

Southwest Alliance for Youth Sports 7U TBall Rules

The Southwest Alliance for Youth Sports (SAYS) will play under the rules of the current year United States Sports Specialty Association (USSSA) and Major League Baseball Official Rule Book. The following SAYS rule book takes precedence over USSSA and MLB rules. USSSA rules take precedence over MLB rules.

General Rules

1. A game must be at least two innings.
2. Following the completion of two innings, the game shall be subject to a one (1) hour time limit. No new inning shall start with five (5) minutes or less remaining.
3. Games are played with 10 players. Teams can play with a minimum of 8 players. If a team has 8 players, then the first and last batting positions are outs. If a team has 9 players, the last batting position is an out.
4. No team shall have more than 17 players.
5. Prior to the start of the game, each team shall submit a legible lineup card to the umpire listing the first and last names of all players. All names must correspond with the official roster, player ID card, and jersey name. The pitcher must be identified. The lineup card must be presented before the game clock starts.
5. All kids present in a game must be given the opportunity to play one full inning of offense and defense
6. Regular season games may end in a tie.
7. Grace time is only granted by league officials.

Batting Rules

1. Bunting in not allowed.
2. Bats can be comprised of wood, composite, or half and half and include the USSSA or USA hologram logo or JBB on it. No fast pitch bats are allowed.
3. Bats that land completely outside the home plate diameter (circle) are an out.
4. Each batter is allowed three (3) strikes for an out.
5. Batter hitting T with no contact on rubber part of T is considered a strike.
6. Batter has 5 attempts to place ball in play.
7. No intentional walks.
8. Each team will bat 12 batters each inning regardless of number of players available. The lineup will carry over to the next inning, starting with the next batter.
9. If a player shows up after the game has started, that player must be substituted into the batting line up.

Base Running Rules

1. Tagging up is allowed. The infield fly rule does not apply. The ball is live until umpire calls "time out" or "time".
2. A base runner is out leaving the base before the ball is hit. Stealing is not allowed.
3. Coaches that touch a runner while the ball is live will be charged with an out and the base runner removed from the base.
4. Sliding is not allowed at 1st Base. Each team will receive a warning at the coaches meeting at plate, on the first violation will be an out. The slide rule is in effect.
5. Runners must slide when a tag is evident or seek to avoid contact with fielder. Malicious contact shall suspend all obstruction penalties.
6. Defensive players must attempt to make a play on the ball. The ball may not be thrown directly to the pitcher unless a play is attempted. Failure to do so will result in a dead ball and the runner will be awarded one base.
7. On a batted fair ball, all players will advance at their own risk. The runner that hits, plus the runners on base, may take as many bases as possible.
8. The ball will remain live until lead runner can no longer advance and/or umpire calls time.
9. The umpire has the right to determine if collisions between runners and defensive players is malicious. Any malicious contact will result in ejection of both head coach and player.

Fielding Rules

1. The defense can have 6 infielders and 4 outfielders. All must play assigned positions. Rover exception when all players shift.
2. Players must be 5 feet apart from each other and must play his or her designated position or area unless players shift. Hence, second base cannot play Shortstop or pitcher at the same time. (Umpire judgment)
3. First, Second, SS, and Third infielders must be within 6 feet from First/Second and Second/Third baseline. Outfielders must be in the outfield.
4. Pitchers must remain in the pitcher's circle until the ball is hit.
5. The pitcher may tag a runner out only if the runner has not passed the midpoint line on the first or third base line, except when the umpire judges that a legitimate play is in progress.
6. All the throws must be over the shoulder throw (no rolling balls). If the ball is rolled to a defender making an out, the runner will be called safe to base the offensive player is advancing to.

Game Tie Breakers:

1. In T-Ball, a regular season game ending in a tie is recorded as a tie.
2. In playoff games only, extra innings shall continue a game that is tied after regulation play or the time limit. The visiting team shall place the last out of the previous inning on second base. The same shall happen with the home team.

Coaching:

1. Only the head coach will be allowed to approach the umpire to discuss a call. Anyone who repeatably attempts to discuss a call with umpire that is not head coach will be ejected from game.
2. Refusal to leave the game by anyone ejected from game will result in forfeit.
3. Anyone who is ejected from the game must leave the park to at least the parking lot. Waiting in the car is allowed, but they must not return to the field.
4. On offense, a maximum of four coaches may be on the field: one at home plate, one at the first base batter's box, one at the third base batter's box, and an optional second base coach. The second base coach must remain a safe distance from the base and avoid interfering with any play; failure to do so will result in removal from the field.
5. On defense: only 2 coaches are allowed on the field. Two coaches will be allowed in the outfield to direct fielders (coaches must stand behind the outfielders). The second coach is allowed on their dugout side to direct the infield.
6. Coaches on the field must conduct themselves in a way that does not distract players on opposite teams. If the umpires determine that a coach is distracting players from the opposite team, that coach must be removed from the field.
7. Only two team representatives or managers other than coaches are allowed in the dugout.
8. Any defensive coaches that touch players while the ball is live will result in an extra base awarded to all runners after time is called by umpire.
9. The head coach is responsible for all players, coaches and parents.
10. Any offensive coaches that touch players while the ball is live will result in runner being called out.
11. All coaches must have a visible coach ID at all times unless a USSSA background check has been submitted to league director.

Summer Season 2026 - Official 7U Rule Modifications

Hybrid Rule

1. When a Hybrid team plays a T-Ball Only team, the Hybrid team will use coach pitch while the T-Ball Only team will continue using the tee.
2. If the Hybrid batter does not hit the ball during the first three (3) coach pitches, the batter will then hit from the tee.
3. Base Advancement: Once the batter puts the ball in play from the tee, the batter and all runners on base may advance as many bases as they are able to earn at their own risk. There is no two-base limit.
4. This same Hybrid rule and base-advancement rule applies when two Hybrid teams play each other.

Coach Pitch Only Option

Teams choosing Coach Pitch Only will receive all five (5) pitches. Even if the batter swings and misses the first three (3) pitches, the batter is not out. The batter will continue receiving pitches until all five (5) pitches have been delivered.

T-Ball Only Teams - Summer Season 2026

The only teams approved to play T-Ball Only are:

- Ravens
- Mesquite Hills Knights