

Glen Allen Youth Athletic Association

INSTRUCTIONAL T-BALL LEAGUE RULES

REVISED 2007

The league is governed by the Glen Allen Youth Athletic Association Board of Directors, which assigns a league commissioner to act on its behalf. The League Commissioner is responsible for assuring that all league activities coincide with the mission and goals of the Glen Allen Youth Athletic Association, the operating rules of the league, and the policies and standards established by the Board of Directors.

PLAYING RULES

All Official Baseball Rules will be observed except for those rules amended by Babe Ruth Baseball, but finally subject to the specific rules imposed by the Glen Allen Youth Athletic Association Board of Directors.

1. INSTRUCTIONAL LEAGUE PURPOSE

The instructional league is designed to teach five and six year old children the fundamentals of baseball. Emphasis will be on practice and instruction. Games will be played after each team has successfully completed the skill levels explained below. Managers and coaches should invite parents to participate so that at least one adult is overseeing two players.

2. SKILL DEVELOPMENT CHART

Practice #1 – Throwing

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|----------------------|----------------|-----------------------|
| a. The grip | b. The stance | c. Raising your arm |
| d. Shoulder rotation | e. The release | f. The follow-through |

Practice #2 – Catching

- | | | |
|---------------------------------------|-------------------|-------------------------------|
| a. The glove | b. The stance | c. Recognizing ball direction |
| d. The grip | e. Hand extension | f. Use of both hands |
| g. Catching above and below the waist | | |

Practice #3 – Hitting & Base Running

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|---------------|------------------------------------|-----------------------------|
| a. The helmet | b. The bat | c. Dropping the bat |
| d. The grip | e. The stance | f. The strike zone |
| g. The swing | h. Getting out of the batter's box | |
| i. Sliding | j. Tagging on fly balls | k. Reading third base coach |

Practice #4 – Understanding Positions

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|--|---|
| a. Pitcher – The mock throw, fielding area | b. Catcher – The gear, the plate, fielding area |
| c. Infield – Fielding areas, tag plays, force plays, backup, and relays | |
| d. Outfield – Fielding areas, pop flies, grounders, communication, hitting relay, and backup | |

Practice #5 – The Infield

- a. Playing 1st base
- b. Playing 2nd base
- c. Playing 3rd base
- d. Playing shortstop
- e. Playing pitcher
- f. Playing catcher

Practice #6 – The Outfield

- a. Playing left field
- b. Playing center field
- c. Playing right center field
- d. Playing right field
- e. Understanding the cutoff man
- f. Throwing ahead of the runner

Practice #7 – Putting It All Together

3. PLAYER PARTICIPATION

- 3.1 Ten players are allowed on defense. The extra player allows four outfielders. No player may play the same position for more than two innings in a game. Managers are encouraged to give players an opportunity to play all positions during the course of the season. However, positioning of players is left to the discretion of the manager based on a player's skill level and personal safety.
- 3.2 The offensive team batting line-up will consist of every team member that is available for that game. Players will bat in the same order (1 through 14) throughout the game. If a player arrives after the game has started, he/she will be added at the bottom of the batting order. The opposing manager must be notified in the event of a late arrival.
- 3.3 All eligible players must play a defensive inning by the end of the second inning and no player should sit for more than one consecutive inning. Violations of this rule brought before the Grievance/Protest Committee could result in suspension of the manager. The opposing manager must be notified of any exceptions prior to the start of the game.
- 3.4 A team may play with a minimum of 8 defensive players if it does not have 10 available players. The pitcher position is mandatory. If a manager cannot field 8 rostered players for a game, the opposing team manager may allow team members to play for the other team so that there are enough players on each team to play the game.
- 3.5 No player that arrives by game time can sit out for a second inning prior to every other player sitting at least one inning.

4. GAME SCHEDULE

- 4.1 The calendar week of Babe Ruth Bambino Instructional League is Monday through Sunday for scheduling purposes. Game start times during the week are at 6:30 PM.
- 4.2 Game times and schedules cannot be altered unless approved by the Director of Baseball and League Commissioner.
- 4.3 No inning will begin after one hour and 30 minutes from the time of the first simulated pitch.
- 4.4 The Director of Baseball, League Commissioner or the Chairman of the Fields and Grounds Committee will be responsible for determining when the fields are in an unplayable condition. Game postponements will be announced on the Glen Allen Youth Athletic Association telephone hotline, 527-3510. During games in progress, the home plate umpire determines when a game must be suspended.
- 4.5 All rained out and incomplete games will be played according to the make-up schedule and in the order as they occurred. However, no team will be required to play more than two games in any one day, or more than three games in any one week, during regular season.

5. GROUND RULES

- 5.1 Only players in uniform, the manager, two coaches, an assistant, umpires and league officials shall be allowed on the playing field during a game.

During play, manager, coaches, assistants and substitute players must remain in the dugout. No more than 5 adults are allowed in the dugout during a game. Managers or coaches of the offensive team shall occupy the base coach boxes. Coaches of the defensive team are allowed to take positions in the outfield.

- 5.2 Manager and coaches shall be in the uniform of their team. Glen Allen Youth Athletic Association supplies these uniforms with long pants. Managers and coaches may opt to wear matching colored coaching shorts purchased at their expense. However, they must be dressed the same. (E.g. All in shorts or all in long pants.) The League Commissioner, Director of Baseball, and the Glen Allen Youth Athletic Association's President are authorized to take the following steps for violation of this rule:
- 5.2.1 First offense – warning;
 - 5.2.2 Second offense – removal from game;
 - 5.2.3 All future offenses – removal from game and mandatory use of long pants for all future games.
- 5.3 No official score or standing will be kept. All emphasis is on instruction, team play, and keeping the game fun and interesting for the kids.
- 5.4 A half inning is over when nine players have batted or three outs have been made whichever occurs first. The ninth batter must be announced to the umpire in each inning. This announcement indicates that there are two outs in the inning. When the ninth batter hits a fair ball, the defensive team may record a third out by tagging home plate or any other base in front of the runner who was announced as the ninth batter.
- 5.5 In any one inning, defensive players may not switch positions but may be replaced by any player from the bench.
- 5.6 The pitcher, with his foot on the pitching rubber, will be instructed by the umpire to make a simulated throw toward home plate.
- 5.7 The catcher must wear protective gear. The catcher must also make the initial attempt on any play inside the 15-foot arc.
- 5.8 An arc, 15 feet from home plate, will be marked from foul line to foul line. A batted ball must be hit out of the arc, otherwise it will be ruled a foul ball.
- 5.9 The batter will only hit the ball off the tee which will be adjusted by the offensive manager or coach to the proper height as to allow the batter to swing level. The tee is positioned directly over home plate. Only wooden or aluminum bats not exceeding 28" in length will be used.
- 5.10 The batter will be allowed three practice swings in the batter's box prior to the ball being put in play by the umpire.
- 5.11 To put the ball in play, the umpire instructs the pitcher to make a mock throw. He then places the ball on the tee at which time the batter may attempt to hit the ball.
- 5.12 A complete miss of the ball will be a strike, thus strikeouts are allowed.
- 5.13 Bunting is prohibited.

- 5.14 A team will be warned by the umpire the first time any player throws a bat. Once a team has been warned, all other bat throwing incidents will result in the batter being called out.
- 5.15 Any ball in fair territory which is hit over the fence to the right of the marker located in right center field on the Glen Allen Youth Athletic Association T-ball field will be deemed a ground rule double. No runner shall advance more than two bases.
- 5.16 All base runners must remain in contact with base until the batter hits the ball. Any runner leaving the base early must return to the base, or if a batter reaches safely, the nearest open base.
- 5.17 When a batted ball is hit in fair territory, play will end when the defensive team successfully makes an out or causes at least one runner to hold his position. The umpire will call time and all other runners will be held at the nearest base when time was called.
- 5.18 Any batted ball that is fielded by a defensive player and thrown into foul territory or a dead ball zone will advance one base. The dead ball zone includes the dugout, batter's cage, and any area outside the field of play.
- 5.19 Two defensive coaches are allowed to be positioned in foul territory, beyond the infield, and one defensive coach is allowed to be positioned in fair territory beyond the outfield to instruct the players.
- 5.20 Managers and coaches are encouraged to request time outs for instructional purposes, as needed, so long as the ball is not in play.
- 5.21 No tobacco products allowed. Managers and coaches may not leave the dugout for a smoke break away from the field. If they do, they will not be allowed back on the field.
- 5.22 No profanity shall be permitted at any time.
- 5.23 No batting practice will be allowed on the scheduled playing field ½ hour before the start of the game. Each team will be allowed a 10-minute warm-up period. The final 10 minutes is reserved for game preparations and managers' meeting with the umpires.
- 5.24 Each team must clear the dugout of all trash immediately upon completion of a game. No team should linger in the dugout or on the field of play when another game is scheduled to begin. Any team meeting should be held away from the field in a dead ball area.
- 5.25 No contact rule at home plate: If a runner attempting to reach home plate intentionally and maliciously runs into a defensive player in the area of home plate, he will be called out on the play and ejected from the game (Umpire's judgment call.)

MANAGERS/COACHES RESPONSIBILITIES

1. Managers, and if possible coaches, shall attend required training sessions and league orientation meetings.
2. Managers are responsible for all team equipment and the keys to storage areas and field lights. The keys and all equipment must be returned to the equipment manager immediately upon conclusion of the season.
3. Managers are responsible for recruiting parent volunteers to represent their team in the following areas: Assistant coaches, team parent, snack bar, field maintenance/clean-up, carnival booth, and hit-a-thon. If possible, recruit a parent to be assistant coach who is willing to be groomed for a manager position in the future.
4. Whenever the weather has affected field conditions, all managers and coaches are encouraged to assist in restoring their respective fields to playable conditions. This requirement applies even if your team is not scheduled to play that day.
5. Managers are required to recruit a parent or coach to umpire the bases during their game, if needed.
6. Managers and coaches shall supervise their players at all times during scheduled practices and games on any field.
7. Managers and coaches must regularly check their team mailbox located in the storage garage for information pertaining to Glen Allen Youth Athletic Association activities and league advisories.
8. Managers and coaches must regularly check the Glen Allen Youth Athletic Association telephone message hotline for information. The number is 527-3510.
9. Managers and coaches must encourage team members to exhibit sportsmanship, obey the rules of the game and Glen Allen Youth Athletic Association, and participate in all fund raising activities.
10. Managers are responsible for all administrative duties required of Glen Allen Youth Athletic Association including, but not limited to, medical consent forms, team photos, fund raising, concession stand schedules, umpire evaluations, etc.
11. Team Managers/Head Coaches are required to attend mandatory clinics as designated by the Board of Directors; conduct and ensure their team's participation in the annual Hit-A-Thon Fund Raiser and return any issued uniforms and or equipment, supplies, keys etc. to their appropriate commissioner by the published dates in a responsible manner.

In the event an emergency situation surfaces and prevents a Team Manager/Head Coach from complying with the above requirements; the Team Manager/Head Coach will be required to notify and receive instructions in advance of the event from the appropriate Director of Baseball, Softball or Basketball. The appropriate Director will take into consideration the circumstances involving the emergency situation and provide instructions to the Head Coach/Team Manager. However, if in the judgment of the appropriate director, the reason for non compliance is not acceptable, they will submit a recommendation to the Grievance Protest Committee, which as a minimum will result in a game suspension to a possible denial of post season team participation and other measures or possible dismissal.

HOME TEAM RESPONSIBILITIES

1. Teams listed second on the regular season schedule will be the home team and will occupy the first base dugout.
2. The home team is responsible for the following:
 - 2.1 Dragging the infield and getting the field in playing condition.
 - 2.2 Using the spreader to mark foul lines, the 15-foot arc, batter's box, and coach's boxes and returning all equipment used for this purpose to the storage shed.
 - 2.3 Furnishing the game balls; 1 new ball and 1 used playable ball.
 - 2.4 Recruit a parent or coach to umpire the bases, if needed.
 - 2.5 If the last game of the day, assuring that all doors and storage sheds are locked.
 - 2.6 If rain occurs once teams have arrived at the field, and prior to the start of the game, the home team manager will confer with visiting manager to determine whether safe playing conditions exist.
 - 2.7 In the case of a rain out, the home team manager notifies the League Commissioner by calling the Glen Allen Youth Athletic Association telephone hotline, 527-3510.