



## T-Ball League Rules

*Schedules are located on Team Sideline website.*

*League Rules can be found on the Team Sideline website under the "Downloads" tab.*

*Team Sideline link is on NLCPD website - [www.teamsideline.com/sites/newlenoxparks/home](http://www.teamsideline.com/sites/newlenoxparks/home)*

**Rules Revised: May 6, 2025**

The focus of this League is not about winning or losing but fostering a sense of teamwork and camaraderie while balancing the need for all participants to develop physically, mentally and emotionally. It is designed to be a learning league for the players.

1. Games will be a total of 45 minutes. Including a 10-minute warm up and 35 minutes of game play or three innings in length.
  - In the case of extreme weather (heat/rain), if both coaches agree, the game may be shortened.
2. The first day of the league will be practice only. This will be a great chance to get to know the players, parents, coaches and practice some basic skills of T-Ball. Two Teams will be scheduled at one field but both teams will share the given space. If enough time permits, coaches can go through a 1-2 inning scrimmage.
3. **Players must bring their own mitt and T-Ball bat.** A helmet is not required to play.
4. There are no umpires. The coaches make all calls and judgments.
5. Outs and the score will not be counted. All players will bat each inning and the last batter will end the inning with a home run. This will clear the bases and teams will switch offense and defense.
6. Even though outs are not counted to end an inning, they are still called. This will make the players learn the concept of an out.
7. The offensive coach will place the ball on the tee and the batter will swing at the ball once the pitcher has made a pitching motion.
8. The catching position should never be filled by a participant. This is in place due to the safety of the participants.
9. Batters are not permitted to bunt. The ball must be batted with enough force to go past the half way point from home plate to pitcher's mound. This will give the defense the opportunity to field the ball.
10. Allow each batter 7 swings at the ball. After the 7<sup>th</sup> miss, the batter is considered out.
11. A batter may not throw the bat. First offense, warning; second offense, the player must sit out for 5 minutes. If a third offense happens, the player must sit out for the remainder of the game.

12. After the ball is hit, one defensive player should move to field the ball. Coaches must help prevent the entire team running to the ball and bunching together. This will help teach the kids about spacing on the field.
13. Base-runners are not permitted to lead off.
14. On a ball hit into the outfield, the ball is considered dead once an infielder has possession of the ball in the infield.
15. On a ball which goes "out of play", the ball is dead and all runners advance one base. Out of play, for example, is a ball thrown to the first baseman that misses and it goes past the foul line approximately 10 feet. (Same for third base and home).
16. Charging into a defensive player to jar away the ball is not allowed. The runner shall be called out.
17. Cleats are encouraged to be worn but are not required. Metal cleats are not allowed, they must be rubber or plastic.
18. **Offensive Coach** - Stand behind home plate (so you can be part of the game) and instruct the batter. Give a verbal and hand signal for a pitch.
19. **Defensive Coach** - Stand on the field with your team, behind the pitcher, so you can instruct your players where to throw the ball and prevent the entire team from running after the ball.
20. **Defensive Positions:**
  - 1) Pitcher
  - 2) First Baseman
  - 3) Second Baseman
  - 4) Shortstop
  - 5) Third Baseman
  - 6) Left Fielder
  - 7) Left Center Fielder
  - 8) Right Center Fielder
  - 9) Right Fielder
21. Players should rotate to different positions throughout the game. If the team has less than 8 players, space them out within the infield first before placing players in the outfield.

