

*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 in late May and ends in late July. A single elimination playoff will be held on a Saturday at the end of July 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<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.
- No sliding.
- No bunting.
- No infield fly rule, No intentional drops.
- 5 runs per inning max. 10 run rule after 4 innings.
- Foul ball 3<sup>rd</sup> strike = out, 1 courtesy foul per at-bat.
- 10 players max in the field, 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. Headbands, 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.