



YOUTH T-BALL RULES

SECTION 1: GENERAL RULES

1. Only registered City of Peoria players may participate in games and practices.
2. Players with a hard cast cannot participate in practices or games.
3. A batted ball must go past the batting circle or it is a foul ball.
4. On deck batting practice is NOT allowed.
5. All players should play in the field. Positions should be pitcher, catcher, 1st base, 2nd base, 3rd base, short stop and outfielders.
6. Players should be taught to stay in and play their own position.
7. Fielders must rotate positions each inning. Players should play each position throughout the season.
8. All players bat once during each inning. It is recommended that you switch the batting order every game to give all participants equal position in the batting line up.
9. The batting team will stay up to bat until they have hit one time through their entire line up. Outs will be called; however, players will remain on base.
10. Coaches must declare the last batter prior to any play resulting from her/his turn at bat.
11. Play will be stopped, when an out is made or the ball is returned to home plate creating a force play on the last hitter of the inning.
12. A fielder may not go in front of the restraining line until the ball is hit.
13. The coach may utilize parent assistants (limit 4) on the field during offense and defense to help instruct players but they may not touch the ball.
14. Runners are not allowed to advance more than one base per hit.
15. The defense should field the ball and throw to the appropriate base on each hit.
16. No sliding, leading off or stealing.

SECTION 2: GAME LENGTH

1. The game is final after 3 complete innings or a 50 minute time limit (whichever comes first). Due to time constraints, teams might not have opportunity to bat through entire line up during last inning. *Example: we would not start a new inning at the 45-minute mark knowing that not every child would get a chance to bat with 5 minutes remaining.*

SECTION 3: EQUIPMENT

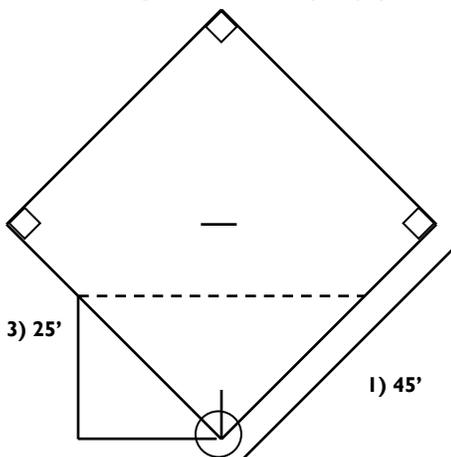
The City of Peoria will provide the following equipment for check out by the head coach:

1. 1 Batting Tee
2. 3 Tee Ball Bats
3. 5 Batting Helmets (*it is recommended that players getting ready to bat wear a helmet.*)
4. 5 Tee Balls
5. 3 Bases
6. Players should provide their own gloves. (*If there is a situation where a player can't get gloves, please let us know. We have extra gloves we can donate.*)

Every effort is made to make the equipment safe and size appropriate. If any of your equipment is broken or unsafe, please contact the City as soon as possible so it can be replaced. Please return equipment to your site supervisor on the last day of the season.

SECTION 4: FIELD LAYOUT

1. Base Distance 45'
2. Batting Circle – 5'
3. Restraining Line 25'- For safety, all players must remain behind this line until the ball is hit.



2) Batting Circle (Not painted on field, batted balls must pass 5 ft.)

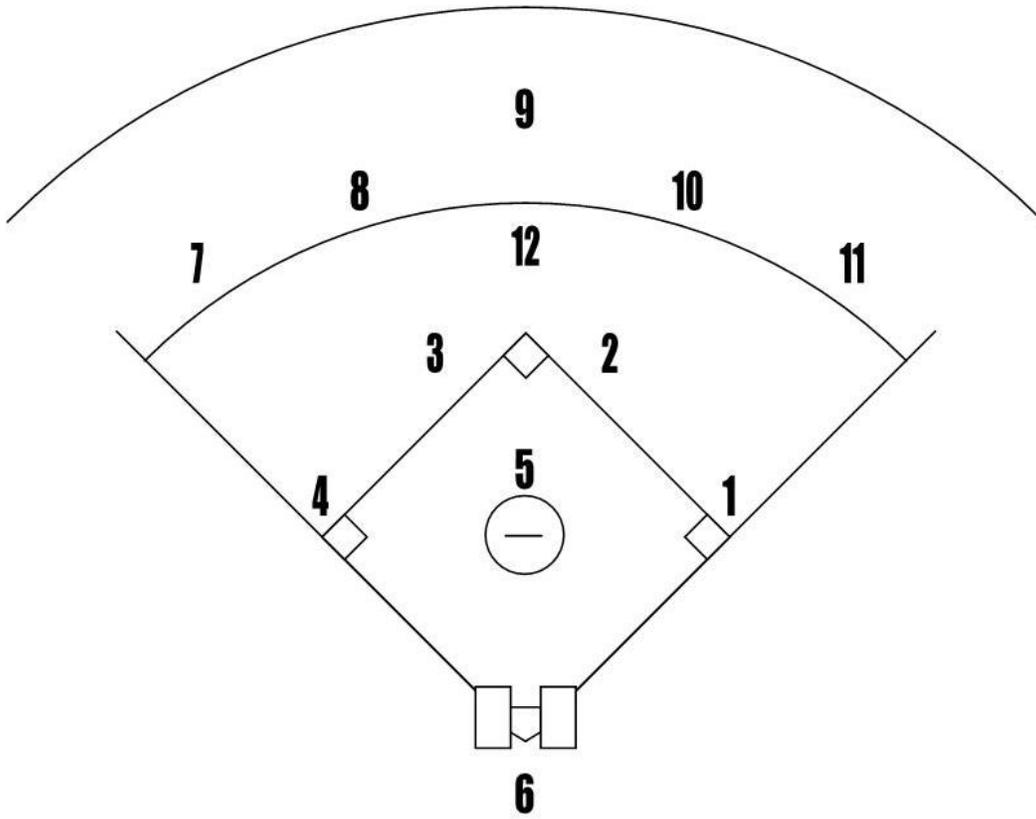


SECTION 5: BASIC TIPS

1. HOW TO PROPERLY GRIP A BASEBALL:
 - A. Use soft or reduced injury factor baseballs with seams.
 - B. Explain to the players they should grip the ball across the seams, not with the seams, for better accuracy.
2. BARE HAND THROWING DRILL (FROM KNEES):
 - A. Use soft baseballs.
 - B. Throw the ball across the seams.
 - C. Make sure of proper shoulder rotation and throw with palms down.
 - D. Lead/front shoulder points to target.
 - E. When player in standing position, rear foot at right angle (90 degrees) to the target.
3. HOW TO PROPERLY CATCH THE BASEBALL:
 - A. Use both hands and catch the ball with body directly in front of ball.
 - B. SHOW DIFFERENT GLOVE POSITIONS TO CATCH BASEBALL (HIGH, LOW, GLOVE SIDE AND BACK-HAND).
4. CATCHING DRILL:
 - A. Put the youngster in front of a fence and throw the ball softly to the different glove positions 6' - 10' away.
5. THROWING:
 - A. Teach proper crow-hop or bounce and move, throwing hand back, palm down.
 - B. When arm moves forward, make sure elbow is shoulder height.
 - C. Throw over-the-top and point the toe to the direction you are throwing.
 - D. Avoid side arm throwing.
 - E. Point front shoulder at target, back foot should be 90 degrees toward the direction of the throw.
 - F. Transfer weight forward as ball is thrown
6. PROPER FIELDING POSITION:
 - A. Position body in boxer's crouch, knees slightly bent, upper body bent slightly forward, hands out front, not on knees.
 - B. Before catching the ball, you need to be properly balanced with both feet parallel at start.
 - C. When actually catching ball at the point of contact, the feet are a little wider than shoulder width, right foot slightly behind left foot (if the youngster is a right-handed thrower), right foot forward for left-handed player.
7. UNDERHAND TOSS DRILL:
 - A. Have players in line facing coach and coach rolls, not hits, ball to the players.
 - B. Use soft hand teaching gloves, wooden gloves, bare hands and regular gloves—a progression as skills improve.
 - C. Important to teach the player to bend their wrist slightly on the glove side, thumb up when fielding the ball, no still wrist. Emphasize staying relaxed when catching a ball.
8. HOW TO PROPERLY CATCH A FLY BALL:
 - A. Run on toes (front part of foot), not on heels.
 - B. Run to ball and then catch; do not run with gloves extended. Run to ball, then extend glove hand to make catch.
 - C. Cradle the ball and catch the ball softly. Don't press or push ball out of glove.
 - D. Teach cross-over step for normal, playable balls—left and right.
 - E. Teach running the 45 degrees cut-off angle on balls hit deep to the left and right of player (in the gap).
9. FLY BALL DRILL:
 - A. Use soft hand, wooden gloves, bare hands and regular gloves for fly ball toss drill.
 - B. Always start by throwing under hand and low to build skills and confidence.
 - C. No overhand throwing or hitting balls to players using soft hand, wooden gloves or bare hand.
10. HOW TO PROPERLY HIT OFF TEE:
 - A. Grip of bat.
 - B. Stance and position in batter's box.
 - C. Swing.
 - D. Balance and head position.
11. HITTING DRILL:
 - A. Always hit off tee placed in front of home plate.
 - B. Teach youngster to hit the ball out in front with arms extended on contact.
 - C. Position the tee for the players to hit to left field and right field.
 - D. Do not move player in batter's box in order to hit to different field— for right-hand hitter place tee out in front of home plate on inside corner to pull ball to left field; place tee about 1/2 way down home plate on outside corner to hit ball to right field.
 - E. Reverse for left-handed hitters.
12. BASE RUNNING:
 - A. Home to first—Run straight down line; do not peel off either left or right after touching first base. Return to first base directly without making move to advance to second unless there is a wild throw.
 - B. Home to second—Move slightly out of baseline approaching first base; run straight line to second keeping eyes on base.
 - C. Use proper position to stand on bases.
 - D. Always keep eyes up to see where you are running.
 - E. Run relaxed and breathe normally.
 - F. Foreman and upper arm should be kept at 90 degree angle with front hand swing no higher than shoulders.



LINE-UP CARD & POSITIONING PLACEMENT



1	=	1st Base
2	=	2nd Base
3	=	Short Stop
4	=	3rd Base
5	=	Pitcher
6	=	Catcher
7	=	Left Field
8	=	Left Center Field
9	=	Deep Center Field
10	=	Right Center Field
11	=	Right Field
12	=	Short Center Field



FIELD POSITIONS

	PLAYER NAMES		
	1 ST INNING	2 ND INNING	3 RD INNING
1 = 1 st Base			
2 = 2 nd Base			
3 = Short Stop			
4 = 3 rd Base			
5 = Pitcher			
6 = Catcher			
7 = Left Field			
8 = Left Center			
9 = Deep Center			
10 = Right Center			
11 = Right Field			
12 = Short Center			

BATTING LINEUP

	PLAYER NAMES		
	1 ST INNING	2 ND INNING	3 RD INNING
Batter # 1			
Batter # 2			
Batter # 3			
Batter # 4			
Batter # 5			
Batter # 6			
Batter # 7			
Batter # 8			
Batter # 9			
Batter # 10			
Batter # 11			
Batter # 12			