



T-BALL RULES & POLICIES

UPDATED JULY 2026

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SECTION 1 — LEAGUE AUTHORITY & RULE HIERARCHY

Establishes the governing authority for FBSA Baseball and defines how league rules, official baseball rules, and approved amendments are applied and enforced.

Rule 1.1 — PRIMARY RULE SET

Applies to: 5U, 6U Divisions

- FBSA Baseball rules are the primary authority for all league games.
- Any situation not addressed in FBSA rules will follow Official Baseball Rules (OBR).
- OBR modifications approved by the FBSA Baseball Rules Committee supersede standard OBR language.
- Coaches and umpires are responsible for applying FBSA rules first, then OBR when needed.

Rule 1.2 — AMENDMENTS

Applies to: 5U, 6U Divisions

- No umpire, coach, or team official may create, modify, waive, or reinterpret any FBSA rule during a game.
- All amendments to these rules must be formally approved by the FBSA Board and authorized by the League Commissioner before taking effect.
- Any deviation from the approved rule set is invalid unless explicitly issued through an official FBSA policy update.



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SECTION 2 — EQUIPMENT & SAFETY

Defines approved equipment standards, player safety requirements, uniform regulations, injury procedures, and conduct related to safe participation in games and practices.

Rule 2.1 — APPROVED BATS

Applies to: 5U, 6U Divisions

- All bats must display a valid certification mark for the player's division as shown below.
- Bats must not exceed the maximum drop weight for the player's division.
- All bats must be unaltered and free of cracks, dents, or tampering of any kind.

Division	Required Certification	Maximum Drop
5U – 6U	USSSA, USA	-12

Rule 2.2 — PLAYER SAFETY EQUIPMENT

Applies to: 5U, 6U Divisions

- Batters and base runners must always wear a protective helmet while on the field.
- Catchers must wear full protective gear, including catcher's helmet with face mask, chest protector, shin guards, and a protective cup.
- A catcher's mitt is required for all catchers in divisions 10U and above.
- Full catcher's gear is required during games, practices, and bullpen warm-ups.
- Coaches are responsible for ensuring all equipment is properly fitted and worn correctly.
- Metal cleats or spikes are not permitted in any division.
- Molded cleats are permitted for all age groups.



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Rule 2.3 — UNIFORMS

Applies to: 5U, 6U Divisions

- All players must wear a team-provided uniform consisting of a jersey, cap, baseball pants, and socks.
- Uniforms must match the rest of the team.
- Jerseys must bear a unique number and may not be altered.
- Jerseys must remain tucked in during the game.
- Legs must be fully covered by pants and socks during play.

Rule 2.4 — EQUIPMENT USE DURING PLAY

2.4.1 – Training Equipment

Applies to: 5U, 6U Divisions

- No training or warm-up equipment — including nets, tees, or weighted balls — may be used on the field during a game.
- The on-deck batter may use a bat weight (donut) for warm-up swings in the on-deck area.
- All other warm-up activities must occur outside the field of play.

2.4.2 – Thrown Equipment

Applies to: 5U, 6U Divisions

- Throwing a bat or helmet may result in ejection, at the coach's discretion.
- If a thrown bat strikes the catcher or coach, the batter is automatically out, regardless of intent.
- Coaches may issue warnings or immediate penalties based on the severity of the action.



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Rule 2.5 — MEDICAL & INJURY PROTOCOLS

Applies to: 5U, 6U Divisions

- Any player with visible bleeding must immediately leave the field.
- The player may return only after the bleeding has stopped and the affected area is properly covered.
- Free substitution is permitted while the player is being treated; there is no automatic out if the player is due to bat while being treated.
- Any injury involving an FBSA participant — player, coach, umpire, or spectator — must be documented.
- The manager, coach, or responsible official must submit an accident report to the FBSA Board within 24 hours of the incident.

Rule 2.6 — NO CONTACT RULE

Applies to: 5U, 6U Divisions

- Base runners must avoid contact with defensive players.
- “No contact” **does not mean** “must slide.”
- This rule applies even if the defensive player is out of position or obstructing the base path.
- If the umpire determines the contact was intentional, the runner is called out and ejected from the game.
- If the contact is deemed unintentional, the runner is called out but not ejected.



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SECTION 3 — CONDUCT & BEHAVIOR

Sets expectations for sportsmanship and behavior for coaches, players, and spectators, including disciplinary actions and standards for the game environment.

Rule 3.1 — GENERAL CONDUCT

Applies to: 5U, 6U Divisions

- Coaches are accountable for their own behavior and that of their players and fans.
- Umpires may eject a coach, player, or spectator for unruly behavior.
- Game forfeiture may occur if behavior interferes with safe or fair play.
- Any coach ejected from a game must serve a mandatory one-game suspension.
- Additional discipline may be imposed by the League Director or Rules Committee.

Rule 3.2 — BANNED SUBSTANCES

Applies to: 5U, 6U Divisions

- Smoking, vaping, and all tobacco use are prohibited at all FBSA events.
- Alcohol and illegal drugs may not be used, possessed, or consumed at any FBSA activity.
- These restrictions apply to coaches, parents, players, and spectators.
- This policy covers games, practices, team events, and all other FBSA-related activities.
- Violations may result in removal from the premises and further disciplinary action.



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Rule 3.3 — GAME ENVIRONMENT STANDARDS

Applies to: 5U, 6U Divisions Applies to: 5U, 6U Divisions

- No artificial noisemakers of any kind are permitted, including but not limited to train horns, air horns, whistles, cowbells, or amplified sound effects.
- Warm-up and walk-up music is permitted.
- Music may be controlled only by the offensive team during their half-inning.
- Volume must remain reasonable and must not delay play or interfere with umpire communication.
- Chants may not be derogatory, mocking, or directed at any opposing player.
- Chants must not occur during live play — defined as the period from when the pitcher becomes set until the play has fully ended.
- Razzing, screaming at, taunting, or verbally targeting any opposing team, coach, or player is strictly prohibited.



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SECTION 4 — ADMINISTRATIVE POLICIES

Provides rules for scorekeeping, player eligibility, lineup management, fair play requirements, scheduling.

Rule 4.1 — SCORE KEEPING & REPORTING

Applies to: **5U, 6U** Divisions

- T-Ball is non-competitive with no score kept and there are no forfeits.

Rule 4.2 — LINEUPS

*Applies to: **5U, 6U** Divisions*

- All players bat in a continuous rotation.
- Players arriving late must be added to the end of the lineup.
- Batting lineups should be rotated each game with the leadoff batter from the previous game moving to the end of the lineup, and all others moving up one spot in the order.
- Players must rotate from the outfield to the infield every other inning; a player may not play outfield two (2) innings in a row.

Rule 4.3 — GAME SCHEDULING & CANCELLATIONS

4.3.1 – Delays & Shortened Games

*Applies to: **5U, 6U** Divisions*

- Umpires or the League Director may delay or shorten a game due to weather or unsafe field conditions.
- A delay may last up to thirty (30) minutes before the game is canceled.
- A shortened game is considered official once 60% of regulation time has been played.
- When a game becomes official, the score from the last completed inning is recorded as final.

4.3.2 – Make-Up Games

*Applies to: **5U, 6U** Divisions*

- Incomplete games or rainouts may be rescheduled when possible.



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- The League Scheduler determines whether a game can be made up, based on field availability and scheduling constraints.
- Some games may not be rescheduled due to time or field limitations.

SECTION 5 — GAMEPLAY RULES

Outlines the rules governing game structure, mercy rules, coach participation, base running, pitching, and division-specific gameplay modifications.

Rule 5.1 — GAME LENGTH & STRUCTURE

Applies to: 5U, 6U Divisions

- A regulation game is 55 minutes. When time expires the game will end once the current batter finishes the at bat.
- An inning ends after 3 outs or when the offensive team bats once through their lineup.

Rule 5.2 — PREGAME WARM-UPS

Applies to: 5U, 6U Divisions

- No pregame warm-ups are allowed on the infield, including the pitcher's mound and home plate area.
- All warm-ups must take place in the outfield or designated shared warm-up areas.
- Teams must keep the infield clear to protect field conditions and maintain game readiness.

Rule 5.3 — COACH PARTICIPATION

Applies to: 5U, 6U Divisions

- A maximum of five (5) coaches are permitted in the dugout and/or on the field during T-Ball games.
- Three (3) offensive coaches are allowed on the field: One (1) home plate coach and Two (2) base coaches
- Two (2) defensive coaches may be positioned in the outfield behind their fielders.
- Coaches may position players before each at-bat.
- All other coaches must remain inside the dugout or within five (5) feet of the dugout entrance.



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Rule 5.4 — T-BALL MODIFICATIONS

5.4.1 – Base Runner Rules

Applies to: 5U, 6U Divisions

- Base runners may not steal or lead off. They must remain in contact with the base until the ball is hit.
- If a runner leaves the base early, after one warning, the result is a dead ball and the batter's hit will not be counted.
- On an overthrow of an infield play, the base runner(s) may not advance.
- If a runner misses a base the offensive home plate coach will return the runner to the missed base, and any subsequent runners will be forced back.
- If a runner passes a teammate in the baseline and touches the base ahead of the previous runner, the passing runner will be called out.
- If there are multiple runners on the same base, the trailing runner(s) will be called out.

5.4.2 – Standard Batter Rules

Applies to: 5U Divisions

- The offensive home plate coach is responsible for adjusting the tee height and placing the ball.
- The batter may only swing after the home plate coach says, "Play Ball."
- The batter will have up to Six (6) swings to hit the ball from the tee.
- A batted ball must pass the Fair Ball Arc to be considered fair.
- If the ball is hit and remains in the infield, the batter may not advance past first base; if the ball is hit to the outfield, the batter may advance, at their own risk, to second base but must stop at second base.



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5.4.3 – Modified Batter Rules

Applies to: 6U Divisions

- Batters will attempt to hit pitches from their coach-pitcher and have up to three (3) total pitches to put the ball in play.
- If the third (3rd) pitch is fouled off, the batter continues the at-bat unless the ball is caught in the air.
- If the batter is unable to put the ball in play, the batter will then be given three (3) attempts to hit the ball from the tee.
- Batters are not permitted to bunt or swing easy. Doing so results in a dead ball and the loss of one (1) of the three (3) total pitches allowed.
- A batted ball must pass the Fair Ball Arc to be considered fair.

5.4.4 – Defense

Applies to: 5U, 6U Divisions

- The defense consists of all eligible players: pitcher, catcher, first baseman, second baseman, third baseman, shortstop, and all remaining players are outfielders.
- Infielders may not advance more than ten (10) feet toward home plate before the ball is pitched.
- Outfielders must be positioned no less than twenty (20) feet behind the baseline, in the outfield grass at minimum.
- Players may not roll or “bowl” the ball to put a runner out; players must throw the ball overhand.
- An outfielder may not make an unassisted out at a base or in the baseline; they should attempt to throw the ball to a player at an infield position.
- Defensive players may not block the baseline unless they are in possession of the ball or in the process of receiving the ball.



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5.4.5 – Coach-Pitcher

Applies to: 6U Divisions

- Pitching will be performed by one of the batting team's coaches.
- The coach must deliver the pitch from 30 feet from the batter.
- The ball must be delivered overhand from a position that allows fielders to make a play.
- If the coach-pitcher fails to position themselves so that fielders can make a play, or if the ball strikes the coach-pitcher, the ball becomes dead and the pitch counts as one (1) of the six (6) total pitches allowed.
- The coach-pitcher may not participate in or direct their team in any way after the pitch is thrown.

5.4.6 – Defensive Pitcher

Applies to: 5U, 6U Divisions

- The defensive player in the pitcher position must remain even with or behind the pitching rubber, positioned three (3) to four (4) feet to the right or left of the coach-pitcher.
- Both feet must remain within the Pitching Circle until the ball is hit.
- The pitcher may not make an unassisted out, rather they should field and throw the ball to the appropriate base; they may tag a runner if the ball is hit up the first or third baseline and field where the obvious play is a tag of the runner.

5.4.7 – Stopping Play

Applies to: 5U, 6U Divisions

- In the home plate offensive coach's judgement, when a defensive player is in possession of the ball and has gained control of the ball within the baselines, the ball will be declared dead.
- All baserunners must return to the previous base legally touched, unless they made a discernible turn to the next base before the dead ball call was made.
- If a defensive play is made, runners may advance at their own risk.



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SECTION 6 — FACILITIES & LOGISTICS

Defines field specifications, age-appropriate field dimensions, league facility requirements, and dugout assignments.

Rule 6.1 — FIELD SPECIFICATIONS

Applies to: 5U, 6U Divisions

- The distance between each base is 50 feet.
- Fair Ball Arc: A ten (10) foot arc is drawn between the first and third baselines, in front of home plate.

Rule 6.2 — DUGOUT ASSIGNMENTS

Applies to: 5U, 6U Divisions

- The Home team uses the First Base dugout.
- The Visiting team uses the Third Base dugout.
- During live play, only the following may be outside the dugout: the batter, the on-deck hitter, and active base runners.
- All other offensive players must remain inside the dugout.