

2021

Kingdom Fitness Recreation: Rules and Regulations



Table of Contents

Flag Football.....	2
TEAM COMPOSITION	2
INCLEMENT WEATHER	2
EQUIPMENT AND PLAYING FIELD	2
INDIVIDUAL PLAYERS UNIFORM	2
FIELD DIMENSIONS	2
SCORING.....	3
GAME TIME.....	3
CLOCK (All Leagues)	3
OVERTIME RULES (All Leagues).....	4
PLAYING RULES	4
GENERAL PENALTIES (All Leagues).....	5
Sportsmanship & General Public Rules.....	7
Kickball	9
GENERAL	9
REGULATION GAMES	9
SPORTSMANSHIP & GENERAL PUBLIC RULES	10
Softball	11
EQUIPMENT	11
REGULATION GAME	11
TERMS	12
PLAYING POSITIONS.....	13
THE SOFTBALL PLAYING FIELD	14
SPORTSMANSHIP & GENERAL PUBLIC RULES	14

Flag Football

TEAM COMPOSITION

- 15 players max roster (All leagues)
- 5 players constitute as a team (5v5, kids, & women league play)
 - Game time- 5 players must be present on the field (5v5, kids, & women league play)
- 7 players constitute as a team (men's league)
 - Game time- 7 players must be present on the field (men's league)

INCLEMENT WEATHER

- **No games** will be rescheduled or cancelled unless thunder & lightning are present
- If heavy rain - we will push the game times back until we can resume or cancel
- Only Kingdom Fitness will postpone games for a later date if necessary, please contact Kingdom Fitness via Band App, web page or social media for any updates
- Parents & Players please use your own judgement if necessary

EQUIPMENT AND PLAYING FIELD

- Coaches are needed for the co-ed kids' teams
 - Coaches must be 18+ years & up (pertaining to kids' league)
- Teams must have a color coordinating shirts/jersey (all leagues)
- No required color for shorts, But **NO POCKETS!!** (All leagues)

INDIVIDUAL PLAYERS UNIFORM

- Mouthpieces: not mandatory but beneficial on the field
- Shirts: All shirts must be tucked in; sweatshirts, hoodies, must be tucked in
- Shorts/Sweat Pants: No belt loops, No pockets or exposed draw strings. No towels.
- Headgear: Only baseball style caps, skullcaps or bandannas can be worn
- Shoes: Football Cleats or Tennis Shoes
- Jewelry: No real/hard Jewelry. Only wristbands or medical bracelets are allowed.
- Flags - To be provided by KF Recreation & flags must be returned after usage. (All Leagues)
 - Players can wear their own flags as long as the flags adhere to regulation
 - Flags must be attached before each play
 - Failure to have flags attached, if caught will regard in a 5 yd. penalty
 - If flag falls off during the play, the play is still in continuation. The play ends when the defensive player touches the runner with one hand.
 - Flags must be worn on the hips of the players at all times. If caught off, teams will receive a loss of 5 yds. In penalty

FIELD DIMENSIONS

- Length 80 yds x 40 yds width, with a potential 3 first down each drive (7v7-Men's League)
- Length 100 yds x 53 ½ yds width, with a potential 3 first down each drive (8v8-Men's League)
- Length 66 yds x 45 yds width, with a potential 1 first down each drive (5v5, kids, & women league play)
- 10 yd end zones (Men's League)
- 5 yd end zones (5v5, kids, & women league play)

- Possessions start on the 5 yd. line each drive (all leagues)

SCORING

- Touchdowns - 6 pts
- If defense scores on a turnover in an extra point attempt - 1 pt.
- Safety - 2 points
- 2 extra point lines options (All Leagues)
 - 5 yd. line results in=1 pt.
 - 10 yd. line results in= 2 pts.

GAME TIME

- When game time starts teams must have enough players on the field to start or team will receive an automatic forfeit after 10 mins of no show
 - 7 for Men's League
 - 5 for 5v5, kids, & women league play
- 2 20-minute halves with 3-minute half time periods (all leagues)
- Coin toss will determine which team has the ball first (all leagues)
 - Team that wins the toss can either (1) receive (2) defend-this results in opposing team possessing the ball first

CLOCK (All Leagues)

- 2 20-minute halves
- A nonstop clock in the first half
 - 18 minutes in the second half
 - 2-minute warning prior to ending of regulation of game
- Only team time out & officials time out can stop clock in regular game time. The clock will stop in the final 2 minutes of second half for:
 - incomplete pass-clock restarts on snap
 - out of bounds-clock restarts on snap
 - penalty-clock restarts on snap depending on previous play
 - score-clock restarts on opponents next snap from scrimmage
 - time-outs- clock restarts on snap
 - inadvertent whistle-clock restarts on ready to play whistle
 - first down-clock restarts when ball is spotted
- Ref's will inform teams in both halves when there is 2 minutes remaining. Ref's will inform teams how much time is remaining upon request or at the 5-minute mark in each half.
- (Play Clock) Ball must be put in play :20 seconds after ball is set in play
- Teams will have 2-:30 second time outs each half, 1-:30 second time out if overtime

*Games only end in a tie after regulation w/ overtime in the regular season not on Playoff/Championship Day. On these days, games must be decided in a victory no matter the how many overtimes.

OVERTIME RULES (All Leagues)

- Coin toss
- Teams can choose offense or defense
- Each team will receive a possession
- Teams will have 1 drive each to score
- In result of a “No score” of either team will result in a “tie”. On bracket or championship days, a team must win, so games will be settled in the first team to score and stop a possession in however many overtime’s needed (like college overtime rules)
- Teams may go for 1- or 2-point conversion attempts for result of the win
- If teams both tie after the 1st overtime (on bracket or championship day) team that scores next possession & stops the following possession of other team wins. (Like college overtime rules)
- A coin toss will start new overtime period
- If a team is leading by 21 points or attains a lead of 21 points in final 2 minutes of the game the game will end (mercy rule)

PLAYING RULES

- Ball starts on 5 yd. line of each drive
- 3 people must be on the line of scrimmage pre-snap
- First downs happen when team player crosses or reaches ball across the first down line(s)
- Once first down is established a team may not make another first down by crossing the same line. (5v5, Kids & Women League Play)
 - Teams has 3 downs before getting a first down/touchdown (5v5, kids & women League Play)
 - Teams has 4 downs before getting a first down/touchdown (men’s league)
- Punting is allowed (Mens’ League)
 - Team can punt ball as close to the line of scrimmage as possible
 - No rushing the punter or jumping up to block the punt. Will result in an automatic first down if violated.
 - Team punting may not move until ball is punted
 - Receiving team cannot block, People on the line cannot even move. Only the returner(s) may move (whomever possess the ball)
 - Receiving team can return the punt
 - Ball starts wherever flag is pulled.
 - There can be lateral or pitch backs
 - All punts must be announced by referee prior to snap
 - If "muffed" dropped punt, teams ball starts right in that spot
 - Only balls caught out of the air can be returned. If ball hits ground first, the ball starts in that spot
- There are no fumbles
 - Fumbles are dead at spot where ball touches ground even if fumbled backwards
 - Ball goes to the team who was last in possession with the loss of fumble
 - There is no stripping the ball
 - In a result of a pitch back, the ball may be intercepted if caught out the air & advanced.
- All interceptions can be returned

- If player intercepts in the end zone & deflagged, it will result in a touchback. If deflagged out of the end zone the ball starts on that spot.
- There can be running plays
 - A player can hand the ball off behind the line of scrimmage.
 - Once the ball has been advanced or thrown across the line of scrimmage (in any downfield plays), an offensive player may hand or pitch the ball backwards to a teammate.
- A forward pass is legal when:
 - the passer's foot is behind the line of scrimmage
 - the pass occurs before change of possession (defender may not throw a forward pass following an interception)
 - All players are eligible to receive a pass
 - one foot must land in bounds before any part of the body lands out of bounds for a legal pass reception
 - one knee is equivalent for 1 foot land
- When whistle is blown inadvertently*
 - During a legal pass with flight of ball or while punt is in flight, the ball is re-played
 - teams in possession of the ball can advance ball when whistle is blown inadvertently
 - whistle is inadvertently blown in or before a play, the down is re-played

GENERAL PENALTIES (All Leagues)

- All teams must have a team captain or coach
- Delay of Game - Dead ball foul, 5-yard penalty from previous spot
- Ball must be put properly & legally & any action or inaction by either team which tends to prevent this illegal delay of game. This includes:
 - interruption of 20 second clock
 - consuming more than 20 seconds in putting the ball in play after it is marked ready for play
 - moving the ball after it is dead
- Encroachment/Offsides - dead ball foul, 5 yards from previous spot
 - no player on defense may encroach the ball or contact an opponent in any way after ball is set for play. Encroachment is when a player breaks line of scrimmage. Players do Not have the opportunity to jump across the line of scrimmage & get back on side.
 - defensive players/rushers must be 1 yard off the ball (Men's league) & cannot be lined up right over the center. (The referee will be sure of that)
 - defensive players/rushers must be 5 yards off the ball (5v5, kids & women league play) & cannot be lined up right over the center.
- False Start - dead ball, 5 yards from previous spot
 - -no offensive player shall simulate a charge at start of play
- Illegal Procedure - 5 yards from previous spot
 - when WR & blockers are not on the line of scrimmage
 - player receives snap from center, must be 2 yards behind the offensive scrimmage line unless he/she is the QB & is under center.

- defensive lineman/rushers can be lined up 1 yard behind the line of scrimmage (Men's League)
 - defensive lineman/rushers can be lined up 5 yards behind the line of scrimmage (5v5, kids, and women leagues)
- Illegal motion & shift - 5 yards from the previous spot
 - Only 1 person maybe in motion, but not in motion towards opponent's goal line or line of scrimmage at the time of snap of ball
 - After huddle, all offensive players come to stop & remain stationary for 1 second before going in motion
 - Audibles in formations are allowed.
- Flag guarding - 5 yards from previous spot & play starts from previous play & loss of down
 - ball carrier cannot protect his/her flags by blocking it with his/her hands, keeping opponents from grabbing them. No stiff arming, running with ball at hip level intentionally guarding flags from defenders
- Illegal deflagged got an opponent - personal foul, 10 yards
 - offensive player must have possession of the ball before they can be legally deflagged. Pulling or removing a flag belt from an offensive player without ball is illegal
 - if the player is an eligible receiver, then violation may be considered pass interference
- Illegal contact of ball carrier - personal foul, 10 yards from spot of foul
 - ball carriers are to run and avoid tacklers
 - Deliberate charging of an opponent is against the rules
 - Charging like in basketball is illegal
 - Ball carrier can spin, juke, or jump around defenders to avoid deflagging
 - If contact is caught as intentional or unsportsmanlike, then 10 yards will be added to the penalty and player will be ejected & will have to leave the event
- Holding - 10 yards from end of run (defense), 10 yards from spot of foul (offense)
 - Holding is grasping or encircling an opponent with hand or arm in any way that impedes his/her movement. A defensive player may not hold, push, or knock the ball carrier down in attempt to remove the flag. If foul is intentional or unsportsmanlike then 10 yards more will be added to the penalty & player will be ejected from the event & will have to leave the event
- Tripping (10 yards from end of run)
 - Using lower extremities to trip ball carrier
- Illegal contact by defense & tackling - 10 yard from end of run
 - potential tacklers may leave their feet to grab flag only
 - defensive players may reach across ball carriers' body to grab flag
 - ball carriers may not be thrown to the ground
 - If defensive player tackles the ball carrier, who in the opinion of the referee, would have scored, a touchdown would be awarded.
 - Deliberate tackling will result in disqualified, player ejection, & player would have to leave the event
 - defensive players may not "bull rush", but can avoid blockers by juking or spinning but cannot use hands

- offensive players may block but can only do so by shuffling their feet with hands behind their back
- defensive players cannot hit the QB's throwing arm. However, if the defensive player raises or jump with his/her hands in the air in attempt to swat ball & accidentally hits the throwing arm, it will result in no penalty
- Illegal forward pass & intention - 5 yards from spot of foul
 - when pass is thrown forward in violation of legal pass guidelines listed above is considered illegal
- Offensive pass interference - 10 yards from previous spot & loss of down
 - when offensive player stops defensive player by grabbing, pushing, etc. from making a play on the ball
- Defensive pass interference - 10 yards from previous & automatic first down
 - restrictions from when the ball is thrown until it is touched by receiver. Note: contact or interference by the defense prior to when the pass is thrown is still considered illegal & will be penalized as a personal foul. Bump & Run coverage is Not allowed. No Contact is legal after the ball has been snapped. Making a play on the ball legally is allowed.
- Other Personal Fouls - 10 yards from end of run (defense), 10 yards from spot of foul (offense)
 - no player shall punch, strike, strip, steal, or attempt to steal the ball from the player who has possession
 - there shall be no tripping or clipping (behind the back)
 - there is no hurdling defender (jumping over)
 - defensive players may try to swat at the ball if player is trying to gain possession upon reception & vice versa for offensive players, to result in not having an interception.
 - players can only jump or dive into the end zone or for a first down

Sportsmanship & General Public Rules

- Any neglect to follow the following rules will result in immediate ejection or removal from the park/tournament for the weekend or however long the games/tournament is held
 - foul language
 - violently protest call by referees
 - cursing officials or anyone at event
 - lighting or violent swearing
- If teams have 2 players ejected from game or tournament it will result in forfeit of game or whole tournament depending on coordinator
- Clean trash talk is fine and will be judged. No negative trash talk (will result in 5 yd penalty) Only encouraging words towards teammates & "hype" is allowed.
- Officials are trained upon all rules & regulations & will make their best judgement, showing no favoritism.
- EVERYONE in attendance, there is to be no yelling, complaining, swearing, negative trash talk, etc... ONLY encouraging words & sportsmanship is appreciated & needed for all players in attendance.
- All spectators must stay in designated area
- Players are to show high energy, play fast, compete, & show sportsmanship through the game
- NO ALCOHOL

- NO SMOKING
- NO SOLICITING

Please try to have a great attitude & let's keep a good atmosphere with a clean environment.

Kickball

GENERAL

- Play competitive but have sportsmanship and a whole lot of fun
- The away team, kicks first each inning and the home team kicks last each inning
- 10 players can be on the field at once
- 12-15 people on a team

REGULATION GAMES

- 5 innings per game or 1 hour (whichever comes first)
 - In the event of a tie score at the end of the innings, the game will go into a tie or until next team scores (in finals/championship games)
- Pitching, Catching, and Fielding
 - Balls must be pitch by hand, there are no restrictions on pitching style
 - No bouncing the ball on pitches, only firm rolls
 - All fielders must stay in proper position until ball is pitched
 - Pitcher must pitch ball from the mound area
 - Catcher must keep their distance behind the kicker with no interference
- Kicking
 - All kicks must be made with one foot or leg below the knee
 - All kicks must happen at or behind home plate
- Running & Scoring
 - Runners must stay within the baseline
 - Fielders must stay out of the baseline
 - Fielders trying to make an out on base may have their foot on base without getting in the way of runners path
 - No leading off base. No stealing bases. A runner may advance once the ball is kicked. A runner off the base when ball is kicked will be considered out.
 - There is no throwing and hitting the runners in the neck or head. Kickball when thrown can only hit the runners shoulders and lower to be considered out. If runner is hit in the head they are considered safe.
 - Running past another runner is not allowed.
 - Any overthrows to fielders, the runners may still advance in play
- Strikes
 - 3 strikes is an out
 - Foul balls do not count as strikes
- Balls
 - 4 balls advances the kicker to first base
 - A pitch outside of the strike zone and no attempted kick
 - A pitch that does not touch the ground at least twice or roll before reaching the kicking box
 - A pitch ball that exceeds one foot in height from the bottom of the ball as it enters the kicking box
 - A pitch ball that is higher than one foot at the plate

- Fairs & fouls
 - A count of 4 fouls is an out. Fouls balls never count as strikes
 - A foul ball is a kicked ball that touches the ground in foul territory
 - A kicked ball first touching a fielder or ref wholly in foul territory
 - A kicked ball landing in fair territory, but touching the ground in foul territory on its own at anytime before it crossing the 1st-3rd base diagonal
- Outs
 - A count of 3 strikes by a team. Completes the team's half of the inning.
 - A out is any kicked ball that is caught by a fielder
 - A force out, runner being tagged, hit with ball or thrown out by fielder before getting to base
 - A runner who fails to properly tag up on a caught ball

SPORTSMANSHIP & GENERAL PUBLIC RULES

- Any neglect to follow the following rules will result in immediate ejection or removal from the park/tournament for the weekend or however long the games/tournament is held
 - foul language
 - violently protest call by referees
 - cursing officials or anyone at event
 - lighting or violent swearing
- If teams have 2 players ejected from game or tournament it will result in forfeit of game or whole tournament depending on coordinator
- Clean trash talk is fine and will be judged. No negative trash talk (will result in 5 yd penalty) Only encouraging words towards teammates & "hype" is allowed.
- Officials are trained upon all rules & regulations & will make their best judgement, showing no favoritism.
- EVERYONE in attendance, there is to be no yelling, complaining, swearing, negative trash talk, etc... ONLY encouraging words & sportsmanship is appreciated & needed for all players in attendance.
- All spectators must stay in designated area
- Players are to show high energy, play fast, compete, & show sportsmanship through the game
- NO ALCOHOL
- NO SMOKING
- NO SOLICITING

Please try to have a great attitude & let's keep a good atmosphere with a clean environment.

Softball

EQUIPMENT

- Equipment differs for offensive and defensive positions.
 - On offense, batters have a wooden or aluminum bat, batting gloves for grip, and batting helmets for protection.
 - On defense, fielders use a leather glove. The catcher has special protective equipment, including a face mask, chest protector, and shin/leg guards.
 - All players wear shoes with cleats. The uniform consists of a jersey; pants, shorts, or skirt; and a baseball cap, visor, or headband.

*MAJOR DIFFERENCES FROM BASEBALL

Fast pitch softball is similar to baseball; however, there are notable differences. · For example, the pitch is delivered underhand, the ball is larger, the field is smaller, and base runners cannot leave a base until the pitcher releases the pitch. THE GAME

- There are 9 players on a softball team.
- The playing field is divided into the infield and outfield
- The lines between the bases are 60' apart and when joined they form a "diamond", inside the baseline is known as the infield
- Outside the baseline but inside the playing field is called the outfield.

Any ball going outside the 1st or 3rd base line is a foul ball (runners can not advance and the batter gets another try unless the ball was caught in the air, which translates to an out)

An official game is 7 innings (a inning is when both teams have had their turn to bat) a) The visiting team bats in the first half of each inning, called the "top of the inning;" the home team bats in the second half of each inning, called the "bottom of the inning."

There is no set time that an inning lasts; each half of the inning continues until the defense accumulates three outs. If the game is tied after the last inning, the game goes into "extra innings," and continues until one team holds a lead at the end of an inning.

REGULATION GAME

- Pitching
 - The pitcher must have both feet on the pitcher's rubber and can only take one step forward while pitching.
 - The ball must be thrown underhand.
 - Both hands must be on the ball at the start of the pitch.
- Batting
 - Batters must follow the same order throughout the whole game
 - The batter is out if and when:
 - 1) three strikes have been called
 - 2) a fly ball is caught
 - 3) the batter does not stand in the batter's box

- Base Running
 - Runners must touch each base in order
 - Runners may overrun 1st base only, all other bases the runner may be tagged and called out if they are off the base.
 - Runners can not lead off a base, they must be on base until the ball has left the pitcher's hand
 - After a fly ball has been caught the base runner must tag the occupied base before 5) advancing to the next base
 - One base runner can not pass another base runner that is ahead of them.
 - Stealing a base is not permitted
 - A runner is out if:
 - 1) they are tagged with the ball before reaching a base
 - 2) the ball gets to 1st base before the runner
 - 3) they run more than 3 feet out of the base line to avoid being tagged

TERMS

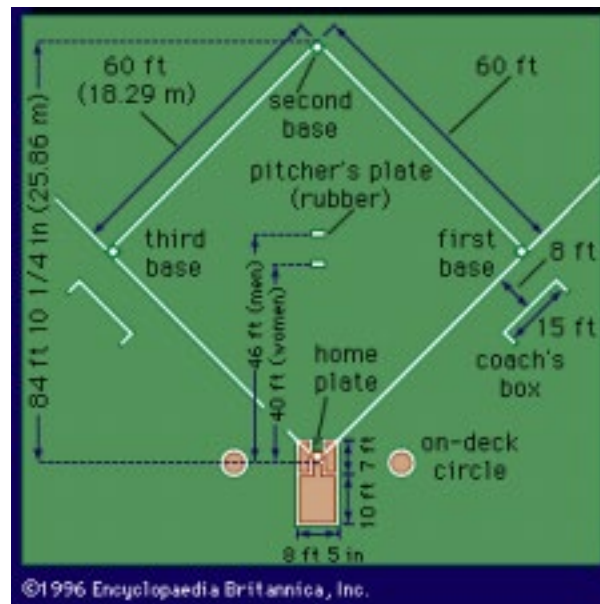
- **Ball:** a legally pitched ball that does not enter the strike zone (four balls equals a walk)
- **Grounder:** A ball that is hit on the ground
- **Force out:** when the runner has to advance to the next base to make room for the following base runner.
- **Fly ball:** ball hit up in the air to the outfield
- **On deck:** the next batter
- **Pop up:** ball hit up in the air to the infield
- **Strike:** term used when a ball is swung at and missed or is called when the ball enters the strike zone and is not swung at all.
- **Strike zone:** the ball passes the batter over the plate between their chest and knees
- **Infield:** The infield is that portion of the field in fair territory which includes areas normally covered by infielders
- **Outfield:** The part of the field beyond the diamond, or infield. It is occupied by the fielders and it is farthest from the batsman.
- **Foul Lines:** Two lines (first and third base line) that distinguish fair territory from foul territory
- **Fair Territory:** Fair territory is that part of the playing field within and including the first and third base foul lines from home plate to the extreme playing field fence and perpendicularly upward.
- **Batter's Box:** Box marked with chalk near home plate that a batter must stay within while batting.
- **Bases:** Home plate is one corner of a diamond with bases at each corner. The bases other than home plate are 15 in (38 cm) square, of canvas or a similar material, and not more than 5 in (13 cm) thick. The bases are numbered counter clockwise as first base, second base, and third base
- **Pitcher's Mound:** Located near the center of the diamond it is the spot from where the pitcher throws the ball.
- **Foul Poles:** Poles stationed at the end of each foul line to distinguish fair territory from foul territory.
- **Double play:** A play in which the defense records two outs.

- **Triple Play:** A play during which the defense records three outs.
- **Tag Out:** A base runner that is not on a base when she or he is tagged by a player with the ball. The defense must create three "outs" before it can switch to defense. Outs can be by strike out, force out, fly out or tag out.
- **Hit:** A batted ball that allows a batter to safely reach base.
- **Home Run:** Fair ball hit over the outfield fence between the two foul poles. 22) Run: An offensive player safely tags home plate.
- **Strike Out:** Occurs during an at-bat when a batter accumulates three strikes, at which point the at-bat ends and the player is called out.
- **Umpires** make the decisions about play in a softball game. The number of umpires in a game can range from a minimum of one to a maximum of seven. There is never more than one "plate umpire"; there can be up to three "base umpires", and up to a further three umpires positioned in the outfield. Most games use a crew of two umpires (one plate umpire, one base umpire). The umpire's decisions are usually indicated by both the use of hand signals, and by vocalizing the call.
- **Safe:** Called when a base runner reaches a base without getting tagged out or avoids a force out.
- **Walk:** Player advances to 1st base when 4 consecutive pitches were called as balls.
- **Hit and run:** Base runner advances to the next base when the pitch is released, knowing that the batter is swinging at the pitch.
- **Line drive:** Ball hit with a trajectory almost parallel to the ground.
- **Sacrifice:** A batter strategically hits the ball into an out situation to advance or score a runner. Usually a "sacrifice bunt" or "sacrifice fly."

PLAYING POSITIONS

- **Outfielders (CF, RF, and LF):** Positioned beyond the infield, they catch and field "fly balls," line drives, and ground balls hit into the outfield.
- **Rover (or Buck Short):** plays 10-20 feet outside the infield on the "pull" side of the hitter. For example, a deep short stop for a right handed batter
- **Second Basemen (2B):** Plays in the gap between the bag at second and the first baseman. Receives throws from fielders attempting to make outs at 2nd base and fields "grounders" and "pop ups" hit to this side of the infield.
- **Short Stop (SS):** Fields the balls hit to the infield between second and third base. She or He covers second base (along with the second baseman) and is often involved in force plays and "double plays" with the second baseman.
- **Pitcher (P):** Throws the softball from the center of the diamond (pitcher's mound) to the catcher. The pitcher uses an underarm motion to pitch the ball toward the "strike zone". After making a pitch, the pitcher gets ready to field balls hit up the middle.
- **Third Basemen (3B):** Plays to the left of third base and covers any plays there. Receives throws from other fielders attempting to make outs at 3rd base.
- **First Basemen (1B):** Positioned just to the left of the first base. Their main role is to make fielding plays on balls hit toward first base.
- **Catcher (C):** Plays in a semi-crouched position behind home plate and receives pitches thrown by the pitcher. Also receives throws from fielders attempting to make outs at home plate.

THE SOFTBALL PLAYING FIELD



SPORTSMANSHIP & GENERAL PUBLIC RULES

- Any neglect to follow the following rules will result in immediate ejection or removal from the park/tournament for the weekend or however long the games/tournament is held
 - foul language
 - violently protest call by referees
 - cursing officials or anyone at event
 - lighting or violent swearing
- If teams have 2 players ejected from game or tournament it will result in forfeit of game or whole tournament depending on coordinator
- Clean trash talk is fine and will be judged. No negative trash talk (will result in 5 yd penalty) Only encouraging words towards teammates & “hype” is allowed.
- Officials are trained upon all rules & regulations & will make their best judgement, showing no favoritism.
- EVERYONE in attendance, there is to be no yelling, complaining, swearing, negative trash talk, etc... ONLY encouraging words & sportsmanship is appreciated & needed for all players in attendance.
- All spectators must stay in designated area
- Players are to show high energy, play fast, compete, & show sportsmanship through the game
- NO ALCOHOL
- NO SMOKING
- NO SOLICITING

Please try to have a great attitude & let's keep a good atmosphere with a clean environment.

