



# T-BALL / COACH PITCH – SPECIFIC RULES



## Game Setup

- **Ball:** Official League Baseball
- **Game Length:** 3 full innings
- **Time Limit:** No new inning may start after **45 minutes**
- **Base Distance:** 40 feet



## Defense

- **No Catcher** – all players take the field!
- Everyone plays in the field!
- No more than 2 coaches in the field



## Offense

- **Coach Helpers:**  
Coaches can help with:
  - Adjusting the tee (for T-ball), or
  - Soft pitching to the batter (max of 4 pitches per batter)

## Batting Order

- Every player at the game gets to bat!
- If a player arrives late, they're added to the **bottom** of the lineup
- Each player bats **once per inning** – then we start from the top again

## Batting Rules

- Every batter gets up to **4 swings**
- If the ball is hit: the batter runs to **1st base**
- If the ball is **not** hit after 4 swings: batter still goes to **1st base**
- No one sits out—EVERYONE plays! 🙌



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## Running the Bases

- Runners move **one base at a time** on each play
- **No extra bases** on overthrows
- Let's keep it safe, simple, and fun!



## Safety Rules

- Helmets must stay on until the player is **all the way back** in the dugout
- No players outside the dugout during live play



## Coach & Umpire Guidelines

- Coaches can agree to **adjust game rules** at the plate meeting (as long as **both** coaches agree)
- Only the **Umpire in Chief** can:
  - Make official rule changes
  - Cancel a game



## REMEMBER

This is all about **fun, learning, and teamwork**.  
Let's cheer for **everyone**, play fair, and have a blast!

**Play hard. Play fair. Have FUN!**