



T-Ball Rules

5- & 6-years old Rookie Ball

1. Mandatory Play Rule:

- Every player must play in every game.
- All players at the game are in the batting order, and every player bats once per inning. Once everyone on the team has batted, the last batter will run all the way around the bases and the fielding team, and the batting team will switch.

- All players will play on defense.

2. All defensive players must stay in their position until the ball is hit.

3. Base runners must stay on the base until the ball is hit.

4. **NO STEALING IS ALLOWED.**

5. Each base runner receives one base when a ball is overthrown and only one overthrow per play.

6. Teams will bat through the entire lineup. Each half-inning is not over until each player has batted once. (***IF*** a player were to get out during a play, leading to "3 outs", they may be removed from the base, but the team will continue to bat through the line-up.)

7. No official score or standings will be kept.

8. Bases will be set at 40-feet apart.

9. **No strikeouts.**

10. Foul balls will be ruled the same as in regular baseball rules, with the addition of the 10 foot arc. If a ball is hit off the tee and it does not travel outside of the 10-foot arc, it will be ruled foul. (**This rule will be discussed by the coaches and will be gradually enforced.**)

11. No bunting or swinging bunts allowed.

12. Coaches can assist a player who is having difficulty.

13. Games will last 4 innings or 1-hour. No new inning will begin after 40 minutes.

14. Coaches are responsible to supervise the game and make sure that it flows smoothly. Coaches will also act as umpires.

15. Protective tee balls must be used at all practices and games, no hard balls.

16. No forfeits. A game will be organized with all players present.

17. ***Remember, making the program fun is more important than winning!***

Coaching Tips: What players should learn in their second year of T-ball.

(These are just some pointers to better help coaches teach kids during games. Keep in mind, some kids may be more advanced than others at different skills).

- Work on further removing fear from the ball
- More defined position setting (spread out so they can attempt to learn how to throw and play a real game of baseball/ softball).
- Understanding where to run after the ball is hit
- How to hold a bat
- Which hand their glove goes on
- Understanding where to throw the ball after the ball is hit
- How to throw a ball
- Where to stand when hitting
- Which direction to run
- Learn which bases is which, i.e., first, second, third, and home
- Good sportsmanship
- Introduction of a force out (example: A force out (aka force play) is made when a baserunner is forced to leave his base when the batter becomes a baserunner himself, and a fielder successfully tags the next base before the runner can reach it).