



YMCA of Metropolitan Fort Worth



T-Ball /Coach Pitch/ Baseball Coaches Manual

Mission Statement:

To put Christian principles into practice through programs, services and relationships that build a healthy spirit, mind and body for all

YMCA Sports Pledge

All players and coaches are asked to repeat the following pledge in unison prior to every game: (any volunteer and/or coach may say the pledge)

"Win or lose, I pledge before God to play the game as well as I know how, to obey all the rules, to be a good sport at all times, and to improve myself in spirit, mind, and body."

Playing Balls

Pre-K - Official T-Ball

Kindergarten – Modified Coach Pitch - R.I.F. (Level 5)

1st & 2nd Grade - Coach Pitch - R.I.F. (Level 5)

3rd Grade and up – Player Pitch - Regulation Ball

YMCA of Metropolitan Fort Worth (Pre-K) Tee-Ball Rules

1. A maximum of (2) two coaches, assistant coaches, or team parents may be in the field during their team's defensive inning.
2. Home plate to the pitcher's mound / circle shall be 25 feet. Base path distance shall be 30 feet.
3. An arc will be placed 10 feet in front of home plate extending from foul line to foul line. Any ball hit on or beyond the 10-foot arc will be considered a fair ball. Any ball not traveling the required 10 feet will be a foul ball.
4. Games consist of 2 innings or 50 minutes, whichever occurs first. No new inning may start after 45 minutes.
5. When a ball is hit on the infield, runners may advance one base.
6. Each player will bat each inning. The last batter will hit a "Home Run" to clear the bases. For the 2nd inning the batting order shall be flipped so whoever hit the "Home Run" will now lead off
7. Infielders may play no closer than 10 feet inside the baseline.

YMCA of Metropolitan Fort Worth Modified Coach Pitch Rules (Kindergarten)

1. Only the coach that is pitching will be allowed on the infield; all other coaches must stay outside the foul lines.
2. Home plate to the pitcher's mound / circle shall be 25 feet. Base path distance shall be 40 feet.
3. Each player will bat each inning. The last batter will hit a "Home Run" to clear the bases. The batting order shall list all eligible players who have shown up for the game. Each player must bat in the order they are listed. Players showing up late will be added to the bottom of the batting order. Coaches need to reverse the batting order each new inning.
4. Each player will be given a maximum of 3 pitches per batting turn. If a player has not hit the ball after 3 pitches, the player will be awarded two tries off a tee.
5. Coaches must pitch overhand. No softball (underhanded) like throws are allowed. Coaches may pitch from a knee.
6. Stealing bases is not permitted.
7. Games consist of 3 innings or 50 minutes, whichever occurs first. No new inning may start after 45 minutes.
8. All players will play on defense; each player shall be in a regular baseball position with the remaining players playing in the outfield.
9. Each player must play a minimum of two defensive innings per game (time permitting). No player will be on the bench for two consecutive innings.
10. Outfielders must play behind the line designating the infield that will be marked 15 feet beyond the bases.
11. The infield fly rule will not be enforced.
12. Throwing the bat is a major safety problem. Each child will be given one warning on throwing the bat. On the next offense (by the same batter) the batter will be called out, play stopped and runners may not advance.
13. A runner who is trying to advance to the next base on an outfield hit but is unable to because the base is occupied by another runner will be allowed to return to their previous base once the ball is returned to the infield.
14. Infield hits will be awarded a single base hit. No base runner will advance more than one base. Runners may not advance on an overthrow.
15. When a ball is hit on the infield, runners may advance one base. If the ball is hit to the outfield,

runners may advance up to two base. An outfield hit is one that goes beyond the painted infield line.

16. The pitching coach may field a batted ball only for self-protection. When this happens, play is stopped, runners may advance one base and the batter is awarded first base. Any batted ball that is deflected by the pitching coach will also be a dead ball and the batter will be awarded first base.

YMCA of Metropolitan Fort Worth Coach Pitch Rules (1st & 2nd Grade)

1. Only the coach that is pitching will be allowed on the field.
2. Home plate to the pitcher's mound shall be 36 feet. Base path distance shall be 50 feet.
3. A game consists of 6 innings or 55 minutes, whichever occurs first. No new inning may start after 50 minutes.
4. An inning is over after 3 outs or five runs have been scored, whichever occurs first.
5. There may be nine players on the field defensively. The defensive pitcher must start behind the pitcher's rubber on either side
6. Each player must play a minimum of two defensive innings per game (time permitting). No player will be a substitute on the bench for two consecutive innings.
7. To keep the game going, the defensive team will need to provide a coach to assist the catcher. This coach should help retrieve and return balls past the catcher. They should not be involved in any live plays.
8. Outfielders may play no closer than 20 feet outside an imaginary line connecting the bases.
9. The batting order shall list all eligible players who have shown up for the game. Each player must bat in the order they are listed before starting over at the top of the batting order. Coaches must exchange lineups prior to the start of the game. Players showing up late will be added to the bottom of the batting order.
10. The batter will receive 5 pitches from their own coach; coaches must throw overhand. If the fifth pitch is fouled, the at bat will continue until the last pitch is not a foul ball.
11. The pitching coach may field a batted ball only for self-protection. When this happens, play is stopped, runners may advance one base and the batter is awarded first base. Any batted ball that is deflected by the pitching coach will also be a dead ball and the batter will be awarded first base.
12. Throwing the bat is a major safety problem. Each child will be given one warning on throwing the bat. On the next offense (by the same batter) the batter will be called out, play stopped and runners may not advance.
13. Bunting is not allowed.
14. Infield fly rule will not be in effect.
15. After hitting the ball, a player may take as many bases as possible until the ball is returned to

the infield as determined by the umpire. The umpire will signal "Time" to call play to a halt. If a player is more than halfway to the base when the umpire calls time the runner will advance to that base. If less than halfway they will return to the base they were coming from.

16. Leading off a base is not allowed. The runner must have one foot on the base until the hitter contacts the ball.
17. Runners may only advance one base on an overthrow.
18. If time has expired, and Home team is losing by 5 runs or less, they will get their last at bat. If they are winning, then the game will be declared over. (All players must bat at least one time)

YMCA of Metropolitan Fort Worth Minors Baseball Rules (3rd & 4th Grade)

1. Distance from home plate to the pitching rubber shall be 40 feet. Base path distance shall be 60 feet.
2. A game consists of 6 innings or 1 hour 15 minutes, whichever occurs first. No new inning may start after 1 hour and 5 minutes.
3. An inning is over after 3 outs or 5 runs scored, whichever occurs first. A maximum of 5 runs per team per inning may be scored.
4. Only team moms, coaches, and team players may occupy the bench or dugout area during the game.
5. Each player must play a minimum of 2 full defensive innings per game, time permitting. No player will be a substitute on the bench for two consecutive innings.
6. The batting order shall list all eligible players that have shown up for the game. Each player must bat in the order they are listed. Coaches must exchange line-ups prior to the start of a game. Any player showing up late for the game will be added to the bottom of the order.
7. Pitchers may pitch a maximum of 4 innings per day or 7 innings in a calendar week (Monday thru Sunday)
8. In-field fly rule is in effect.
9. Base play: Tight bases—Stealing is allowed with no leadoffs. The pitched ball must cross the plate or be contacted by the hitter before leaving the base. Stealing home is NOT permitted.
10. Drop 3rd Strike rule is not in effect.
11. The catcher may be pinch run for once there are two outs. The player who made the last out will take his place.
12. Runners may only advance one base on an over-throw.
13. If time has expired, and Home team is losing by 5 runs or less, they will get their last at bat. If they are winning, then the game will be declared over. (All players must bat at least one time)

YMCA of Metropolitan Fort Worth Majors Baseball Rules (5th & 6th Grade)

1. Pitching distance shall be 48 ft. Base distance shall be 65 ft.
2. A game consists of 6 innings or 1 hour 15 minutes, whichever occurs first. No new inning may start after 1 hour and 5 minutes.
3. An inning is over after 3 outs or 5 runs scored, whichever occurs first. A maximum of 5 runs per team per inning may be scored.
4. Only team moms, coaches, and team players may occupy the bench or dugout during the game.
5. Each player must play a minimum of 2 full defensive innings per game, time permitting. No players will be a substitute on the bench for two consecutive innings.
6. The batting order shall list all eligible players that have shown up for the game. Every player must bat in the order they are listed. Coaches must exchange line-ups prior to the start of the game. Any player showing up late for the game will be added to the bottom of the order.
7. Pitchers may pitch a maximum of 4 innings per day and 8 innings in a calendar week (Monday thru Sunday).
8. Base play: Loose bases—leadoffs and stealing are both permitted.
9. Balk rules will be enforced.
10. The "infield fly rule" will be enforced.
11. Drop 3rd strike rule is in effect.
12. Runners may advance as many bases as possible on an over throw.
13. The catcher may be pinch run for once there are two outs. The player who made the last out will replace him on the bases.
14. If time has expired, and Home team is losing by 5 runs or less, they will get their last at bat. If they are winning, then the game will be declared over. (All players must bat at least one time)