



INDOOR KICKBALL RULES: DC METRO

Amended February 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.

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 have 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. Roster

1. NAKID rosters shall consist of no more than 25 players and no less than 15 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, 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 three (3) males and three (3) 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 must wear non-marking shoes compatible with the policies of the facility.
3. All players must wear their issued team shirt while playing.
 - a. Players may alter shirts in any way, as long as one NAKID logo 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. (See Section 18: Banning Players/Teams)
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. 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 captain(s) 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.

5. Captains must be noted on the lineup card given to the home plate referee.
6. All rulings not specifically covered in the rules are up to the discretion of the referee.
7. Issues with referees should be directed to the head referee or, in case the issue concerns the head referee, to the Indoor Kickball Manager for the appropriate day.
8. The rules will be updated as needed.

V. Sportsmanship

1. NAKID Kickball is a sport, just like any other, and at times tempers 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 or bias 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 and must leave the premises immediately.
 - i. This call is made by the head 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 18)

VI. The Field

1. The field will be set up in the shape of a triangle, with Home Plate, First Base, and Second Base comprising the three corners thereof. Home Plate will be below the word "Dare" in the gym.
2. The strike zone shall be described by cones and shall be a 10' wide x 6' deep rectangle whose front edge aligns with the front edge of home plates.
3. The referee will have the authority to call a play dead if a ball becomes unplayable for any reason.

VII. Teams on Game Day

1. Teams must kick and field a minimum of six (6) players, of which, three (3) must be male and three (3) must be female. The maximum number of players on the field is seven (7).
 - a. A maximum of four (4) players of one sex 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 and head referees DO NOT have the authority to waive the automatic out or penalty run.
6. Both teams shall give a copy of their kicking order to the home plate referee before the game starts.
7. Games shall last six (6) innings or forty (40) minutes for a regulation game.

VIII. Forfeits

1. There are no mandatory forfeits in NAKID.
 - a. See Section 7.5

IX. Pitching/Strikes/Balls/Walks

1. Pitching
 - a. Pitcher must release the ball prior to crossing the pitching strip.
 - i. Violations of this rule will result in a ball.
 - b. Pitcher must be touching the pitching strip when the s(he) releases the ball.
 - i. Violations of this rule will result in a ball.
 - c. The pitcher must wait for the kicker and ref to be ready before pitching.

- d. There is no encroachment rule.
 - e. There is a limit of three pitches per kicker.
 - i. Two balls shall result in a walk.
 - ii. Two strikes shall result in an out.
 - f. The strike zone shall be the size of the box that will be laid out by (but not include) cones.
2. Strikes
- a. Any pitch that crosses the strike zone (without hitting a cone) is a strike.
 - i. The ball must enter the strike zone between the front cones and leave it between the rear cones to count as a strike.
 - b. Any pitch at which the kicker swings and misses is a strike.
 - c. Any ball kicked while the plant foot of the kicker is completely past the front edge of home plate is a strike. This is considered a live ball “strike” meaning that if the ball is caught, the kicker is out and runners may tag up if they wish.
 - d. Any kicked ball which contacts the player twice while s(he) is still in the strike zone shall be a double kick and also considered a live ball “strike.”
 - i. The exception to this is if the ball contacts a fielder and strikes the kicker before s(he) leaves the box, the play remains live.
 - ii. Any ball kicked such that it crosses between the rear two cones of the strike zone before contacting anything else (player, wall, etc).
 - iii. Any ball kicked such that it crosses the basketball court baseline closest to the kicker without hitting anything else.
3. Balls
- a. Pitches that are outside of the above parameters, including:
 - i. A ball that hits or goes over a strike zone cone.
 - ii. A ball that exits the strike zone before passing the rear cones.
 - iii. A ball that has any curve or backspin on it.
 - iv. A ball that is bouncing in any significant manner.

X. Outs

1. A count of two (2) strikes.
2. 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 (outside the strike zone).
3. Any time a base is tagged by a fielder in control of the ball, where a runner is forced to run, before the runner gets there.
4. Any ball caught in the air that has not touched the ground. This includes balls that bounce off players, walls, fixtures, ceiling, etc.
5. Any kicked ball striking a hanging light fixture within the “inbounds” portion of the court shall be a dead ball out. No runners may advance or score.
6. Any kicked ball striking a window, either directly or bouncing off a wall shall be a dead ball out. No runners may advance or score.
7. Any kicked ball that ends up in a balcony area shall be a dead ball out. No runners may

advance or score.

- a. If a kicked ball goes into a balcony area and returns naturally to the playing field is still live and may be played normally including being caught for an out as if it has not touched the floor.
8. A runner can be tagged out at any time not on a base.
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.a.3)

XI. Playing the Field

1. Teams may position players however they choose but must have the minimum number of players of each sex (3) to avoid penalty. The maximum is seven (7) players on the field.
2. There are no baselines along which runners must run to the base. However, intentional blocking of a runner by a fielder will result in the runner being awarded the base to which they were going.
3. Fielders may hit players with the ball to tag them out.
4. Thrown balls must not hit players in the face/head.
 - a. Thrown balls that hit players in the face/head result in the runner being safe and awarded the base to which they were heading, plus one extra base.
 - b. 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.
5. When a ball is overthrown the runners may run until the ball is returned to the pitcher, the pitcher is in the infield and the pitcher is not attempting to make a play.
 - a. There are no limits to the number of bases a runner may take.
6. A runner can be tagged out at any time not on a base.
7. A fielder, in order to tag a player out, advance the ball to another fielder, or return the ball to the field of play may kick the ball.
8. 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.
9. 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.
10. All other runners shall be permitted to advance one (1) base from their originating base if this occurs.
 - a. The offending player may be ejected from the game.

11. 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. All kicks must be made below the waist. Contacts above the waist are strikes.
2. All kicks must be made with the plant foot at or behind home plate.
3. A kicked ball must not cross the line created by (and including) the rear cones of the strike zone.
4. Any double kicked ball is counted as a live ball “strike.”
5. In the case of a ground-rule double: Any runners on second base score. If there is one runner on first, that runner goes to second; if there are two runners on first, one scores and the other stops at second.
 - a. (NB: There are currently no situations defined in the rules in which a Ground-Rule
6. Double would be called. Its definition is left in the rules in case an undefined situation arises for which the Head Referee deems a Ground-Rule Double appropriate.)
7. Any kicked ball that goes through a basketball goal is a home run.

XIII. Scoring

1. Any runner that touches home plate after touching all other bases in succession shall count for one (1) 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 a caught ball, or a tagged out runner on a force play.

XIV. Golden Ball Inning

1. This shall be one half-inning per team each game where a special, smaller ball will be used. Runs scored during the Golden Ball inning shall count double.
2. The Golden Ball Inning for each team shall be decided randomly by rolling a 6-sided die prior to the game. The resulting number shall be that team’s GB inning, unless the team rolls a 6. In that case, the captain shall have the option to take the 6th inning or roll again.

XV. Running

1. There may be up to two runners on one base at a time.
2. Players are considered “on base” if they are touching another player who is touching the base.
 - a. Players may use this rule in reaching a base safely and in “leading off.”

3. 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.
4. 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.
 - b. The runner will be out if (s)he leaves the base prior to the ball being touched and a fielder either touches the base or the runner with the ball.
5. Runners may catch the ball to avoid being out. If this happens, the runner must immediately kick the ball away.
 - a. If the newly kicked ball is caught in the air, the runner is out.
 - b. If the runner is tagged out, the runner may not take the ball from the defensive player and kick it. (See Section X.f).
 - c. The person catching the ball must have been the intended target of the thrower. A runner may not catch a ball thrown to a player on the fielding team, to a base, or thrown at another player on the runner's team.
6. Players may run in any direction or anywhere to get to the next base in order. There are no baselines.
7. 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.
8. Runners may not safely overrun any base.
9. Runners put out during a play should stay clear of the ongoing play as much as possible.
 - a. Deliberate misdirection or interference (passive or active) by put-out runners will result in the other runners being forced to return to their previous bases.

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.
 - a. An announcement will be made to the team kicking, for delay. If such announcement has been delivered, 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.

3. Teams shall have their defense set in a timely manner so as not to delay the game.
 - a. Once the referee has warned a team regarding this, subsequent delay(s) shall result in the referee awarding a walk to the kicking team's first kicker.
 - b. 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 held by conference until the championship game.
2. The team with the better record in each game shall be the home team.
3. Playoffs shall be single elimination.
4. If one team is ahead by twenty (20) or more runs at the end of four (4) innings, the game will be over.
5. All teams make the playoffs when possible.
6. For the Kickball Championship of the Universe all of the all division, conference, and championship game teams will be invited.
 - a. Any team that RSVPs to the Kickball Championship of the Universe and does not attend will be barred from participating in the K.C.O.U. the following season.

XVIII. Banning Players/Teams

1. As needed, players or teams will be banned from NAKID if their conduct is deemed to be detrimental to NAKID. This is solely up to the management of the organization.
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 follow the rules.
5. Any team that accuses a referee of cheating or bias may be removed from the league.
6. Teams are expected to contribute socially to the league.