



T-BALL LEAGUE RULES

Coaches are encouraged to enforce the rules at practice and games to ensure smooth play. Parents/coaches, non-participating players, and spectators should be there to enjoy and encourage the activity of our young participants.

Field Size

- A. The distance from the back point of home plate to the front edge of the pitcher's slab shall be no less than 25 feet.
- B. The distance between all bases shall be 40 feet.
- C. The HOME TEAM shall be responsible for setting up the field with their assigned equipment.

Number of Players

- A. Each team will field all players and at no time have more than 5 infielders with the extra infielder placed between the first and second base position.
- B. No team shall field a catcher or pitcher at any time.
- C. Outfielders must remain no less than 15 feet behind the base line before the ball is batted.

Offensive and Defensive Coaches

- A. Each team shall provide two offensive coaches when batting and two defensive coaches when fielding.
- B. One Offensive coach shall reside near the batting tee to remove the tee once a ball is batted into fair territory.
- C. Coaches may provide instruction only and are not allowed to physically move players or touch the ball while in play.
- D. Parents may accompany players onto the field during the first two weeks only. By the third week of the season there shall be only coaches on the field, no parents.
- E. Coaches must **ALWAYS** set a good example of **GOOD SPORTSMANSHIP** for all players and spectators. Coaches should be more concerned with the players learning to play the game than with winning or losing.
- F. All coaches and team volunteers must be at least 18 years of age. Coaches or team volunteers who do not meet this criterion must receive direct approval from the Recreation Coordinator.

Playing Time

- A. All players in attendance must play in every game and players are to rotate between infield and outfield positions throughout the season. Equal playing time is expected.

Player Equipment

- A. All players must wear their team t-shirt in all games while participating.
- B. Any MEDICAL CAST or SPLINT of any type, JEWELRY (earrings, watches, rings or other jewelry) and METAL CLEATS ARE PROHIBITED AT ALL TIMES.
- C. A baseball glove, protective cup, and a water bottle are recommended for each participant.
- D. Each batter and base runner is REQUIRED to wear a batting helmet at all times.

Umpires

- A. Umpires are not assigned to T-Ball games. Coaches shall serve as umpires or a parent volunteer may be appointed to assist with umpiring.

Length of Game

- A. League games shall be no more than one hour in length, regardless of innings played.
- B. No inning shall begin after 50 minutes of play. New innings should not be started unless both teams can complete their batting order before the next scheduled game begins.
- C. Games will not be rained out and no make-up games will be scheduled nor shall scores or statistics be kept in any game for this league.

Start of Play & Score Keeping

- A. Teams are not allowed to take infield practice before the game due to time constraints.
- B. The AWAY TEAM (team listed first on the schedule) shall bat first.
- C. No scores or standings shall be kept for the league.

Batting and Ball In-Play

- A. Batters must hit from the batting tee, NO EXCEPTIONS.
- B. If the ball is hit over 10 feet in fair territory, the ball will be considered in-play.
- C. Fielders may not leave his/her position to field the ball until the ball is hit.
- D. **THE LAST BATTER:** Each inning shall end with the last batter hitting the ball into play and circling all bases (a homerun). If the batter fails to make contact after 4 swings, the player should be encouraged to circle the bases anyway.
 1. The last batter's position should rotate every inning so each participant can circle the bases for hitting a "homerun."

Throwing the Bat

- A. Players may at no time throw the bat. If a thrown bat strikes another player, the batter must return to his/her bench or designated area (player is "out") and may not run the bases.

Base Runners

- A. Runners shall advance **ONE** base per hit with the exception of the last batter who shall always hit a **HOMERUN** and shall circle the bases, clearing all base runners.
- B. Runners may not advance on any overthrown ball. Players should be encouraged to return the ball to their team's Defensive Coach.
 - a. Outfielders must throw the ball into the infield.
- C. There shall be no stealing or leading off, no sliding (dangerous to other players) or pinch hitting, no Infield Fly Rule, and absolutely no protests.

Outs

- A. Outs will not be recorded. Each player will be allowed a maximum of 4 swings. If the player does not hit the ball into play (see above), he/she must then walk to first base.

**Foul language, tobacco/vaping products and alcohol are PROHIBITED
at Lake Wilderness Park. NO EXCEPTIONS.**



COACH PITCH LEAGUE RULES

NFHS Baseball Rules will govern league play with the following exceptions.

Roster

- A. All participants must be properly registered through Maple Valley Parks & Recreation. Rosters are limited to 10 players.

Field Size

- A. The distance between all bases will be 60 feet. The offensive coach who is pitching will pitch from 40 feet. The defensive pitcher shall be 40 feet from home plate until the ball is pitched.
- B. The home team shall occupy the third base dugout.

Number of Players

- A. Teams may have no more than 10 players on defense, fielding no more than 6 infielders and 4 outfielders. Teams must start the game if they have at least 8 players.
- B. Outfielders must remain no less than 15 feet behind the base line before the ball is batted.

Coaches on the Field

- A. One offensive team coach may be on the field to pitch to his/her team.
- B. One defensive team coach may be stationed behind second base to help players learn defense.
- C. Each team may have no more than 2 base coaches when batting.
- D. Coaches are responsible for the conduct of their team, other coaches and fans. Coaches must **ALWAYS** set a good example of **GOOD SPORTSMANSHIP** for everyone at the game. Coaches should be focused on player development rather than winning and losing.

Playing Time

- A. All players in attendance must play in every game and players are to rotate between infield and outfield positions throughout the season. Equal playing time is expected.

Player Equipment

- A. Each team will be supplied with practice/game balls, one bat, catcher's gear and 4 batting helmets. Bases will be supplied by Maple Valley Parks & Recreation.
- B. Metal cleats are prohibited. Running shoes, plastic cleats or molded cleats only.
- C. Batting helmets are required for all batters and base runners at all times.
- D. Players are expected to wear team t-shirts and hats while participating in games.
- E. Catchers must wear the catcher's mask, chest protector and shinguards and must play behind and to the side of home plate.

Umpires

- A. Each game will have 2 umpires (**one supplied by each team**). The home team will be the plate umpire.

Length of Game

- A. Regulation games will consist of 4 innings or a 1 hour and 15 minute time limit.
- B. Games will drop-dead at 1 hour and 15 minutes regardless of score.
- C. An inning at bat will consist of 8 batters or 3 outs, whichever occurs first.

EXCEPTION: In the event that the 4th inning is complete and there is a batter(s) who have not been at bat (during that game), play will continue until all batters have been at-bat at least once.

- D. Rainouts and game cancelations will be determined by the coaches, not Maple Valley Parks & Recreation. Coaches shall reschedule all rainout games by contacting the League Coordinator for available field time.

Although there are no scores or standings kept, please show up early and honor the game time you are scheduled.

Batting

- A. Each team shall provide a batting lineup to the opposing scorekeeper at least 5 minutes before the game. Coaches should verify the batting lineup after each inning is complete. No standings will be kept. No final game scores will be recorded.
- B. Late arriving players may enter the game at any time. Late arriving players will be added to the bottom of the batting order.
- C. Each batter will receive 5 pitches. If the ball has not been put into play, the batter will hit off a batting tee until the ball is hit into play. There are no walks and no strike-outs.
- D. Extra base hits are encouraged in Coach Pitch. Players do not have to stop at 1st base as in the T-Ball League. Teams should be coached to throw the ball into the pitcher if not attempting to get a player out at a base.
- E. **On-deck batters are not allowed.** Players must remain in the dugout, behind the backstop except for the player at-bat.

Throwing the Bat

- A. At the discretion of the home plate umpire, a batter may be called "out" if he/she throws the bat in a dangerous fashion.

Base Runners

- A. Leading off and stealing are prohibited.
- B. Baserunners have the right of way in the baselines except when a defensive player is directly involved in the fielding activity.
- C. Baserunners may not run out of the baseline (3 feet on either side of the baseline).
- D. Baserunners hit with a batted ball that hasn't been touched by a defensive player are out.
- E. Players may slide feet first only. No head first sliding will be allowed, players are out.
- F. Coaches may not touch/help baserunners unless action is stopped. **Penalty: runner is out.**

Defense

- A. The defensive team will consist of ten players: pitcher, catcher, first base, second base, third base, shortstop and 4 outfielders. Each player in attendance must play defense.
- B. Infielders must play on or behind the baselines, no closer.

- C. The pitcher must throw the ball to first base. The pitcher cannot run down the runner running to first base.
- D. Action will be stopped when an infielder returns the ball to the pitcher. Action will stop by either umpire calling "**TIME.**" Action will start by the home plate umpiring calling "**PLAY.**"
- E. Outs will be recorded.

Outfielders, when receiving the ball, must throw the ball to an infielder who then relays it to the pitcher. The pitcher must have possession of the ball within an imaginary six-foot radius of the pitching rubber for play to be stopped. Baserunners who are more than halfway to the next base shall be awarded that base. A runner can be tagged out until the pitcher has the ball in his/her possession.

- F. A player may only play each position for ONE inning and players should rotate positions throughout the game.
- G. No defensive shifts allowed.
- H. Infield fly rule is not enforced.
- I. An overthrow landing out of play (**DEAD BALL**) entitles a baserunner to the base he/she is going to plus one more base without the chance of being put out.

Player/Coach/Spectator Conduct

- A. Any person who is confrontational, threatens or is verbally/physically abusive, in any way toward an umpire, player, coach, parent, spectator, City employee or anyone before, during or after the game will be suspended for 1 game and may be expelled from the league entirely.
- B. Any player/coach/spectator suspended cannot accompany the team or be on site before, during or after the game for any scheduled practices or games during the suspension.
- C. For all suspensions, individuals must have the League Coordinator's permission to return to practices or games.



COACH'S CODE OF CONDUCT

I will insist that having fun is priority number one.

I will provide a positive attitude and demonstrate principles of fair play and sportsmanship in victory and defeat. I will scream "praise" for both teams and whisper "constructive criticism".

I pledge to not use offensive or abusive language during practices or games, when dealing with parents, players, opposing coaches and game officials.

I will place the emotional and physical wellbeing of the players ahead of the desire to win.

I will treat each player as an individual, recognizing the vast range of emotional and physical development of players at a given age of play.

I will organize practice and game days in such a way as to make sure they are fun and challenging for all players.

I will always remember that I am coaching a youth sports team and that the game is for youth players and not adults.