

RAMMS T-ball League (Revised 2015)

T-ball is an instructional league. The purpose of the league is to introduce youngsters to baseball and provide basic skill instruction. The coaches and parents are an integral part of the success of the T-ball format. We do not keep score. There are no umpires. Rules are at a minimum. Learning and having fun are the expected outcomes for the T-ball league.

It is critical that coaches and parents remember that T-ball is in many cases a youngster's introduction to team sports. **You are the role model!** Make this a fun and enjoyable time with the children.

Games

1. The T-ball league plays on Tuesday evenings, Thursday evenings, and Saturday mornings for games that last approximately 1 hour.
2. Each team will play at least one game per week.
3. Each team bats through the order to complete one half-inning; Play continues for two complete innings.
4. No score is kept.
5. No umpires are required.
6. Limit the number of adults on the field. Usually two coaches are plenty, however adding 1, 2 or even 3 more adults may be appropriate based on the activity or attention level of your players. Encourage the other adults to cheer and support both teams.
7. Do not make the games a grind. Look for ways to improve the pace or excitement of your games with the opposing coach. Be flexible and make it fun.

Play

8. Players will only advance one base per at bat, however as the season advances, if the ball is hit well into the outfield then a player can take a double.
9. Flip-flop the batting order each inning. The easiest way to set the order is by uniform number. First inning go #1-#12. Second inning #12-#1 and so forth.
10. Each hit will be a single. Allow the children to run the bases even if they were "out". The emphasis is to allow the children to score runs and learn base running.
11. A ball must travel three feet from the plate to be considered a hit.
12. There are no strikeouts. Each child hits the ball.
13. As the season progresses some players may have the ball pitched to them by a coach instead of using a tee. Please limit live pitches to 3 per player. If the batter is unsuccessful in hitting the ball, please revert to the tee and resume normal play.
14. Players will occupy defensive fielding positions while each member of the opposing team bats. Once all of the players have batted, offensive and defensive positions are switched.

Practices

- Practices are not mandatory, but can definitely be a fun and helpful part of the t-ball experience.

- Drills should be adapted to the skills of the players present.
- Drills should be designed by the coaches to improve the player's skills and have fun.
- Focus of the drills will be to help develop hitting, fielding, throwing, baserunning and understanding of the rules of the game. Hitting is the priority in t-ball.
- Please teach about proper handling of equipment – especially baseball bats. Bats should never be held in hitting position unless at a batting or warm-up station.

Coaching Guidelines

- Practice patience! These are young children and learning basic skills can be a drag.
- Have fun. Teach basic skills as games. Make the learning enjoyable.
- Get on their level... Kneel down when you speak to younger children. Big people are scary!
- Ensure that the kids are not afraid of the ball. This is the time to teach them that the ball will not hurt (much – be sure to use t-ball balls or soft baseballs).
- Involve your parents in practice and accept helping hands.
- Teach sportsmanship!
- Cheer all successes and cheer some more. Make this fun!

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