



T-BALL RULES

I. GENERAL RULES

- 1.01 **INFIELD LINE**—A line will be drawn between first and third base.
- 1.02 **BATTER'S ARC**—An arc 10 feet from home plate will be drawn.
- 1.03 **PLAYING TIME**—Each player will be given an equal opportunity to bat and play in the field.
- 1.04 **INNING LENGTH**—A half-inning is over when all players have batted once.
- 1.05 **GAME LENGTH**—Each game will last 2 innings. If teams complete 2 innings, and enough time allows, coaches and umpire can agree to play another inning as long as it does not exceed allotted time.
- 1.06 **SCORE**—No score will be kept.
- 1.07 **OUTS** – Even though One Goal Sports does not record “official outs” in t-ball, we believe there are some fundamentals to the sport that can be taught and enforced to further develop players at this age. One way to measure defensive improvement is to see how many “outs” a team can record in a given half inning.
- 1.08 **LAST BATTER** – the last batter for either team is allowed to run all the way around the bases in an attempt to score. NOTE: every player that is tagged by a defensive player with a ball will result in an “out.”
- 1.09 **CATCHER'S GEAR** – OGS realizes that the summer is warm and can be difficult for catchers; however, all catchers must wear mandated equipment for his/her safety (helmet, shin guards, chest pad).

II. BATTING

- 2.01 **BATTER OPTION**—The batter has the option to have the coach pitch to him/her. The batter will be allowed **two total pitches regardless of the quality of the pitch** before he/she is required to hit off of the tee. In the interest of time, coaches should only pitch to players who demonstrate an ability to hit the ball in practice. Otherwise, the ball will be immediately teed up.
- 2.02 **WALKS**—No walks will be given to the batter.
- 2.03 **STRIKEOUTS**—No strikeouts will be given to the batter, the coach will help the batter hit after 3 unsuccessful swings at the tee.
- 2.04 **BATTER'S ARC**—Any ball not hit beyond the 10-foot batter's arc is a foul ball. If a ball hits within the arc and rolls fair within 3 seconds, it is a fair ball.

- 2.05 **BATTING ORDER**—The batting order will be established by the coach before each game. The coach may choose to have a straight up and down order or snake the batting order (i.e. last person to hit in the previous inning is the leadoff batter in the next inning and continuing back up the order).
- 2.06 **BASE COACHES**—Base coaches shall remain in their coaching boxes at all times, unless play dictates otherwise. There may be a batting coach behind home plate in the designated area. Batting coaches may position the batter and adjust the tee one (1) time for each batter.
- 2.07 **TEE REMOVAL**—The umpire will remove the tee after each batter hits.
- 2.08 **SLINGING BAT**—After one (1) warning per game per player for slinging his bat, the batter will be called out for each additional time that he slings his bat.
- 2.09 **BALL OFF THE TEE**—Bumping the ball off the tee during warm-up is not a strike and will be called a no-pitch by the home plate umpire.

III. BASE RUNNING

- 3.01 **STEALING**—There will be no stealing permitted.
- 3.02 **LEADING OFF**—Each runner must remain on the base until the ball is hit.
- 3.03 **OVERTHROWS**—A runner may only advance one base from an overthrow. *Time*—Time will be called once the ball is controlled and returned to the infield and/or all base runners are frozen. All play must stop once the umpire has called ‘Time.’
- 3.04 **TAG OR THROW OUTS**—If the batter or base runner does not reach the base before tagged or thrown out, she/he will be called out and return to the dugout. Even though One Goal does not record “official outs” that may result in ending an inning, there are some basics to base running that players can learn.

IV. DEFENSE

- 4.01 **INFIELD LINE**—No defender is allowed to cross the infield line until the ball has been hit.
- 4.02 **THROWING NOT ROLLING THE BALL**—When fielding the ball, the defense must attempt to throw the ball to the appropriate base instead of rolling the ball.
- 4.03 **PITCHER’S CIRCLE**—There will be a pitchers circle that the defensive pitcher must keep one foot in until the ball is hit. That player **MUST** wear a helmet with a facemask.
- 4.04 **DEFENSIVE POSITIONING**—Coaches must keep players in the same positions throughout the entire inning. Please only change players’ positions at the beginning of the inning before play begins. Coaches must place players into defined positions on the field of play. Players are not allowed to load up on the infield line. No more than 2 players may be on the infield line behind the pitcher. See **DIAGRAM** below for required player positions.



REQUIRED PLAYER POSITIONS

(11 players on a team) If you have 10 players, you'll remove 1 safety line defender:

- 1st baseman
- 2nd baseman
- short stop
- 3rd baseman
- right fielder
- center fielder
- left fielder
- 2 safety line defenders (behind the line)
- pitcher
- catcher

V. EQUIPMENT

4.05 **SHOES**—Tennis Shoes or baseball shoes with RUBBERIZED cleats may be worn. No Metal or Plastic Cleats.

4.06 **BATS**—Approved (unaltered) baseball bats, wood or aluminum, any size may be used.

4.07 **HELMETS**—All batters and runners must wear helmets.

4.08 **BALL**- A soft “T-ball” will be used.

VI. FUNDAMENTALS TO FOCUS ON

Proper throwing form

Proper hitting

Proper fielding

Base running

COACHING PRIVILEGE

OFFICIAL TIME-OUT – Sometimes things happen and/or people act out in ways that are less than exemplary for modeling Christ-likeness on the field. Here at One Goal Sports, we believe that matters should be addressed immediately to further demonstrate that leading by example is top priority. If you witness something that is out of order (rule violation, unsportsmanlike conduct, etc), please call and official time-out, bring the coaches and umpire together and reasonably resolve the matter then and there. By doing this, you will guard your heart and prevent a bitter root from springing forth. This will also reduce the need to email or call OGS about a situation that could have been resolved on the field.

INJURY PARTICIPATION

BUBBLE WRAP – A child may ONLY participate with a broken arm as long as the cast is protected with bubble wrap.

BOOTS – children who are required to wear a medical boot for a broken or fractured foot is allowed to participate in OGS practices and games.