

T-BALL RULES

GOALS

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

EQUIPMENT

1. Jerseys and hats 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. All boys **MUST** wear protective cups.
4. Players supply their own gloves, baseball pants and soft spikes. Tennis shoes are allowed at this age.
5. If player would like to use their own bat, it **MUST** be t-ball approved and remain the responsibility of the player, not NDHBL.

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. If necessary, accident report forms can be found at the concession stand and should be filled out immediately following the injury. You are supplied a first aid kit and ice packs, use them.
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 inners!
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.
3. Spot dots will be placed in the fielders positions and a circle (same as softball) will be drawn around the pitcher's mound. The must stand at the back of the circle for safety reasons and the catcher must stay back and away from the batter until the ball is hit.
(SEE LAST PAGE FOR SPOT DOT DIAGRAM) Using the spot dots will accommodate 14 players.

LENGTH OF GAME

1. Regulation games will 4 innings or 1 ½ hours 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 Scheduling Coordinator 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.
2. Each player is placed in number sequence for the batting line-up. Every player bats each inning. If a player cannot bat his/her turn, the batting order continues.
3. Outs still count, although are unlimited until the whole line-up has batted for that inning. If a player makes an out, they are counted as an out and must go back to their bench. This continues until the team goes through their line-up one time. The last batter can run the bases until he/she touches home plate without being tagged.
4. After the coach adjusts and places the ball on the tee, the player cannot hit the ball until that coach yells "play ball".
5. 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 anytime for instructional purposes.
6. 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.
7. If the batter throws the bat, he/she will be given two warnings. After that, he/she will be called out.
8. Runners may **ONLY** take one base on balls which stay on the infield.
9. Runners that run past a teammate on the base in front of him/her will be called out.
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 and in front of the outfield.
2. The defensive team will field up to 14 players. (SEE DIAGRAM ON LAST PAGE)
3. Each inning players must be rotated from inner circle to middle circle to outfield circle.
4. All players **MUST** remain on their spot dot 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. The defensive team may get a batter out by catching a fly ball, tagging 1st base before the batter gets there **OR** throwing the ball to the pitcher **INSIDE** the circle before the batter reaches first base. (the ball **MUST** be thrown, **NOT** handed to the pitcher)
8. Fielders may run the ball near the pitcher's circle, but cannot go in the circle to throw the ball to the pitcher.
9. A ground ball hit the pitcher **MUST** be thrown to 1st base for the out.
10. If bases are loaded, there will be no play at home plate. An out cannot be made at home plate.
11. Runners on base may be forced out or tagged out per regulation baseball rules.
12. The following is **NOT ALLOWED**: baseline interference, running on any overthrows, double plays or protests.

SCORING

1. To promote defensive skills and getting outs (keep in mind that we do not use 3 outs to end the inning, therefore no reward for the defense getting outs), we will use a point system rather than runs system.
 - Offensive runs scored = 1pt each
 - Defensive outs = 1 defensive point
2. Do not get carried away with winning and losing as no records or standings will be kept. This scoring system is not mandatory, but, using a scoring system will create situational thinking and have goals each inning and each game.

THANKS FOR HELPING ALL OUR CHILDREN GROW AND LEARN!!

HAVE FUN!!

SPOT DOT DIAGRAM

