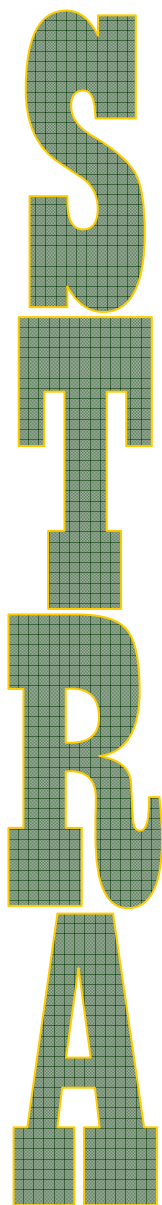


2009 STRA T-Ball Rules



1. PRIMARY GOALS:

Provide a positive and fun environment to learn the fundamentals of baseball and good sportsmanship.

2. GAME SCHEDULING:

- a. Games are scheduled for 3 innings in length. However, no new inning may begin once 60 minutes has elapsed from the start of a game. At the discretion of the coaches, additional innings may be played, if time permits.
- b. Games are to start promptly at their scheduled time (see strasports.org website for game times/dates).
- c. Teams may start a game with less than their full roster of players.
- d. Game cancellations/rescheduling requests must be reported by the team's head coach to the STRA T-Ball Commissioner at least 24 hours prior to the scheduled start of the game.
- e. Cancellation of games due to inclement weather will be determined jointly by the coaches. Once a decision to cancel a game has been made, one coach must notify the STRA T-Ball Commissioner.
- f. Cancelled games should be re-scheduled on the next available make-up evening on the league game schedule. Contact the STRA T-Ball Commissioner to confirm field availability.
- g. Games will automatically end at the 1st flash of lightning.

3. FIELD PREPARATION:

- a. Home team is responsible for preparing the field (e.g. setting bases, walking over field to check for debris) and supplying 2 new game balls.
- b. Bases and Tees are stored in the blue lock box behind the T-Ball field backstop.
- c. Home team will use the bench on the 1st base side of the field; the Visiting team will use the bench on the 3rd base side of the field.

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4. PRE-GAME WARM-UP:

- a. Coaches and players are requested to be at the field 15 minutes prior to the scheduled start of the game at which time pre-game warm-ups will take place and may include:
 - i. Light stretching/running
 - ii. Fielding/throwing/batting stations

5. UMPIRES:

- a. The head coaches of each team will collectively umpire the game.
- b. Umpiring responsibilities include keeping general order and ensuring that games progress at a reasonable pace.
- c. Please keep in mind that wins and losses are **not** recorded.

6. BATTING:

- a. Suggested coaches to use when batting (have parents help when shorthanded)
 - i. Batting Coach – at home plate instructing the batter.
 - ii. Bench Coach – on bench keeping players aware of when they will bat, and generally keeping the team under control on the bench.
 - iii. 1st and 3rd Base Coaches – at each base helping base runners proceed appropriately.
- b. Each team shall bat each player in every inning regardless of the number of out recorded in an inning.
- c. It is encouraged that a team's batting order be rotated after each inning to afford multiple players the opportunity to bat in different spots in the lineup.
- d. All batters and on-deck batters must wear a batting helmet.
- e. Bench players, awaiting their turn to bat, may not handle bats until instructed by a coach.
- f. On-deck batters must remain behind the backstop out of the field of play.
- g. Guidelines for use of *Tee* versus *Coach Pitch* during the season:
 - i. For the first two (2) weeks of the season:
 - All 3 innings will utilize the batting tee (i.e., no coach pitch). Batters will get five (5) attempts to individually hit the ball off the tee. After

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five (5) swings, the batting team coach will aid the player in hitting the ball off the tee.

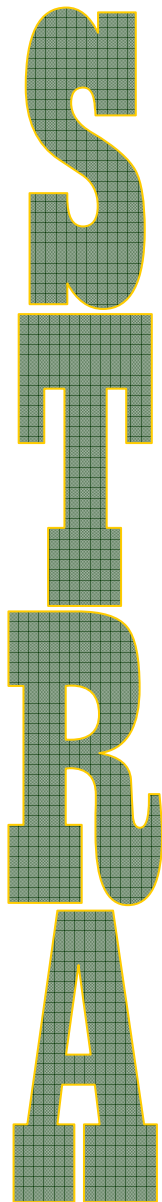
- ii. From the third (3rd) week of the season on:
 - Coaches may pitch to batters (i.e., take a knee on the mound and pitch using a soft, overhand flip). Each batter will have five (5) attempts to hit the ball. If after the fifth attempt the batter has not hit the ball, then the tee will be brought in and the batter will have three (3) attempts to individually hit the ball off the tee. After three (3) swings, the batting team coach will aid the player in hitting the ball off the tee.
- iii. Coaches should use discretion when determining whether to pitch to players or allow players to hit from the tee. The decision should always be made based on the comfort level of the player.
- iv. For many reasons, including timeliness, we request that you not expand the number of batting attempts/pitches stated above.

7. BASE RUNNING:

- a. Base runners **MUST** wear batting helmets.
- b. Base runners can not take leads nor steal bases.
- c. One (1) base advancement on a batted ball
- d. Two (2) base advancement on a batted ball that goes past outfielders
- e. If a base runner is hit by a batted ball, they will not be called out. Rather, they will advance one base (as will all other runners)
- f. The last batter in the lineup will run around all of the bases after they hit the ball.

8. FIELDING:

- a. Teams must have their full roster on the field. One (1) player per infield position (i.e., pitcher, 1st base, 2nd base, shortstop, 3rd base); the remaining players on the team will be placed in the outfield. There can be more than three (3) outfielders based on the team's size. The catcher position is not fielded.
- b. Fielding team coaches will be in the field to assist players in learning the game.



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- c. Coaches should make efforts to have all players play an infield and outfield position during the game:
 - i. Coaches may rotate players in the field during the inning to maximize player exposure to different fielding positions. For example, after every two or three batters, flip flop the outfielders and infielders, or rotate players in the field in a clockwise or counter clockwise motion.
 - ii. Coaches MUST use their best judgment to ensure that players in “high traffic” areas (e.g. pitcher, 1st base, 3rd base) are capable/alert enough to handle batted balls.
- d. When possible, a fielded infield ground ball should be thrown to the 1st baseman.
- e. No fielder is to stand in the baseline while runners are running the bases.
- f. Coaches are to try their best to ensure that players remain in their positions to field batted balls (avoid the situation where all players run after a ball). Consider a system where players take turns fielding the ball if it is hit to their side of the field.

9. POST-GAME FIELD CLEAN-UP:

- a. Both home and away team coaches are responsible for coordinating the clean up of the field at the conclusion of the game, including the pickup of trash, etc.
- b. The tee and bases should be returned to the blue lockbox at the end of all weekday games and at the end of the second game on Saturdays.
- c. Team equipment including bats, helmets, balls and medical kits are to be collected and retained by each head coach.

10. QUESTIONS/COMMENTS/CONCERNS:

- a. If there are any question, comments or concerns that you have with the STRA Tball program, please contact the STRA Tball Commissioner:

Mr. Chris Tilden

(856) 264-4482 [cell]

christopher_tilden@yahoo.com

