



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORFOLK FAMILY YMCA T-Ball Rules

<u>League</u>	<u>Fields</u>	<u>Bases</u>
Ages 3-4	North Fields	50 feet apart
Ages 5-6	South Fields	60 feet apart

- # of Players:** There will be 8-10 players per team.
- Equipment:**
*Safety is the most important! Batters, base runners, and players on deck **MUST** always wear a helmet on the field.
*Players supply their own gloves. Tennis shoes are recommended at this age, however, cleats can be worn as long as they are **not** metal!
***NO JEWELRY** is allowed for safety purposes.
***YMCA Reversible Jersey**
- Base Coaches:** Keep parents involved! Ask parents to help as 1st and 3rd base coaches. Parent encouragement helps keep the kids motivated and on track.
- Pitcher:** In T-ball the pitcher serves as an infielder.
- Innings:** Games are 30-40 minutes following a 20 minute practice. Teams play as many innings as possible within that time-period. Try to keep the number of innings each team plays equal. Once every player has batted, teams switch sides.
- Positions:** Players must play a different position during each inning rotating from infield to outfield. (See Position Map Pg.2)
- Line-up:** Change the line-up every inning so all players have the opportunity to hit multiple times as games may end in the middle of an inning due to time.
- Score:** Neither score nor standings will be kept. This is a learning process, and we want the players to learn the fundamentals without the primary focus being placed on winning or losing.
- Outs:** There are no strikeouts or walking players. Outs may be achieved through base tagging or tagging a player while not on base. After 3 outs the bases are cleared but the inning is not over until all players have batted.
- Fair Balls:** The ball must be hit past the 10 foot arch and stay within the foul lines to be considered fair. If the ball is hit less than 10 feet, it is considered a foul.

Offensive Rules:

1. Y staff will assist the player up to bat while other coaches help coach the bases and ready the next player up to bat.
2. Every player bats each inning. If a player cannot bat his/her turn, the batting order continues. Outs still count, although unlimited until the whole line-up has batted for that inning. If a player is out, they must go back to their bench.
3. No balls or strikes will be called. The ball must go 10 feet and stay within the foul lines when hit to be considered fair.
4. If the batter throws the bat, he/she will be given two warnings. After that, he/she will be out.
5. If the batter hits the ball to the infield, players may take ONLY one base.
6. 1 base advancement for a ball that is overthrown.
7. Runners that run past a teammate on the base in front of him/her will be out.
8. If a fly ball is caught players must return to their base. They cannot be tagged.

Defensive Rules:

1. All players are on the field when on defense.
2. When the ball is hit into the outfield, the batter may run the bases until the ball is thrown to the infield. Once the ball is thrown to the infield from the outfield, runners must stop advancing bases unless they are over 1/2 way between bases: then they will stop at the next base.
3. Players must play a different position each inning, rotating from infield to outfield.

