



Visalia Youth Baseball Inc.

2026 T-Ball Ground Rules

For ball players ages 4-5. Young athletes hit the ball from a batting tee which is height-adjusted for a level swing, batting in order through the line-up for the entire game. The primary goal is to begin to instruct young players in the fundamentals of baseball in a supportive team environment.

GOALS -

1. Teach basic catching, throwing and batting skills.
2. Teach base running basics.

EQUIPMENT -

1. Jerseys and hats will be given to the players to wear at the games. No jewelry is allowed for safety purposes.
2. All batters, base runners and players on deck, **MUST** wear protective headgear.
3. Players supply their own gloves, baseball pants and soft spikes. Tennis shoes are allowed at this age.
4. If player would like to use their own bat, it **MUST** be USA T-Ball approved and remain the responsibility of the player, not VYB.
5. The standard Level-1 Flexi-ball baseball will be used.

FIELD -

The base paths will be 50 feet in length and pitcher's mound will be 38 feet from the home plate.

LENGTH OF GAME -

Regulation games will be 2 innings or 1 hour in length (all innings started **MUST** be completed in full). If the time limit is almost up, **DO NOT** start another inning. No new inning after **50** minutes.

OFFICIALS -

No umpire will be used for T-Ball play.

OFFENSIVE RULES -

1. Four coaches may be used on offense. One to assist the batter, one bench coach and two coaches for coaching the bases.
2. Each player is placed in a number sequence for the batting line-up. Every player bats each inning. If a player cannot bat his/her turn, the batting order continues. Reverse the batting order in the second inning so that the same player does not bat last.
3. Outs do not count, they are unlimited until the whole line-up has batted for that inning. If a player makes an "out," they stay on the field and continue to run. This continues until the team goes through their line-up one time. The last batter can run the bases until he/she touches home plate.
4. After the coach adjusts and places the ball on the tee, the player cannot hit the ball until that coach yells "play ball."
5. When the ball is hit into the outfield, the batter may run the bases until the ball is returned to the infield dirt. The runner must stop at the base he/she is at. If he/she is advancing to the next base already, he/she may continue to the next base.
6. Runners may ONLY take one base on balls which stay on the infield.
7. The following is NOT ALLOWED: lead-offs, stealing, pinch hitting, infield fly rules or protesting.

DEFENSIVE RULES -

1. Two coaches may be used to assist the defense. They are to be located behind the infield and in front of the outfield,
2. The defensive team will field up to 14 players.
3. Players must be rotated each inning to different positions.

MANAGERS/COACHES -

1. You MUST always set a good example of GOOD SPORTSMANSHIP for all players and spectators.
2. Managers will meet before the beginning of each game to go over ground rules and cover any questions.
3. Injured players MUST be attended to immediately.
4. Coaches are responsible for communicating about practices, games and events to the parents and players in a timely manner.
5. Remember to keep it simple. Every coach should be more concerned with the players learning how to play the game rather than who wins or loses. There are NO losers, we are all winners! Always use ENCOURAGEMENT AND ENTHUSIASM!

QUESTIONS/COMMENTS/CONCERNS -

For questions or concerns during game play, please contact your Player Agent or a Board member. For all other questions, comments, or concerns please contact your Player Agent, a Board member, or Board President.