



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

T-BALL RULES

PRE GAME PRAYER

All games will begin with both teams circling around the pitcher's mound and having a pregame prayer. The official will lead prayer and devotion prior to game starting. All hats will be removed during pregame prayer.

UMPIRES

A YMCA Employee will be used for T-ball to assist coaches and encourage the kids on the field. Coaches are still responsible for playing by the rules.

GAMES

Games will consist of 3 Innings.

BATTING ORDER

All players present at the game will be placed in order in which they will hit. The order should remain consistent throughout the game with minor changes to the first and last batter if the coach chooses.

BATTING

A ball will be placed on the tee for the batter to hit. A batted ball must clear the 10-foot arc between the baselines to be considered a hit. If the ball does not cross the arc then the batter will return to hit again. There are no limits on the amount of swings a batter takes. Only the batter is allowed out of the dugout area. The on-deck batter must be ready with helmet on to take his/her turn.

INNINGS

One full inning will conclude after each batter has batted. Once all batters from one team have had their turn at bat the sides will change. No outs will be called. All players will remain on base regardless if a play was out at the base or not.

BASERUNNING

Base runners may not leave the base until the ball has been hit. Players may only advance one base at a time. The last batter in the lineup will advance all four bases to end the inning.

DEFENSIVE POSITIONS

All players will play the entire time. Infield will consist of two pitchers, and five other players. All other players will be assigned to the outfield. A circle will be drawn around the pitcher's mound, the two pitchers must stay within the circle until the ball has cleared the 10-foot arc. Players are to rotate positions and encouraged not to play the same position twice in one game or in consecutive games.

YMCA OF NORTHWEST NORTH CAROLINA

301 N Main Street, Winston-Salem NC 27101

P 336 777 8055 F 336 777 6345 www.ymcanwnc.org

Our Mission: "Helping all people reach their God-given potential in spirit, mind and body."

COACHING

Two defensive coaches are allowed on the field and one behind home plate. Coaches may not play the ball but are there to encourage and instruct their players. Three offensive coaches are allowed with one each at first and third base with the third coach at home plate to assist the batters. A fourth coach is allowed in the dugout to keep the batting order going and to help the batters with bats and helmets.

EQUIPMENT

The YMCA will supply baseballs. Participants must provide their own helmet, bat and glove. All batters must wear a helmet. Individuals will be allowed to use YMCA equipment if the branch has any.

SPECTATOR CONDUCT

Positive team support is encouraged. Offensive language or behavior will not be tolerated. Each coach is responsible for the conduct of all persons on his/her team or supporting his/her team. Fans are encouraged to cheer, encourage, and support both teams. They are expected to be courteous and set a good example for the players.

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MODIFIED T-BALL RULES

PRE GAME PRAYER

All games will begin with both teams circling around the pitcher's mound and having a pregame prayer. The official will lead prayer and devotion prior to game starting. All hats will be removed during pregame prayer.

UMPIRES

A YMCA Employee will be used for Modified T-ball to assist coaches and encourage the kids on the field. Coaches are still responsible for playing by the rules.

GAMES

Games will consist of 3 Innings.

BATTING ORDER

All players present at the game will be placed in order in which they will hit. The order should remain consistent throughout the game with minor changes to the first and last batter if the coach chooses.

BATTING

All players will receive 4 pitches from their coach. Coaches are encouraged to throw the ball overhand but are not limited to do that. If after receiving four pitches a player has not hit the ball, he/she will use the batting tee. A batted ball must clear the 10-foot arc between the baselines to be considered a hit. If the ball does not cross the arc then the batter will return to hit again. There are no limits on the amount of swings a batter takes. Only the batter is allowed out of the dugout area. The on-deck batter must be ready with helmet on to take his/her turn.

INNINGS

One full inning will conclude after each batter has batted. Once all batters from one team have had their turn at bat the sides will change. No outs will be recorded, however players who are forced or tagged "out" will return to their team dugout instead of remaining on base.

BASERUNNING

Base runners may not leave the base until the ball has been hit. Players may only advance one base at a time. The last batter in the lineup will advance all four bases to end the inning.

DEFENSIVE POSITIONS

All players will play the entire time. Infield will consist of two pitchers, and five other players. All other players will be assigned to the outfield. A circle will be drawn around the pitcher's mound, the two pitchers must stay within the circle until the ball has cleared the 10-foot arc. Players are to rotate positions and encouraged not to play the same position twice in one game or in consecutive games.

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COACHING

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EQUIPMENT

The YMCA will supply baseballs. Participants must provide their own helmet, bat and glove. All batters must wear a helmet. Individuals will be allowed to use YMCA equipment if the branch has any.

SPECTATOR CONDUCT

Positive team support is encouraged. Offensive language or behavior will not be tolerated. Each coach is responsible for the conduct of all persons on his/her team or supporting his/her team. Fans are encouraged to cheer, encourage, and support both teams. They are expected to be courteous and set a good example for the players.

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COACH PITCH BASEBALL RULES

PRE GAME PRAYER

All games will begin with both teams circling around the pitcher's mound and having a pregame prayer. The official will lead prayer and devotion prior to game starting. All hats will be removed during pregame prayer.

SCORES

No official score will be kept for Coach Pitch.

UMPIRES

A YMCA Employee will be used for Coach Pitch Baseball to assist coaches and encourage the kids on the field. Coaches are still responsible for playing by the rules. The YMCA Employee's decision will be final.

GAMES

Games will consist of 5 Innings or 1 hour Time Limit.

BATTING ORDER

All players present at the game will be placed in order in which they will hit. The order should remain consistent throughout the game with minor changes to the first and last batter if the coach chooses.

BATTING

Pitching will be done by an offensive team's coach. There will be a limit of 7 pitches per batter. If the 7th pitch is fouled, the batter gets one more pitch. If the 8th pitch is fouled, the batter is out. Each team will receive one warning concerning the slinging of bats. The second occurrence and any occurrence thereafter will result in the batter being called out. Only the batter is allowed out of the dugout area. The on-deck batter must be ready with helmet on to take his/her turn.

INNINGS

One half-inning is over when a team has accumulated 3 outs or the maximum of batters has had a turn at bat. A team's next inning at bat will resume with the batter that was next in line before the final out was made in the previous inning. The final inning, all batters in the lineup will bat regardless of how many outs made in the inning.

BASERUNNING

Base runners may not leave the base until the ball has been hit. Base runners may take more than one base on a hit. Base runners will be awarded one base on a ball that has left the field of play due to a defensive error.

DEAD BALL

The ball will be considered dead when the pitcher has control of the ball. If a batted ball hits the pitching coach, the ball will be declared dead and the batter will advance to first base.

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DEFENSIVE POSITIONS

The defensive team will field 10 players using 6 infielders and 4 outfielders. Players are to rotate positions and encouraged not to play the same position twice in one game or in consecutive games.

COACHING

The offensive team may have 3 coaches on the field; one coach at first base, one at third base and one as the pitcher. The defensive team may have 2 coaches in the outfield to encourage and instruct their players. Coaches may not play the ball.

EQUIPMENT

The YMCA will supply baseballs. Participants must provide their own helmet, bat and glove. All batters must wear a helmet. Individuals will be allowed to use YMCA equipment if the branch has any. Catcher's equipment will be provided (if available) to teams that want to play with a catcher.

SPECTATOR CONDUCT

Positive team support is encouraged. Offensive language or behavior will not be tolerated. Each coach is responsible for the conduct of all persons on his/her team or supporting his/her team. Fans are encouraged to cheer, encourage, and support both teams. They are expected to be courteous and set a good example for the players.

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