

Roxbury Softball Association

T-Ball Clinic League Guide & Rules

2019

Eligibility – Players must be between the ages of 3 and 4 by January 1st.

Goal of the Program

To create a non-competitive program that focuses the introduction of softball by teaching the fundamental skills of softball while having an exciting and positive experience.

Schedule

The program will run weekly for one hour for 6 weeks. The first two weeks will run as a clinic with stations. Each coach will be in charge of one station while the players will rotate through the stations. Then for 4 weeks, the players will participate in mini games.

Mini Game Rules

- Coaches will try to get in as many innings in the hour as possible. Typically, 2-3 innings per game.
- Every batter present for the game must get an at bat every inning. You must go through the entire batting order except for an injury player.
- The last batter of the inning will hit a homerun and run all the bases. Please change the lineup every inning or game so each player has the opportunity to hit a homerun.
- There are no outs, but players are encouraged to learn what to do with the ball once they have fielded it.
- Batters can only advance one base at a time except for the last batter of the inning. No advance on an overthrow to any bases.
- Instruct batters to not throw the bat but to drop it gently before running to first base.
- There are no strikeouts.
- No real softballs are allowed at this level. Only foam or incrediballs are to be used.
- Try to keep the players in actual positions on the field and rotate the players in different position every inning. Avoid grouping them together. If you have too many girls, we suggest having a coach or parent volunteer take a few players to the outfield and work on fielding, throwing and catching.
- Infielders should not be closer than the pitcher's distance (35 ft. from the batter). We want to avoid the players moving up to get the ball faster. If the ball is short, encourage them to charge the ball. No catcher is needed at this level.
- The coach of the hitting team should be at the tee instructing the players.
- There is no score keeping at this level.
- No on-deck batters should be swinging a bat.
- Players must wear their uniform shirts on for games. Proper footwear is required, cleats are optional. No jewelry or gum chewing is allowed.

Field

The bases should be 10 feet shorter than the permanent bases at each field, if the bases are already set at the field. You must use the drop-down bases at each field. Since the permanent bases have a hole, leave those bases in for safety reasons. It's easier to avoid stepping on an extra base than it is to avoid a hole.

Pitching

There is no coach pitch at this level. If a player is advanced at hitting at a tee and would benefit from coach pitch, please reach out to roxburysoftballassociation@gmail.com to have the player reviewed for the next level.

Team Parent

Each team must have a team parent to stay in the dugout to keep players on the bench in batting order, keep them from swinging the bat, climbing or leaving the dugout.