



Burnt Hills–Ballston Lake (BHBL) Girls Softball

2026 Recreational League – Tee-Ball Division Rules

The Tee-Ball Division is designed to introduce young players to the game of softball in a fun, safe, and encouraging environment. The focus is on learning fundamentals, confidence building, and enjoyment, not competition.

1. Safety & Weather

1. At the first sign of visible lightning or the sound of thunder, all play must be immediately suspended for a minimum of thirty (30) minutes. There are no exceptions. The 30-minute clock resets with any additional lightning or thunder.
2. Fielding masks are strongly recommended for all defensive players.

2. Tee-Ball Academy Format

3. Tee-Ball will be run as an academy-style program.
4. The first thirty (30) minutes will consist of group instructional training involving both teams together, focusing on proper throwing techniques and basic fielding techniques.
5. This will be followed by one (1) hour of game play immediately afterward.
6. Total on-field time will be one (1) hour and thirty (30) minutes.

3. Offensive Rules

7. All players will bat each inning. The last batter of the inning will hit a “home run,” bringing all base runners home.
8. Batters may elect to be pitched to by a coach if desired. After three (3) pitches, the batter must hit from the tee.
9. Bunting is not permitted in this division.
10. Base runners may advance one (1) base per hit while the ball remains in the infield. If the ball is hit out of the infield, runners may continue advancing at their own risk until the ball is returned to the infield.
11. If a player is called out, she will leave the base.
12. There is no stealing or advancing on overthrows. Runners are limited to one base per hit.

4. Defensive Rules

13. All defensive players will be on the field each inning.
14. Defensive positions will include pitcher, first base, second base, shortstop, and third base.
15. All remaining players will be positioned along the outer edge of the infield or field of play.
16. There will be no catcher in this division. A parent volunteer should be used to retrieve balls and help maintain game flow.

5. General Rules & Sportsmanship

17. Eleven-inch (11") safety softballs will be used for all games.
18. No jewelry may be worn on the field. All hair past shoulder length must be securely tied back.
19. There will be no scorekeeping in this division. All games will end in a tie.
20. No new inning may begin after one (1) hour of game play.
21. Up to two (2) coaches are encouraged to be on the field at all times to instruct and assist players.
22. Players and coaches will line up at home plate to shake hands following the game.
23. Both teams are responsible for post-game field cleanup, including raking and leveling home plate, pitcher's mound, and base areas. All bases and field equipment must be returned to the dugout storage area and properly locked after each practice and game.

6. Philosophy

Remember, above all else, the Tee-Ball Division exists to ensure that softball is fun, confidence-building, and a positive first experience for every player.