



## NIA ADULT 30 & OVER KICKBALL RULES - 2026 SEASON

---

**Remember! This is a friendly, neighborhood game.**

**The spirit of these rules is to ensure a fun environment and participant enjoyment. All games are to be played in a sportsmanlike manner. If necessary, the NIA Kickball Commissioners will address any inconsistencies, discrepancies and misunderstandings in accordance with the spirit of these rules.**

Played like baseball, the object is to score more runs than the opposing team. In short, games are played with up to 10 fielders, 7 innings, no head shots, one base on an overthrow, forced outs, no bunting is allowed and 2 strikes makes an out (fouls are strikes). The following rules will govern all kickball games. For the enjoyment of all, proper respect and civility is required of all participants toward one another. Have fun everyone!!

### **The Playing Field**

- The kickball field equals the dimensions of a softball field.
- The pitching strip is in the center of the diamond and directly aligned with the first/third base diagonal.
- A bunting line will be a white line that connects points 35 feet down the 1st and 3rd base lines from home plate.
- A kicking line will be a white diagonal line behind which all kicks must be made.

### **Equipment**

- Cleats are encouraged - Metal cleats are not allowed.
- **Teams must have matching shirts - this includes all subs (players without matching shirts will not be allowed to play)**

### **Game Play**

- Each game has a 50 minute or 7 inning limit. No innings can begin after 50 minutes unless there is a tie. The time limit does NOT apply to the playoffs.
- If both teams agree, during the regular season ties can be broken by playing one full inning even if the 50 minute limit has been exceeded. If the tie is not broken after the extra inning, additional full innings may be played if the 50 minute limit has not been exceeded. Games can end in a tie during the regular season.
- Playoff or the championship games cannot end in a tie and must be played to a winner, even if over the 50 minute or 7 inning limit. Full innings must be played to break the ties.
- A regular season game that completes 5 innings and is then called due to weather is deemed a complete game and counts in the standings.
- A regular season game that is called before 5 innings are completed (or 4 ½ if the home team is leading), due to weather or darkness, will be suspended and later resumed on a rescheduled date. It will begin from where it left off.



## NIA ADULT 30 & OVER KICKBALL RULES - 2026 SEASON

---

### Player Conduct

- Umpires will issue a yellow warning card to any player who willfully breaks the rules outlined in this document and/or who demonstrates overt disrespect to players or umpires.
  - 2 yellows in one game = one red = Ejection from that game
  - Ejection (a red) can happen without a second yellow for something initial transgression that's truly egregious.
  - 2 reds during the season = Expulsion from the league.
- Players MUST NOT confer with umpires regarding any play or any call. Only captains are to speak with umpires regarding scoring and rule enforcement.

### Team Captain

- The captain must ensure that all players and subs have registered and signed online waivers before the start of play.
- The captain is responsible for writing up the line-up and providing a copy of the line up to the opposing team's captain prior to the start of play.
- **The captain is responsible for turning in a copy of the lineup, along with the score, at the end of each game to one of the League Commissioners. Scores must be agreed upon by both captains and umpires.**
- **The Captain is responsible for all trash from the team being put in trash cans or removed from the fields.**
- Captains are responsible for communicating all pertinent information from League Commissioners to their teams.

### Teams

- Teams must field at least 6 players and no more than 10.
- Teams must field a minimum of 3 females if playing with 6 to 8 players.
- Teams must field a minimum of 4 females if playing with 9 or 10 players.
- Regardless of how many players are allowed in the field due to these minimums, all present players may be in the kicking line-up.
- If a team is fielding 10 players, 1 of the 10 must be the catcher.
- Each team shall have a captain who will be responsible for the team and its players.
- **Players must be 30 years of age or older before the start of the kickball season.**
- A max of 2 non Trumbull residents per team per season (this is inclusive of rostered players and subs), except where rostered players have been grandfathered in from before the 2023 kickball season. If you have 2 non-Trumbull players who have been on the team since before 2023, you can still have 2 additional non-Trumbull players since those original players have been "grandfathered in".
- If a team cannot field the minimum number of 6 players to start the game, it's ruled a forfeit in the standings. Teams may share players if there are enough to field two teams of at least 6 players to plan an exhibition game if both teams agree.
- Up to 2 substitutes per team per game can play in a regular season game.



## NIA ADULT 30 & OVER KICKBALL RULES - 2026 SEASON

---

- For the regular season a substitute can play in place of a player on the roster who cannot play.
- A person may substitute a maximum of 2 games.
- **In order to be eligible to play in the playoffs or the championship games, a player must have paid the league fee and played in at least 3 regular season games.**
- A rostered kickball player cannot be a substitute player for another team at any point during the season, playoffs or championship games.
- A player who is expected to arrive late may be put in the line-up at the last spot in the order that will comply with the gender kicking rules. If that spot comes up and said player has not yet arrived, (1) they may be removed and are not eligible to be added to the line-up later, or (2) it will be an out until that player arrives.

### Line Ups

- There is no limit on how many players can be on your roster to kick.
- All players in the game must be in the kicking line-up.
- Kicking 3 men or 3 women in a row is an automatic out.
- If a kicker kicks out of order it's an automatic out.
- Your kicking order must be turned in to the opposing team's captain before the start of the game.

### Pinch Runners

- Each team is allowed a pinch runner for no more than 2 kickers per game.
- If the kicker is female, the pinch runner must also be a female. If the kicker is male, the pinch runner must be a male.
- **The pinch runner must be the last out of the same gender.** If that person is using a pinch runner, then the person of the same gender in front of them in the kicking order will be the pinch runner.

### Designated Player

- In case of injury or illness, a time out may be requested for participant removal and replacement with a substitute. Gender rules must still be obeyed in this situation. If the participant later returns to play the participant must be inserted in the same kicking order previously held.
- If a player is injured or becomes ill and cannot continue and there are no available subs the lineup will continue in the same formation unless minor adjustments need to be made to adhere to the gender rules.

### Pitching/Catching

- **A legal delivery shall be a ball that is delivered underhand at a medium speed which is subject to umpire discretion.**
- Excessive bounces in a pitch will constitute a re-pitch.
- The pitcher must stay WITHIN the pitching circle UNTIL the ball is kicked
- No spin pitches.



## NIA ADULT 30 & OVER KICKBALL RULES - 2026 SEASON

---

### Kicking

- All kicks must be made with the foot/leg and must demonstrate a full extension of the leg.
- **The kicker must take a full kick at the ball. If the kicker does not take a full kick, the kick is a bunt and is a foul. Determining a “full kick” is at the umpire’s discretion.**
- If the ball does not cross the bunt line and the ball is not fielded in front of the bunt line, the kick is considered a bunt.
- Bunting is not allowed and will result in a foul with the ball becoming ultimately dead.
- All fielders must stay behind the bunt line until kick is made, then they can cross the line and field the ball.
- **All kicks must occur behind (or on) the kicking line. A kick occurring in front of the kicking line is ruled a foul and it will count as a strike.**

### Balls/Walks

- There are no balls. There are no walks.

### Fouls

- A Foul is:
  - A kick landing outside the foul line.
  - A kick landing in bounds, but traveling out of bounds on its own before reaching first or third base. (any ball touched by an inbounds fielder is automatically in play).
  - A kick determined to be a bunt.
  - A kick that occurs in front of the kicking line.

### Strikes

- A count of two strikes constitutes an out.
- A strike is:
  - A pitch missed by the kicker.
  - A foul ball (a foul ball on 2nd strike is an out)
  - A bunt
  - A kick that occurs in front of the kicking line.
- A foul ball that crosses the foul line and stays foul before reaching 1st or 3rd base.
- If a ball goes foul and comes back into the playing field (without being touched) before it reaches 1st or 3rd base, it is considered a fair ball.

### Outs

- A count of 3 outs by a team completes the team's half of the inning.
- An out is:
  - Any combination of strikes or fouls that totals 2



## NIA ADULT 30 & OVER KICKBALL RULES - 2026 SEASON

---

- A runner touched by a kicked ball at ANY time while not on base.
- A fielder hitting a runner with the ball at medium force. (please be sportsmanlike!)
- Any kicked ball (fair or foul) that is caught in the air.
- A fielder with the ball in hand tags the base to which the runner is forced to run.
- A runner off his/her base when the ball is kicked.

### Ball in Play

- Once the pitcher or any player has the ball in control and on the pitcher's mound, the play ends and no more advancing bases. A player's both feet must be within the circle while possessing the ball securely. The line is considered to be in the circle.
- If a runner intentionally or accidentally touches or stops the ball, the play ends and the runner is called out.
- Runners are allowed only 1 base beyond the base they've already attained on an overthrow of a live ball out of the field of play. If an overthrow is still in the field of play, the runner(s) can advance at will.
- It's an immediate dead ball and the kicker is awarded first base if their kick strikes an umpire before any fielder (excluding the pitcher) has a chance to make a play. If runners are on base, they advance one base if pushed forward when the kicker is placed on first base. If a throw strikes an umpire, the ball remains live and play continues.

### Running

- Runners must stay within the baseline.
- NO SLIDING! NO SLIDING OR DIVING even back to a base. Any sliding/diving results in an automatic out.
- No leading or stealing is allowed. A runner cannot leave the base until the kicker has made contact with the ball, or the runner on base will be out.
- Ties go to the runner.
- On a play at 1st base, the runner will run to the base on the right and are allowed to run through the base. The fielder will play the base on the left. If a fielder plays the right base, this will result in the runner being safe. A runner running to the left 1st base will be deemed out unless it is because the fielder was playing the right side base.
- After crossing first base on a single, runners must turn toward foul territory if simply returning to the base. If turning toward fair territory, the runner is still safe if they show no intent to advance to second base.
- Base runners may not interfere with the play in progress. A base runner that interferes will be charged with interference resulting in both the base runner and kicker being called out on the play. Ex: If a fielder is in the baseline because the fielder is about to catch a pop up, the runner must not run into the fielder interfering with the play.
- In the event a base moves, runners should stay where the base is supposed to be, do not move with the base.



## NIA ADULT 30 & OVER KICKBALL RULES - 2026 SEASON

---

### Fielding

- Players must play the entirety of an inning in one position. There is no shifting of positions mid-inning with the exception of injury or illness.
- Fielders must stay out of the baseline.
- Fielders may be positioned anywhere on the field behind the bunt line.
- All outfielders need to start in the grass for each batter and cannot come into the dirt until the ball is struck.
- Hitting a runner with the ball above the shoulders is not allowed. Any runner hit above the shoulders is safe and advances one base. Exception: If a runner ducks to try to avoid being hit and is hit in the head, this rule does not apply; the runner is still out. If a runner intentionally uses the head to block the ball, the runner is out.
- After a kickball is caught in the air with less than 2 outs, runners must tag their originating base before running to the next base.
- An Infield Fly is a fair fly ball (not a line drive or bunt) that, in the judgment of the umpire, can be caught by an infielder, pitcher, or catcher with ordinary effort and when there are runners on first and second or first, second, and third and less than two outs. When the umpire calls "infield fly" the batter is out, regardless of whether the ball is subsequently caught or dropped (unless it's foul). The ball is live, and runners already on base may advance (at their own risk) if the ball is not caught or tag up and advance if it is caught.
- If an infielder intentionally drops a fly ball or line drive (discretion of umpire) with at least first base occupied and less than two outs, the kicker is out and runners return to their base at the time of the pitch.

### Tagging Up

- Runners tagging up on balls in the air are allowed to advance without penalty after the ball is contacted by the fielder regardless whether it's ultimately caught.

### Mercy Rule

- **If a team scores 7 runs in an inning that half inning will immediately come to an end; no more than 7 runs can be scored in one half inning. This does not apply in the game's final inning.**

### Rain Dates

- The predetermined rain date for canceled games will be at the discretion of the League Commissioners and Umpire availability.



## NIA ADULT 30 & OVER KICKBALL RULES - 2026 SEASON

---

### General

- This is a community environment so please be respectful while on the fields. Our neighbors live around the Moore Ballfields and don't want to see trash or people urinating in their backyard. There is a port a potty in the parking lot that is refreshed every week during the season.
- Parking is available at the lot on Unity Road. This lot gets pretty full so please do your best to park so your neighbors and teammates have space too. Please don't park on Unity Road.
- No glass bottles at the fields, please put all drinks in coozies.
- We do our best to get a food truck at each game so help us keep them coming back by supporting them while you're at the game, or bring the family down to watch on a night you aren't playing and enjoy a night off from cooking.
- Updates on schedules, playoffs, and team stats will be available during the season and communicated to Captains.
- HAVE FUN!!!!

REVISED May 13, 2026