

### **3U/4U T-Ball Rules**

- **This is a Developmental T-Ball League designed specifically for Skill Development, Skill Mastery and Enjoyment of the players. The purpose of the 3U/4U Rules are to support DEVELOPMENT for players to master basic skills that will help them learn how to correctly and successfully play baseball and help develop a long-lasting Love for the Greatest Game.**
- A Skill Mastery Program has been established by the League.
- Practice Plans are provided by the League.
- During each PRACTICE event, there will be THREE PHASES.
  - PHASE 1: Mobility Warm Up and Throwing and Receiving Skill Development drills worked by all players, with focus on proper warm up (functional movement skills), fundamentals of throwing and receiving the baseball. This is a critical part of each session as it develops athleticism, rhythm and timing. As many reps as possible during the allotted time. Phase 1 repeats at all team events.
  - PHASE 2: Skill Development - focus on very specific skill development and skill mastery. As many reps as possible during the allotted time. Skills change weekly and many are repeated.
  - PHASE 3: Competitive Game Situations, working on the specific skills that were introduced during Phase 2. Coaches will establish game situations and players will compete and get as many reps as possible in the allotted time in a competitive environment with points being awarded.
- Coaches must adhere to the curriculum (practice plans) provided by our Skill Development Team (which is comprised of four local high school coaches and FMYSA's Skill Mastery and Skill Development team).
- **Teams will be established with 6-Player Rosters (beginning Spring 2024)**

### **GAME PLAY RULES (Updated 11/30/2024)**

- **GAMES:** All players should assume a defensive position on the field as rotated by the coach. Teams are allowed: 1 pitcher, and each of the standard infield positions (1st, 2nd, 3rd, SS), and a 5th infielder, The 5th infielder will be stationed directly in front of 2nd base, at least 15 feet behind the pitcher. NO CATCHERS in 3U/4U T-Ball. The child-pitcher must position themselves on either the right or left side of the

38' pitching rubber and be no more than 3' from the rubber (floating pitching distance, but child-pitcher should remain 38' feet away {no closer than 38'}).

- Coaches, please ensure the player pitcher is always at least 38' away from home plate.
- Each team will bat the lineup twice, playing two full innings in the allotted 50-minute time limit. All players should consistently be rotated through ALL INFIELD POSITIONS. Coaches are also encouraged to rotate players through the batting lineup. Coaches are to have their players ready to play and "lost time between innings" should be kept to a minimum.
  - Teams are strongly encouraged to a Team Manager (or two) to assist the coach with having players ready to bat and to help getting the players to their defensive positions.
  - Two Full Innings shall be played. This has precedent over time limit.
- Each batter may receive up to SIX attempts hit the baseball from a tee. For sake of time, strikeouts should be recorded after the 6th. The player batter should still be encouraged to run to 1st base. And, complete the inning running the bases.
- 3U/4U T-Ball is played as station to station baseball, meaning runners may only advance one base at a time. Runners may not advance on overthrows, etc.
  - The only deviation to this rule is that the last batter of each ½ inning hits a HOME RUN and all baserunners advance to home plate.
- Outs may be recorded by the defense, but the player runner may stay on base.
- Parents, Coaches & Players are ALWAYS asked to remain positive. These are very young kids playing a game. We want them to develop and master the basic skills and have FUN doing it, so they also develop a love for the Greatest Game!