



Southwest Athletics – T-Ball Local Rules

Objective

At this level is to ensure that every player has a safe and enjoyable playing experience. The emphasis is placed on developing a basic understanding of the game and learning fundamentals. This is a non-competitive program. Winning is positively the least important item. Positive re-enforcement is the key objective at this level; no player can be a failure at this level. Managers and coaches from both teams are required to work together during games, with the goal of providing the best possible learning environment.

The Game

- Either a Baseball Tee can be used or a coach may pitch at coach's discretion
- If coach pitches, batters are allowed 4 pitches (hittable or otherwise). If batter does not hit a fair ball after 4 pitches then the batter must hit off the Tee. 4 pitches maximum per batter
- Outs may be recorded, at the managers' discretion
- Runners/batters who are put out by a solid defensive play should return to the dugout
- To record an out, fielded balls must be thrown to the appropriate base to record the out, unless the tag would be part of a normal baseball play (example, second baseman fielding a ball and tagging the runner going from first base to second base)
 - In other words, it shouldn't be a foot race between the fielder and the runner.
 - We are trying to balance rewarding the defense for good play and teaching outs are part of the game, with allowing kids to run the bases and learning that aspect of the game
- Continuous batting order is used
 - Each team will send 6 batters to the plate no matter how many outs were made by the defensive team. This will allow for quicker play and more defensive and offensive opportunities for each player
 - The manager, coach or dugout parent should announce the sixth batter in each inning. This announcement indicates that there are two outs in the inning. If the sixth batter hits a fair ball, the defensive team may record a third.
- Runners may not advance on overthrows to any base
- All players play the field each inning. No catcher is required
 - Please attempt to keep players from playing outfield consecutive innings and rotate positions in the infield, keeping safety in mind.
 - In any one inning, defensive players may not switch positions
- Games scores or standings are not kept
- 1 Manager and 2 official coaches are allowed on the field. 1 additional coach may be used on the field and 1 Parent is also allowed in the Dugout (Dugout Parent)
- Games will be self-officiated – Managers/coaches will umpire their own games



Game Time Limits

1 hour 20 minutes or 4 innings maximum are allowed

Maintenance

Team Managers, Coaches and Dugout Parent:

- Make sure all trash is picked up in dugout

Other

- Bunting is not allowed
- On deck batter is not allowed
- Batting donuts/sleeves are not allowed
- Home Team will provide game balls (Given to the Team Manager by SWA)
- Headfirst slides are not permitted into a base
- All players must wear a fielding glove while in the field
- All players MUST wear a helmet when batting and when on base
- All players must have on sneakers / cleats are not necessary required
- Players are encouraged to bring their own bats and batting helmets
 - Southwest Athletics will provide batting helmets to the team Manager
 - For Safety:
 - If a child does bring their own bat, please make sure it is hung up on the fence when he/she arrives to practice
 - Please do not allow any unsupervised swinging of bats
 - Only T-BALLS should be used for practices and games
- Casts (hard, soft or covered) may not be worn during the game by players. Any player or coach wearing a cast must remain in the dugout during the game.

Managers and Coaches

Instructional T-Ball is designed to teach children the fundamentals of baseball. You should focus on positive instruction for all players on your team.

Skill Development

Throwing

- Proper throwing grip on the baseball
- Stance
- Player raising their arm
- Shoulder rotation
- Releasing the baseball
- Following through



Catching

- The glove
- Stance
- Recognizing ball direction
- Hand extension to the ball
- Using both hands
- Catching above and below the waist

Hitting and Base Running

- The helmet
- The bat
- Dropping the bat after the ball has hit
- Grip on the bat
- Batting stance
- The strike zone (when coaches are pitching)
- Proper way to swing the bat

Understanding Positions

- Infield – Fielding areas, backing up, throws to first, second and third
 - Pop flies, grounders and communication
- Outfield – Fielding areas, backing up, throws to the infield
 - Pop flies, grounders and communication