
HOUSE LEAGUE RULES

SR. T-BALL BASEBALL





Rules of Play

Rookie Baseball



Revision Date	Description
4/19/24	Developed for TC Website
5/24/25	2025 Pre-season review

INTRODUCTION

This Division is the introduction of competitive baseball to the players. It is in this division that we continue the process of teaching these players the 4 basic skills of baseball/softball; catch, throw, hit and run. The Senior T-Ball program needs to instill these 4 basic elements in the young players and teach them the proper techniques to execute each properly for their age. The focus is all on developing the four basic skills and providing an environment that is fun, enjoyable and encourages the continued growth of each player. This division is not meant to be competitive; it is meant to continue their development and love of the game.

The Senior T-Ball Program is comprised of 1 division with a 1 year age group:

- SRTB – 6 year olds (based on age as of January 1st)

The T-Ball Program shall be executed in a round robin format, based on approximately a 12 to 14 week season (The organization will adjust for a reduced game season as necessary).

General Season Information

Schedule:

- Typically Sr. T-Ball is played Saturdays and Sundays.
- The season will start with a few practices in a row (Sat and Sun), then progress to alternating practices (Sat) and games (Sun), then to all games (Sat and Sun) prior to the final House league tournament.
- 2 hour time slots each day; See website calendar for diamond allocations.
- Cancellations due to weather will be communicated via the website “Diamond Status”. No coaches or managers should be cancelling events; Assume we play unless the website says closed.
- No score will be kept till July; Playoffs and the final tournament.

Practices:

- Two teams share one diamond and split time in the outfield and infield within the allotted time slot.
- Diamonds must be setup (bow nets, tees etc.) prior to practice time; equipment will be provided, and assistance from coaches is appreciated in setup and tear down.



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Equipment:

- All players are required to provide their own glove, batting helmet, bat and appropriate running shoes. Players will not be permitted to play without proper equipment.
 - Baseball cleats, water bottle, jock or jill are recommended.
 - No Wood bats; 2-1/4", and 2-5/8" Diameter aluminum or composite baseball bats permitted
- Coaches will be provided with a team equipment bag for balls, and catcher's equipment; please return equipment to the bag after each event.
- TC will provide all other field equipment for use at practices and games. This equipment (tees, bases, and bow nets) shall remain on the field and are not to be removed for any reason. Assistance to setup and tear down is appreciated when required.

Uniforms:

- TC will provide all players with a shirt, baseball pants and a hat.

Regular Season (Games):

1) General Game Play

- a) Score will be recorded in the Sr. T-Ball division. Both teams' managers should text/ or email the division director following the game to submit scores for record.
- b) Outs will be removed from bases if called out by umpires. (Double Plays are permitted)
- c) One umpire per game (minimum) in this division.
- d) Strike outs **will be** called after 5 swings, all players will hit. Fouled 5th swing is permitted one more swing. (Cap of 6 swings max., then batter is out)
- e) 5 innings is a standard game; 3.5 innings will constitute a complete game if weather becomes an issue.
- f) No innings will start after 1 hr. 30mins from scheduled start time; hard stop at 1 hr. 50 mins.
- g) The infield fly rule **is NOT** in effect in this division.
- h) There will be **no intentional walks** in this division.
- i) Bases at 60ft.
- j) Mound at 44ft.
- k) If a team is short players, the opposing team is obligated to provide players to fill the gaps in the outfield up to a max of 6 outfielders; only for defensive purposes. Less than 6 players, at any point in the game, becomes a forfeit.
- l) Call ups from an immediate lower division are permitted to fill roster spots. Division Director approval required in advance of play.
- m) Calling "Time" may not be used to stop a play. A player asking for "time" will only be granted time at the umpire's discretion upon the conclusion of the play.

2) Batting

- a) Every player will bat in a continuous order and every player will field in a rotation. Everyone bats every inning.
- b) Thrown bat: Any infraction of a bat being thrown will result in time being called; the batter will be instructed once on how to release the bat; future infractions may be penalized.
- c) Bunting is **NOT** permitted.
- d) Batters can not be called out on a foul ball; a pop foul if caught is an out.
- e) If a ball is not hit far enough away from the plate, the ball shall be declared "dead" and the batter will hit again.
- f) The umpire will place the ball on the tee, and the batter will swing once the umpire has declared "play ball".
- g) Hitters may hit a triple (maximum, except last batter) if the ball is hit clean and hard enough to make it to the outfield without a defensive error.



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- h) If there is no batter available because of bathroom break, etc., go to the next batter and make that missing person the last batter. If still not back in time for last batter, the one present is last batter and then the inning ends.
- i) Last batter:
 - i) Last Batter will be announced by the manager of the batting team prior to the at bat.
 - ii) Only the catcher or pitcher are allowed in the home plate area (approximately 10 foot radius), and in order for the inning to end, the catcher only must be in control of the ball and have position on home plate.
 - iii) In an effort to keep a flow to the game, the catcher for the next inning cannot be the last batter. A good rule of thumb is to have the 2nd batter in each inning become the next catcher.
 - iv) During the season all players will have equal opportunity to be last batter and each inning will start with a different first batter
- j) If the last batted ball is caught in the air for an out, that ball must be thrown home to the catcher to touch home plate to end the inning.
- k) Equalization: If one team has less players than the other, that team with less players will bat enough batters to match the team numbers. The player getting the extra at bat will rotate for each inning.

3) Pitching

- a) Any player playing this position must wear a batting helmet with a mask, and stand near the mound.

4) Base Running

- a) No Lead-offs from the base are permitted.
- b) On an overthrow to any base, runners may not advance.
- c) In no case shall a runner score on an overthrow.
- d) Stealing will NOT be allowed in all games. Tag ups on fly ball outs are NOT permitted.
- e) A Runner on 3rd base must be hit home or forced home.
- f) There is no head first sliding, unless going back to a base. No sliding going to 1st base; runner will be called out.
- g) Pinch runners due to injury are permitted; Must be the batter who was last out.
- h) Advancement on a caught fly ball is permitted with the tag up rule.
- i) Triple (max) is permitted, Homeruns over the fence only.

5) Fielding

- a) All players must be rotated through all infield positions. All players must be rotated through all positions as equally as possible.
- b) In a game, a player shall play a minimum of 2 innings in the infield and 1 inning in the outfield. Pitching and catching are considered infield positions.
- c) No player can play the same position more than once in a game.
- d) No player can sit twice until all players sit once; this continues throughout the entire season to ensure that all players take their turn sitting out equally. Failure to follow the mandatory playing rules may result in a forfeit of that game.
- e) A Catcher must be in position at all times for the game to proceed. If an injury has occurred a replacement must be in place before the game returns to play.
- f) Catchers must remain in full game gear at all times during play with the exception of removing their helmet, for better vision, once the ball has been put into play.
- g) Outfielders are not permitted to throw a baserunner out at 1st base; must use a cut off.
- h) End of inning: No defensive player is allowed to leave the field until all base runners have scored.
- i) Outfielders are not permitted to tag a runner, or base for an out; they must throw to an infielder to complete the out.



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6) General Coaching Responsibilities

- a) Communicate with the Division Director and/ or board members as required.
- b) Communicate with parents – Snack Schedule, Diamond #, game/ practices etc.
- c) Coordinate with other coaches for diamond setup (bow nets, tees etc.)
- d) Create Practice plans/ Lead practices
- e) Create/ manage lineups and position rotations, report scores to the Division Director.
- f) Lead/ guide players on the field to teach basics if positioning, and skills.
- g) Represent your team and TC as an organization in an honorable manner; treat everyone with respect.
- h) Approaching an umpire is only permitted once you have requested “time”, and the umpire has agreed to grant “time” **and** permission to approach.
- i) If a coach or manager is ejected for any reason during the season, that coach/ manager must leave the park, and is subject to further discipline before permission is given to return to action. Discipline will be at the discretion of the TC board.
- j) No coaches permitted on the field beyond those designated as 1st and 3rd base coaches. All other coaches must be in the area of the dugouts.

Playoff Season/ Tournament: (2nd to Last Weekend in July)

1) No Change in rules

- a) Same rules as regular season with the following exceptions’
 - i) Strike outs will be called, after 5 swings.
 - ii) If the 5th swing is a foul ball, the batter shall receive one more swing.
- b) Scores will be recorded, and standings kept.
- c) Playoff format will be a round robin ending on the Day of champs.
- d) If a game ends (by time or score) in a tie, the score will be recorded from the last inning that did not end in a tie
- e) Each team is allowed to field up to 10 players (4 outfielders). Less than 6 players results in a forfeit and the game will not be played. The winning team will be awarded an 8-0 score.

Division Director’s Note

The intention of the playoff will be to compete on a higher level than the regular season while maintaining the integrity of the game. The intention will be to challenge the players to step up their games in a round robin format. The hope will be to have the players shine and not the coaches.

Player Evaluations: The player evaluations are requested to be completed at the end of the season to help with next year’s draft.

Skills to work on:

- Defensive Positioning at 1st base, and Pitcher.
- Defensive Positioning as Catcher; overcoming fear, being in position to catch the pitch etc.
- Proper throwing technique – make a T, Point, Step, Throw.
- Underhand lob
- Playing catch with a partner – don’t overthrow, but throw hard.
- Fielding – mostly grounders. Alligator, gloves down, knees bent, eyes up.
- Getting in position in front of the ball
- Glove position
- Running to second on a double
- Base locations/ numbers and direction to each base.
- Base running - through first base into foul, stop at each subsequent base.
- Batting – level swing, “squash the grapes”, “squish the bug”, hands by ears, drop the bat.



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- Batting – how to set the tee height, foot placement, body position, etc.
 - Playing first base, foot on the bag, moving after the ball is hit
 - Playing second base/ SS/ 3rd base
 - Touching the base with your foot (proper positioning)
 - Covering throws – RF covers throws to 1st base etc.
 - Asking for “time” once the play is completed; Calling “time” does NOT stop the play. Umpires grant “time” at their own discretion.
 - Fun – run fun drills, relay races, scavenger hunts etc. to keep the kids engaged.