



Town of Rolesville Parks & Recreation

Title:	Youth T-Ball Rules
Leagues:	4U T-Ball, 6U Advanced T-Ball
Effective Dates:	June 22nd, 2026

ARTICLE 1: Governing Rules

1.1 Teams will play up to ten defensive players. Teams will not field the catcher position. Defensive players must be rotated each inning.

1.3 All age groups will use continuous batting. All players present will be placed in the batting lineup. Late players will be added to the bottom of the lineup.

1.4 A team's inning is completed when the team at bat hits one time through the lineup regardless of how many outs occur. The last batter rule will be used.

This is where the coach announces, "this is my last batter". After the last hitter hits the ball, all runners will attempt to reach home. The innings end as soon as an out is made or the last runner reaches home. Runners are not allowed to run over a player covering home plate.

1.5 Teams will use an alternating batting rotation. The alternating batting lineup will consist of the following (assuming a 10 player team):

Inning 1: Player 1 – Player 10

Inning 2: Player 10 – Player 1

Inning 3: Player 1 – Player 10

1.6 The batted ball must travel pass the 10-foot arc in front of home plate or it will be ruled foul.

1.7 The league is instructional, outs are not kept track of to determine when an inning is complete, however, if a player is put out, he/she is not allowed to remain on base. While

each team hits one time through the lineup to complete an inning, if a defense is able to get three outs before the offensive team goes through their lineup, bases will be cleared before the batters continue to hit through the lineup.

1.8 A player throwing the bat will receive two warnings, any further occurrences during the game, the player will not be allowed to bat the remainder of the game. Coaches should focus on instructing batters not to throw the bat.

1.9 Headfirst sliding will not be allowed into any base. Penalty: Runner will be declared out. Diving back to a base IS NOT considered a head first slide.

1.10 No infield fly rule.

1.11 All batters, base-runners and player pitcher must wear a helmet.

1.12 Any coach or spectator ejected must leave the facility immediately or the game will be ruled a forfeit. Any coach, spectator or player ejected will also serve at least a one game suspension at their team's next game(s). A longer suspension is possible and will be based on the actions that caused initial ejection. Any player ejected may stay in the dugout. Any further problems from the ejected player can/will result in game being forfeited.

1.13 All players should be dressed alike. All uniforms (shirt, sock and hat) that are provided by the Town of Rolesville must be worn by all team members. No one is allowed to alter their uniforms at any time.

ARTICLE 2: Player Eligibility

2.1 All ages will be determined as of May 1st of the current year.

- Ages 3-4: Basic T-ball
- Ages 5-6: Advanced T-Ball

ARTICLE 3: Base Running

3.1 The base runners may leave the base when the bat makes contact with the ball. Players will advance one (1) base at a time. Except the final batter, where the "last batter rule" will be used.

ARTICLE 4: Batting/Pitching

4.1 Basic T-ball: Each player that comes to bat will receive ONLY four (4) swings from the tee.

4.2 Advanced T-ball: Each player that comes to bat will receive 3 pitches from their coach. If on the 3rd pitch the players fouls it off, they will be allowed one more additional

pitch. If, in these pitches, the player puts the ball in play, the game will proceed as normal. If the player does not put the ball in play after three (3) pitches, a tee will be placed on home plate and the game will proceed as normal, “where the batter will get two swings from the tee. If the ball is not put into play the batter will be out.

4.2.1 Advance T-ball: The adult coach pitcher must pitch over handed and stay in contact with the 35 foot pitching rubber until the ball is released. Once the ball is released, he/she cannot be involved with coaching until time is called. Coach may not deceive defensive players to get ball thrown before time is called. Penalty: all runners will return to last base.

ARTICLE 5: Time Limits

5.1 Time starts with the first pitch of the game. If game time is 6:15pm please have everyone in position so the first pitch is at 6:15pm.

5.2 Each game will last no longer than 60 minutes. No new inning can begin after 50 minutes. Once you start an inning, you must complete that inning.

ARTICLE 6: Coaches

6.1 Only coaches who have been certified and approved by the Rolesville Parks & Recreation Department will be allowed to be on the field of play at any time, this includes but not limited to, practices and games.

6.2 Each team will always have one head coach and up to three assistant coaches on the field and/or in the dugouts.

ARTICLE 7: Equipment

7.1 No steel cleats are allowed.

ARTICLE 8: Balls

8.1 Basic T-Ball – Level 5 T-ball

8.2 Advance T-Ball – Level 5 T-ball

ARTICLE 9: Field Playing Dimensions

9.1 60’ bases and 35’ pitcher’s rubber (4’ line on both sides)

ARTICLE 10: 4-5-Year-Old Basic T-Ball Rules

10.1 Three adult coaches/assistants will be allowed on the playing field at one time (two base coaches and one batting coach) and one coach must be in the dugout at all times. Three coaches will be on the field for defensive instructing/coaching. Only the Head Coach may represent or speak for the team unless otherwise requested.

10.2 For each of the three defensive coaches, teams should have only one coach stand behind first, second or third base. They are not allowed to come pass second base or first/third base located on the fair/foul line, until the ball has been put in play.

10.3 The player in the pitcher's position must stand on the 35' rubber.

ARTICLE 11: 5-6-Year-Old Advance T-Ball Rules

11.1 Three adult coaches/assistants will be allowed on the playing field at one time (two base coaches and one coach pitcher) and one adult coach/parent must be in the dugout at all times. The 3rd base coach will only be allowed to help the batter. Two coaches will be allowed on the field for defensive instructing/coaching. Only the Head Coach may represent or speak for the team unless otherwise requested.

11.2 If the defense chooses to have coaches on the field, they must remain in foul territory at all times and must not interfere with play at any time. The defensive coaches are not allowed to come past first or third base located on the fair/foul line at any time during a live ball play.

11.3 A line will be drawn 4' on both sides of the pitcher's plate. The defensive pitcher must have both feet on the line.