



## T-BALL RULES

### I. GENERAL RULES

- 1.01 **INFIELD LINE**—A line will be drawn between first and third base.
- 1.02 **BATTER’S ARC**—An arc 10 feet from home plate will be drawn.
- 1.03 **PLAYING TIME**—Each player will be given an equal opportunity to bat and play in the field.
- 1.04 **INNING LENGTH**—A full-inning is over when all players on both teams have had an equal opportunity to bat through the lineup once.
- 1.05 **GAME LENGTH**—Each game will last 2 innings.
- 1.06 **SCORE**—Score will NOT be kept.
- 1.07 **OUTS** – Even though One Goal Sports does not record “official outs” in t-ball, we believe there are some fundamentals to the sport that can be taught and enforced to further develop players at this age. One way to measure defensive improvement is to see how many “outs” a team can record in a given half inning.
- 1.08 **LAST BATTER** – The last batter for either team is allowed to run all the way around the bases in an attempt to score. NOTE: every player that is tagged by a defensive player with a ball shall be called “out.”
- 1.09 **CATCHERS** – The summer time can be extremely hot. In an attempt to guard the health and safety of the players, teams will not supply a catcher behind home plate. A pitcher or another player in the field may maneuver behind home plate after the ball has been hit into fair play to act as a catcher.
- 1.10 **PLAYER ATTIRE**- All jerseys **MUST** be tucked in during games. No modifications to team shirt (jersey). Do not cut off sleeves or alter team uniforms in any way. Players must wear approved OGS team uniform in order to play. If a jersey is lost or stolen, a new one must be reordered (Replacement jerseys cost \$20).
- 1.11 **PLAYER JEWELRY** – Jewelry is prohibited during all OGS games. This includes but is not limited to studs, flush mounts, hoops, necklaces, bracelets. Only medical alert bracelets will be permitted. Players are not allowed to tape over any jewelry.

### II. BATTING

- 2.01 **PITCHING TO BATTERS**— In the interest of time and summer weather, coaches are **NOT** allowed to pitch to batters during a game. Pitching to batters should only be done during practices.
- 2.02 **WALKS**—No walks will be given to the batter.

- 2.03 **STRIKEOUTS**—No strikeouts will be given to the batter, the coach will help the batter hit after 3 unsuccessful swings at the ball on the tee.
- 2.04 **BATTER’S ARC**—Any ball not hit beyond the 10-foot batter’s arc is a foul ball. If a ball hits within the arc and rolls fair within 3 seconds, it is a fair ball.
- 2.05 **BATTING ORDER**—The batting order will be established by the coach before each game. The coach may choose to have a straight up and down order or snake the batting order (i.e. last person to hit in the previous inning is the leadoff batter in the next inning and continuing back up the order).
- 2.06 **BASE COACHES**—Base coaches shall remain in their coaching boxes at all times, unless play dictates otherwise. There may be a batting coach behind home plate in the designated area. Batting coaches may position the batter and adjust the tee for each batter.
- 2.07 **TEE REMOVAL**—The umpire will remove the tee after each batter hits.
- 2.08 **SLINGING BAT**—After one (1) warning per game per player for slinging his bat, the batter will be called out for each additional time the batter slings the bat.
- 2.09 **BALL OFF THE TEE**—Bumping the ball off the tee during warm-up is not a strike and will be called a no-pitch by the home plate umpire.

### III. BASE RUNNING

- 3.01 **STEALING** —There will be no stealing permitted.
- 3.02 **LEADING OFF**—Each runner must remain on the base until the ball is hit.
- 3.03 **OVERTHROWS**—A runner may only advance one base from an overthrow (overthrow is defined as a ball that rolls or travels in the air beyond the intended fielder to the 1<sup>st</sup> base fence, 3<sup>rd</sup> base fence, or a reasonable distance beyond 2<sup>nd</sup> base). *This ruling is ultimately at the umpire’s discretion.*
- 3.04 **TIME**—Time will be called once the ball is controlled and returned to the infield or the lead runner is frozen. All play must stop once the umpire has called ‘Time.’
- 3.05 **TAG OR THROW OUTS**—If the batter or base runner does not reach the base before tagged or thrown out, she/he will be called out and return to the dugout. Even though One Goal does not record “official outs” that results in ending an inning, this is a fundamental to base running that will be taught.

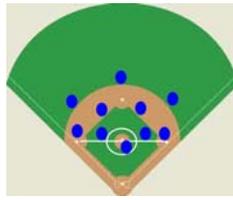
### IV. DEFENSE

- 4.01 **INFIELD LINE**—Defenders are NOT allowed to cross the infield line until the ball has been hit.
- 4.02 **THROWING NOT ROLLING THE BALL**—When fielding the ball, the defense must attempt to throw the ball to the desired target (fielder; not runner) instead of running or rolling the ball to the base.
- 4.03 **PITCHER’S CIRCLE**—There will be a pitcher’s circle that the defensive pitcher must keep one foot in until the ball is hit. That player MUST wear a

helmet with a facemask or an OGS pitcher's mask. You shall not keep the same player in the pitcher position each inning or from week to week.

4.04 **DEFENSIVE PLAYER ROTATION** – Players ARE NOT PERMITTED to play the same position both innings during a game. Each player must be given equal opportunity to play in the pitcher role as well as all other positions on the field throughout the season.

4.05 **DEFENSIVE POSITIONING**—Coaches should keep players in the same positions throughout the entire inning. Please only change players' positions at the beginning of the inning before play begins. Coaches must place players into defined positions on the field of play. Players are not allowed to load up on the infield line. Player's must rotate positions inning to inning and week to week. No more than 2 players may be on the infield line behind the pitcher. See DIAGRAM below for required player positions.



*Required Player Position W/Out Catcher*

10-man outfielder set-up:

- 1<sup>st</sup> baseman
- 2<sup>nd</sup> baseman
- Short stop
- 3<sup>rd</sup> baseman
- Right fielder
- Left fielder
- Center fielder behind 2<sup>nd</sup> base
- 2 safety line defenders (behind the line)
- Pitcher (inside the circle)
- Additional players (outfield)

## V. EQUIPMENT

4.06 **SHOES**—Tennis Shoes or baseball shoes with RUBBERIZED cleats may be worn. No Metal or Plastic Cleats.

4.07 **BATS**—Approved (unaltered) baseball bats, wood or aluminum, any size may be used.

4.08 **HELMETS**—All batters and runners must wear a helmet with a facemask.

4.09 **BALL**- A soft “T-ball” will be used.

## VI. FUNDAMENTALS TO FOCUS ON

Proper throwing form  
Proper hitting  
Proper fielding  
Base running

### COACHING PRIVILEGE

**OFFICIAL TIME-OUT** – Sometimes things happen and/or people act out in ways that are less than exemplary for modeling Christ-likeness on the field. Here at One Goal Sports, we believe that matters should be addressed immediately to further demonstrate that leading by example is top priority. If you witness something that is out of order (rule violation, unsportsmanlike conduct, etc), please call an official time-out, bring the coaches and umpire together and reasonably resolve the matter on the spot. By doing this, you will guard your heart and prevent a bitter root from springing forth. This will also reduce the need to email or call OGS about a situation that could have been resolved on the field.

### INJURY PARTICIPATION

**CASTS/BOOTS/BUBBLE WRAP** – Children required to wear a cast or medical boot for a broken or fractured limb WILL NOT be allowed to participate in OGS sports. Bubble wrap is NOT an option.