



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## T-BALL – AGE 3-5

### YMCA of South Hampton Roads

LEAGUE	GAME LENGTH	# OF PLAYERS	BALL	BASE PATH	OUTS	SCORING
AGE 3-5	3 INNINGS 25 MINUTES	10	REGULATION T-BALL	45 FEET	NONE	NONE

**NUMBER OF PLAYERS** – Up to ten (10) players may take the field on defense.

**PRACTICE FORMAT** – Teams at this age level will practice for 25-minutes prior to the start of their game.

**EQUIPMENT** – Tennis shoes/sneakers must be worn during all practices and games. Soft-cleated baseball shoes may be worn, but are not required. Each player must bring their own baseball glove.

#### OFFENSE

- Each player will bat once per inning. Once completing the batting rotation the inning is over and the other team will bat. There are not outs recorded.
- The team at bat may have a 1st and 3rd base coach and a coach at the tee.
- All batters and base runner must wear a batting helmet until they are back at their bench.
- Batters must take a full swing at the ball. NO BUNTING!
- The ball must be hit at least five (5) feet to be considered a live ball. If it is hit less than five (5) feet it is considered a foul ball.
- All players must remain on the bench until it is their turn to bat.
- A player who throws his/her bat will be called out immediately. No WARNING!
- Base runners must wait until the ball is hit to advance. NO STEALING or LEADING OFF!

#### DEFENSE

- Up to ten (10) players may take the field on defense.
- No player should sit out for more than one-half of an inning.
- Two (2) coaches from the defensive team may position themselves in the playing field. However, they may not participate in the play.

#### UMPIRES RESPONSIBILITIES

- The Umpire will place the ball on the Tee, determine foul or fair balls, and keep track of time and innings.
- The Umpire has the discretion, along with the program director to mandate a one game suspension if behavior of a coach, player or parent dictates

#### FIELD RULES

- Spectators must remain on the sidelines at all times and act in an appropriate manner.
- Use of abusive or inappropriate language is prohibited and will result in immediate dismissal from the field.
- All spectator children are to be supervised by an adult of at least 18 years of age.
- Any trash should be thrown away by those using it. Please keep our fields clean.

#### OTHER

- Be prompt. Teams should arrive 15 minutes before their scheduled game start to warm up.
- GAMES START ON TIME AND STAY ON SCHEDULE.
- If needed, substitutions will be made at the half inning or between innings.
- Equal Play: All players should be given an equal opportunity to start and play all positions.
- Conduct: Coaches are responsible for their team's conduct. Coaches are expected to exemplify good sportsmanship and serve as role models for their players. Coaches should be supportive of the officials under all circumstances. Coaches may ask officials about rule interpretations during time-outs, between innings. Any complaints about officiating should be directed to the Sports Director after the game.
- Please pick-up all trash from your team bench after your game.