

Platteville & LaSalle

Coach Pitch & T-Ball



T-Ball and Coach Pitch are activities designed to teach elementary-aged participants the basic rules of baseball and softball. It eliminates disadvantages of numerous walks and action-less play caused by the pitcher's inability to control the ball. In addition, more time is spent on the fundamentals of hitting, fielding, running, and throwing. Other modifications adapted to the ability of the players are as follows:

Purpose

- To allow participants to have fun in a safe environment
- To allow all participants the opportunity to participate
- To teach basic skills and fundamentals of not only baseball but team work and sportsmanship
- To provide participants the opportunity to learn the fundamentals in a recreational atmosphere
- To provide participants with a chance to develop social, motor and movement skills

Rules and Regulations

A. Equipment

1. All players must provide their own glove.
2. Aluminum or metal cleats are not allowed. Only rubber or plastic cleats will be deemed acceptable for play.
3. Uniforms will be provided by the sponsoring recreation agency.

B. Measurements

1. Game Ball
 - a. Soft pitch baseball
2. Bases: the playing field will be white chalk
 - a. Bases will be 60'
3. Batting Circle: there will be a 6' diameter circle around home plate
 - a. No players except the batter may be inside circle
 - b. Ball must be hit through circle boundary and in fair territory for hit to be live

C. Playing Rules

1. Field Players
 - a. T-ball: All players allowed on the field for defense. No catcher.
 - b. Coach Pitch: 10 players (4 outfielders, 4 infielders, 1 pitcher, 1 catcher)
2. Batting Order
 - a. Batting order is left to the discretion of the coach, but once it is established it must stay the same.
 - b. All players present will bat in order.
3. Players to Bat
 - a. All players present at game will bat each inning.

5. Rules

- a. Hitters run on any fair ball.
- b. All players at bat must wear helmets.
- c. Base runners cannot lead off, nor can they steal bases.
- d. No sliding will be allowed; it will be an automatic out and child will be asked to return to his/her team bench.
- e. Base runners may advance only on a hit ball.
- f. Any batter that throws his/her bat will be out and have to go to the team bench.
- g. It is recommended that coaches and/or parents help out in the field during games; there may be one person at first base, one person at third base, and no more than two in the outfield.
- h. Bunts are not allowed, players must take a full swing at ball.

6. T-ball Specifics

- a. A 2nd base coach is optional when team is at bat.
- b. Each batter is allowed 5 swings. After the 5th swing, the player must return to the team bench.

7. Coach Pitch Specifics

- a. Each player will remain at bat until ball is hit in fair territory or the maximum of 5 pitches is reached.
- b. After the 4th pitch the player may choose to hit from a tee.
- c. Following 5 pitches, or 4 pitches and 1 try from the tee, the player will be considered out.
- d. Once 3 outs are reached, teams will switch sides.
- e. The coach from the batting team will pitch to their own team. Overhand or underhand is acceptable (pitching style should be determined by the player hitting).
- f. Players out will have to return to their team bench.

D. Playing Time

1. A game will consist of 5 innings or 45 minutes.
2. A new inning will not start after 45 minutes.
3. All children must have equal playing time.