

Rookie League T-Ball Rules



GENERAL:

1. Participants must be 5 years old by September 1 or in Kindergarten.
2. Coaches are encouraged to hold a weekly practice for no longer than 1 hour.
3. Coaches are responsible for warming up their team prior to game time.
4. The first day will consist of a skills clinic and a shortened game.
5. Games will be 50 minutes long. No new innings will begin after 45 minutes.

FIRST DAY SKILLS CLINIC

1. The first day will consist of a short skills clinic to be sure all kids have the basic concept of the game down.
2. The umpire will review rules to the whole group for 3-5 minutes.
3. Each team will then review throwing/catching and base running (drop (not throw) bat, run to first, not straight to second; keep helmets on the whole time) for 5 minutes per station. Players should stay with their coaches.
4. The remainder of the time will be a shortened game. Clinic should take no more than 15 minutes.

PRE-INNING WARM-UPS

6. Pre-inning warm-ups for the fielding team will be led by the umpire (or coach if needed) between each inning. The umpire will stop the warm-up and resume play as soon as the batting line up is ready to go.

BATTING:

7. The tee shall be adjusted to approximately belt level by the umpire or coach of the batting team if needed.
8. The batter has five deliberate attempts at hitting the ball. On one of the five attempts, the ball must be hit into and remain in fair play, to be considered a hit. If the batter does not make a successful hit, they will be allowed to walk to first base.
9. All batters will use the tee the entire season.
10. Any batter intentionally interfering with a play will be called out.
11. Batters must drop the bat after swinging. Any thrown bat as deemed by the umpire (or coach if needed) will result in the batter being called out, with no advancement of runners.
12. Batter must make contact with the ball while in the batter's box, or batter is out.
13. **All** players bat each inning. There will be no 3 out rule to end the inning, but players called out **must** return to the dugout area.
14. Batters and the catcher must wear helmets, even while running the bases.

DEAD BALL:

15. Any ball not hit into fair territory.
16. Ball is dead when it is returned to the umpire.
17. All dead balls will be called by the umpire.

FIELDING:

18. Fielding team will consist of all players. Only six (6) players can be on the infield, the rest of the players must be in the outfield.
19. Catcher must retrieve balls intended for him/her, and return them to the **umpire** after the ball is dead.
20. Pitcher must stand on the rubber until the ball is hit.
21. **Please rotate all players through all positions, especially pitcher and 1st baseman.**

BASE-STEALING:

22. No stealing. Runners must stay on base until the ball is hit. One base may be taken on an overthrow.

UNIFORMS:

23. Team shirts and hats are provided by the Recreation Department and must be worn at all games; the home team is the first team listed on the schedule. Closed-toe shoes must be worn. Shorts are allowed.

PHILOSOPHY:

The intention of Rookie League Baseball is to emphasize a fun and active experience, skill development, and learning rather than the competitive aspect of the game. Warm-up structure has been designed to assist in better game flow as well as to enhance skill development without being cumbersome. Have fun and make learning the game of baseball a great experience for the players and all that are involved!