per square inch. No other ball is approved for use in kickball games. Do not over or under inflate the ball.

2.05 The uniform is an extension of the player.

OFFICIALS

3. REFEREES

3.01 Games must be officiated by at least one participant, the Head Referee. When available at least two participants referee each game: a Head Referee, and a First Base Referee. The Head Referee governs all game play and issues all final rulings, and has final authority on equipment issues. Other Referees may assist these officials when available.

3.02 The Head Referee must begin each game by having the opposing captains play paper, rock, and scissors. The first captain to win two rounds decides on being home or away.

3.03 Referees have jurisdiction over play and may:

- a. call a time out;
- b. call off a game due to darkness, rain or other cause at the referee's discretion;

c. penalize a player, including game ejection, for any reason. This includes but is not limited to un-sportsman like conduct, fighting, delay of game and excessive verbal abuse. Ejected participants must leave the field area and may not return to the game. Fans who are deemed unruly by an official and asked to leave the field area must to do so, failure may result in a forfeit for their supporting team.

3.04 Referees have jurisdiction over play and must:

a. cancel the game if lightning is seen;

b. call any game still in play after 90 minutes, with the exception of post-season games.

3.05. Referees will be designated and furnished for games as provided for by the league. The league may schedule and designate teams to provide referees. A team failing to provide sufficient referees in accordance with the league schedule will result in a "paper" forfeit in the team's record which will count toward its total number of forfeits. Any forfeit will result in a 6 – 0 score for the winning team.

3.06 The Head Referee must ensure that the team captains exchange their written scorebook kicking orders.

3.07 Referees may make rulings on any points not specifically covered in the rules (at the time of occurrence), but the ruling shall not be deemed as a precedent for future rulings.

PARTICIPANTS

4. PLAYER ELIGIBILITY

4.01 All participants must meet the following requirements:

a. must be 18 years of age or older by the date of their first game;

b. must be adequately and currently health insured against any injury that may arise from kickball play;

c. must be properly registered with EPK including but not limited to full completion of the registration process, and including the provisions noted in Rule 7.05 (see Rule 7.05);

4.02 A player may only sign up for one team.

5. TEAMS

5.01 Each team must consist of no more than twenty (20) registered players. Teams are encouraged to hold rosters of at least 18 members. Additional players may be placed on teams by the league to level team numbers according to independent player availability and as the need arises.

5.02 Teams must field at least eight (8) players and no more than eleven (11). Teams must field a minimum of three (3) female players, if only fielding (3) females, only (8) players total can field. When fielding 11 players, one player must play the position of catcher.

At any time during the game teams may only field one pitcher and one catcher (see Rule 8.07).

5.03 Each team shall have one Captain and one Co-Captain who are jointly responsible for the team. The Team Captains must ensure that:

a. all team players present must kick in the written scorebook order, but do not have to field. The first infraction of this Rule by a team will result in an out for the next kicker in the written scorebook order. A second infraction by a team will result in a forfeit of that game. **The kicking lineup must be in staggered order until that gender has exhausted the round of the lineup.**

b. only the Captain and Co-Captain may dispute calls with the Head Referee. A team Captain may raise protest with the Referee for blatant rule infraction, but will accept the Head Referee's final ruling. The league will consider protest beyond the Head Referee at its discretion.

5.04 The team Captain will designate a score keeper who will report the game as a win or a loss to a league official.

5.05 Exchange of Kicking Order:

a. the team Captains or assigned team members will exchange their team written scorebook kicking orders prior to the start of the game;

b. any eligible player that shows up to a game after that game has begun must be added to the end of the written scorebook kicking order;

c. refusal to provide the written scorebook kicking order when requested by the opposing team or any referee will result in a forfeit of that game;

d. a claim of improper kicking order must be made to the Head Referee who will make the final determination. Such a claim must contain two parts: 1) that the written scorebook kicking order was exchanged in accordance with 5.05a; 2) that the claim is made on the field no later than 15 minutes after completion of the game.

6. BASE COACHES

6.01 Two members of the team at kick may coach first and third base. The base coaches must assist in retrieving foul balls and may switch with other team members to remain in the proper written scorebook kicking order.

6.02 Base coaches may not physically assist runners while the ball is in play (see Rule 14.02g).

GAME PLAY

REGULATION GAMES

7.01 Regular season games last 7 full innings or fifty minutes (50), whichever comes first. In the event of a tie score at the end of a game, the game shall be marked as a tie.

a. Post season will run through 5 innings. If the score is tied after 5 full innings the game will go into extra innings.

b. A game may not be shorter than 50 minutes. A game that finishes before a time limit remains a regulation game (see Rule 7.02 and 7.03).

7.02 A game that is called off by the Referee (see Rule 3.04) after three (3) full innings of play shall be considered a regulation game. The game score at the end of the last full inning shall determine the winner. Regulation games called off that end in a tie shall be marked as a tie.

7.03 A game that is called off by the Referee for any reason before three (3) full innings of play shall not be considered a regulation game and may be rescheduled.

7.04 Teams will need (3) women to field the maximum of (8) players, teams with (11) fielders must have (4) women present and ready to play. Teams will be granted a 15 minute grace period to field a team. Failure to abide by this rule results in a forfeit. (see Rule 5.02) . If a team does not have enough players to field a team they will be allowed to pick up registered EPK players to field a team. Teams will only be allowed to pick up enough women to get you to the (3). Also teams will only be allowed to pick up enough men to get you to 8 players. Teams will be allowed to pick up players but the opposing team's captain will have the option of accepting this team or taking the forfeit. If the opposing team's coach accepts this team, the game will be played and the result will be official. If the opposing team's coach does not accept this team, your team will have to forfeit.

7.05 A team playing a non-registered person, an improperly registered person, or a person not registered on that team will forfeit that game (see Rule 4.01c).

a. If such an infraction is claimed during the game, the team accused of the infraction bears the burden of proof. Players must have a government issued photo ID to play. Players accused of not being a registered member are required to show a government issued photo ID to prove they are registered.

b. If such an infraction is claimed after a game, the infraction must be announced to a member of the board of directors before the end of the next scheduled game or 1 week after the game, whichever comes first. The burden of proof rests with the team claiming the infraction and/or the board of directors.

7.06 Game protests may not be made after the end of the game except as provided in rule 7.05.

7.07 10-point rule. Anytime a team is up ahead by 10 points, the winning team will play with a 1 out inning. The winning team, will return to a 3 out inning when the 10 point lead desist.

8. PITCHING AND CATCHING

8.01 No bouncies. (see Rule 1.02). A bouncy called as such results in a ball and is:

a. a pitched ball that does not touch the ground at least twice before reaching **Home Plate**;

b. a pitched ball that exceeds one foot in height from the bottom of the ball during the last bounce prior to reaching the kicking box;

c. a pitched ball, prior to reaching the kicker, that exceeds one foot in height from the bottom of the ball immediately after passing through the strike zone;

d. a pitched ball that is higher than one foot at the plate.

8.02. The pitcher must and each subsequent pitcher position infraction by a team during the game will result in the kicker start the act of pitching within the pitching mound and have at least one foot on or directly behind the pitching strip when releasing the ball. A team's first infraction of this rule will result in a **pitcher position warning** to the team that caused the infraction. The second being awarded first base regardless of the outcome of the kick.

8.03 No player may field forward the 1st-3rd base diagonal other than the catcher until the ball is kicked, and no player may advance forward the 1st-3rd base diagonal until the ball is kicked. No part of the pitcher's front foot may be in front of or across the front edge of the pitching strip until the ball is kicked. A team's first infraction of this rule will result in a **fielder encroachment warning** to the team that caused the infraction. The second and each subsequent fielder encroachment infraction by a team during the game will result in the kicker being awarded first base regardless of the outcome of the kick

8.04 The catcher must field behind the kicker, within or directly behind the kicking box, and may not cross home plate nor be positioned forward of the kicker before the ball is kicked. A team's first infraction of this rule will result in a **Catcher Encroachment Warning** to the team that caused the infraction. The second and each subsequent Catcher Encroachment infraction by a team during the game will result in the kicker being awarded first base regardless of the outcome of the kick

8.05 Balls must be pitched by hand. There are no restrictions on pitching style.

8.06 A pitcher can only pitch one inning. No repeat pitchers throughout the game.

9. KICKING

9.01 All kicks must be made by foot or leg, below the knee (see Rule 13.02f). Any ball touched by the foot or leg below the knee is a kick.

9.02 All kicks must occur:

a. at or behind home plate. The kicker may step on home plate to kick, however no part of the planted foot may be in front of or cross the front edge of the home plate (see Rule 13.02c).

b. within the kicking box (see Rule 1.01g). The kicker must have at least a portion of the plant foot within the kicking box during the kick (see Rule 13.02c). The kicker may line up outside of the kicking box.

9.03 Bunting is allowed.

10. RUNNING AND SCORING

10.01 Runners must stay within the base line. A runner who runs off the base line to avoid being tagged out will be considered out.

10.02 Fielders must stay out of the base line. Fielders trying to make an out on base may have their foot on base, but must lean out of the baseline. Runners hindered by any fielder within the base line, not making an active play for the ball, shall be safe at the base to which they were running.

10.03 Neither leading off base, nor stealing a base is allowed. A runner may advance once the ball is kicked. A runner off of his/her base when the ball is kicked is out.

10.04 Hitting a runner's neck or head with the ball is not allowed, except when the runner is sliding or dodging a ball. Any runner hit in the neck or head is safe, and advances to the base they were running toward when the ball hits the runner. If the runner intentionally uses the head or neck to block the ball, and is so called by the Referee, the runner is out.

10.05 A tag-up is a requirement to retouch or stay on a base until a kicked then caught ball is first touched by a fielder. After a tag-up a runner may advance. A runner failing to tag-up as required is out. Tag ups are not allowed by balls caught in foul territory.

10.06 All ties will go to the runner. Runners may overrun first base, and may only be tagged out if actively attempting to advance to second base.

10.07 Base Running on Overthrows;

a. an overthrow is a ball thrown, kicked, or deflected into foul territory while making a defensive play toward a player or base;

b. a runner may advance only one base beyond the base the runner is on or running toward when the ball travels into foul territory;

c. one base on an overthrow is a restriction on the runner – not an automatic right for the runner to advance;

d. if any fielder attempts to make an out prior to returning the ball to the pitcher, runners may commence base running..

10.08 Running past another runner is not allowed. The passing runner is out.

10.09 A run scores when a runner touches home plate before the third out is made, EXCEPT that no run can score when the third out is made during a force play situation, or when the kicker is put out before touching first base. At the end of a game the team with the most runs wins.

11. STRIKES

11.01 A count of three (3) strikes is an out.

11.02 A strike is:

- a. a pitch within the strike zone that is not kicked and not called a ball, which enters the strike zone
- b. an attempted kick missed by the kicker inside or outside of the strike zone (see Rule 8.05).

11.03 Foul balls never count as strikes.

12. BALLS

12.01 A count of four (4) balls advances the kicker to first base.

- a. **Walk Rule** – In the event of a walk, the next player in lineup will also advance to first base, moving initial kicker to second base.

12.02 A ball is:

- a. a pitch outside of the strike zone as judged by the Referee where a kick is not attempted;
- b. a pitched ball that does not touch the ground **at least twice** or roll before reaching the kicking box;
- c. a pitched ball that exceeds one foot in height from the bottom of the ball during the last bounce prior to reaching the kicking box;
- d. a pitched ball, prior to reaching the kicker, that exceeds one foot in height from the bottom of the ball immediately after passing through the strike zone;
- e. a pitched ball that is higher than one foot at the plate

13. FAIRS AND FOULS

13.01 A count of four (4) fouls is an out.

13.02 A foul is:

- a. a kicked ball landing in foul territory
- b. a touched ball in foul territory
- c. a ball kicked outside of the kicking box
- d. a kicked ball touched more than once in foul territory or stopped by the kicker in foul territory

e. a kicked ball whose direction is altered by contact with any object other than the ground in foul territory, and called as such (see Rule 15.02c);

f. a kick made on or above the knee (see Rule 9.01);

g. a kicked ball touched more than once in the kicking box or stopped by the kicker in the kicking box.

13.03 A fair is:

a. a ball kicked that lands and remains in fair territory

b. a ball kicked that lands in fair territory then travels into foul territory beyond the 1st-3rd baseline

13.04 All fair and foul balls are in play unless specifically mentioned in section 15.

14. OUTS

14.01 A count of three (3) outs by a team completes the team's half of the inning.

14.02 An out is:

a. a count of three (3) strikes or four (4) fouls;

b. any kicked ball (fair or foul) that is caught by a fielder;

c. a ball tag on a base to which a runner is forced to run, before the runner arrives at the base;

d. a runner touched by the ball or who touches the ball at ANY time while not on base while the ball is in play(see Rule 15.02);

e. a kicker that intentionally hits the ball with their hand or arm

f. a ball tag of a runner on base, in which the runner does not tag their originating base when a ball is caught (see Rule 10.05);

g. a runner off of his/her base when the ball is kicked;

h. a runner physically assisted by a team member during play (see Rule 6.02).

i. any kicker that does not kick in the proper kicking line up (see Rule 5.05).

j. a runner that passes another runner (see Rule 10.08).

14.03. Sideline area. Prior to the kick, no participants (or spectators) may be in the sideline area except for the kicker, the catcher, referees and designated base coaches. After the kick, fielders and base runners in the process of playing the game may also occupy the sideline area. The first infraction of this rule will result in a warning to the team that caused the infraction. The second and each subsequent infraction will result in an out for the next kicker in the written scorebook kicking order on the team that caused the infraction.

15. BALL IN PLAY

15.01. Once the pitcher has the ball in control and retains possession on the mound, the play ends. Runners who are off base at this time and in forward motion may advance only one base. Runners who are off base at this time and not in forward motion must return to the base from which they were running.

15.02 Interference is:

a. when any non fielder or non permanent object except a referee, touches or is touched by a ball in play in fair territory. This interference causes the play to end, and runners shall proceed to the base to which they were headed.

b. when any runner on or off base intentionally touches a ball. This interference causes the play to end, the runner to be out, and any other runners shall return to the base from which they came, unless forced to advance.

c. when any kicker intentionally hits the ball with their hand or arm. This interference causes the play to end, the kicker to be out, and any other runners shall return to the base from which they came

15.03 During any play where a ball is popped or deflates significantly, that play shall be replayed with a properly inflated ball.

16. GHOST MEN

16.01 Ghost men are not allowed.

17. INJURY AND SUBSTITUTIONS

17.01 In cases of injury or illness, a time-out may be requested for participant removal and replacement with a substitute of the same sex. If the participant later returns to play, the participant must be inserted in the same written scorebook kicking order position previously held.

17.02 If a player is ejected, injured, or becomes ill and cannot continue, the written scorebook kicking order will continue in the same formation, less the removed player.

17.03 Injured players who do not kick shall not play in the game.

17.04 Any player removed from the game for injury or illness must be noted on both team written scorebook kicking orders and mentioned to the Head Referee.

17.05 The pitcher and the catcher positions may only be replaced once per inning unless injury forces another substitution.

17.06 Only runners who are injured while traveling to a base, and who successfully make it to a base, may be substituted. All runner substitutions must be of the same sex. There are no other

allowable runner substitutions. A runner may be substituted no more than twice during the game. Upon the second substitution, the player will be removed from the game and no longer be allowed to participate.

18. Tournament rules

- 18.01 Roster capacity: 15 players
- 18.02 A team must have a minimum of four (4) players of each sex available and ready to play at game. Minimum amount of players on roster is eleven (11).
- 18.03 All games shall be five (5) inning games or 45 minutes in length (whichever comes first).
- 18.04 At the end of the third inning or at the end of any full inning thereafter a team up by 12 or more runs automatically wins the game and the game is over. Games may end in a tie score during group play.
- 18.05 Each team will play two games and then will be seeded for bracket play.
 - a. Record
 - b. Points allowed
 - c. Any ties after A) and B) will face off in a Rock, Paper, Scissors battle
 - i. Only the captain will compete in RPS
 - ii. Best 2 out of 3
- 18.06 Second round tie breakers
 - a. Captain and Co-captain on each team will compete in longest kick
 - b. Captain or Co-captain will pitch to captain or co-captain to kick for longest kick
 - c. Best of 2 kicks per team wins game and advances to next round
- 18.07 Championship game can exceed 5 innings or 45 minutes until we have a winner.
- 18.08 A member ejected from any game will be disqualified from tournament play and asked to leave park premises. Failure to do so may result in forfeit of team from tournament play.

19. Other

- 19.01 Game cancelations will be determined by Head referee and El Paso Kickball.
- 19.02 All official complaints must be made to the El Paso Kickball in writing.

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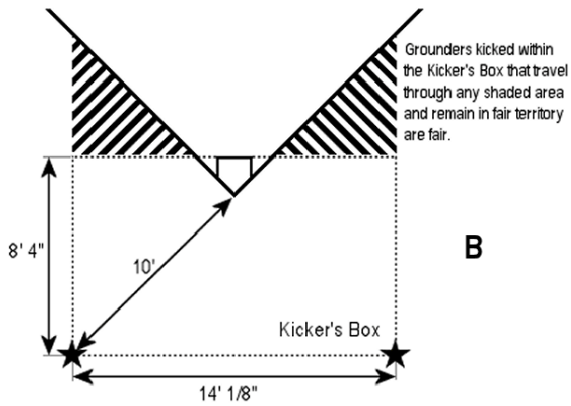
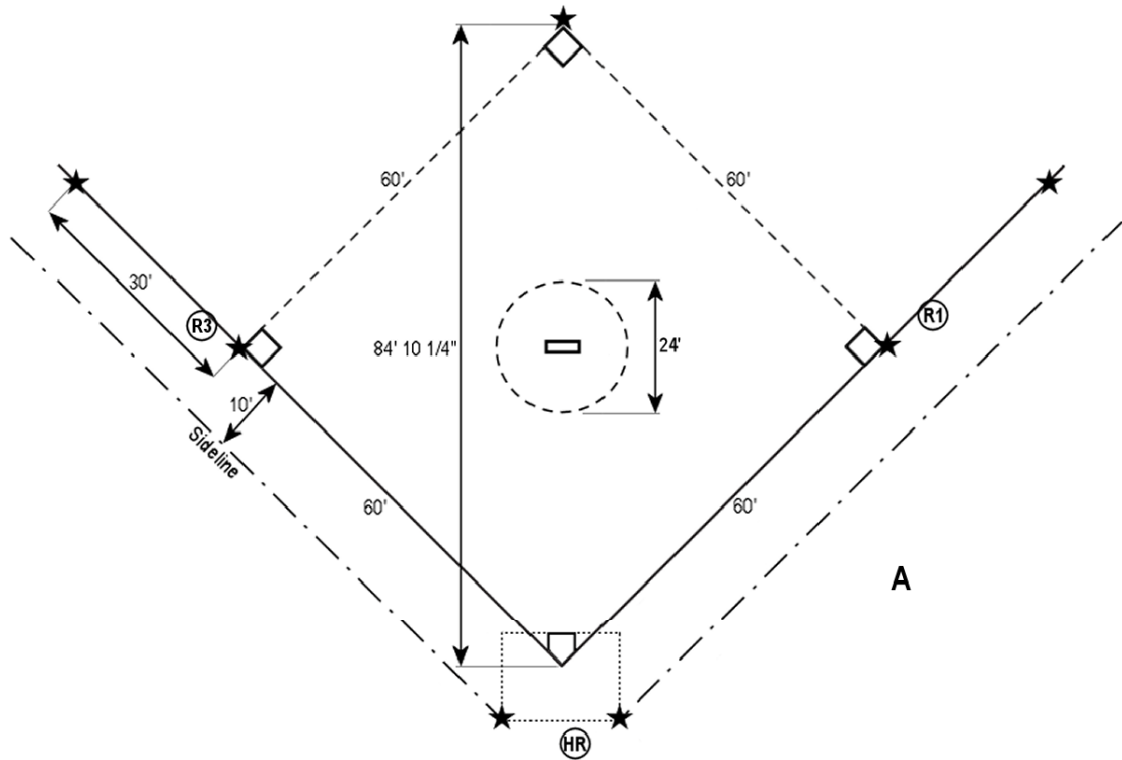
EVEN IF ADVISED OF THE POSSIBILITY OF SUCH DAMAGE. These rules have been modified to fit EPK standards with appreciation to WAKA.

KICKBALL: Official Rules of the Game

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Diagram 2
WAKA Kickball Field Dimensions

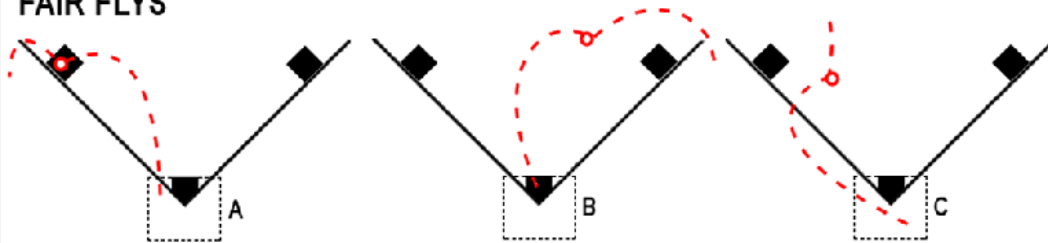


★	Cone location
Ⓜ	Head Referee location
Ⓜ	1st Base Referee location
Ⓜ	3rd Base Referee location (optional)
LEGEND	

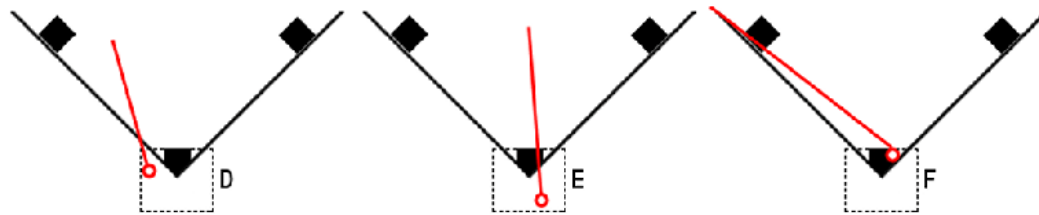
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Diagram 3
WAKA Kickball Fair and Foul Examples

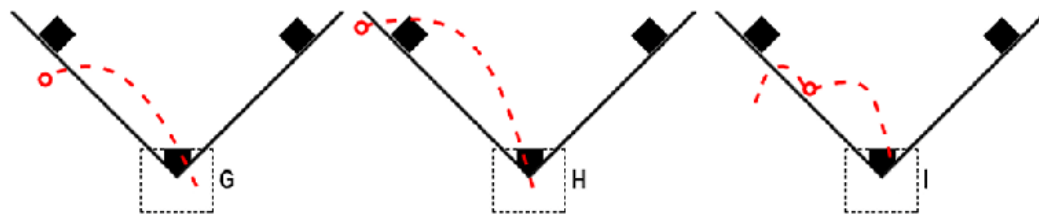
FAIR FLYS



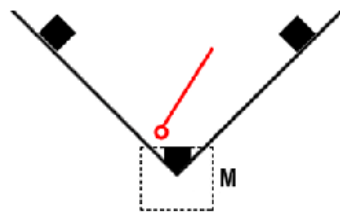
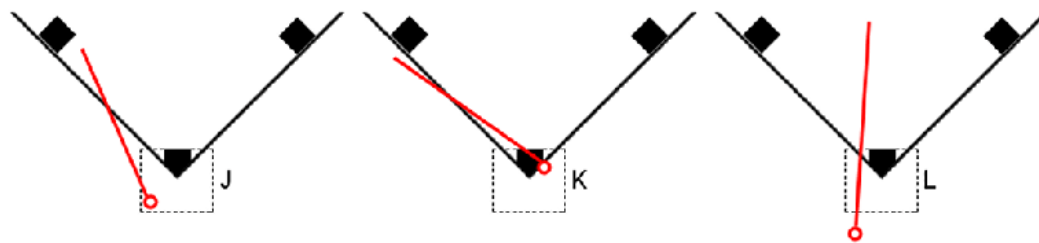
FAIR GROUNDERS



FOUL FLYS



FOUL GROUNDERS



Path of ball in the air	- - -
Path of ball on the ground	— — —
First ground contact point	○
LEGEND	