



Sandlot Sluggers T-Ball League Rules

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. Games will include a 5-minute warm up and 60 minutes of game play or three innings in length.

1. During the pregame warm-up, coaches will focus on stretching and basic T-Ball drills without a ball.
2. In the case of extreme weather, if both coaches agree, the game may be shortened.
3. Practices will be created by the coaches and Athletic Supervisor of the Midlothian Park District. This will be a great chance to get to know the players, parents, coaches and practice some basic skills of T-Ball.
4. Players must bring their own mitt.
5. There are no umpires. The coaches make all calls and judgments.
6. 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.
7. 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.
8. The offensive coach will pitch to their batter. If the batter does not hit the ball after 3 attempts, the ball will be placed on the tee and the batter will swing at the ball.
9. The catching position should never be filled by a participant. This is in place for the safety of the participants.
10. Batters are not permitted to bunt. The ball must be batted with enough force to go past the halfway point from home plate to pitcher's mound. This will give the defense the opportunity to field the ball.
11. A batter may not throw the bat. First offense, warning; second offense, the player must sit out for the rest 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 and increase social distancing for safety.
13. Parent Volunteer – Each team will need a volunteer to supervise the players on the sideline.
14. Baserunners are NOT permitted to lead off.

15. On a ball hit into the outfield, the ball is considered dead once an infielder has possession of the ball in the infield.
16. 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).
17. Charging into a defensive player to jar away the ball is not allowed. The runner shall be called out.
18. Metal spikes are not allowed; however, rubber or plastic are okay.
19. Offensive Coach – Will be pitching to and instructing the batter. They will also help put the ball on the tee if the ball is not hit after 3 pitches.
20. Defensive Coach - Stand on the field with your team, so you can instruct your players where to throw the ball and prevent the entire team from running after the ball.
21. Defensive Positions:
 - Pitcher
 - First Baseman
 - Second Baseman
 - Shortstop
 - Third Baseman
 - Left Fielder
 - Center Fielder
 - Right Fielder
22. If the team has less than 8 players, space them out within the infield first before placing players in the outfield. Players should rotate to different positions throughout each game.
23. If a team has more than 8 players, no player can be on the bench defensively for more than 1 inning.
24. We expect all coaches and parents to conduct themselves in a professional manner. We will not tolerate any unsportsmanlike conduct or disrespectful behavior.