**T-Ball and Coach Pitch – Rules and Regulations**

**Objective**: To get children moving and keep them active while introducing them to the game of ball in a fun and non-competitive environment.

**Session**:

25 minutes: warm up/practice

5 minutes: water break

30 minutes: game

**Practice:**

* What we find works best is to split the group into 2 - 3 small groups to rotate though stations (throwing/catching, batting, fielding) with a coach or parent at each.

**Game:**

* Let each player bat every inning (no outs).
* The fielding team can have all players in the field.
* A coach or parent on each base.
* All players play equal time.
* NO score will be kept.
* Rules at this age group are to be applied VERY loosely. Kids are encouraged to learn to run, bat , throw and catch. If rule infractions occur, play is to continue and players can be educated to the rule.

**Equipment:**

* A glove is **mandatory** for all players. Helmets are provided with the team equipment.
* Rubber cleats are optional.
* Players are not to wear any jewelry (watch, rings, necklace, earrings etc) which can injure others or themselves.

**General:**

* All players must be supervised at all times by a parent / guardian.
* Our primary goal is to have fun and develop basic ball and team skills. Overzealous, aggressive and otherwise obnoxious behaviour is not welcome.