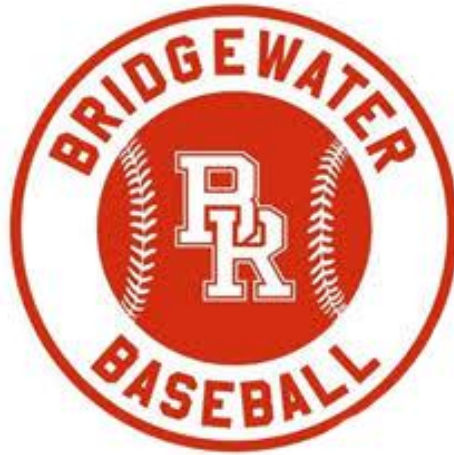


Bridgewater Baseball (BBSI)



T-Ball (Pre-K & K)

Rulebook

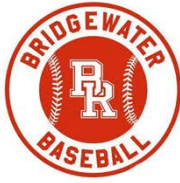
2025 Season

(v.1.1)



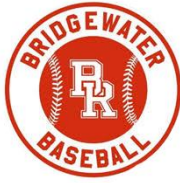
TABLE OF CONTENTS

Contacts.....	3
Important.....	4
Welcome.....	5
Managers and Coche.....	6
Schedule and Instructions.....	7
General Rules.....	9
Rule of Conduct.....	11
Roster Rules.....	12
Batting.....	13
Pitching.....	14
Catching.....	15
Fielding.....	15
Equipment.....	16
Instructions for T-Ball Clinics (Practices).....	17
Recommended T-Ball Skills Training.....	19
Rain Outs & Lightning Policy.....	21



Contacts

League	Name	Email / tel #
Commissioner (Pre-K, Lower League)	David Rinehimer	david.rine2@gmail.com
Commissioner (K, Lower League)	Bobby Capaldo	capaldo51@yahoo.com
Lower League Chair	Mike Brewster	mikebrewster80@gmail.com
VP, BBSI	Dan Pan	dppan@comcast.net
President, BBSI	Mike Brewster	mikebrewster80@gmail.com



Important

- Please make sure to follow all COVID-19 protocols (check our website for the latest information at www.bridgewaterbsi.com)
- Medical Release forms and Code of Conduct forms will be handed out during the first practice and collected at the second practice. Managers must have these with them at all times.
- Managers should also carry a complete contact list of players, parents, all managers, and Pony / Senior League commissioners.
- Make sure that you have a first aid kit with you at all times. Always make sure you have ice packs.
- Please keep a record of injuries by submitting an accident report to the commissioner of the league.

Please be patient with players and parents.

Please teach the kids how to play correctly.

Please encourage good sportsmanship

THANK YOU for volunteering your time to be a volunteer coach



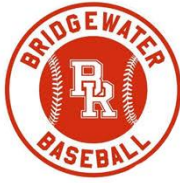
Welcome

Welcome to Bridgewater Baseball and Softball! We are extremely thankful to you for volunteering your time to support the league and the players. It should be a rewarding experience for coaches, players and parents.

The Bridgewater **Tee-Ball Instructional League for Pre-Ks and Kindergartners** is **non-competitive**. Standings are not kept and little emphasis is placed on the final score.

The number one goal is to have fun and teach the fundamentals of baseball (running, throwing, catching, batting and becoming a teammate). This season will set the foundation for a fun and exciting future in Bridgewater Baseball by getting them ready for next year's Farm A league. With this in mind, we have set some goals for the season.

- Each player will begin to throw and catch a baseball from a distance of 7 yards.
- Each player will be able to consistently hit a ball off of a tee using the correct swing and stance.
- Each Player will be able to hit a ball pitched by the coach by the end of the season (preferably overhand, underhand if necessary).
- Each player will understand the basics of base running and know every position.
- Each player will begin to learn the vocabulary of the game.
- Each player will learn the proper conduct both on and off the field. This includes staying on the bench while your team is at bat, being a good sport, and learning about being a teammate.



Managers and Coaches

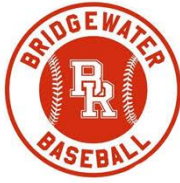
REQUIREMENTS

Each team will have a Manager and Assistant Coaches must have the following:

- Rutgers S.A.F.E.T.Y. certification
 - Rutgers certification is good for life
 - Certification requirement also applies to all parents wishing to help out (i.e. inside the dugout, on the field, etc.)
- Background check
 - Must be checked every 2 years
 - Please visit our website at <http://www.bridgewaterbsi.com> and click on the BBSI tab, then "BACKGROUND CHECKS" for more information
 - Please DO NOT submit your background check application until you have been approved to be a manager/coach by your league commissioner

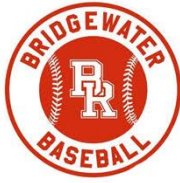
RESPONSIBILITIES

- To Request a practice field
 - Send your request to: ***scheduler@bridgewaterbsi.com***
 - Email must contain: Division (i.e. Farm AA), Team Name, Date, Time and Field, Requestor's name and cell number
- Rescheduling a Game
 - Send your request to: ***scheduler@bridgewaterbsi.com***
 - Coaches from both teams are responsible for identifying an available field by looking at the calendar
 - Email must contain: Division (i.e. Farm AA), Team Name, OLD GAME info (date, time, field #), NEW GAME info (date, time, field #), Requestor's name and cell number

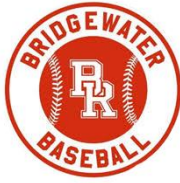


Schedule and Instructions

1. The league commissioner begins to form the teams in February/March.
2. The T-Ball season officially starts the first Monday after the "Opening Day" ceremonies (second week of April) at the Prince Rodgers baseball Complex.
3. The T-Ball League schedule will be posted on the website the week prior to the start of the season.
4. Player uniforms (pants, shirt, and hat) will be distributed prior to "Opening Day" celebration. Please remember that only shirts and hats are given for the fall ball.
5. The **first (3) T-Ball (Pre-K) "games" will be used for practice.**
6. The **first (2) T-Ball (K) "games" will be used for practice.**
7. Two teams will share a field.
8. The actual games for Pre K should begin on the 4th game (3rd week of season) and the 3rd game for K T- ball (2nd week of the season). Please use your judgment if some of the first four games have been rained out. The exact date should be communicated by the league commissioner.
9. Even when games begin, play will often be interrupted to instruct players.
10. A manager or coach (preferably both) should be at the field at 15 minutes prior to schedule time to greet their players and get organized for the evening. Parents should be instructed to have their children at the field approximately 5-10 minutes before the scheduled time. They should be instructed not to leave the field during the practice/game.



11. Please remind your parents that the Medical Release forms and Code of Conduct forms were completed during the online registration and they should be updated as necessary.
12. Managers should also carry a complete contact list of players, parents, all T-Ball (Pre-K &K) managers, and T-Ball (Pre-K &K) league commissioners.
- 13.**Note:** Please instruct parents that any player who cannot make a practice or game should contact the team manager.



General Rules

1. Except as otherwise noted, we will follow the most current Cal Ripken rules and regulations. All managers and coaches should be familiar with these rules.
2. Players must wear their full official team uniform during games.
3. Standings will NOT be kept during the season.
4. There should be no more than 4 coaching staff in the dugout during games.
5. Each game should consist of 3-4 innings (keep in mind that players at this age start to lose interest towards the end of a long game so use your best judgement).
6. All games will start promptly at 6:00PM and end at approximately 7:30PM.
7. All players are to be included at all times.
8. The first "few" games as previously indicated are run as practices.
9. A manager or coach (preferably both) should be at the field at 15 minutes prior to game time to greet their players and get organized for the evening.
10. Parents should be instructed to have their children at the field approximately 5-10 minutes before the scheduled time. They should be instructed not to leave the field during the practice/game.
11. The managers of each team should meet prior to the game to determine if any changes are needed to the basic game schedule. (Examples: safety issues, with players and or the field, weather, an extra inning if time is available). Both managers should agree in advance to any changes.



12. The first 15 minutes of each game will be used by each team to warm-up and teach skills.
13. All players must remain on the bench at all times unless they are in the field or up to bat. No sitting with parents.
14. No one other than players and coaches should be in the bench area.
15. **The on-deck batter is okay as long as the field has a separate, enclosed area AND a coach is there to supervise him or her.** The on-deck batter must have his/her helmet on at all times. The only other player that should have a bat in their hands is the batter. For obvious safety reasons, no one on the bench should be holding a bat.
16. There is no eating during a practice or game. Drinks are okay. Snacks and drinks can be consumed at the end of the evening.
17. **Finally, no one other than Managers or Coaches with Safety Certification can be on the field at any time.**



Rules of Conduct

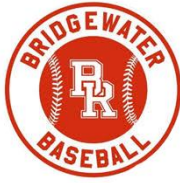
1. All managers, coaches, and other volunteers must read, and abide with the Bridgewater Baseball Code of Conduct for managers and coaches at all times.
2. It is the responsibility of the manager to maintain proper decorum and behavior among the parents of the players as well as the players and coaches on his team.
3. Any abuse directed at a player by anyone involved with the team is ultimately the responsibility of the manager.
4. Instances of unacceptable behavior should be addressed by the manager immediately and reported to the commissioner for follow-up.
5. Coaches or any other team assistants not coaching first base or third base must stay in the bench area.
6. The use of alcohol, tobacco, or foul language on or around the playing field is not allowed and will not be tolerated.

***** Manager/Coaches – Important *****

This is a game for the kids. We are volunteers here to support the kids. Let's be patient. Mistakes will be made. Let's set a good example for the kids on how we handle them. Encourage good sportsmanship and be positive.

Report any incidents to your commissioner immediately. They will be recorded and reviewed by the Board to see if necessary action needs to be taken during the season.

Any major incidents will be taken into consideration upon applying to manage or coach for the following season.



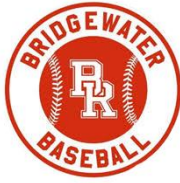
Roster Rules

N/A



Batting

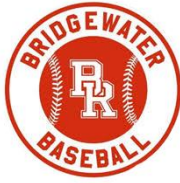
1. **Pitching or the Tee:** Look at the individual player's skill level and use the Tee if necessary. You should assess the overall team skills and use the Tee for the first few games to build confidence.
2. The full roster should be used in the batting order.
3. Runs are not counted.
4. Scores are not kept.
5. Wins and losses are not recorded.
6. The Manager will set the lineup for the game and the players should sit on the bench in the correct batting order. The manager will change the order each game to allow all players to "lead off" and to have the opportunity to clear the bases (last batter).
7. All players will bat each inning.
8. Have the player run to first base after they hit the ball fairly. They can only go one base at a time
9. Close plays or ties go to the runner. Please DO NOT make a big deal about this. Let them have fun!
10. **If the runner is out at first, DO NOT send him/her back to the bench.** Let them continue to run the bases as if they were safe.
11. **The on-deck batter is okay as long as the field has a separate, enclosed area AND a coach is there to supervise him or her.** The on-deck batter must have his/her helmet on at all times.
12. All players remain on the bench when their team is up.



Pitching

Our goal is to pitch to every player by the end of the season. The date for this fundamental change will be determined by the commissioner, but usually starts with the first games in June.

- Every team will have a 5 gallon team bucket with only Tee-Balls in it. Try to pitch overhand if possible.
- The coach may have to pitch from one knee.
- Pitch 6-8 balls per batter ONLY. This is intended to keep the game moving and fun. If they need it, use the Tee.
- If the batter misses by the 8th ball, the Tee must be used.
- Keep the game moving!

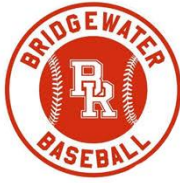


Catching

- Only managers and coaches can play the catcher position.
- A mask will be provided for your safety. Use it at all times.

Fielding

- **Positions:** 1B, 2B, 3B, SS, LF, CF, RF, BP (Behind Pitcher – glove side), use RC and LC as needed for players 9 and 10. The teams are small enough so that every player plays the field each inning.
- If more than 10 players, have them on the bench or instruct them with coaches on the side.
- **Important:** Rotate the players in the field every inning unless there is a Safety Issue. Always use your best judgment ... Safety first!!
- A player should not play the same position for more than two innings. Playing different positions will broaden the players understanding of the game. Use your best judgment.
- **Outs:** Even if the out is recorded, the player will stay and play in the game (**will NOT be sent to the bench**).
- Two defensive coaches are allowed on the field to monitor the players and one must be assigned to the bench. If there are not enough coaches for the game, designate a parent to watch the bench.



Equipment

1. Players **should** wear their full uniforms (pants, shirt, socks, and hat) during games. Shorts are not acceptable.
2. Players **must bring their own glove** and are welcomed to bring a bat.
3. We strongly urge parents to write the players name and phone number on all equipment.
4. If players bring their own bats, parents & coaches should refer to Babe Ruth's website at <http://www.baberuthleague.org/bat-rules.aspx>.
5. **All T-Ball bats (must be 26" or shorter) must have USABat stickers/decals to comply with Babe Ruth / Cal Ripkin rules.**
6. Players should wear plastic spikes. Soccer spikes are fine. Opened-toed foot apparel is not permitted.
7. Players should dress appropriately based on weather conditions, cold, heat, rain, etc.
8. Players should bring their own water on hot days.
9. Players **should not** bring balls from home. The league uses a special ball (#5) which is different from the standard hard baseball.



Instructions for T-Ball Clinics (practices)

The first few Tee-Ball “games” are run as a practice clinic. The practice is held at the field that you and your opponent are scheduled on. There will be two teams present with instructional stations set up as outlined below.

Note: Coaches are often anxious to play actual games during the first couple “games”, however, this is prohibited. Unlike the upper leagues, Tee-Ball sometimes does not schedule practices before the first week of the season. Therefore, the first few “games” is the only opportunity for Tee-Ball to practice.

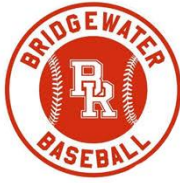
Below is how and where the stations should be set up for the practice clinics.

Home Team - Station and Drill #1

Home Team begins on the field. Coaches should place players at the designated Tee-Ball positions. Set up the tee at home plate and let the batter hit the ball 5 times. On the 5th hit, have the player run it out (“Play it live”). The coach should demonstrate the correct way to run the bases. Coaches in the field should instruct the fielders where to throw the ball. Once a player crosses home plate, send that player to a particular position in the field and replace that batter with another fielder until everyone has had a chance to hit and run the bases. Please make sure that you teach the runners to run through first base. This drill should be run for 40 minutes.

Away Team - Station and Drill #2

The Away Team should split into two groups. Group “A” should practice hitting off the Tee. The other players should field the balls and throw them back to the coach to be placed on the tee. Each player should take approximately 10 hits and then switch to fielding the balls. Set this drill up in Left Field hitting towards Center Field. This drill should be run for 20 minutes.



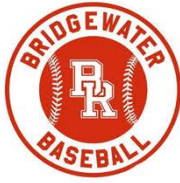
Away Team - Station and Drill #3

The Away Team Group "B" should be split off. They will learn the basics of (a) catching and throwing, and (b) positioning for fielding of ground balls, by rolling the balls back and forth to each other. Set this drill up in Right Field. This drill should be run for 20 minutes.

2nd 40 Minutes of Practice Clinic

After the first 40 minutes of practice, the Away Team should take the field and run Drill #1. The Home Team should move to the outfield, split up into 2 groups (A & B) and run Drills #1 and #2.

Remember, Tee-Ball is an instructional league with children who are experiencing baseball for the first time. This program is primarily instructional and emphasizes baseball fundamentals, basic game rules, and teamwork. Let's try to make it fun!



Recommended T-Ball Skills Training

Keep it Simple and Make it Fun! - Skills should be taught all season long. Be creative, have contests, goals, etc.

Running

1. Run straight to each base.
2. Touch each Base.
3. Run through first base. Don't slide into first base.

Drill: Run through First Base. Run from First to Second. Run from Second to Home.

Fielding

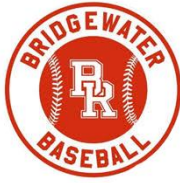
1. Good stance – wide stance and knees bent.
2. Glove and hand out in front.
3. Use both hands to catch the ball.

Drill: Have the players field gently rolled ground balls without a glove and throw back. Repeat with glove.

Hitting

1. Good stance – Shoulder width and feet square to the plate.
2. Hands up by ear and stay balanced.
3. Push the hands back and small step straight towards the pitcher.
4. Keep the head steady and watch the ball as you swing.

Drill: Soft toss hitting practice with wiffle balls into the fence.



Throwing

1. Eyes on target.
2. Get the ball back up high and behind the head.
3. Point your glove and step towards the target.

Drill: Soft toss back forth with one knee on the ground.

Pitching

- None

Outfield

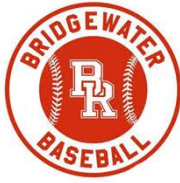
1. Glove up for fly balls.
2. In front of the ball for grounders.
3. Throw to second base.
4. Do not hold or run with the ball.

Drill: Have a coach toss short fly balls (6 feet away) to catch. Throw to second. Repeat with grounders.



Rain Outs & Lightning Policy

1. In order to determine if a game is cancelled due to weather, please check <https://bridgewaterbsi.com> or call the recreation department hotline at 908-526-7107, after 4:00pm.
2. The web site will say "Open" or "Closed". If closed, please contact the other manager to confirm the cancellation and then contact your parents. Email communication is the recommended way and probably the most efficient way to communicate
 - a. If games have not been canceled, the two managers should show up at the field or contact each other to make a determination as to whether the game could be played.
3. It is not required to make-up rain out games in T-ball. If both managers want to, they can work with the league commissioner to try to find a date and field to reschedule the game.
4. In case of **LIGHTNING**, a thirty (30) minute postponement applies to all current games at a specific location. All people must seek shelter (in vehicles). If after thirty (30) minutes, lightning is still sighted, a Board Member, Commissioner, or a Senior Umpire can decide to cancel the game(s).
5. If lightning returns after play has resumed, the thirty (30) minute postponement starts over. The time limit for the game will remain in force during the lightning delay - no extra time will be granted for the delay for recreation games. The game(s) will automatically be cancelled upon the start of a second (30) minute lightning delay.
6. The cancellation of an earlier game, due to lightning, does not necessarily cancel all later games.



****** THIS PAGE INTENTIONLLY LEFT BLANK ******