



**Zebulon Parks and Recreation
2024 Spring Youth T-Ball
Rules and Regulations**

The Zebulon Parks and Recreation Department and the Parks & Athletics Manager and/or his designee will be the League Administrator for all leagues. All leagues will be governed by the rules set forth below and if not specifically mentioned, shall default to the rules for this sport as set by the National Federation of State High School Sports (NFHS).

4-6 COED T-Ball

1. **Equipment**

- 1.1. The ball to be used should carry a label that states "Official T-Ball."
- 1.2. All bats should have a label that states "Official T-Ball" or the USA Baseball Stamp
- 1.3. A bag of balls and a batting tee will be provided to each team.
- 1.4. Players should wear a batting helmet while hitting.
- 1.5. All players are required to have a glove.

2. **Positions**

- 2.1. All players will always play in the field while their team is on defense.
- 2.2. Coaches should align their teams with traditional in-field positions (pitcher, catcher, first baseman, second baseman, third baseman and shortstop) and have all other players present spread out in the outfield.
- 2.3. The player in the catcher position should stand to the side. They do NOT need to wear catcher's gear.
- 2.4. The player in the pitcher's position should stay in the pitching circle until the ball is put into play.

3. **Batting**

- 3.1. Coaches will not need to make a batting order. Players may bat in a different order in each inning. A team's time at bat will end when each player has come to bat.
- 3.2. Each player will initially receive 3 pitches from an adult coach. If the player does not put the ball into play on one of these pitches, a batting tee will be placed on home plate and the player shall hit off the tee.
- 3.3. Every player present will bat each inning.
- 3.4. The last player to bat in each inning will run all of the bases until they reach home plate regardless of where the ball is in the field of play.
- 3.5. There will be no strikeouts. Each player will be allowed to hit the ball into fair territory.

- 3.6. The coach of the team batting will adjust the tee for each batter.
- 3.7. A fair ball must roll past the ten (10) foot arc. Any ball that doesn't pass this arc will be considered foul.
- 3.8. Players will not be removed from the bases if they are called out. This is so that players can learn proper base running techniques regardless of whether they would have made it safe to the base or not.

4. Running

- 4.1. Runners cannot leave a base until the batter strikes the ball.
- 4.2. Runners may slide feet first if they choose. No headfirst slides will be allowed.
- 4.3. A runner may advance while the ball is being relayed from the outfield to the infield. The play is complete, and the ball is dead when a player inside the base paths controls the ball. All baserunners must stop at the base they are advancing towards. Coaches should help assist with this rule.
- 4.4. If the ball is overthrown and goes out of play, each player must stay at their current base.
- 4.5. The distance between the bases shall be 50 feet.

5. Coaches

- 5.1. Two (2) coaches of the defensive team may coach on the field, one in the infield and one in the outfield.
- 5.2. The coaches may instruct the players but cannot physically aid them in any way.
- 5.3. The coach of the team batting must assist his/her players at the batting tee. Such help includes batting order and tee adjustment.
- 5.4. A team may have two (2) base coaches (must be adults) when at bat.
- 5.5. Coaches are responsible for the safety of all players.

6. Game Play

- 6.1. Games will consist of four (4) innings, or one hour, whichever comes first.
- 6.2. No official score will be kept and each team should have an equal number of at bats.
- 6.3. No on deck batters will be allowed. All players who are not batting MUST stay seated on the bench.
- 6.4. Any player that slings their bat will be called out.

7. Officiating

- 7.1. There will be no umpires for any t-ball game.
- 7.2. The game will be run by the coaches of both teams.

8. Sportsmanship

- 8.1. All coaches, players, and spectators are expected to always exhibit positive behavior towards members of both teams.
- 8.2. It is expected that coaches, players, and spectators will cheer positively for both teams regardless of the score.
- 8.3. Coaches, players, and spectators will be expected to exhibit humility when winning and dignity when losing.
- 8.4. Coaches are expected to not encourage their players to intentionally 'run the score up' when facing an overmatched opponent.

- 8.5. Coaches and spectators are expected to remember that the players on both teams are children, and they are still learning how to play the game.
- 8.6. Any coach, player, or spectator that does not exhibit good sportsmanship according to the Town of Zebulon's Coaches Code of Conduct and the Parent and Spectators Code of Conduct will be asked to leave and will be subject to the Town of Zebulon's Suspension Policy.