



T-BALL RULES

OFFICIAL GAME

- Games are scheduled for 3+ innings of regulation play unless rain or darkness causes the game to end early.

TIME RULE

- Games are not allowed to exceed an hour and 10 minutes. Therefore, no new inning should start 20 minutes before reaching the time limit. If there is another team scheduled to play after your game and you have reached the maximum time limit, please end your game and allow the next team on the field.

EQUIPMENT

- HELMETS
 - Batters, base runners, and pitchers must wear helmets at all times. (*1st basemen are allowed to wear a helmet if they choose to*). We have provided 4 regular helmets and one caged helmet.
- SHOES
 - All players are to wear either gym shoes or all-purpose athletic shoes. No metal spikes.
- GLOVES
 - All fielders are to wear and use baseball gloves.
- CAPS AND T-SHIRTS
 - Will be provided by the Park District. They are to be worn for all games and practices.
- PROTECTIVE APPAREL
 - Supporters and cups are optional but the Park District strongly recommends that each male participant wears this gear.
- BATS
 - The Park District does not acknowledge a "REGULATION" t-ball bat for this program. We recommend using the Park District provided bats or an equivalent bat to fit the child.

NUMBER OF PLAYERS

- Up to ten players are to be used in T-Ball excluding the catcher who is a coach or parent. The ten positions include 1B, 2B, 3B, SS, RF, RC, LF, LC, SHORT-CENTER, P. **Coaches may agree to add more positions in order to allow more players to partake in the game. The Park District recommends using this approach and adding your extra players into the outfield.** Please remember to rotate your players in and out of different field positions.

FIELD DIMENSIONS

- BASES – 45'
- PITCHING RUBBER- 30' from home plate (not directly lined up with home plate due to safety from batted balls). The pitching rubber does not require being staked down.

PITCHING

- For the first half of the season no coach is to pitch, the second half of the season a coach can pitch, but only after everyone hits at least once off the tee to warm up. Also, if the player misses it two times they must use a tee on the third. If a child does not want to be hit by a pitched ball that is OKAY!!!

BATTING

- Before the start of each game coaches may agree upon their own batting requirements or they may wish to choose the Park District's recommended batting procedures. If players are removed from fielding positions, they still remain in the lineup as batters.
 - Recommendations
 - 3 outs.
 - **The whole team bats through one time. (*Please remember that this option may cause the hour and half time limit rule to come into effect as outs will not be applied*).**
 - 3 outs or half the team, whichever comes first.

When a team is batting, a coach can assist the batter in setting tee height. Also, the coach can place the batter in a normal batting stance (squared to pitcher). If only one coach is available the head coach will act as the batting coach only.

BAT THROWING

- A batter shall not throw his/her bat. All bat throwing occurrences should be explained to the batter in order to prevent injury and to teach the kids.

STRIKE OUTS

- A batter can strike out by missing the ball, fouling the ball, or hitting the tee to total 3 strikes. Coaches should assist the child after they strikeout. If a batter hits approximately 1-2" below the ball and the ball goes in fair territory, it will be played as a fair ball. Otherwise, if the tee is hit further down than 2" it will result in a strike.
- A foul ball hit on the third strike is considered a strikeout.
- If the ball is not hit more than 2ft, the ball will be considered a dead ball and need to be hit again. This is also considered a strike.

BASE RUNNING

- No lead-offs or stealing.
- Runners cannot advance when the ball is dead or foul.
- If a runner contacts a fielder while a fielder has the ball, the runner will be considered out.
- If the fielder is on the baseline and does not have the ball and the runner cannot advance due to the fielder, the runner will be given the base he/she is going to.
- Base runners must run the bases in sequence, touching all bases and not deviate from a 2' base path.
- No courtesy runners are allowed unless a player is injured or a situation warrants such an event.
- Runners can only advance on hits and overthrows in fair territory.
- **Coaches and/or parents, who are coaching first and/or third base, cannot in any way restrain or touch runners. They also must remain off the field.**

UMP/CATCHER'S RESTRICTIONS AND RESPONSIBILITIES

- **The catcher shall be from the fielding team and must be a coach or parent.** The catcher receives balls thrown from the fielders and guides his/her team on the field.
- The catcher can go out to receive a throw from a fielder only as far as his/her reach, with one foot in contact with the home plate.
- The catcher cannot make an outgoing play to any other base and must step on the home plate for an out to be counted. At no time should the catcher tag a runner.
- **If only one coach is available this position must be covered by the head coach before a base or fielding coach.**
- **The catcher, base coaches, or field coaches will act as the umpires and must be from the fielding team. The batting team's coach should never act as the umpire as they need to assist their team while batting.**

GENERAL RULES

- All players must bat and alternate between infield and outfield positions at least once throughout the game.
- **In addition to the catcher, another adult can be allowed on the field to verbally assist the kids in play, etc. This “coach or parent” will be positioned in the outfield. This “coach or parent” cannot in any way hinder the ball, or physically assists.**
- All coaches are required to alternate starting line-ups so that all participants receive a chance to start half of the games.
- No infield fly rule.
- **No protests are allowed. This is an instructional league and we will not keep score.**
- **Unsportsmanlike actions or plays by players, coaches, or spectators will not be tolerated. Violators will be asked to leave the playing area and must meet with the Athletic Supervisor.**
- NO FORFEITS. Please loan players to the shorthanded team.
- Both teams set up the bases and tee which is located in the equipment box.

The league supervisor has the authority to delete and/or create and enforce any additional rules and regulations that are necessary and beneficial for the entire league. Coaches will be notified of leagues changes, but schedule changes will only be posted online.

Rainout Hotline (708.779.6010) as it will be updated at 4:30pm if inclement weather.

4/1/26