

**New Milford Recreation**  
**Over 30 Co-Ed Adult Kickball League**



The New Milford Over 30 Co-Ed Adult Kickball League is open to all New Milford residents age 30 and over regardless of ability. It's a social and "minimally" competitive league with a goal of promoting community, sportsmanship and fun. The season begins June 3rd and ends in July 31st. A single elimination playoff will be held on a Saturday July 31<sup>st</sup> with a league party to follow. Regular season games will be played on Thursday nights at 7pm. All games will be played at Kennedy Field.

League Details:

- Games will be 7 innings (1:15 max).
- 1<sup>st</sup> base / 3<sup>rd</sup> base coaches will act as umpires.
- Pegging is allowed below the shoulders. Anything above shoulders - runner is safe.
- You can overrun EVERY base. If you want to advance to another base you must retouch.
- No sliding.
- No leading. Runner must wait until ball is kicked in order to run.
- No bunting (ball must travel 25 feet or it's a strike).
- No infield fly rule, No intentional drops.
- If a male walks with a female "on deck" the male goes to second and the female gets first. All runners move up accordingly.
- 5 runs per inning max, (except the 7th inning). 10 run rule after 4 innings.
- Foul ball 3<sup>rd</sup> strike = out.
- Tagging up is allowed on first touch.
- 10 players max in the field (4 players minority gender), can bat as many as you like
- 4 players of minority gender on field at all times
- 8 players required to be an official game (3 players minority gender)
- Games can end in ties
- Standings will be based off points (3 points for a win, 1 point for a tie, 0 points for a loss)
- **Any player not wearing the league provided uniform will start with an 0-1 count**

The New Milford Over 30 co-ed Adult Kickball League is for recreational purposes only! Bring lawn chairs, sports drinks, food and friends. Music and great sportsmanship are mandatory at all times. Please remember children are present, so watch your language, and your musical choices.

"Show class, have pride, and display character. If you do, winning takes care of itself." Coach Paul "Bear" Bryant.