



Youth Sports Rulebook

2023



T-BALL LEAGUE

9014 Bruceville Road
Elk Grove, CA 95758
(916) 405-5600 • (916) 405-5659 (Fax)

CSD GENERAL RULES FOR ALL LEAGUES:

- Players must be currently registered in the current season to participate in any league activities. This includes the completion of waiver release forms and code of ethics signed by the player's parent(s) or guardian(s).
- Players are not allowed to register for a division they have aged out of. Players who would like to play in an older division must have their registration pre-approved by CSD staff.
- Players must wear their league issued uniform in order to participate in league activities.
- Participants are not allowed to wear jewelry (with the exception of medical bracelets and stud earrings that must be fully covered), casts or any other items deemed as dangerous by the official(s). Any medical protective devices (i.e., knee braces) made of plastic or including metal parts (hinges, etc.) must be completely covered by at least ½ inch neoprene sleeves.
- Any player with a bleeding wound and/or blood stained clothing must leave the game until all bleeding is stopped, all wounds are properly covered, and all blood and blood stained clothing is removed. Failure to comply with this policy may result in ejection from the game.
- Metal cleats are not allowed in any CSD leagues. Rubber cleats are permitted. No open toed shoes or sandals are allowed.
- Parents are not allowed to be on the field of play with the exception of a player being injured. Parents also may not be on the team's bench/sideline unless they are a certified coach and cleared through CSD.

T-BALL LEAGUE SPECIFIC RULES:

All T-ball games will be governed by Cosumnes Community Services District T-Ball rules except as specified herein. All rules, changes, or exceptions to rules are subject to CSD staff's final decision.

(A) GENERAL INFORMATION

1. T-Ball is a game between two teams with 9 - 12 players on each team. **Its principal purpose is to be an excellent recreational activity that is designed to be fun and teach young children the fundamentals of the game of T-ball.**
2. All children who show up on game day will play full games. No one sits out unless injured or ill.
3. The T-Ball playing field is similar in dimensions to a Little League baseball field; however, in the 3 - 4 yr old division base paths will be 40 feet in length and in the 5 - 6 yr old division 50 feet in length.

4. An arc will be painted on each field 20 feet from home plate. Defensive players must stay behind this line when an offensive player is batting until the ball is hit.
5. If a player does not make solid contact with a ball that is hit in play, then the offensive coaches can decide to call the ball foul and allow the batter to hit again.
6. All games in both age groups will be two full innings with both teams playing the field and batting through their entire lineup each inning. However, if the 50 minute time limit is reached prior to the end of the second inning, the game will end early.
7. On defense, **ONLY** coaches are allowed in the outfield area to give instruction to players.
8. The team at bat normally has three coaches, two of which will serve as base coaches, one for first, and third base. The third coach will be located at home and will assist the batter (Safety First). The "home base" coach will be responsible for removing the tee from home plate after the batter has hit the ball.
9. In the 3 - 4 yr division, players will use a foam bat instead of a metal one.
10. There are no protests or forfeits in T-Ball. The coaches control when the next batter can swing. There are no balls or strikes. The batter cannot strike out. The batter swings until the ball is hit fair.
11. Keep on deck batters and other players off the field behind the backstop to avoid being hit by "flying" bats.
12. Teams are allowed to reserve practice field space once per week. **Practices are to be no more than 50 minutes in duration.**
13. **Players are advised to attend practice but are not required too. If a player misses practice, that player can not be penalized.**

(B) POSITIONS

1. Home team sits on the third base side of the field and bats second.
2. Coaches should rotate their players' positions. By the end of the season, all players should get a chance to play each position.
3. No players are allowed to play catcher. The coach helping at home plate can assist if a catcher is needed.
4. The pitcher should not dominate infield play. He/she shall field only those balls which are in his/her area of responsibility rather than roam the field, playing all positions. All players should have the opportunity to play the game as it is intended no matter how inexperienced he/she is.

(C) OFFENSIVE

1. Players may only advance to 1st base after they hit the ball. Regardless of where the ball is hit, only one base is awarded to the batter. After reaching 1st base, players may only advance one base at a time. Exception: The last batter of the inning gets to run all the bases to end the inning.

(D) DEFENSIVE

1. Defensive players must stay out of the runner's base path. They should not occupy a position on or directly in front of any base so as to obstruct the runner's running the bases, except when the defensive player is making a play for the ball.
2. OUTS: 3 - 4 yr old division - Batter/Base runner is not removed from a base when he/she makes an out. It is true that the defensive team may not understand why a batter/base runner remains on the bases if they make an out, but you as the coach can explain this. The defensive team can keep track of outs if they wish, but this will not affect the batter/base runner.
5 - 6 yr old division - the Batter/Base runner is removed from a base when he/she makes an out. Catching a ball or throwing a runner out will remove the batter/runner from the base. This is to reward the defensive players for making an out. On-field coaches will make safe and out calls.
3. T-Ball is a developmental program in both divisions and the primary reason for this league is to get participants interested in and learn the game of T-ball. All other reasons are secondary. 3 - 4yr old players will gain experience by hitting, fielding, and running the bases. 5 - 6yr old players will continue their transition to regular baseball by learning how to make defensive plays.

(E) PITCHING

1. 3 - 4 yr old division - The tee is to be used for practice and the first three (3) games. After the third game, if coaches want to try pitching, this is allowed, but only if a child wants to hit pitched balls. If a child feels most comfortable with the tee, use it. Do not force the pitching issue.
5 - 6 yr old division - The tee is to be used for practice and the first two (2) games. After the second game, if coaches want to try pitching, this is allowed, but only if a player wants to hit pitched balls. Pitching is optional.
2. To keep games moving when pitching is used, coaches must observe a three-pitch policy. If the player doesn't hit the ball within three pitches, the tee is used. Additional items related to pitching:
 1. Before game begins, inform opposing team if pitching or using the tee.
 2. **If the child doesn't feel comfortable about pitching, use the tee.**
 3. Remember be considerate and adhere to the 3 pitch policy.
 4. Please inform your parents of the 3 pitch policy to avoid conflict.

(F) GAME TIMES

1. It is extremely important that all games start at the scheduled time. Games are to last no more than 50 minutes and the field should be cleared (5) minutes after the game ends. This will avoid long delays at the end of the day. Please observe this rule for all games.
2. End of the game celebrations and/or snacks should be done off the T-Ball field to give staff time to clean before the next game begins.