

# T-Ball Rules (Age 4-6)

## GOALS

1. Teach basic catching, throwing and batting skills.
2. Teach base running basics.

## EQUIPMENT

1. Jerseys, hats, and pants will be given to the players to wear at the games. No shorts or jewelry are allowed for safety purposes.
2. All batters, base runners, and players on deck, **MUST** wear protective headgear.
3. Players supply their own gloves and soft spikes. Tennis shoes **are** allowed at this age.
4. If player would like to use their own bat, it **MUST** be t-ball approved and remain the responsibility of the player.

## COACHES/MANAGERS

1. You **MUST** always set a good example of **GOOD SPORTSMANSHIP** for all players and spectators.
2. Coaches will meet before the beginning each game to go over ground rules and cover any questions.
3. Injured player **MUST** be attended to immediately. Ice packs will be made available at the concession stand as needed for injuries.
4. Coaches are responsible for forwarding all practices, games, and events to the players in a timely manner.
5. Remember to keep it simple. Every coach should be more concerned with the players learning how to play the game rather than who wins or loses. There are **NO** losers, we are all winners! Always use **ENCOURAGEMENT AND ENTHUSIASM!**

## FIELD

1. The base paths will be 50 feet in length and pitcher's mound will be 38 feet from the home plate.
2. A semi circle (foul line) of 5 feet in radius will be laid out in front of home plate.

## LENGTH OF GAME

1. Regulation games will 4 innings or 55 minutes in length (all innings started **MUST** be completed in full). If time limit is almost up, **DO NOT** start another inning.
2. Rainouts will be cancelled and rescheduled by the Police Athletic League and can be viewed on the website. Players **MUST** show up to their scheduled game/field time (unless called before hand) and any cancellations may be done up to 15 minutes after the start time of the game.

## OFFENSIVE RULES

1. Three coaches may be used on offense; one to assist the batter and two coaches for coaching the bases. Only one of the two field coaches will be allowed in the field of play to assist base runners on second base. That coach must remain behind second base and out of the field of play. Any interference with a ball in play, or a defensive player, will result in the batter being called out and no advancement by base runners.
2. Each player is placed in number sequence for the batting line-up.

3. After the coach adjusts and places the ball on the tee, the player cannot hit the ball until that coach yells "play ball".
4. The ball must travel past the semi-circle for it to be a fair ball. No balls or strikes will be called and the game can be stopped at any time for instructional purposes.
5. When the ball is hit into the outfield, the batter may run the bases until the ball is returned to the infield dirt. The runner must stop at the base he/she is at. If he/she is advancing to the next base already, he/she may continue to the next base.
6. If the batter throws the bat, he/she will be given one warning. After that, he/she will be called out.
7. Runners may **ONLY** take one base on balls which stay in the infield.
8. Runners that run past a teammate on the base in front of him/her will be called out.
9. If an offensive team scores five runs in one inning, the other team will then have an opportunity to bat regardless of how many outs have been recorded. No more than five runs can be scored by an offensive team, per inning, at any time.
10. The following is **NOT ALLOWED**: lead offs, stealing, sliding, pinch hitting, infield fly rules or protesting.

### **DEFENSIVE RULES**

1. Two coaches may be used to assist the defense. They are to be located behind the infield.
2. The defensive team will field up to 10 players. This is to include standard baseball infield positions and up to four outfield positions.
3. A new pitcher must be used during each inning of play.
4. All players **MUST** remain in their position until the ball is hit.
5. Outfielders **MUST** throw the ball to the infield. They are not allowed to tag a base or a runner.
6. The pitcher **MUST** remain in the circle that is drawn around the pitcher's mound until the ball is hit.
7. A ground ball fielded by the pitcher, or catcher, **MUST** be thrown to 1<sup>st</sup> base for the out.
8. If bases are loaded, only the catcher can make an out at home plate. Any other player on the field must throw the ball to the catcher who may then tag the runner or record a force out at home plate.
9. Runners on base may be forced out or tagged out per regulation baseball rules.
10. The following is **NOT ALLOWED**: baseline interference, running on any overthrows, double plays or protests.

### **SCORING**

1. Scoring will be kept using regular baseball rules. There is to be more emphasis placed on each child learning the fundamentals of the game than on winning and losing each game. Failure to adhere to this principle can result in coaches being required to meet with the Police Athletic League Program Director and possibly dismissed from coaching.

All issues involving rules, as well as disputes during gameplay, are to be addressed to the Athletic League Program Director or a program representative present at the ball park. Disputes should not be handled between the parents and/or coaches for each team. All rulings made by umpires or Police Athletic League representatives are **FINAL**.