



T-Ball

OBJECTIVE:

The most important rule in T-Ball is to HAVE FUN!!! This league is of the recreational type and it is not the intention of this league to subject the children to fierce competition. It is intended to provide an understanding of the fundamentals of baseball and stress good sportsmanship and fair play. Many of the children you will meet have never played any sort of baseball before. As a coach, your goal is to make sure each child understands which base to run to after they hit the ball. When the kids are in the field, start by having them throw to first base each time to teach the fundamentals. As the kids gain a better understanding, then start introducing other options such as throwing to a closer base or tagging a runner who is nearby. You will meet kids of various abilities, so please use your own discretion in this area..

DIAMOND DIMENSIONS:

- Distance between bases 40.0 feet
- Distance between home plate and second base 56.5 feet

EQUIPMENT:

Each team will be supplied with an equipment bag. The bag will contain the following:

- First Aid kit;
- Dozen soft baseballs;
- Variety of bats, 2-3 per team;
- 2-3 batting helmets
- Catchers mask/helmet, chest protector and kneepads;
- A Tee-stand can be found in the NWLL equipment box behind the back stop of each diamond.

LENGTH OF GAME:

Each game is 1 hour long and to be played as follows:

- 5 minutes for warm up.
- 5 minutes for station drills
- 25 minutes for a one inning game play.

OFFENSIVE PLAYERS:

All players will bat once. There are no strikeouts. Players should get used to hitting off the batting Tee as they will continue to use the Tee throughout their LTAP. Players will advance to their base and stay on base whether or not they are put out. The maximum number of bases allowed on one hit is one including any runners on base. The last batter in the rotation will hit a home run. It is suggested that you shift the batting order each game to give each child a chance to hit a home run. Batters and base runners must wear helmets at all times.

Please remember, the intent is for the kids to have fun. It is very important to keep the interest of the kids.



DEFENSIVE PLAYERS:

All players will be on the field. No players should be sitting on the bench. Teams should be kept to small enough numbers to limit the number of outfielders at any one time. Players should rotate positions every game to ensure everyone gets equal time at the different positions. The typical T-Ball fielders are as follows:

- Pitcher Player will stand beside the opposing coach who is pitching to batters. Once the pitch has been thrown, the coach will try to keep out of the way.
- 1st Base
- 2nd Base
- Short Stop
- 3rd Base
- Catcher
- Outfielders All remaining players are in the outfield.

DEFENSIVE COACHES:

There may be one or more coaches taking a position in the field to help coach the defensive players. Coaches, use discretion.

OFFENSIVE COACHES:

There may be one or more coaches taking a position in the field to help coach the offensive players. Coaches should limit themselves to home plate and 1st or 3rd base.

THROWING:

Players must throw the ball. Since the kids are typically just learning the game, try to teach which base to throw to. Have the kids throw the ball and make the play. Use discretion based on the level of play.

BASE RUNNER:

There shall be no stealing of bases and no leading off.

BUNTING:

There shall be no intentional bunting.

DEFENSE TO OFFENSE:

Teams will change from defense to offense after every player on the team has batted. The last player will get to hit a home run and run all the bases.

BAT THROWING:

If a bat is thrown (not carried) more than 5 bat lengths, or is thrown and hits either the catcher or the umpire, the batter is automatically out. THIS IS A SAFETY RULE AND MUST BE ENFORCED. Make sure all batters understand this rule before they step up to the plate.