

CITY OF ROCKVILLE
Department of Recreation and Parks
ADULT KICKBALL LEAGUE RULES - 2011

I. PLAYER ELIGIBILITY

- A. Players need not live or work in the tax limits of the City of Rockville.
- B. Teams and players will be permitted to play in other jurisdictions, such as Montgomery County, etc. **Players must be out of high school.**

II. ROSTERS

- A. It is the Manager's/Coach's responsibility to make sure that the PRELIMINARY roster has been received in the Sports Office prior to the first league game.
- B. Rosters are to be submitted on the official roster form. Each player's name, home address, emergency contact information, and signature should appear on the form.
- C. Each team shall be limited to 18 players on their official roster that is turned in. **City of Rockville Department of Recreation and Parks may ask to put additional players on your team from the individual registrations.** This will be the only exception to having an 18-player team roster. There will not be more than 20 players on a team.
- D. The team manager shall submit by the third game to the department, a FINAL roster of all the players on his/her team. No players may be added after this date for league play.
- E. A player must be officially released in writing before he/she may play with another team. No transfers after final rosters.
- F. **In the Co-Rec Kickball program individual players may not participate on more than one team.**

PENALTIES FOR THE ABOVE:

A player in violation of this league rule is an ineligible player, and both teams he/she is playing for are subject to forfeiting each and every game in which he/she participates.

Coaches are responsible for the absolute validity of the team rosters submitted to the Sports Office.

The use of an ineligible ballplayer will result in the coach, whose name appears on the roster, being suspended for a minimum of two games, in addition to other penalties.

Check with each of your players and advise them of the league rule. Any player in violation must decide which specific team they are going to permanently roster.

III. Regulation Game and Playoffs

- 1. A regulation game is 60-minutes or 6 innings.
- 2. If the time limit is reached in the middle of an inning the inning will be completed unless it is at the 10:30 pm absolute curfew, in which case the game will go back to the last inning.

3. If the game is tied after reaching the time limit in a regular season game the game will end as a tie. If it is a playoff game it will go into extra innings.
4. If a game is called for any reason after 3 full innings of play the game counts as a regulation game.
5. If the game is tied after 6 full innings and the time limit has not been reached there will be extra innings.
 - a. Extra innings will start with the kicking team starting with the last player that got out on second base.
 - b. Playoffs Only: The second extra inning will start with the kicking team having their last out on third base.
6. If inclement weather, injury, field maintenance issues or the 10-minute grace period happens during the 60-minute time limit it will count as time towards the 60-minute time limit

IV. Forfeit:

1. If a team does not show up it is a forfeit.
2. If a team does not have at least 8 players with 4 females to start the game.
3. There will be a 10-minute grace period only for the first scheduled game of the evening. If the team cannot field the needed amount of players after this time they will be forced to forfeit.
4. If a team plays an ineligible player they are forced to forfeit.

V. PLAYING RULES

A. The number of players to start and continue a game shall be as follows:

1. All league games may start and/or be played with a minimum of 8 players, only if the ninth and tenth eligible player(s) are not available. If a ninth and tenth player(s) arrive after the start of a game, he/she bats in the ninth and tenth position.
2. Teams **will not** record outs for these missing positions.
3. Each team must field 5 females and 5 males. If there is only eight or nine players present there must be at least 4 females to play the field or the team will be forced to forfeit.

B. Official Score Sheet:

1. An official score sheet must be exchanged with the opposing team before the game.
2. When listing the players on the score sheet you must put the players first initial and full last name. If more than one player has the same first initial and last name you must completely right out the player's first names.

3. If a player is listed on the official score sheet exchanged with the opponent in the beginning of the game they must participate in the game unless an injury occurs that keeps them from participating.
4. If they are on the official score sheet and do not participate in the game the team is charged with an out for every time the player did not kick.

C. **Kicking Line Up:**

1. All players on the roster that are present at the game must kick in the line up. (Wildcat)
2. The line up must be male/female or female/male through out the line up. If a team does not have enough females to keep the male/female or female/male rotation the females will kick multiple times through out the order. **Males are not permitted at any time to kick more than once in any inning.**
3. *Example: M/F1/M/F2/M/F3/M/F4/M/F5/M/F1/M/F2*

D. **Courtesy Runners (two cases):**

1. Intended for individuals who have physical/health related issues.
2. Persons desiring such **CR** status are to obtain a pre-approval letter/authorization from a doctor, as well as, apply and receive approval from the appropriate Sports Programs Supervisor.
3. Players who actually sustain a serious/aggravated injury during a game, however, not significant enough for game removal, but necessitate a runner if he/she reaches base. Unlimited CR's are allowed each inning. The CR at the first dead ball may replace any kicker/base runner on a base after they reach base. The CR is defined as the last player who made an out of the same sex. If it should happen in the first inning and no one has been retired or scored, it will be filled by the last spot in the batting order.

Players with physical health related issues, requesting CR's, must report to the umpire, as well as, gain approval from the opposing manager, prior to entering the game; same process and approval procedure for player's sustaining serious/aggravated injuries during the game.

E. **Pitching Rules:**

1. All pitches must be underhand. Pitching overhand is considered a ball at the umpire's discretion.
2. The pitcher and all fielders must stay behind the 20 ft line established by field markings until the ball is kicked. Failure to abide by these rules will result in a ball.

F. **Catching Rules:**

1. The catcher must stay behind the kicking box until the ball is kicked.
2. The catcher may not interfere with the kicker at any time. Failure to abide by these rules will result in a ball.

G. **Kicking Rules:**

1. The lower leg must make all kicks. (Lower-Leg-any part of the leg below the knee)
2. All kicks must occur inside the kicking box. If any part of the player's foot is outside the kicking box when the ball is kicked the kick will be ruled as a foul.
3. There will be NO BUNTING. The ball must travel at least 20 ft (marked by field white) in order to count as a kick. If the ball does not travel 20 ft or more the kick is considered a foul ball.
4. When a kicked ball does not go past the 20-foot line, a defensive player can cross over the 20-foot line to make a play so long as he does not cross the line before the ball is kicked. Once a defensive player touches the ball it becomes live.

H. **Run Ahead Rule -**

Any team leading by 20 after three innings, 15 after four innings, or 10 after five innings (respectively 2 ½, 3 ½, and 4 ½, if the home team is ahead) or any complete inning thereafter will be declared the winner and the game will be complete.

I. **3-Foot Runner's Lanes (Fields applicable) –**

Batter-Runner is out when he/she runs outside the three-foot lane and, in the judgment of the umpire, interferes with the fielder taking the throw at first base; however, the batter-runner may run outside the three-foot lane to avoid a fielder attempting to field a kicked ball.

J. **Runner Contact:**

1. A runner shall be declared out when a defensive player has the ball and the runner remains on his or her feet and initiates contact with the defensive player. The runner shall be ejected from the game (if, in the judgment of the umpire, the contact is flagrant).
2. A runner shall be declared safe (obstruction shall be called) when a defensive player initiates contact by blocking a base or home plate and the defensive player does not possess the ball. A defensive player must grant unimpeded access to a base when he is not in possession of the ball or in the act of fielding a kicked ball.

K. **Stealing:**

1. There is absolutely no stealing or leading off a base. A failure to abide by this rule will result in an out.

L. **Strikes:**

1. The strike zone is extended from each side of the plate 12 inches and is 12 inches high (If the ball is bouncing higher than 12 inches when it reaches home plate it is a ball).
2. A player attempts to kick the ball but misses completely.
3. Three (3) strikes is an out.

M. **Balls:**

1. Any pitch that is outside the strike zone.

2. If any player interferes with the kicker.
3. If any fielder comes past the 20 ft line before the ball is kicked.
4. If the catcher is in the kicking box during the pitch before the ball is kicked.
5. After 4 balls the kicker goes to first base.
6. **Walk Rule: NEW 2011**
The following walk rule will be used in all divisions: When a male kicker is walked intentionally or unintentionally, the male kicker is awarded first and second base and the following female batter must bat. **Exception: With two outs, the female kicker has the option to walk or kick.**

N. **Fair Ball:**

1. Any ball that is kicked with in the kicking box by the lower leg that goes past the 20 ft line, lands in between the foul lines, does not go outside the foul lines until passing first or third base.
2. Any ball that is touched by any part of a fielder in fair territory before reaching first or third base it is considered a fair ball.
3. Any ball that lands in fair territory past first or third base and then goes foul the ball is still considered a fair ball.
4. Any ball that hits the foul pole is a fair ball.

O. **Foul Ball:**

1. A ball that settles outside fair territory with out being touched by a fielder before reaching first or third base.
2. A ball that lands outside the foul lines anywhere past first or third base.
3. A ball that does not go more than 20 ft.
4. A ball that is kicked while any part of the kicker is touching outside the kicking box.
5. A ball that is kicked using any other part of the body other than the lower leg.
6. 4 fouls is an out.

P. **Outs:**

1. Any ball caught in the air by a fielder before it touches the ground.
2. A runner that is hit by the ball at any time. Except if a fielder throws the ball at the runner and hits them in the head.
3. If the runner is hit in the head by the ball while trying to dodge the ball in any way or intentionally hits the ball with their head is out.
4. The fielder has control of the ball on a base before the runner reaches that base. The runner has to be forced to that base.
5. A count of three strikes.
6. A count of 4 fouls.
7. Kicking out of order.
8. Leading off a base or stealing a base.
9. 3 outs ends the kicking teams half of the inning.

Q. **Pitching Area Rule:**

1. When the ball is thrown to the pitcher and the pitcher is within the pitching circle the play is dead and any runner that is in forward motion more than half way to the next base will go to that base if the runner is less then half way the runner will have to go back to the base they came from. (The umpire will make this call)

- R. 1. The pitcher must pause 1-3 seconds before delivering the pitch.

2. The delivery must be underhand motion.
3. When the umpire determines that the pitched ball is higher than 12" when it reaches the plate the umpire should make a verbal call of "**Illegal**". If kicked, the ball becomes live.

VI. CO-REC PLAYING RULE EXCEPTIONS

A. Injury:

1. If a player is injured in the field and has to leave the game they must be replaced by the same sex in the field. The same rule applies for a player being injured that is kicking.

B. League Standings:

1. Points will be awarded as so to determine the league standings.
2. 2 points for a win, 1 point for a tie, 0 points for a loss and -1 point for a forfeit.

VII. HOW TO PROTEST

- A. All protests pertaining to the playing of a game shall be submitted to the umpire and the opposing manager at the time of the alleged infraction and prior to the next pitch.
- B. **Failure to present league rules to an umpire at the time of misapplication of that rule will result in a no-protest decision.**
This is the Manager's/Coach's responsibility.
- C. Protests shall be submitted in writing with a \$50 protest fee and must be in the possession of the Sports Programs Supervisor or postmarked within 48 hours after game time. If the protest is denied, the fee shall be deposited in the general fund. If the protest is upheld, the fee shall be returned.
- D. **Player Photo Identification** – At all times, players must be prepared to show positive proof of identification (Drivers License) upon request/challenge. **All protests on player ineligibility must be addressed at the exchange of the line up or when the player is first introduced into the game.** Protests as to the use of an ineligible player must be registered with the Sports Programs Supervisor by the close of the next business day; no protest fee is required and the protest must be submitted in writing. Name(s) and other personal data of the alleged offenders must be included in the written protest that is filed.

VIII. DISCIPLINARY ACTION

The City of Rockville Adult Kickball league is intended as a recreational activity. It is expected that all participants conduct themselves in keeping with the highest standards of sportsmanship. Unbecoming conduct will not be tolerated. Unsportsmanlike conduct includes, but is not limited to such things as assault, verbal abuse, threats, or physical violence against other participants, umpires, managers, staff, etc.

IX. Technical Out:

- A. As a sanction against those teams or individuals whose behavior is unacceptable, but the **Umpire** judges that ejection is too severe a penalty, the **Umpire** may invoke a **Technical Out** against the offending team.
*Example: **Technical Out** assessed by the **Umpire** for a player's foul language in lieu of players disqualification and removal from the park premises.*

1. **Offense:** If the team kicking is guilty of unsportsmanlike conduct the **Umpire** may enforce an out against them. If this is the first or second out of the inning, the game continues with the kicker and base runners being unaffected; an additional out is simply added to the team's total. If the **Technical Out** is the third of the inning, the next inning will resume with the kicker who would have batted had the out not been called. In this case the kicker will begin with a fresh count.
2. **Defense:** If the team in the field is guilty of unsportsmanlike conduct, the **Umpire** may invoke the **Technical Out** by reducing by one the number of outs that the defense will have when they come to kick.
3. Two consecutive **Technical Outs** may not be assessed against the same team. At least one pitch (legal or illegal) must intervene. **An ejection for any unsportsmanlike behavior must be accompanied by charging of an out against the offending team.**
- B. The team manager/coach is responsible for the conduct of his/her team and team followers.
Note: Upon request, the manager/coach is responsible for furnishing the name(s) of disqualified player(s) to the umpire. Failure to cooperate will result in automatic team forfeiture, and suspension of the team manager.

X. **Ejection and Suspensions:**

- A. A player, manager, or coach who is ejected before, during, or after a scheduled contest shall be suspended from league play for at least one game (the second game of a 'Doubleheader' is defined as one game), and depending on the severity of the incident, may be suspended an additional game(s) by the Sport Programs Supervisor. If incidents are determined severe the offender(s) will be required to attend a hearing to determine appropriate disciplinary action. In these circumstances, a Board of Conduct Review will be appointed for purposes of conducting the hearing and determining appropriate disciplinary action.
 1. When in the opinion of the umpire, a defensive player throws at a runner with excessive force or in an unsportsmanlike manner; a technical out will be called on the defensive team.
 2. If a second technical out is called on any player, that player will received and unsportsmanlike penalty call and be ejected from the game. No player substitution will be allowed. **Automatic out will be issued.**

An ejected player has three minutes to leave the park premises. If the player fails to do so, the offending team will forfeit the game. While a manager, coach or player is serving out their game(s) suspension, he/she may not attend future game(s) until such time the suspension is fulfilled; under penalty of forfeiture, and further punitive action to participant and team; likewise, further ejections by the same player during the current season shall be dealt with more severely, including but not limited to, suspension from the program for the remainder of the season.

- B. All program participants agree not to post, email, or otherwise send any of the following items against the League, the Sports Officials or the coaches in the League.
 - a) Anything that is unlawful, harmful, threatening, abusive, harassing, defamatory, libelous, or invasive of another's privacy:

- b) Anything that harasses, degrades, intimidates or is hateful toward an individual or team on the basis of religion, gender, sexual orientation, race, ethnicity, age, or disability:

Violations of this rule will make you subject to suspension from the league.

- C. Before, during, and after the game, anyone who strikes, shoves, pushes, bumps, or otherwise physically threatens an umpire or Recreation & Parks staff shall be suspended from all department sponsored activities for at least one year from the date of the incident.
- D. Any player, manager, or coach who approaches an official in a negative manner after the conclusion of a league game, including parking lot, will be suspended for at least one (1) game.
- E. Any team or player(s) who violate any of the City of Rockville regulations, especially the possession or consumption of alcoholic beverages on park property, shall be subject to disciplinary action to be taken by the Sports Programs Supervisor.
- If a cooler is brought to the playing field, and it is reasonably suspected to contain beer, etc, it may be inspected by the umpire or field supervisor. Failure to comply with the request will result in owner of cooler being asked to leave the premises.*

XI. PLAYOFFS

- A. Every team makes the playoffs.
B. A tie in league standings will be resolved as follows:

Tie Breaker:

- Head-to-head competition
- Net run differential (fewest runs allowed)
- Play-off game (using extra innings rules).

- C. Playoffs will be a single elimination tournament.

For purposes of league standings, teams shall receive 2 points for a win, one point for a tie, 0 points for a loss, and (-1) point for each forfeit.

XII. GAME POSTPONEMENT AND RESCHEDULING PROCEDURES

- A. **Inclément Weather Information Line:** If games are canceled, a tape-recorded message will provide this information as early as 3 p.m. on (240) 314-5055 for Monday-Friday evening games. You are urged not to call before this time, as information may not be available. In the case of weekend day games, cancellation decisions will be made as soon as the fields are checked and/or enough information is collected to make the decision. In all cases, every attempt will be made to make the decision in time to allow for adequate communication within team channels. It should be noted that weather conditions could vary from park to park, and cancellations in one park do not necessarily mean cancellations in another park.
- B. In the event team opponents and/or staff are not present at your scheduled game time, please call the number for "Inclément Weather Information Line" at **240-314-5055**. This tape-recorded message is periodically updated to provide you the latest status on games.
- C. The Sports Office will be responsible for all cancellation decisions.
PLEASE DO NOT CHALLENGE THE STAFF OVER CANCELED GAMES.

In the event of inclement weather after 4 p.m., where no previous announcement has been made regarding playing conditions of fields, it shall be the sole responsibility of the umpire and/or staff representative to determine field play ability. Both teams should report to the playing field.

- D. In the event an umpire and/or staff representative decides to cancel the first ball game or doubleheader at a specific ball field due to weather related conditions, **all remaining scheduled games thereafter may be played or canceled; provided weather conditions have improved and fields are determined safe to play.**

Games that are not considered regulation shall be resumed as follows:

Regular Season: At the exact point where game was stopped.

Playoffs: At the exact point where game was stopped.

- E. The Sports Office will reschedule all games determined incomplete or postponed. This rescheduling action will follow (1) make-up days on player schedules, if applicable; or (2) weekends (Sundays). Notification of rescheduled ball games will be forwarded via mail (memo) generally 7-10 days before scheduled contest.

XIII. CALLING IN SCORES

- A. Each division will have a "Representative" who is responsible for Recording all scores of league games played by teams in his/her respective division.
- B. The winning team shall be responsible for notifying the division representative of the score by the next business day following the game. Tie games are to be reported by the home team. The winning team of the second game should report doubleheaders, where there is a split.
- C. The division representative of all leagues shall call in all scores to the Sports Office within two business days following the game.
- D. For purposes of league standings, teams shall receive (2) points for a win, (1) point for a tie, (0) points for a loss, and (-1) point for each forfeit.
- E. To check standings online, go to www.rockvillemd.gov and choose a Department, "Recreation and Parks", followed by "Team Sports."

XIV. MISCELLANEOUS

- A. Awards shall be as follows:
1. The winner and runner up of the single elimination play offs will receive awards.
- B. Any player who violates the City of Rockville ordinance regarding the Possession or consumption of alcoholic beverages on park property shall be subject to the penalties provided by law. (Rockville Code, Section 14-36) ***If a cooler is brought to the playing field, and it is reasonably suspected to contain beer, etc, it may be inspected by the umpire or field supervisor. Failure to comply with the request will result in owner of cooler being asked to leave the premises.***
- C. Smoking on the playing field, including the dugouts, is prohibited. **The City of Rockville is a tobacco free sports environment.**
- D. **"No Parking" zones on residential streets and parks** will be enforced throughout the playing season. Please observe "No Parking"

signs by parking in legal zones only. Please communicate this to all your players and team followers.

- E. Players, managers, coaches, and team followers are asked **not to bring their dogs, including leased dogs, to the parks and ball fields during games.**
- F. **Uniforms: (Optional in league play)** For purposes of consistency, teams opting to use uniforms should have all players wear the same color shirt.
- G. **Equipment:** The official game ball for Co-Rec Leagues will be furnished by the Recreation Department. The official ball for the league play will be as follows:
Kickball- 10 inches
- H. If no official umpire arrives for a game, the teams' managers should meet and confer and decide upon one of the three options listed below. The option chosen should be exercised 10 minutes after the starting time of the game. If the umpire arrives during the 10 minute waiting period, the game is begun immediately with the home team taking the field. The three courses of action available to the teams are:
 - 1. To choose not to play the game without an official umpire; rescheduling is then handled by the Sports Office.
 - 2. Agree to begin the game with a volunteer umpire. If the game is started with a volunteer umpire, it must be completed. Both managers are required to sign the official scorebook, and contact the Recreation Department, as proof of agreement. Payment to volunteers or unauthorized umpires is at the risk of the teams and the City of Rockville will not reimburse such payment.
 - 3. To decide to wait for the official umpire to arrive.If either #1 or #2 is chosen, the game is to begin no later than **15 minutes** after the scheduled starting time. (That means 7:15 p.m. for a 7 p.m. game, etc.) If the teams have opted for #2 and the umpire arrives subsequently, the game will continue with the official umpire resuming his duties. If the teams had opted for #3, then they could choose either to begin or not begin the game upon the arrival of the umpire. Both teams would have to agree to start or no game would be played.
- I. The franchise fee shall cover all umpire fees for league and playoff games, trophies, lights, field maintenance, and other expenses, which the league may incur.
- J. After the first inning, pitchers will be restricted to one warm-up pitch and there should be no infield/outfield ball.
- K. Blood Rule, Rule 4, and Section 9 - Amateur Softball Association Playing Rules
A player, coach, or umpire who is bleeding or who has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment can be administered. If medical care or treatment is administered in a reasonable length of time, the individual will not have to leave the game. The length of time that is considered reasonable is left to the umpire's judgment. Uniform rule violations will not be enforced if a uniform change is required. The umpire shall:
 - a. Stop the game and immediately call a coach, trainer or other authorized person to the injured player and allow treatment.
 - b. Apply the rules of the game regarding substitution, shorthanded player, and re-entry if necessary.

XV. Injured Player.

During a live ball situation, when a player becomes injured, and in the umpire's judgment requires immediate attention, the umpire shall call **"DEAD BALL"** and allow or seek first aid.

EFFECT: Award any bases that would have been reached.

XVI. MAINSTREAMING OPPORTUNITIES

Individuals with handicapping conditions are encouraged to register and take part in City of Rockville Recreation Department programs. In order to facilitate participation, the department will attempt to make appropriate special accommodations. Anyone interested in learning about access to Recreation Department programs and facilities may call 240-314-8620 to speak with the Sports Programs Supervisor. Arrangements must be made with the department each season. This policy does not apply to injured players.

XVII. The League mandates that each team obtain a First-Aid Kit as well as Ice Packs. Emergency numbers will be included in each first aid kit as well as directions to local hospitals. See Attachment B

ATTACHMENT B

First-Aid Kits and Ice Packs

The City of Rockville mandates that each team obtain a First-Aid Kit as well as Ice Packs. Emergency numbers will be included in each first-aid kit as well as directions to local hospitals. It is the responsibility of the coaching staff or the Team Safety Representative to make sure that each kit is stocked at all times and is brought to every practice or game.

Medicine, Antiseptics -

2 Ibuprofen tablets

2 Aspirin tablets Extra-Strength non-aspirin tablets

6 Antiseptic cleansing wipes - sting free

Alcohol cleansing pads

Castile soap towelettes

2 Insect sting relief pads

2 Antibiotic ointment packs

Bandages -

16 - 3/4 x 3-inch Adhesive plastic bandages

10 - 3/8 x 1-1/2-inch junior adhesive plastic bandages

2 Knuckle fabric bandages

2 Fingertip fabric bandages

2 - 2 x 4-inch Elbow & Knee plastic bandages

Dressings & Injury Treatment -

1 - 5 x 9-inch Trauma pad

1 Sterile eye pad

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2 - 2 x 2-inch Gauze dressing pads

2 - 3 x 3-inch Gauze dressing pads

1 - 2-inch Conforming gauze roll bandage

2 Butterfly wound closures

1 - 2 x 2-inch Moleskin square

1 - 1/2 x 5 yd First aid tape roll

1 - 6-x 3/4-inch Finger splint

References, Instruments -

1 Soft pack bag

1 First Aid guide

1 Scissors

Inclement Weather:

In case of inclement weather such as heavy rain or lightning the game must be cancelled. If there is lightning in the area the National Lightning Safety Institute (NLSI) guidelines state that for each five seconds counted, lightning is one mile away.

5 seconds = 1 mile

10 seconds = 2 miles

15 seconds = 3 miles

NLSI recommends removing all players and spectators from the field no later than a 15 second count. Remind players not to touch anything metal such as fencing or bats and do not stand under any trees or stay in the open field. If an individual is struck by lightning they do not hold an electrical charge and you may touch them immediately to start giving CPR. If it is only drizzling and the water is not creating mud puddles or a dangerous outfield then play may continue.

Hot Weather:

On days when the temperature is very hot is important to make sure the players bring and drink plenty of water or sports drinks. Research has found sports drinks containing between 6-8% carbohydrates (sugars) are absorbed into the body as rapidly as water and can provide energy to working muscles that water cannot. Each team should have a cooler with wet wash clothes on ice as well as a spray bottle. It should be determined between both teams and with the umpire before the game starts how long of a break to give the players and at what time during the game they will stop to rest and re-hydrate. It should also be suggested that the players use a sunscreen.

XVIII. WAIVER OF LIABILITY

The City of Rockville assumes no liability for injury or damage arising from participation in the adult kickball program. **We strongly urge** that each team in the league have insurance to cover each player appearing on the roster for every game, practice game, and travel to and from each league game and practice game, or each player be covered by personal health insurance. Each team is to complete and submit to the Sports Division by a designated date a team roster titled **Player Roster, Agreement and Release**. On the front of this roster player signatures are required. A player's signature indicates that the player has read and understands the terms of the "Agreement" and "Release," articulated on the backside of the roster.