

T-BALL GAME RULES & REGULATIONS

1. Playing Field:
 - o Distance between bases is 50 feet
 - o A foul strike area is a drawn arc between the baselines, 10 feet out from the batting tee.
2. General Rules:
 - o The length of the game is 3 innings or 1 hour, whichever comes first.
 - o The starting lineup of each team shall include all of the players.
 - o Each team will have the same number of times at bat and in the field.
 - o Scores are not kept and there are no winners or losers.
 - o There is no pitching, the ball must be hit off of the batting tee.
 - o All players on the team bat in each inning of play. When a team bats through the batting order once, the inning is over.
 - o Defensive players are to alternate between the infield and outfield every inning to child's ability and safety.
 - o The infield shall have no more than 7 players including the pitcher and the catcher. The outfield may have up to 6 players.
 - o Only players and coaches are allowed on the playing field before and during the game. Coaches may be on the field to instruct defensive players, but cannot touch a ball in play. Coaches for the offensive team may give batting instructions, but cannot physically help runners on base.
 - o When a team is at bat, all players are to sit on their bench in the order in which they will bat, except for the batter, the on-deck batter, and any base runners.
 - o When a team is in the field, all players will be used in the field.
 - o Level 5 is the official baseball for this league
3. Batting:
 - o The batter is not to touch the tee (a coach may adjust the tee to a player's height).
 - o There are no strikeouts.
 - o The batter continues to until a fair ball is hit by the batter.
 - o A fair ball is a batted ball that:
 - Lands in or is touched by a player in fair territory (infield or outfield).
 - First lands in foul territory, then rolls fair into the infield.
 - o A foul ball is a batted ball that:
 - Lands in or is touched by a player in foul territory.
 - Rolls into foul territory before reaching first or third base and comes to rest there.
 - A batted ball that travels less than 10 feet or if the batter hits the tee and knocks the ball off the tee.
 - o All batters must wear a batting helmet.
 - o If the batter throws the bat in a dangerous manner, the batter is out and any base runners must return to their base.
 - o The catcher stands far enough behind home plate so as not to interfere with the batter.

4. Base Running:

- After all base runners have moved ahead on the bases as far as possible, or after an out, a “time out” is called and the ball is put on the tee for the next batter.
- A runner must remain on base until the ball is hit.
- If a fielder overthrows the ball, a runner is allowed to advance one extra base.
- All runners must wear a batting helmet while on base.