

## 2015 Southern New Hampshire Instructional T-Ball Rules

**Ages:** As of April 30th players must be 4, 5 or 6 years old.

**Players:** No more than 15 players per team. All players take the field. Try to spread players out & position players in normal defensive playing positions. Recommend playing extra players in the outfield. No minimum # of players and no forfeits.

**Game:** Games will consist of 3 full innings.... encourage 4 innings if time allows.  
No new inning may start after 60 minutes of play.  
Weekday games begin at 6:00 P.M. Saturday games begin promptly at 8:30A.M.or 10:00A.M. Each team is allowed a 15-minute field warm up prior to the start of the game.  
Home team warm-up: 30 minutes prior to start of game  
Visitor team warm-up: 15 minutes prior to start of game  
Practices/games are scheduled on Tuesday, Thursday or Saturday.  
Each team will play a 10 game schedule.

### **Home Team Provides:**

Safe playing field conditions, 2 league approved baseballs (t-balls or soft tees), bases & batting tee.

### **Inclement Weather:**

**Prior to game:** Head coach of home team is required to call off the game by phoning the head coach of the visitor's team with at least 90 minutes notice prior to the start of the game ( ie weekdays by 4:15 pm & Saturday morning by 7:00 am.)

**After game start:** In the event of darkness, weather, presence of lightning or unsafe conditions, either head coach shall terminate play. There is no makeup game required if game is terminated after one full inning. The 1<sup>st</sup> clap of thunder or 1<sup>st</sup> flash of lightning stops the game.

**Rescheduling games:** The head coach of the home team is responsible for rescheduling make-up game promptly. All games are to be made up and played prior to May 30<sup>th</sup>. The head coaches shall coordinate extra games, those in addition to the regular schedule. Extra games are the option of the head coaches.

## RULES OF PLAY

- Fielders:** All defensive players in the field (extras in the outfield). Free substitutions of all players. All players must be rotated throughout the season into different positions to understand and experience all fielding positions. Coach is to keep track of positions played. No players shall be left on the bench except for injury or disciplinary actions.
- Pitching:** If batting tee is not in use, pitching rubber is 36 feet in front of home plate. Coaches shall pitch underhand or overhand. No walks, no hit batsman, no strikeouts. It is highly recommended that each child be given the same amount of pitches (8 to 10 pitches), before bringing out the tee, to keep the game moving along. Both head coaches should discuss this & agree on a strategy prior to the start of the game.
- Catching:** It is recommended that the coach of the team at bat play as the defensive catcher to keep the ball in play and to assist the players at bat. It is up to each head coach to decide if one of the players (with helmet & glove on) may play at the catcher position. In either case, the rule is that the catcher must be at least ten feet back from the plate for safety.
- Batting:** All players bat each inning, in succession, regardless of outs made. Each hit is limited to a single. Play stops after last batter rounds all bases signaling end of inning. **No throwing the bat after hitting the ball. Coach is to give a warning. No on deck batters are ever allowed.** There is no exception to this rule. Any ball hit from the tee must travel 15 feet from home plate or it is considered a foul ball. Any ball hit from a coach's pitch is considered in play regardless of the distance.
- Base Running:** Baselines should be 50 feet long but are subject to field dimensions. Runners may advance one base per hit, with the exception of the last batter, who along with the runners on base, rounds all bases. No leaving base until pitch reaches home plate. If early, player(s) sent back. No player advance on overthrows. Runner is out if a batted ball hits the runner. No stealing. No leading.
- Out Rule:** An out is called when his/her hit ball is caught on the fly, his/her ball is a force play at the base, or a defensive player between bases tags a runner

with gloved ball. Positive feedback is given to the player(s) making the out to reinforce this behavior. When an out occurs, player(s) stay on base or advance to next base in order to reinforce proper base running.

**Scoring:** Runs scored should not be kept. All games end in a tie, with both teams winning. It is optional to track outs made in the game, but it is required that each coach complements every player for every effort they make.

**Guidelines:** Understand that this is both an instructional & highly recreational level. A non-competitive environment should be enjoyed. Involve as many parents as possible. Individual player attention is often needed. A bench parent/coach is a great idea for teams to have supervision & help explain the game as teammates are at bat. Safety is rule #1. Bat-parents should supervise any child with a bat in their hand. **(No On Deck Batters)**.

**Helmet Safety Rules:**

All batters, runners, pitchers, catchers & 1<sup>st</sup> basemen **MUST WEAR HELMETS**. Each team should have at least 6 helmets in good condition.