

2026 T-Ball Division Rules

These rules will govern the T-Ball Division for the 2026 season. They reflect mainstream practices used by successful Little League programs and align with official Little League regulations while keeping our league's developmental philosophy at the forefront.

Game Operations & Equipment

- Game Balls: Safety (Level 5) tee balls are required for all games and practices. Both teams should have backup balls available.
- No Forfeits: Teams should borrow or combine players to ensure every child gets a chance to play.
- Adult Presence: At least one (1) adult coach must remain in each dugout at all times.

Division and Game Format

- Ages: 4–6 (league age).
- Field dimensions: 50-foot bases; no pitching mound.
- Games last a maximum of 3 innings or 1 hour. No new inning may begin after 50 minutes.
- Every player bats once per inning. The half-inning ends when all players have batted.
- Continuous batting order is used, lead off batter will bat last the following inning.
- Defensive teams should rotate positions every inning to encourage learning.
- No scorekeeping or standings are recorded. The emphasis is on fun, fundamentals, and teamwork.

Batting and Hitting Rules

- Batters hit from a stationary batting tee. There are no live pitches or coach pitching at this level.
- Each batter continues hitting until the ball is put in play. Strikeouts and walks do not apply.
- All players must wear an approved helmet when batting or on base.
- Coaches are encouraged to position the tee appropriately for each player's height and ability.
- Bunting and intentional soft swings are not permitted. The focus is on proper swing mechanics and follow-through.
- Only one (1) batter is allowed in the batters box at a time.

- No on-deck batters

Base Running Rules

- Runners may advance one base per batted ball. Last batter of each inning may run all bases for a 'home run'.
- No stealing, leading off, or advancing on overthrows is allowed.
- Runners must remain on the base until the ball is hit.
- Sliding is not required but may be introduced for safety education. Head-first slides are prohibited.
- Base coaches should remain near their assigned base to guide runners safely.

Fielding and Defense

- All defensive players should be rotated through both infield and outfield positions every inning.
- Infielders should be positioned safely at least 40 feet from home plate until the ball is hit, manager's should use best judgement for each batting situation
- Coaches must be on the field to provide defensive instruction and ensure safety.
- Players should be taught to throw to the correct base rather than chasing runners.

Conduct and Coaching Philosophy

- The T-Ball Division exists to teach fundamentals, sportsmanship, and teamwork in a positive environment.
- Winning and losing are not recorded or emphasized; effort and enjoyment are the focus.
- All players must receive equal participation and positive instruction throughout the season.
- Coaches are encouraged to provide balanced encouragement, maintain safety awareness, and keep the pace of play fun and engaging.
- Parents are encouraged to cheer positively and avoid negative comments toward players, coaches, or other teams.

Rule Authority and Precedence

These local rules serve as operational guidance for the Parsippany Troy East Little League and are intended to complement the Official Little League Program guidelines. All games are governed first and foremost by the Official Little League Rulebook where applicable. If any discrepancy or conflict exists between these local rules and the Official Rulebook, the Official Little League Rules shall take precedence.