



# NORFOLK FAMILY YMCA

## T-ball Rules

League:

Ages 3-4

Ages 5-6

Fields:

1 & 2 (North Fields)

3 & 4 (South Fields)

Bases:

60 Feet Apart

60 Feet Apart

**Number of Players:** There will be 10-11 players per team

**Equipment:**

- Safety is 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. If cleats are worn, please make sure they are not metal
- **NO JEWELRY** is allowed.
- YMCA Reversible Jersey

**Base Coaches:** Keep parents involved! Ask parents to help as 1<sup>st</sup> and 3<sup>rd</sup> 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 15-20 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 on 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 focus being 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 ball.

### Offensive Rules:

1. Coaches will assist the player up to bat while parents help at 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.
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, they will be out.
5. Players may only take ONE base and cannot pass teammates.
6. If a fly ball is caught, players must return to their base. They cannot be tagged.

### Defensive Rules:

1. All players on the field when on defense
2. Players must play a different position each inning, rotating from infield to outfield
3. Players must take turns going for the ball. We want to avoid as many pileups as possible.

