



LIL' PALS T-BALL ACADEMY RULES & CONDUCT

For more information about all of our programs visit us online at www.PaladinSports.org

RULES OF PLAY

- Players' ages are three (3) to six (6).
- Players on a team: 8 Players
- 30-50 feet between the bases, depending on age group.
- An imaginary playing line is between first base and third base. No fielder may cross the playing line until the ball is hit.
- Every player bats and plays in the field each inning.
- The ball is hit off a batting tee; introduction to coach pitch is encouraged for 5-6 year olds.
- There are no walks or strikeouts.
- The ball must travel 10 feet or it is a foul.
- No stealing. Player stays on the base until the ball is hit.
- An inning is over when all the players have batted once.
- Standard game is four innings or one hour. Do not start a new inning after 45 minutes.
- Scores are not kept.
- Safety helmets must be worn while batting; helmets can be removed after the hitter arrives at first base.
- Bats - 25"/26" long. 2¼" diameter, max. 17 to 20 ounces.
- Safe-T Balls are used.
- Tee - adjustable, flexible tube on a moveable base.
- Athletic footwear; cleats are optional.
- T-Ball is a skill-building, learning experience, where the score is not the focus of the game.

JUST FOR PARENTS

Jack Hutslar, Ph.D., CEO, North American Youth Sports Institute

- Exhibit exceptionally good behavior at practice sessions and games.
- See that your children – the players – have the proper equipment.
- See that your children arrive at the stated times and are prepared to have fun!
- Applaud all good efforts and good plays or remain silent.
- Allow the coaches to coach without outside interference or influence. Be willing to participate when/if asked.
- See that your children receive ample positive encouragement and hugs regardless of the outcome of their games.
- Allow your children to play without negative pressure, verbal or physical.
- Support the coaches in what they want the players to learn.
- Treat the coaches and league leaders with dignity and respect.
- See that your children do not intentionally injure other players.