

2026 T-Ball Ground Rules

****NO CELL PHONES IN DUGOUTS****

PLAYER DRESS CODE:

- Players must be in uniform provided by the league, a shirt and hat with the team logo.
- No metal cleats.
- Only Little League approved equipment may be used.

PRE-GAME:

- Coaches should meet and review all ground rules.

GAME DURATION:

- Games will be played for 60 minutes.

OFFENSE:

- All players bat every inning.
- All players will hit off the tee. (Later in the season, if agreed upon prior to the game, coaches may soft toss up to 3 pitches)
- Each batter will wear a helmet when batting and running the bases until back in the dugout.
- Runners advance one base at a time, except the last batter each inning. This batter will clear the bases.
- No stealing, sliding, or leading off.

DUGOUTS:

- No food, including sunflower seeds or gum will be allowed in the dugouts. Water in non-glass containers is recommended.
- All batters will wait to bat inside the dugout. No on-deck area will be available for warm up. Bats will not be touched in the dugout.

DEFENSE:

- A regular infield will be played: P, C, 1B, 2B, 3B, & SS.
- The remaining players will play in the outfield.
- Players must be rotated through the infield positions, including catcher, each game and throughout the season.
- Catcher should be ready to play defense prior to the last batter ending an inning.

COACHES:

- Two adult base coaches allowed when batting.
- A few coaches should be on the field to guide defensive players.

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FORMS:

- All coaches, including practice coaches, and managers must have a league-approved application on file.
- Player medical release forms must be with the manager/coach at every game or practice.

FIELD PREPARATION:

- Both managers are responsible for field prep (watering, dragging, raking, and chalking-foul lines, batters box, and the arc) before each game. Coaches from the completed game should help prep the field for the next game.

END OF GAME RESPONSIBILITIES:

- Both managers are responsible for the trash in their dugout and in the stands after each game or practice. When time permits between games and after the last game of the day, please rake the field and groom the batter's box, and pitchers mound. Managers are to keep the equipment room clean and organized after each game or practice and will also ensure the equipment shed is locked and all lights are off before leaving the park. Both managers shall empty all trash cans and replace liners after the last game of the day.

SPIRIT OF PLAY:

Our responsibility as managers/coaches is to teach the fundamentals of baseball and sportsmanship in a fun and relaxed environment.