

South Parkland Youth Association

T-Ball League Game Rules and Coaching Responsibilities

Mission Statement

The T-Ball League is an instructional league, focused on teaching the most basic requirements of baseball, namely hitting, fielding, and throwing. Our emphasis is to provide the players with an introduction to the basic skills necessary to allow them to move forward to the next level of organized baseball within the South Parkland Youth Association Leagues. As such, it will be extremely important for all coaches to recognize and accept our T-ball league objectives, namely to promote the introduction and learning of the sport of baseball to all players, in a fashion that emphasizes having FUN! In fact, we have to make the game fun at this introductory level for children to desire to continue with the game.

1. Playing Field

- A. Pitching distance: 33 Feet (circle)
- B. Distance between bases: 45 Feet
- C. Arc extending from 1B line to 3B line: 10 Foot Radius

2. Length of Game

- A. Game length will be at least 3 complete innings or one hour and fifteen minutes
- B. Game is complete at one hour and twenty-five minutes regardless of whether the inning is complete.
- C. At the conclusion of the game, immediately have your team take their equipment to appropriate outfield (3B Dugout –LF, 1B Dugout-RF) to have your end of the game Team Rah.

3. Equipment

- A. A soft T-Ball (RIF 1) will be used.
- B. All players batting or running the bases must wear batting helmets with face guard.

4. Pre-Game Warm-up

- A. Teams will begin there pre-game warm-up 20 minutes prior to the start time of the game.
- B. Routine
 - i. Team Stretch/Agilities OF 5 minutes
 - ii. Pop-ups OF 3 minutes
 - iii. Throwing Routine IF 4 minutes
 - iv. Groundballs IF 4 minutes
 - v. Team Organization IF 4 minutes

5. Batting

- A. All batters will hit from the tee throughout the entire season. *No exceptions.*
- B. Every player will bat during the inning regardless of the number of outs or runs scored.
- C. There will be no strike outs or walks.
- D. Bunting is not allowed.
- E. Batter will swing until the ball is hit. The ball must travel past the 10 foot radius line or it is considered a foul ball.
- F. Coaches Instruction: The coach will set the ball on the tee and instruct the batter. The coach may not physically help the child swing the bat.
- G. The batter will not throw their bat. If done accidentally, the coach will instruct the proper way to swing. If done in anger the batter is out (coach's discretion)

6. Base Running

- A. Players will be instructed to over run first base (run through).
- B. No stealing, leading off the base or sliding. Runners cannot leave the base until the ball is hit.
- C. Base runners must make a reasonable attempt to stay within the base running paths at all times and shall not interfere with, or deny a fielder the opportunity to make a play on the ball.
- D. No extra bases on overthrows.
- E. Runners that are called out will leave the base. Part of learning good sportsmanship is to learn that it is all right to be called out.
- F. Runners may advance a maximum of one base per batter including the last batter of each inning.
- G. There is no Infield Fly Rule.

7. Fielders

- A. Infield: A maximum of five players are allowed to play in the infield at one time (P, 1B, 2B, 3B, SS). No extra players in the infield. Infielders shall not line up for play in the path of the base runner, nor can they intentionally block the base runner from a fair chance to reach the next base safely. The pitcher must be standing inside the pitching circle prior to the ball being placed on the batting tee.
- B. All other players will be positioned in the outfield in an umbrella type formation 20 feet behind the baselines.
- C. There will be no catcher used in games nor any plays made at home plate.

8. Game Day Coaching Responsibilities

- A. Prior to arriving at the field, complete a T-Ball Line-Up Card. Rotate all players between infield and outfield positions as evenly as possible. Batting order should be rotated each inning by using the player's game jersey numbers. If possible, make several copies of the T-Ball Line-Up Card for your assistant coaches.
- B. Arrive thirty minutes prior to start time of your game. Set up OF and IF for Pre-Game Warm-Up Routine. Assistant coach should touch up field lines as needed.
- C. Arrange batting helmets and bats.
- D. Begin Pre-Game Warm-up twenty minutes prior to game time.
- E. The equipment box lids should be closed immediately after necessary equipment is taken out. The lids are heavy and can cause severe injury.
- F. Batting: A coach must be present at home plate to tee up the ball. It is the batting coach's responsibility to get the fielders attention (or the other coach). Only the batter and the batter on deck should have a bat in their hand. Use parents and adults to help control the dugout area to avoid injury and enforce appropriate discipline.
- G. Fielding: Coaches are allowed on the field to instruct players. Coaches will also act as umpires.
- H. Bench Behavior: Have players cheer and encourage their fellow teammates as well as the other team. Players must stay on the bench until their name is called for the on deck batting warm-up. Sitting with parents, horseplay or other activities distract from the essence of the learning experience and delay the game.
- I. Game one teams are responsible for lining the field and getting out all equipment and the final game teams are responsible for placing all equipment back in the bins and securing the bins.
- J. All teams are responsible for placing all garbage in trash cans prior to leaving the field.
- K. At all times, players will be required to have game jerseys tucked in and players should be encouraged to wear long pants.
- L. Coaches are required to wear SPYA Coaching Staff Shirt and hat at all games.