



Central Amherst Little League 2026 T-Ball Rules

Official Little League Baseball Rules apply, except for the following local league modifications.

Pre-Game	Home team supplies game balls and batting tee for all games.
Innings/Time Limit	A game is complete after 3 innings. Games should last about an hour and no longer than 75 minutes. Games should conclude at least 15 minutes prior to the next scheduled game.
Equipment	<ul style="list-style-type: none"> • Pitcher—must wear batting helmet and optional safety vest. • Catcher—There is no catcher in T-ball. • First base—must wear batting helmet. • Batter—must wear batting helmet. • Runners on base—must wear batting helmet. • All players are encouraged to wear a protective cup. • Only USA Bats are approved for play.
Safety	<ul style="list-style-type: none"> • The only player allowed to hold a bat is the batter at the plate. The on-deck batter may not pick up a bat until it is his/her time to walk from the bench to the plate to hit. Bats should be hung on the rack in the dugout. At least one parent should always supervise the dugout to keep players in correct batting order and to prevent them from climbing fences, wandering off from the diamond, etc. • At the conclusion of every practice and game, a coach should remain at the field until every child is picked up by an adult (parent or individual authorized by the parent).
Batting	<ul style="list-style-type: none"> • Each team bats once through its entire lineup each inning. The half-inning ends only after the last batter in the batting order has completed his/her turn at bat. • There are no strikeouts in T-ball. • Any ball hit fair is in play no matter how far it goes. • Although outs can be made by the defense, 3 outs do not end a half-inning. If an out is made in the field, the retired runner does not need to return to the dugout. • Vary your batting order from game to game. • During the first half of the season all players will hit off the tee. Approximately halfway through the season coaches will pitch to batters. If the batter does not get a hit after 5 pitches, they should hit off the tee. See “schedule” below.
Baserunning	<ul style="list-style-type: none"> • Runners must stay in contact with the base until the ball is hit. There are no leadoffs or stealing. • A player may advance only one base when the ball is hit (except during the last batter of each half inning). • The last batter of each half-inning should run all the way around the bases for a “homerun” (no matter how far the ball is hit), preceded by all players on base.
Fielding	<ul style="list-style-type: none"> • All players should play in the field in every inning. No one should sit on the bench. • Positions include pitcher, first baseman, second baseman, shortstop, third baseman, and the remainder of the team equally spaced around the infield and outfield in logical places. Coaches should move players around during the innings to increase action. • Runners may not advance on an overthrow. Please encourage fielders to make a play on every hit ball. • Rotate positions every inning and attempt to rotate them within the inning too.
Coaches	<ul style="list-style-type: none"> • OFFENSE—one coach should oversee the tee by placing the ball on the tee when the fielding team is ready. A first base coach and third base coach should direct the baserunners. • DEFENSE—a maximum of three coaches are allowed on the field (two in the outfield and one in the infield) to instruct defensive players. No coach should physically interfere with players or the ball in play.
Umpires	No umpires are assigned by the league to T-Ball games. The first base coach and third base coach should make safe/out calls at their respective bases along with fair/foul calls for balls hit on their respective foul lines. A defensive coach positioned in the outfield should make safe/out calls at second base.
Schedule	<ul style="list-style-type: none"> • First half of season—batting is off the tee. • Second half of season—the offensive coach may elect to pitch to his/her team, if desired. Each player is still allowed a maximum of 5 pitches (regardless of whether pitches are considered “balls” or “strikes”). If the player does not hit the ball after 5 pitches, he/she must then use the tee.
Game Results	Scores are not kept in T-Ball. All games are considered to end in a tie.
Conduct	<ul style="list-style-type: none"> • Coaches should clean up the dugout at the end of each game. • Each head coach is responsible for his/her own conduct as well as for supervising the conduct of assistant coaches, players and parents. Central Amherst Little League has a long-held tradition of good sportsmanship—and we know that our kids look up to their coaches as role models. Thank you for modeling respectful behavior and developing a love of the game.
Level Commissioner	For questions or clarifications, coaches should contact their Level Commissioner: Kaitlyn Parrino