

2015 Tualatin T-Ball Rules

District 4 Little League may decide to alter the rules at the T-Ball level to benefit the Players. In order to participate in the Interlock, Leagues must comply with the Rules. These are the Tualatin Rules because we do not intend to interlock outside of Tualatin.

- Target Ages: 4 & 5, plus 1st year 6 year olds
- Team Formation: Friend/team requests will be honored wherever possible
- Team Size: ~8 Players. Minimum of 5 players present to start the game.
- Equipment: Players bring Helmet, Bat & Glove. League can provide equipment for the player to borrow for the length of the season if needed. Our preference is that each player uses their own helmet.
- Home Team Manager is responsible for the safety condition of the field, making the call on rainouts, as well as raking and chalking the field prior to the game.
- Home Team provides 1 New and 1 Good Condition 10” Softie Softball
- Coaches will Umpire: Offensive team makes calls at the plate, Defensive team makes the calls on the bases.
- Coaches: The offensive team may have a maximum of 4 coaches on the playing field, 1st & 3rd Base Coaches, a Coach Pitching and one Coach helping to setup the Tee near home plate. The defensive team may have 2 coaches in the Outfield to assist the players.
- Time Limit: Hard limit of 1 Hour. (please try to stop at the end of an inning if possible)
- Each team will bat the entire roster each inning
- Runners: Base runners may advance one base per hit and may not advance on an overthrown ball. Base runners can take one additional base if there is no attempt to field the ball. This is to encourage the defensive team to go after the ball.
- Batters/Runners are required to wear helmets when they come out from behind the dugout, until they return
- Last Batter: After the last batter whole team rounds the bases, ending the offensive inning.
- Defense: Players are encouraged to make throws to get runners out versus running across the field to try and beat them to the base. Runners that get out on the bases will retire to the bench. Celebrate an out, they will be rare. Defensive Players may start no closer than 35 feet and should be encouraged to stay and play their positions (avoid ‘swarming’ to the ball).
- Coaches are encouraged to develop player batting skills by pitching to their players at the beginning of the season. At the beginning of an at bat, coach lets the player decide if they want the Tee or Coach pitch. If coach pitches, 3 pitches are permitted from coach for each player at bat. If the player is unsuccessful in hitting the third coach pitch (player earns at most 1 extra pitch if hit foul), then the Tee will be used to assist the player in hitting. There will be no strikeouts. Coaches should be no closer than the front of the Circle when pitching, on a regular field that is 27 feet. Recommendation is to get down on one knee, and pitch it in with enough on it so that it crosses the plate level. Please do not pitch it too softly, looping or dropping pitches are the hardest to hit.
- Catcher: Catcher’s position is optional, if there they must be fully geared up in all catcher’s equipment.
- No score is kept.
- Having fun is absolutely mandatory!

Coach, Parent and Player Conduct

No drinking of alcohol or use of tobacco products or illegal drugs will be allowed in the playing area. Unsportsmanlike conduct will not be tolerated. Each coach is responsible for the conduct of its coaching staff, players and fans.

Skills that Players & Coaches should be working to master at the T-Ball Level:

- Batters: Bat Safety (no swinging if anyone is around, when walking around have the end of the bat pointed at the ground), Balanced Stance & Swing (Ready-Set-Go), Dropping Bat Safely, Running all the way through 1st Base, Introduce Sliding
- Defense: Fielding a Ground Ball ('Alligator – Scarecrow'), getting the out at first, introduction to knowing where the play/force is
- Throwing: Form ('Giant on the Chin, Monkey on the Head'), Catching with two hands (trapping in the glove)
 - Emphasis: Turn the ball around and push up (hit the Giant on the Chin), Arm at 90 degree angle when passing by the ear, wrist flicks downward (Monkey on the head). If the ball is by the ear or chin when they throw they can develop bad habits that are hard to break later. Also, players who learn to throw that way are more prone to developing shoulder and elbow problems.