



2026 House Rules

T-Ball Game Play and Practice Format

All rules as per 2026 Little League Rules except as amended herein.

Start Time: 6:30 pm

End Time: 7:45 pm

The goal is to encourage participation and good sportsmanship. The focus will be on safety, fun and instruction. No score will be kept.

Game Play & Practice

Coaches can elect to split their teams in half, having one half of the team in the field practicing drills while the other half of their team on the diamond having game play.

- Warm-up for 15 min
- Game: Everyone plays
 - Each team has their players hit twice
 - First player hits, runs to first base and stops; the second player will hit and run to first, while the first player runs to second, etc.
 - There are no outs
 - Each hit is always a single
 - The last batter for each team serves as the home run hitter, a role that rotates every game, allowing all the kids to run home
 - Foul balls must be called
 - No leading off and no stealing
 - No catcher
- Groups Switch once the first team has gone through their lineup twice
- Three Cheers / Shake Hands
- Optional Post-Game Snack: Each team may optionally organize a snack for the players after the game

Home team is responsible for setting up the diamond. Away team is responsible for teardown of the diamond.

Diamonds are to be left clean after each game. Lock up lock box & porta-potty.

Safety and Equipment

1. Both teams' coaches are responsible for making sure that players are paying attention to the game to avoid injury.
2. NOCSAE Certified Helmets must be worn by all batters and base runners.
3. Only bats stamped with USA BASEBALL may be used at practices and/or games. No "softball bats" are permitted.
4. Batters must drop the bat instead of throwing the bat, this must be monitored and reinforced by the coaches.
5. All players must wear a Jock/ Jill.
6. Metal cleats are prohibited.
7. The defensive pitcher must wear a batters helmet.
8. There is NO on deck circle. Players on the batting team must remain on the bench until it is their turn to bat. The bench parent is tasked with keeping order on the bench.
9. Sunflower seeds (aka Spitz) and/or gum are not allowed in the dugout or on the field. They are a distraction to the players and a safety issue.

Skills/Drills

- Keep it fun, keep it moving
- Catching and throwing, skill development should dominate much of activity
- Refer to the Big AI Baseball Tools and TeamSnap for ideas on teaching skills
- Include games that develop the players' physical literacy, coordination, and help keep it fun