

2025 T-Ball & Rookie Ball Guidelines



GENERAL RULES

- **Each team will have 1 hour on the field.**
 - Each team should/will:
 - Dedicate the first 15 minutes to practice
 - Work on a different skill (throwing, fielding, hitting, base-running) each week
 - Use half the field for their warm-ups
 - Use the last 45 minutes for a “low-key” game, while keeping the following in mind:
 - Both teams should get at least 3 at-bats and 3 innings on defense.
 - Use best judgement on the time and do not start an additional inning if you know both teams won’t get their chance to have full at-bats
 - Schedules and field usage are on a strict time limit to allow teams to leave and new teams to come in
- **Warm up time is included within the 1 hr. time frame**, and teams should not arrive early for warm-ups.
- Player positioning: 3B – SS – SC - 2B – 1B – LF – LCF – RCF – RF - P. No catcher.
- If more than 10 players are present, spread them out in the outfield. Do not stack players near the pitcher mound or on the actual bases.
- **You will have Park District staff members assigned to the field to assist you.**
 - **For Rookie Ball**, one staff member has been told they are always the catcher
 - Use any additional staff as base coaches, bench coaches or assisting in the field
- **All batters & base runners must wear a helmet.**
 - DO NOT LET A PLAYER SWING A BAT WITHOUT A BATTING HELMET ON
 - Practice swings should **only** be taken in the presence of a coach and when no other children are around
- No advancing on overthrows to any bases. The runner can go to 2nd or 3rd base on balls hit into the outfield. The ball is dead once it is back in the infield for balls hit into the outfield.
- No lead-offs, no HBP, no stealing bases and no bunting allowed.
- **NPD** will supply baseballs, batting tees and bases for all games.
- **Rain-out hotline is 847-583-2777.** In the event of bad weather, games will be moved inside the LoVerde center on the soccer field.

DIVISION SPECIFICS

- **T-Ball Specifics:**
 - All players hit off a batting tee
 - The inning ends after everyone bats once, even if the defense makes 3 outs
 - If an out is made, give praise to the player that made the out, but **runners stay on base.**
 - Coaches can switch the batting order each inning
- **Rookie Ball Specifics:**
 - Coaches pitch to their own batters
 - Batters have 5 pitches to put the ball into play
 - There are no strike outs and no walks
 - If after 5 pitches a batter does not put the ball into play, they will hit off a batting tee
 - Coaches should pitch from at least 30ft
 - Outs will be recorded, and runners should come off the bases if an out is made. No force outs at home plate. 3 outs or 1 time through the batting order ends the inning.



HAVE A GREAT SEASON!

