

Fort Bragg Youth Sports & Fitness
T-ball Rules
Spring 2018

CYS Sports will adhere to the regulations administered by the National Federation of State High School Associations with exception of the following rules and provisions found in the CYS Code of Conduct.

1. Playing time and positions: Coaches are required to give each player the opportunity to play both offensive and defensive positions during the games. Coaches should focus on skill building and providing opportunities to learn the basic fundamentals of the sport.
2. Catchers are not required to wear a traditional catcher's outfit. Catchers will stand along the backstop and will only assume the catcher's role once the ball is hit.
3. One umpire will be used for T-ball games.
4. There are no protests in the T-ball League. Any disagreement on rule interpretations will be resolved during the game by the official (and YS Staff, if needed).
5. Games will last three innings or one hour, whichever comes first. When a game reaches the one hour mark during a given inning, that inning will be completed before the game is called.
6. There is no forfeit in the T-ball League. Nine players should be present to start a game. If a team does not have nine players, the coach may request to borrow from the opposing coach/team to allow for more players to have the opportunity to play.
7. Only uniformed players, coaches and umpires shall be permitted within the confines of the playing field prior to and during the game. There will be only three offensive coaches allowed on the field during play; the first and third base coaches and the T-setter. All offensive players within the playing field must wear a batting helmet (the other offensive players must be in the dugout). Coaches may not physically assist a player.
8. To stop play, an attempt to put out any advancing runner must be made. Once the attempt has been made and the ball is secured at a base, all runners must stop. Runners who have left one base to advance toward another base (when the defender gains possession) may continue to, but not advance past, a given base.
9. Mandatory Play Rule:
 - a. A players' roster, which includes all present players on a team, will be submitted to the umpire at the beginning of each game. Each player will be allowed to hit the ball off the tee in each inning. Each player will be allowed five attempts to hit

the ball. The entire batting order will take a turn at bat during a team's offensive half of each inning.

- b. All players must play on defense during the defensive half of the inning.

10. Field Measurements:

- a. Distance between bases – 50 feet.
- b. Outfield fence – 120 feet from home plate
- c. Pitcher's mound – 30 feet from home plate
- d. Dead ball arc – 15 feet from the apex of home plate

11. Batting Rules

- a. All batters must wear batting helmets during play.
- b. Batters may not bunt.
- c. Batters will swing as many times as needed until they hit the ball in fair territory beyond the dead ball arc.

12. Base Running Rules

- a. Base runners must wear a helmet during play.
- b. Base stealing is not allowed
- c. Base runners must stay on their bases until the ball is hit.
- d. A base runner may advance until they are either called, "out," or a defensive player secures the ball at a base after an attempt to put an advancing runner out. At this point, the umpire will call "time" and the ball is thrown to the coach. As soon as all players are in position, the umpire will call, "play ball." The next at-bat will continue without signals from the umpire.
- e. No sliding is allowed.
- f. On an overthrow to 1st base, the runner(s) can only advance one (1) base.

13. The defensive team may have up to two adult coaches in the outfield during play. The coaches cannot physically assist in the action of the game. The defensive field coaches' sole purpose is to teach skills and verbally assist the outfielders.

14. Score will not be kept

- 15. Parking: For safety reasons, there will be no parking in the area around the fields. All vehicles must utilize the parking lot at the corner of Armistead and Letterman.**