



## **T-Ball Rules and Regulations**

### **Goals:**

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

### **Equipment:**

1. Shirts and hats will be given to the players to wear at the games. For safety purposes, no jewelry is allowed.
2. All bats and balls, as well as bases, will be supplied by the Recreation Division.
3. Players supply their own gloves and soft spike shoes. Tennis shoes are allowed at this age.
4. If a player would like to use their own bat, it must be T-ball approved and remain the responsibility of the player. The Recreation Division will not be responsible for any personal items.

### **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 of each game to go over ground rules and cover any questions.
3. Injured players must be attended to immediately. If necessary, accident report forms can be found with the field supervisor and should be filled out immediately following the injury. Each team will be given a first aid kit with ice packs for any such incident.
4. Coaches are responsible for forwarding information of 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. Always give encouragement and enthusiasm!

### **Field:**

1. The base paths will be 50 feet in length and pitcher's mound will be 38 feet from 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 fielder's positions and a circle will be drawn around the pitcher's mound. They 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.

### **Length of Game:**

1. Regulation games will be two (2) innings or 50 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 by the Recreation Division. If the City of Cheyenne calls a game due to weather, it will do so by 5:00 p.m. After that time, a game will only be called by the field supervisor. Players must show up to their scheduled game/field time (unless called beforehand) 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. Parents may also help their child run and stand on 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 lineup 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. After the first inning, the line goes in the opposite order. Each game has a different line up so that every child can hit.
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 ball or strikes will be called, and the game can be stopped at any time 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. 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 that stay in 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 all players.
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.

*The mission of the Recreation Division is to enrich the quality of life through providing cost-effective opportunities for recreational activities, focusing on life-long wellness through exceptional programs, activities, and events for all ages in the community.*