



## 2024 7U (T-Ball) Rules

There are two teams per field. Batters and Infielders

They rotate after all batters have had their turn.

### **Batters:**

Each player shall bat every inning if time permitted.

The batter must wear a helmet at all times.

The batter will hit from a tee placed **in front** of home plate.

The batter will get 5 swings at the ball. If they are not successful, the coach is to roll the ball into play so the batter can advance to first base.

If the batter hits the ball, they are to advance to first base.

There are no outs in T-ball and the batter / runner shall remain on first until the next play. All runners may advance one base at a time. Parent helpers should be at every base to ensure the runner makes a successful stop at the bag and to cheer on the runners and fielders. If an out is made celebrate both players and prepare the runner for the next base. If the batter or the runner advance more than one base and there clearly is no play (a double) then it is ok to allow this. The last batter is called and the players shall be allowed to advance to home plate. Celebrate with hi-fives as they touch the plate.

### **Infielders:**

With 8 to 12 players on a team, it is impossible to control the infield when a ball is hit.

Place a player at 1st, 2nd, shortstop, 3rd, and one or 2 pitchers at either side of the pitching mound but towards the rear of the mound. Place the rest of the players in the outfield. If you have less than 10 Players consider it a break for you as a coach and have fun with those you have. Rotate players every inning.

Players at this age will gravitate to standing on the bag and will all run for the ball (this still happens at 18U Midget). Allow this to happen but control all battles, encourage fair play, and a good throw to the bag.

As the season progresses each player will develop a favorite spot or two and learn what to do when they get the ball. Work on proper positioning (off the bag) for the second-year kids. This will prepare them for 9U Tadpole.

### **Coach's notes**

All players lack focus at this age. Please make sure everyone is ready for the ball. Players at first base should want to be there. The main goal is to catch the ball with their glove, not their face. A parent helper should be there to encourage the players and back up first so the ball stays in play. No player should be discouraged from playing first base or any position. The job of the coaches and parent helpers is to make sure they are ready for the play.

It is a challenge to keep all batters in a line behind the cage with helmets on but it is the responsibility of a coach or parent helper to watch this area. No player shall have a bat in their hand unless they are at the plate. The main focus of the coach is controlling the at-bat. Always grab a hold of the bat until everyone is ready for action. A swinging bat is a weapon. Keep the pace of the game going by being ready at the plate. Your goal is to teach proper base running and celebrate all achievements.

Remember to always smile and have fun.