**Oak Lawn Girls Softball**

**T­Ball Rules**

T­Ball is an instructional league. Most players have little or no knowledge of softball. Instruction must start

with the basic elements; how to hold the ball, which hand the glove goes on, holding a bat, swinging a bat,

how to throw, names of the bases, which direction to run, names of the positions, and where to stand.

There is no limit to the amount of practice that each team can have during the season.

**Practice/Game Combination Dates**

1. Each team will have approximately 20 practice/game combination dates.
2. The initial 30 minutes or so of each meet will consist of practice. This includes:
	1. Warmups/stretching
	2. Holding the ball
	3. Throwing
	4. Catching
	5. Holding the bat
	6. Swinging the bat
3. The remaining 45 minutes or so of each meet will consist of a game between the two teams scheduled. The following are some basic rules that should be followed while the games are being played. However, the managers of the two teams that are playing should discuss the ground rules and agree to any adjustments prior to the game.

**General Rules**

* Bases are 50 feet apart
* Score will not be kept. All games end in a ‘tie’
* Play should consist of 4 innings and have a one-hour time limit
* Each team's lineup will be divided in half so that the first half of the lineup will bat in the 1st and 3rd innings and the second half of the lineup will bat in the 2nd and 4th innings
* To help with learning the positions and keep the girls engaged, all positions should be rotated every inning
* Every player must wear a helmet while batting and on the bases
* All players are permitted on the field. Outfielders must be on the grass (Sward field only)
	+ While all players can play at once, a manager can consider only playing an infield (pitcher, catcher, 1st baseman, 2nd baseman, 3rd baseman, shortstop and shortcenter) and having the remaining girls work with themselves or another coach in the outfield on fielding, throwing, hitting, etc.
* The temperature must be 50 degrees or above at the start of a practice or game. No play may occur if it is below this
* The temperature must be 90 degrees or below at the start of a practice or game. No play may occur if it is above this
* All players must wear their regulation Oak Lawn Girls’ Softball uniform consisting of a jersey, baseball pants (black shorts may be worn in hot weather), socks, and hat (if no defensive face mask is worn)
* Even though this is a t­ball league, coach pitch will be part of the season
	+ The first 1/3 of the season, the girls will bat off the tee the entire game
	+ The second 1/3 of the season, the girls will hit off coach pitch for the first two innings and off the tee for the last two innings
		- If the player is unable to hit a pitched ball after 6 pitches, the tee will be used
	+ The last 1/3 of the season will be entirely coach pitch
		- If the player is unable to hit a pitched ball after 6 pitches, the tee will be used
* Managers should discuss prior to games where they are in their season and how they would like to handle pitching verses tee
* A batted ball should travel at least 6 feet to be considered ‘fair’
* Up to three coaches are allowed in the field to assist players with positioning and instruction
* There are no lead­offs, base stealing, or an infield fly rule
* Each hit is a single with the exception of the last batter in the inning who is a “home run hitter”
* No batter is every considered “out.” All players stay and run the bases regardless of out or safe
* Runners cannot advance on overthrows
* Coaches in the field shall make all umpiring calls
* The home team is responsible for field set­up at least 15 minutes period to game time
* The visiting team is responsible for cleaning up the field after the game
* Cancelled and rescheduled games are to be coordinated with the OLB Girls T­Ball VP’s

**Have Fun!**