



COSMIC KICKBALL RULES: DC METRO

Amended September 2014

Thanks to all of you for deciding to play NAKID Social Sports. NAKID is a SOCIAL league - everyone is here to meet people, make friends and have lots of fun. The sports that we provide are an ancillary piece; they're fun and sometimes competitive, but no one playing here is out to be a kickball superstar. It's not a kids game, but it's also not the end-all-be-all of existence either.

We understand that games can become exciting and intense, which can be a great element for a game. However, any verbal or physical abuse of other players, referees and umpires, spectators or facility employees and customers will not be tolerated, and will result in immediate ejection from the game. Repeat offenders may be banned from the league without refunds.

Please note that Cosmic Kickball is an exceptionally social, laid-back league that plays in the DARK. Any sort of unsportsmanlike conduct or excessive competitiveness will result in penalties.

I. Player Registration and Eligibility

1. All players must be registered and paid in full to play NAKID.
2. All players must be 21 or older, have health insurance, and has signed our online waiver (during registration).
3. Players may only play for the team(s) for which they have registered.
4. Players will not hold NAKID, our facilities or our sponsor bars responsible in any way for any injuries that occur during game play or at any NAKID events.
5. No refunds will be provided.
6. Any team caught using players not registered with the league will be disbanded and the players will be moved to other teams as needed.

II. Rosters

1. NAKID rosters shall consist of no more than 35 players and no less than 20 players.

2. Rosters are flexible meaning:
 - a. Players can be traded as long as the captains and players agree to the trade AND the roster size is the same for both teams after the trade as it was before the trade. Shirts will need to be traded amongst players. The trade deadline is two weeks prior to the end of the regular season.
 - b. Once a team trades a player or players, that team cannot acquire that player again at any point during the season or playoffs.
 - c. If a registered and paid player fails to show up or contact his captain for a period of three (3) consecutive games, that player may be removed from the roster and replaced at the captain's request.
 - d. Rosters shall be created to ensure that the requirement of five (5) males and five (5) females will be able to play at any time in the field.
3. The new player will have to register and pay a prorated amount in order to play.
4. Players that eventually do show up we will be placed on a team as needed.

III. Game Gear

1. All players must wear athletic, closed-toe footwear to play NAKID.
2. Players are allowed to wear athletic cleats with plastic/rubber spikes. Cleats with metal spikes are not allowed.
3. All players must wear their issued team shirt while playing.
 - a. Players may alter shirts in any way, as long as the NAKID logo and the sponsor logo(s) can be seen.
 - b. A player who has not received a shirt or has misplaced or forgotten a shirt will be permitted to play (once per season) in the game on the following basis:
4. Player must be registered and paid to play on the team.
5. Player must have a valid ID and the captain must vouch for the player being on the team.
6. If the player is found not to be on the roster after a roster check, the game will be marked as a loss and the team will have to start their next game down five (5) runs.
7. If this happens more than once, the captain is banned from the league.
8. All players must use game balls supplied by NAKID.

IV. Referees

1. Referees and ONLY referees may officially call outs/fouls/strikes/etc.; calls made by other people are not valid.
2. The home plate referee is considered the head referee and will make final rulings.
3. Referees must be loud and clear in their calls. Kicked balls are in play unless and until the head referee says otherwise.
4. The head referee must wait to call the pitch a ball or a strike until the ball has crossed into the catcher's area.
 - a. Once the referee calls the pitch, the play is dead. If the ball is kicked after the call

has been made, the call stands and the kick is disallowed.

5. Captains are the only team members who may argue calls.
 - a. If there is reasonable doubt that any referee's decision may be in conflict with the rules, the captains may respectfully appeal the decision and ask that a revised ruling be made. Such appeal shall be made only to the head (home plate) referee.
 - b. Any referee's decision which involves a timing and/or spatial decision, including, but not limited to, whether a kicked ball landed in fair or foul territory, whether a pitch crosses the strike zone, or whether a runner beat the ball to the base or not, is final. No person may appeal any such rulings.
6. Captains must be noted on the lineup card given to the home plate referee.
7. All rulings not specifically covered in the rules are up to the discretion of the referee.
8. The rules will be updated as needed.

V. Sportsmanship

1. NAKID Kickball is a sport, just like any other, and at times people will get heated during competition. This is expected and understood. However, abusive treatment to referees, other players, or spectators will not be tolerated.
 - a. Directing profanity at a referee will be considered an ejectable offense.
 - b. Accusing a referee of cheating will be considered an ejectable offense.
 - c. Any action regarded by the head referee as poor sportsmanship, including, but not limited to, intentionally bobbling a ball, yelling at players to confuse them, etc., will be considered an ejectable offense.
2. If a player is deemed to have met this threshold, there are three (3) possibilities:
 - a. First offense: Player is ejected from the game.
 - i. This call is made by the head (home plate) referee.
 - b. Second offense: Player is suspended for two (2) additional games.
 - c. Third offense: Player is removed from the league.
3. All other disciplinary action is at the discretion of the league on an as-needed basis.
4. Conduct that is viewed as detrimental to the league or its players may lead to dismissal from the league. (See Section XVIII)

VI. The Field

1. The field will be set up in the shape of a regular diamond.
 - a. The distance from home plates to second base shall be 80 feet.
 - b. The distance from home plates to first and third base shall be 56 feet.
 - c. The pitching strip should lie on the encroachment line directly between first and third bases.
 - d. The distance from home plates to the "catcher's area" shall be 6 feet.
2. Cones will mark the outfield foul lines.
3. Bases will be marked by four (4) cones and a runner will be considered safe once inside

the coned area. Runner will be considered out if the defensive team has control of the ball within the coned area.

4. The distances should be measured to ensure that all fields meet NAKID standards of uniformity.

VII. Teams on Game Day

1. Teams must kick and field a minimum of ten (10) players, of which, five (5) must be male and five (5) must be female. The maximum number of players on the field is eleven (11).
 - a. A maximum of six (6) players of one gender may play in the field at a time.
2. Every team member that shows up must be in the kicking lineup.
 - a. Exceptions (these players do not count towards player minimums):
 - i. Players who cannot run, cannot play.
 - ii. Players that do not meet the minimum game gear requirements cannot play.
3. There is no gender requirement in the kickball line up; men and women may kick in any order the captain chooses.
4. All players injured during a game may use a pinch runner for that sequence, but after that (s)he must be removed from the lineup.
 - a. An injury removal will NOT cause a penalty due to the number of players falling below the minimum number.
5. Teams are expected to arrive and be ready for play at their scheduled game time.
 - a. Teams will be granted a five (5)-minute grace period if they do not have the minimum number of players necessary.
 - b. After five (5) minutes, the game will commence and the team(s) without the minimum number needed to play will start the game the number of runs down equal to the number of players missing and will have to take one (1) out for each player they are down every time that player's place comes up in the kicking order.
 - c. If the missing players show up, they will be added to the lineup in place of the corresponding automatic outs, eliminating the outs in subsequent sequences but not the penalty runs.
 - d. Once the kicking lineup is set, only players required to meet the minimum number of players may take the place of an out. The player's (or an out's) position in the lineup cannot change after that spot comes up in the lineup.
 - e. Team captains DO NOT have the authority to waive these penalties.
6. Both teams shall give a copy of their kicking order to the home plate referee before the game starts.
7. Games shall last seven (7) innings or fifty (50) minutes for a regulation game.
 - a. Games can end in a tie.
 - b. The referee will decide (depending on weather and/or time) if the game will continue for that additional inning.

VIII. Forfeits

1. There are no mandatory forfeits in NAKID.
2. See Section VII - 5

IX. Strikes/Balls/Walks/Fouls

1. NAKID Strike Zone. If any part of the ball touches or crosses this zone is counted as being "in the strike zone." e.g. The bottom of the ball does not have to be over the plate or strike zone if the side of the ball goes over the plate or strike zone.
 - a. Volume of the strike zone is defined by four blue flashing cones surrounding the home plate and one (1) foot from the ground.
 - b. A pitch is not determined based on where the ball crosses the front of the strike zone; it is determined by the path of any part of the ball relative to the entire strike zone.
2. Strikes
 - a. Any pitch that crosses the strike zone is a strike.
 - b. Any pitch at which the kicker swings and misses is a strike.
 - c. Any foul ball with a count of less than two strikes is a strike.
 - d. All pitches must bounce at least twice prior to the ball crossing the plate.
 - i. If, on the second bounce, any part of the ball touches any part of the plate, including the triangle between the back points of the two plates, the pitch must be called a strike.
 - ii. A kicker may choose to kick any legal pitch, including one that only bounces once.
3. Balls
 - a. Pitches that are outside of the above parameters, including:
 - i. Any ball that does not bounce twice before crossing the plate
 - ii. The first Encroachment violation in an inning (See Section XI-f),
 - iii. The first Catcher Impedance violation in an inning (See Section XI-e),
 - iv. The first Catcher Encroachment violation in an inning (See Section XI-d) and
 - v. The first instance of pitching motion that is not underhand in an inning (See Section XIII-1).
4. Walks
 - a. Two balls.
 - b. Two (2) or more Encroachment violations in one inning (See Section XI-6).
 - c. Two (2) or more Catcher Impedance violations in one inning (See Section XI-5).
 - d. Two (2) or more Catcher Encroachment violations in one inning (See Section XI-4).
 - e. Two (2) or more underhand pitching requirement violations in one inning (See Section XIII.1).

5. Foul/Fair Territory

- a. Fair territory is the area inside the base lines and marked as such in the outfield.
 - i. Foul territory is the area outside the base lines.
 - ii. Base/foul lines count as fair if the ball hits one.
- b. Any ball kicked in fair territory must be played unless and until the head referee says otherwise.
- c. The ball is considered fair if the ball is visually within fair territory. The fielder may not cross into foul territory to catch the ball - only until the play is dead.
 - i. If the player catches the ball or encroaches into foul territory, the play will count as a ball for the runner.
- d. Any ball kicked which hits an object (tree, light post, etc) or non-fielder in foul territory is foul and the play is dead (i.e. the ball cannot be caught for an out).
 - i. The play continues if the object is in fair territory.
 - ii. If a kicked ball goes into foul territory after hitting an object in fair territory, it should be treated as if it didn't hit anything.

6. Fouls

- a. Any kicked ball that lands outside (and stays outside) of fair territory before passing first/third base (See Foul/Fair Territory, Section IX-5).
- b. Past first or third base, the ball must hit the ground in fair territory or it is foul.
- c. Any kicked ball that hits fair territory on the ground but rolls into foul territory before being touched by a fielder or passing/touching first/third base.
- d. Any ball that is kicked in front of home plate is a live ball foul. (See Live ball fouls, Section IX-7)
 - i. The kicker's plant foot may not be past home plate (if part of the foot is still on the plate or behind the line that is formed by the front edges of the plate, it is considered a legal kick.)

7. Live Ball Fouls

- a. Live ball fouls are kicking attempts that are made but the result is not a legal kick.
- b. Kicks that are live ball fouls shall be considered a foul ball unless a fielder catches the ball before the ball touches the ground.
- c. The referee will allow the play to continue until the fielding team can no longer catch the ball for an out.
- d. Runners must return to the base (s)he was originally occupying prior to the live foul ball kick.
 - i. If the live foul ball is caught by a fielder, the runners may tag up and attempt to advance to the next base. (See Section XV-6).
- e. The following are considered live ball fouls:
 - i. Double kicks.
 - ii. A kick in which the plant foot is in front of home plate.
 - iii. A "kick" that is made above the knee.
 - iv. Kicks that are made after the ball has crossed into the "catcher's area" (See Section XI.4).

X. Outs

1. A count of three (3) strikes.
2. Any count of fouls and strikes ending in a strike.
 - a. i.e. Foul-foul-strike, strike-foul-strike, foul-strike-strike
3. Any player, not on base, tagged or hit with a ball, not in the face/head, whether it is the result of a fielder or the kicker.
4. Any time a base is tagged by a fielder in control of the ball, where a runner is forced to run to before the runner gets there.
5. Any three (3) fouls in a kicking turn.
6. Any ball caught in the air that has not touched the ground and not obstructed by anything or person not playing on the field. (i.e. fans, tourists, players that are sitting out or objects, including trees, that are in foul territory).
 - a. Fielders may NOT catch foul balls. Any caught foul balls between home and 1st base, or home and 3rd base, shall result in a ball for the kicker.
7. The runner can be tagged out at any time not on a base.
8. Any runner running between bases (NOT a kicker) who runs into a fielder while the fielder is fielding a ball in the base path is out.
9. Any runner who attempts to grab the ball or slap the ball away from a fielding player (in motion of tagging them out) OR holds/kicks the ball away from a ball thrown, will be automatically out and no runners shall be allowed to advance to the next base or to score. Runners will be forced back to their original position. Runner may be ejected from game. (See Sportsmanship, Section V-1-c).

XI. Playing the Field

1. Teams may position players however they choose but must have the minimum number of players of each gender (5) to avoid penalty. The maximum is eleven (11) players on the field.
2. Fielders are permitted to field a ball in the baseline, but only if the ball is near them. Otherwise it is the fielder's responsibility to be out of the baseline.
 - a. Violations of this rule will result in the runner being awarded the base to which they were running.
3. Fielders are not permitted to stand on the base they are playing. This is intended to reduce the chance of a collision at the base.
 - a. Violations of this rule will result in the runner being awarded the base to which they were running.
4. Catchers Area: the area six (6) feet behind home plate past which the catcher cannot advance until after the ball is kicked.
 - a. Failure to follow this rule results in a ball.
 - b. If a catcher impedes the kicker again in the same inning, a walk will be awarded.

5. Catcher Impedance: the catcher interfering with the kicker's ability to kick the ball prior to the ball crossing through the Catcher's Area.
 - a. Failure to follow this rule results in a ball.
 - b. If a catcher impedes the kicker again in the same inning, a walk will be awarded.
6. Encroachment: the fielders (including the pitcher who can have momentum carry him/her over, but must remain in contact with or behind the pitching strip until the ball is kicked) passing the line between first and third bases prior to the kicker making contact with the ball.
 - a. Failure to follow this rule results in a ball.
 - b. Failure to follow this rule again during the inning, results in a walk.
7. Orange Safety Base: the base at first or home that is orange to allow the runner to safely cross the base. The safety base at first will straddle the foul line. The safety base at home will be on the third base side of the field.
 - a. A runner will be safe if the fielder or ball is touching the orange base.
 - b. After the kicker successfully reaches first base, the orange base ceases to be a valid base for him/her.
 - c. Exceptions:
 - i. If the fielder is trying to catch the ball and his body must cross into the orange base without touching the orange base.
 - ii. If the fielder steps on the orange base but is able to re-establish him/herself by stepping on the correct base before the runner arrives, then the runner is ruled out. The referee will determine there if there was no chance for a collision and that the runner was not slowed down by the fielder being on the wrong base.
8. Fielders may hit players with the ball to tag them out.
 - a. Thrown balls must not hit players in the face/head
 - b. Thrown balls that hit players in the face/head result in the runner being safe and awarded an extra base.
 - c. The only exception is when a player is not in a "substantially upright position" (e.g. they are sliding or squatting) or intentionally moves their head in an attempt to come in contact with the ball and is hit in the face/head, the player is out.
9. When a ball is overthrown the runners may run until the ball is returned to the pitcher, the pitcher is within twelve (12) feet of the pitching strip and the pitcher is not attempting to make a play.
 - a. There are no limits to the number of bases a runner may take.
10. The runner can be tagged out at any time not on a base.
11. If a referee calls "street" or anything similar, the runners cannot advance any more bases.
 - a. Runners will be awarded the base after the one towards which (s)he were running.
 - b. If a non-fielder (tourist, player on the sidelines) makes contact with a live ball, it is at the discretion of the head referee to allow the play to continue. For example, if the ball is kicked over the outfielders' heads and it is touched by a non-player, the

referee is allowed to let the play continue if (s)he determines the contact did not hinder the defensive team's ability to make a play.

12. A fielder, to tag a player out, advance the ball to another fielder, or return the ball to the field of play may kick the ball.
13. Any ball that is, in the view of the head referee, purposely bobbled by a fielder so as to cause the base runners to delay tagging up shall result in an out for the kicker only.
 - a. All other runners will be permitted advance one (1) base from their originating base if this occurs.
 - b. The offending player may be ejected from the game.
14. Any ball that is, in the view of the head referee, intentionally dropped by a fielder so as to obtain a double play shall not result in an out for any runner.
 - a. All other runners shall be permitted to advance one (1) base from their originating base if this occurs.
 - b. The offending player may be ejected from the game.
15. Any non-fielder yelling "I got it" or anything else to call off or confuse a fielder and/or making gestures to wave off the fielders will be automatically out.
 - a. The offending player may be ejected from the game.
 - b. If this occurs by the bench of a team, ALL runners will be out.

XII. Kicking

1. Any ball kicked with knee down to the foot is considered a legal kick. Balls that are hit with anything else (i.e. hip, stomach or upper thigh) is considered a live ball foul. (See Live Ball Foul, Section IX-7)
 - a. EXCEPTION: If ball is pitched, does not qualify as a strike, the kicker is unable to get out of the way of the ball and makes NO attempt to kick the ball, the pitch will be considered a ball.
2. All kicks must be made with the plant foot at or behind home plate.
3. Bunting is not allowed.
 - a. Bunts will count as foul balls.
4. Players must kick the ball before the ball enters the catcher's area. Failure to do so will result in a live ball foul. (See Live Ball Foul, Section IX-7)
5. Players cannot double kick a ball. Any double kicked ball is counted as a live ball foul (See Live Ball Foul, Section IX-7).
6. Kicker can only use 1 leg to kick a ball. Kickers may not attempt to kick/bunt a ball with their feet together and use both legs make contact with the ball.
7. NO SLIDING. Sliding into a base will be an out.

XIII. Pitching

1. All pitches must be thrown with an underhand motion and at a "reasonably slower" speed than normal outdoor kickball.

- a. SLOW PITCHES. All pitches must be slow speed pitches.
 - b. Underhand means the arc of the pitching arm is parallel with the pitcher's body.
 - c. No overhand or sidearm pitches are allowed.
 - d. The first instance of an underhand pitching violation in an inning results in a ball, and subsequent violations within the inning will result in a walk.
 - e. Spinning balls are NOT permitted. Any balls deemed to be spinning results in a ball, and subsequent violations within the inning will result in a walk.
 - f. Reasonably slower is subjective and will be called at the discretion of the head referee.
2. All pitches must hit the ground at least twice before crossing the plate. (See Section IX-2-d)
 3. Pitchers must remain behind or in contact with the pitching strip until the ball is kicked. (See Section XI-6)
 4. Pitchers can avoid throwing pitches for a walk by calling "intentional walk" at any time (See Section IX-4-f).
 - a. They are only allowed to do this once per inning, and only once to any individual player.
 - b. Teams may not call for an intentional walk if the next batter is a female
 - c. Teams may not call for an intentional walk if the next batter is going to be an "automatic out"
 - d. Teams who violate these sub set of rules may be subjected to a loss of 1 run
 - i. Teams who continue to violate these rules will forfeit their game
 - ii. Teams who continue to violate these rules in other games maybe refused to playoffs and captain may be banned.
 5. Pitchers may not "Lob" the ball to intentionally "bounce" a ball for a strike.
 - a. Pitchers may not throw the ball over shoulder height in attempts to bounce a ball

XIV. Scoring

1. Any runner that touches home plate after touching all other bases in succession shall count for one run.
2. Any runner who scores before the final out of an inning shall count as one (1) run as long as the last out was NOT a force play or caught ball or tagged out runner on a force play.
3. An automatic home run rule will be in effect for any ball kicked over a home run line marked by a multi-colored line in the outfield.
 - a. Players may NOT race around the bases after kicking an automatic home run.
 - i. This rule is to avoid the cosmic gear we will have placed along the baselines from home to first and third to home bases. Please be respectful of our gear by not running over it, kicking it or otherwise damaging it.
 - ii. Penalties for violating this rule will be an automatic out for the player in question.

XV. Running

1. Runners heading to first base or home are encouraged to run to the ORANGE (safety) base.
2. A runner will be safe if the fielder or ball is touching the orange base. (See Section XI-7-a)
3. Runners can tag either the white or orange base to be safe.
4. Runners must avoid a fielder if the fielder is in the baseline and making a play on a ball.
 - a. Failure to do this will result in the runner being out.
5. Players may not leave a base until the ball is kicked.
 - a. If this occurs, the play will be redone and the kicker must return to the base.
 - b. If this occurs a second time by the same team during the game, the runner is out and the play is redone.
6. Tagging Up: A tag up occurs after a fielder has caught the ball in the air and the runner touches the originating base and then proceeds to the next base.
 - a. The runner is considered "tagged up" as soon as the fielder touches the ball, whether there is a bobble, assist or any other delay before the ball is considered caught.
7. The runner will be out if (s)he leaves the base prior to the ball being touched and a fielder either touches the runner or base with the ball.
8. Players **MUST** run in the base line or within a reasonable distance of it.
 - a. Failure to do this results in the runner being out.
9. A runner must beat the ball to the base.
 - a. There are no ties; the referees must make a call one way or the other.
10. No player (or base coach) may assist a base runner physically in returning to or advance from a base.
 - a. If this occurs, the runner shall be out.
11. Runners may safely overrun first base **ONLY**.
 - a. If the runner overruns first base and wants to advance, the runner is not required to return to first base or to the baseline before advancing.
 - b. The runner must run directly to second base.
 - c. If the runner does not run directly to second base, the runner will be considered outside the baseline and will be out.
 - i. Exception: If the runner returns to the baseline when advancing to second base.

XVI. Delay of Game

1. The pitcher shall deliver the ball to the kicker within twelve (12) seconds after (s)he receives the ball and is prompted by the referee. Each time the pitcher delays the game by violating this rule, the referee shall call "Ball."
 - a. The twelve (12)-second timing starts when the pitcher is in possession of the ball

and the kicker is at the plate, alert to the pitcher. The timing stops when the pitcher releases the ball.

2. The kicker shall be ready to kick within a reasonable amount of time, decided by the referee. This includes the end of the half of an inning, or after another batter has kicked.
3. An announcement will be made to the team kicking, for delay. If such announcement has been stated, the pitcher will be directed to pitch the ball, which shall be counted as a live pitch, and this may be repeated until the kicker gets to the plate.
4. Teams shall have their defense set in a timely manner so as not to delay the game. Once the referee has warned a team regarding this subsequent delay(s), the referee shall award to the kicking team's first kicker, first base.
 - a. If it continues in the same inning, the referee may allow subsequent kickers to be awarded a base as well.

XVII. Playoffs

1. Playoffs will be in the form of a flip cup tournament, arranged by the kickball manager.

XVIII. Banning Players/Teams

1. As needed players or teams will be banned from the league if their conduct is deemed to be detrimental to the league. This is solely up to the decision makers in the league.
2. There is no need for warnings to be banned from the league.
3. Players and teams are expected to treat each other with respect.
4. Teams and players are expected to know and follow the rules.
5. Any team that accuses a referee of cheating may be removed from the league.
6. Teams are expected to contribute socially to the league.