



2024 T-Ball League Rules & Regulations

➤ League Philosophy

- The Takoma Park Recreation Department's Youth T-Ball League is a non-competitive/instructional league designed to introduce youth to the fundamentals of both baseball and softball.
- The Youth T-Ball Program promotes the instructional concept in practices and games by encouraging coaches to teach the proper techniques needed to play the game by instructing players on the "how to".

➤ Team Rosters

- The Takoma Park Recreation Department may add or delete players from a team's roster as needed.
- Coaches are not permitted to add or delete players to his/her team roster. All player registrations and/or player deletions must be made through the Takoma Park Recreation Department.

➤ Team Practices

- Teams will practice each week before the start of the game. Practice time should be about 30 minutes long.

➤ Games

- The Takoma Park Recreation Department will provide a schedule of one game per week, per team.

➤ General Playing Rules

- Official Baseball Rules shall be in effect except where modified by the Takoma Park Recreation Department's T-Ball Rules & Regulations.

➤ Length of Games

- All games shall consist of 7 innings or one hour, whichever comes first.

➤ Comparable Playing Time

- Coaches are to make a conscious effort to play each member of his/her team a comparable amount of time throughout the course of the season. In addition, Coaches should make a conscious effort to begin each game with a different starting line-up.

➤ Position Specialization

- Coaches should discourage position specialization. Coaches should expose players to as many positions as possible in all game and practice situations. **Players should rotate evenly between infield and outfield positioning.**

- *Catcher's Position* - coaches are to ensure the safety of the catcher by having him/her stand against the backstop while the batter is attempting to hit the ball. Coaches, please place the ball on the batting tee.
- **Playing Field Dimensions**
 - *Bases* - shall be 25ft. apart
- **Batting**
 - *Continual Batting Order* - all members of the team present must be placed in the batting order and must bat when their turn comes, **whether they are in the game defensively or not.**
 - *Maximum Number of Players A Team May Bat In One Inning* - teams may only bat through their batting order once in any given inning.
 - Each batter is permitted (1) warm-up swing before the ball is placed on the tee.
 - Bunting is not permitted. Each batter must take a full swing. A bunt or swinging bunt shall be considered a foul ball. The Home plate Coach shall determine whether a ball was bunted or not.
 - A batter may not strike out. Each player will put the ball in play. Coaches, please physically assist your players if they are having difficulty hitting the ball.
 - All bats and playing equipment not being used must be kept inside the bench area at all times.
 - The offensive team must retrieve balls, which travel out-of-play.
 - Players arriving late will be placed at the end of the batting order.
 - The home plate coach is responsible for placing the ball on the tee and adjusting the tee for the batter. The offensive team shall supply the home plate umpire when their team is at bat. The home plate coach will stand behind home plate and make any necessary calls from that area.
 - The home plate coach should ensure that the defense is set before placing the ball on the tee.
 - The home plate coach should remove the tee from home plate when there is a possibility that a runner may be attempting to score.
- **Base Running Rules**
 - A base runner may not leave his/her base until after the ball is hit.
 - Sliding is not permitted. Base runners should avoid collisions with defensive players.
 - In the event of an overthrown ball, base runners may only advance a maximum of one base
 - Base runners may not advance once the ball is under control in the infield.
- **Fielding Rules**
 - The defensive team shall field **a maximum of 10 players in the field using 4 outfielders.** A team may not use a roving shortstop.
 - Outfielders may advance forward once the ball has been hit.
 - The infield fly rule is not in effect.
 - Once the ball is stopped and controlled by an infielder, all play is dead.
- **Number of Coaches on the Field**

- The Offensive Coaches shall be stationed at 1st and 3rd base and at home plate. The Defensive Coaches shall have one coach stationed in the infield and two coaches stationed in the outfield. The infield coach shall serve as the Field Umpire while the home plate coach will serve as the home plate Umpire.

➤ **Equipment**

- *Bats* – only bats with grips (rubber, leather or athletic tape) will be permitted.
- *Shoes* - shoes with rubber or plastic cleats are permitted (No metal cleats allowed). All players must wear lace-up footwear. Sandals, flip-flops, and other slip-on shoes are not permitted.
- *Uniform* - all players must wear a matching team shirt.
- *Jewelry* - may not be worn in any practice or game. This includes, and is not limited to rings, earrings, bracelets of any kind, watches, etc.
- *Fielder's Glove* – all players are responsible for providing their own fielder's glove.
- *Batting Helmets* – must be worn by all batters. Teams are instructed to share helmets with the opposing team during games, if need be.

➤ **Inclement Weather**

- Cancellations will be announced on the Inclement Weather Line before 8:00 a.m. (301-891-7101 ext. 5605) The Takoma Park Recreation Department will not make-up any canceled games.