



# KICKBALL RULES: DC METRO

*Amended July 2017*

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.

## I. Overview: Teams and Players

1. All players must be registered and paid in full to play NAKID, 21 or older, have health insurance, and signed our waiver.
2. Kickball team roster sizes shall be a minimum of 18 players and a maximum of 25 players.

### THE COUNT

**4 Balls** = a Walk

**4 Fouls\*** = 1 Out

**3 Strikes** = 1 Out

**3 Outs** = end of ½ inning

\* Fouls also count as Strikes 1 & 2

## II. Game Format

1. Games are limited to 45-55 minutes and between 5-7 innings.
2. Game ties are allowed in the regular season.
3. Teams will sometimes need to provide referees for games.
4. There are no kicking order requirements; however, each team must maintain a kicking order.
5. Teams may field up to 6 of each sex, but no more than 11 total players on the field.
6. Teams are required to have a minimum of 5 men and 5 women on the field. For each player down, the team must place a ghost out in their kicking lineup and the opposing team starts up 1 run for each missing player.
7. Players must wear their NAKID-provided t-shirts for the current season each week.
8. Bunting is allowed. A team that's ahead by more than 10 runs may not be allowed to bunt.
9. Foul/Fair territory will be defined by bases, lines and/or cones.
10. Teams must notify NAKID within a reasonable timeframe if they're unable to attend their game.

## III. Defense: Pitching, Catching and Fielding

1. The Strike Zone is (1) the ball must pass over the home plate no higher than 12 inches and (2) have at least two bounces BEFORE the ball arrives at the home plate. No sidearm pitches.
2. No players may advance beyond the imaginary line between 1st and 3rd until the ball is kicked.
3. The catcher may not advance beyond 6 feet behind the home plate until the ball is kicked.
4. No head shots. Automatic safe if the runner is hit in the head (unless they were sliding).
5. Fielders that are trying to catch a fly ball are strongly encouraged to yell, "I got it," to help avoid colliding with other fielders.
6. Fielders must try to avoid being in the base line, unless making a legit play for the ball.

## **IV. Offense: Kicking and Running**

1. Kickers must have at least one foot planted on or behind the home plates when kicking. Kickers must also only use one leg to kick the ball and the kick must be at or below the knee.
2. Runners must run on the base line or within a reasonable distance of it.
3. Runners may overrun the 1st base only, and must curve outward away from 2nd base. Inward curves towards 2nd base are considered an attempt to advance to 2nd base, and not an overrun.
4. The orange first base and orange home plate, if applicable, are for the runners only.
5. Runners must beat the ball to the base. Ties go to the Fielder.
6. Runners must try to avoid colliding with a Fielder.
7. Pinch runners are allowed, but the referees must be notified in advance.
8. Stealing bases is not allowed. Players must tag up before advancing to the next base.

## **V. Play Nice, Be Safe and Have Fun**

1. The Douchebag Rules: Don't be a douche.
  - a. Don't yell "I got it!" so that the opposing team drops the ball.
  - b. Don't intentionally "bobble" the ball.
  - c. Other douchebaggery behavior as determined by NAKID management.
2. Only referees can make calls. Please refrain from making sideline or in-game calls.
3. Abuse of referees, players or anybody else is strictly prohibited.
4. Only captains may inquire about or dispute calls made by the referees.
5. As needed, players or teams will be banned from the league if their conduct is deemed to be detrimental to the league.
6. Calling games on account of rain, lighting issues, and other conflicts is at the sole discretion of NAKID management.