

FBSA T-Ball Quick-Reference Guide (5U–6U)



1. Equipment & Safety

- Helmets required for all batters and runners.
- Catchers must wear full gear: helmet w/ mask, chest protector, shin guards, cup.
- No metal cleats; molded cleats only.
- Approved bats: USSSA or USA, max drop –12.
- No training equipment (tees, nets, weighted balls) on the field during games.
- Thrown bats/helmets may result in ejection.

2. Conduct & Game Environment

- Coaches responsible for behavior of players and spectators.
- Ejections = mandatory one-game suspension.
- No artificial noisemakers.
- Walk-up music allowed; offense controls music during their half-inning.
- No chants during live play; no taunting or derogatory remarks.

3. Administrative Rules

- **No scorekeeping:** T-Ball is non-competitive.
- No forfeits.
- Lineups: continuous batting order; late players added to end.
- Rotate players: no player may play outfield two innings in a row.
- Leadoff batter rotates to end of lineup each game.

4. Game Structure

- Game length: 55 minutes.
- When time expires, finish the current at-bat.
- Inning ends after 3 outs or once the offense bats through the lineup.

5. Coach Participation

- Up to **5 coaches** allowed on field/in dugout.
- **Offense:** 1 home-plate coach, 2 base coaches
- **Defense:** 2 coaches positioned in the outfield behind fielders
- Coaches may position players before each at-bat.
- All other coaches must stay in or near the dugout.

6. Base-Running Rules

- No stealing or leading off; runners stay on base until ball is hit.
- One warning for early leaving; next violation = dead ball, hit does not count.
- No advancement on infield overthrows.
- If a runner misses a base, home-plate coach returns them; trailing runners return as needed.
- Passing a runner = automatic out.
- Multiple runners on same base: trailing runner(s) out.

7. Batter Rules

5U (Standard Tee)

- Home-plate coach adjusts tee and places ball.
- Batter swings only after “Play Ball.”
- Up to 6 swings.
- Ball must pass **10-ft Fair Ball Arc** to be fair.
- Infield hit: batter stops at 1B.
- Outfield hit: batter may advance to 2B (must stop at 2B).

6U (Coach Pitch + Tee)

- Up to 3 coach-pitch attempts.
- Foul on 3rd pitch extends at-bat unless caught.
- If no hit, batter gets 3 tee swings.
- No bunting or “easy swings.”
- Ball must pass Fair Ball Arc.

8. Defense Rules

- All players play: pitcher, catcher, 1B, 2B, 3B, SS, remaining players in outfield.
- Infielders must stay **within 10 ft** of baseline until pitch.
- Outfielders must be **20+ ft** behind baseline.
- No rolling/bowling the ball; must throw overhand.
- Outfielders cannot make unassisted outs; must throw to an infielder.
- Defensive pitcher must stay even with/behind rubber, inside pitching circle.

9. Stopping Play

- Offensive home-plate coach calls “Time” when a defensive player controls the ball inside baselines.
- Runners return to last legally touched base unless they had already turned toward the next base.
- On defensive plays, runners may advance at their own risk.

10. Field Specifications

- Base distance: **50 ft**.
- Fair Ball Arc: **10 ft** in front of home plate.
- Home team: **1B dugout**.
- Visitors: **3B dugout**.
- Only batter, on-deck hitter, and active runners may be outside the dugout during live play.