



JOHNSON COUNTY

Park & Recreation District

T-Ball League Rules

(Updated 7/28/2025)

All Divisions

- Help us to protect the turf! No chewing gum or shelled foods (sunflower seeds, peanuts, pistachios, etc.). **Each head coach is responsible for communicating and monitoring this for their team.**
- No coach is allowed to consume alcohol before or during a game. Alcohol is not permitted in the dugout, anywhere on the field, or warm up areas. Failure to comply could result in suspension or removal from coaching.
- Players cannot wear jewelry.
- All teams must bat their full roster.

4 & Under T-Ball

- *Game Ball*
 - o Girls' leagues will use the 11" RIF "Softie" Softball will be used for games.
 - o Boys' leagues will use the 9" Soft Touch Baseball
 - o Game balls will be provided by the league.
- *Game Play*
 - o 45-minute time limit.
 - o Once the time limit has expired, the game is over, but the batter may finish their at bat.
 - o Game ball will be provided by league.
 - o Base distance of 45'
- *Batting*
 - o All batters will hit off the tee and will advance one base at a time. When the last batter in the lineup hits, all remaining players on base will continue baserunning to home plate.
 - o Every player must be included in the batting order the entire game. Late arrivals may be added.
- *Baserunning*
 - o Runners will advance one base per ball hit.
 - o No lead-offs or stealing will be allowed.
 - o Runners may not advance extra bases on an overthrow from the defensive team.
- *Defense*



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- All players may play defense, regardless of roster size.
- Players may not play the catcher position.

6 & Under T-Ball

- *Game Ball*
 - Girls' leagues will use the 11" RIF "Softie" Softball will be used for games.
 - Boys' leagues will use the 9" Soft Touch Baseball
 - Game balls will be provided by the league.
- *Game Play*
 - 45-minute time limit.
 - Once the time limit has expired, the game is over, but the batter may finish their at bat.
 - Game ball will be provided by league.
 - Base distance of 45'
- *Batting*
 - All batters will be allowed 4 pitches to put the ball in play. If ball is not put in play, tee will be set out. Batter will be allowed 2 swings off tee.
 - Every player must be included in the batting order the entire game. Late arrivals may be added.
- *Baserunning*
 - Runners will advance one base per ball hit.
 - No lead-offs or stealing will be allowed.
 - Runners may not advance extra bases on an overthrow from the defensive team.
- *Pitching*
 - Distance of 35'
 - Each coach will pitch to their own team. No walks and no strikeouts allowed.
- *Defense*
 - All players may play defense, regardless of roster size.



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- Players may play the catcher position but they must be well behind the batter's box and must be wearing a helmet.