



Grove City Little League®
3226 Kingston Ave, Grove City, Ohio 43123
614-277-3050 • Weather Hotline: 614-277-3060



Little League®: T-ball (Age 5)

- I. General Personal Conduct Rules: Little League rules are used except where noted herein.**
- A. Grove City Little League has a ZERO-TOLERANCE POLICY that includes, but is not limited to, the following: fighting; physical contact; aggressive behavior towards coaches, fans, parents, players or other participants; belittlement of coaches, fans, parents, players or other participants; and violations of safety, substitution and/or pitching rules. This type of behavior could result in indefinite suspension to a lifetime ban from Grove City Parks & Recreation activities.**
 - B. If a coach, fan, parent, player or other participant is ejected from a Grove City Little League practice or game for ANY reason, that individual must leave the facility immediately, is suspended, and will not be permitted at any future practices or games until the Grove City Little League Coordinator or designee has reviewed the incident. The individual ejected, potential witnesses and the official(s) must submit an incident report form explaining the situation that resulted in the ejection. Based upon the information provided, the suspension may result in a minimum of a one-game suspension up to a permanent removal from all future league activities conducted by Grove City Little League.**
 - C. If an individual is ejected from two separate games, that individual will be immediately removed from the league without a refund and will not be permitted at any facility for games for the remainder of the season.**
 - D. Unsportsmanlike conduct will not be tolerated from parents, fans, coaches or players. Offenders will be ejected. Chattering or yelling at players will not be tolerated.
 - E. Coaches, fans, parents, players, or other participants are not to question the strike zone of an umpire. If there are any questions concerning rule interpretations or their application, the head coach only may approach the umpire before the next batter.
 - F. Only approved coaches with an application on file for the current season with the Grove City Parks and Recreation Department office are permitted on the playing field or in the dugout during games and practices.
 - G. Each team will be permitted a maximum of three (3) coaches.

II. General Game Information

- A. Canceled games are made up the next available assigned day for the league. Coaches will receive a schedule outlining the game information as soon as possible. No exceptions are made.
- B. The home team for the 6 p.m. game must pick up the appropriately marked (Field 7 or Field 8) baseball equipment bag, tee and baseballs from the Windsor Park baseball office before the game. The home team for the 7 p.m. game must pick up the baseballs before their game and return the baseball equipment bag and tee to the Windsor Park baseball office.
- C. The home team occupies the first base dugout.
- D. Games are 60 minutes in duration. Each half inning consists of the offensive team completing one round of at bats. Teams generally make two full rotations through the batting order in a 60 minute game. Teams should hustle on and off the field to ensure each team has its proper turns at bat. With doubleheaders scheduled, teams must play within their allotted time to ensure that subsequent games begin on time.
- E. The pitcher's plate is 35 feet from home plate.
- F. The bases are 50 feet apart.
- G. A Level-1 semi-soft baseball is used.
- H. Coaches and players are responsible for cleaning their dugout and bench area after each game.

- I. Game scores and standings are not kept.
- J. Players may use any glove or mitt at any position.
- K. Players arriving after the start of the game must be placed at the bottom of the batting order.
- L. All players who are not on the field of play must remain on the bench or in the dugout. On deck batters are not permitted in Little League.
- M. All batters and baserunners must wear a helmet. Face guards and chin straps are optional. Each catcher must wear a catcher's mask, chest protector, shin guards and athletic supporter/cup. Teams share the catcher's equipment at each field.
- N. Teams are not permitted to hit soft toss into any fence unless a tennis ball or Wiffle ball is used.
- O. Under the USA Bat Standard, certified tee ball bats (26" and shorter) feature the USA Baseball mark and text which reads ONLY FOR USE WITH APPROVED TEE BALLS. All tee ball bats must feature the USA baseball mark and accompanying text.

III. Specific Rules Information

A. Batter and batting order rules

- 1. All players bat in a continuous batting order based upon their jersey number. For the first game, the player wearing #1 is the first batter in the first inning. Jersey #2 is the first batter for the second inning, etc. Every game thereafter, teams follow this order to allow a new player to lead off each inning.
- 2. All batters and baserunners must wear a helmet while on the field of play. Face guards and chin straps are optional.
- 3. If a batter or baserunner is injured and unable to continue his/her at bat, the last player in the batting order available continues for them. If the injured player is unable to return prior to his/her next at bat, the injured player is skipped.
- 4. The batter must hit from the batting tee to put the ball into play; coaches are not permitted to pitch to any batter. The batter continue to bat until a legal fair ball is put in play. Legal, fair balls must be hit at least 10 feet in front of home plate. The tee must be removed from home plate when a play at the plate may occur.
- 5. Bunting is not permitted.

B. Base running rules

- 1. Leading off or stealing bases is not permitted.
- 2. The batter may advance two bases if the ball is hit into a gap in the outfield. The batter must stop at second base.
- 3. Baserunners may not advance on overthrows.
- 4. Baserunners remain on the base on any type of out.
- 5. Runners may not advance on a caught fly ball.
- 6. Coaches may not physically assist players in running the bases or fielding.

C. Fielding and fielder rules

- 1. When a team is on defense, one of its approved coaches must be positioned behind the catcher and an additional coach is permitted out in the field to act as an umpire for their defensive half-inning and to assist the fielders.
- 2. Each team plays six infielders consisting of a first baseman, second baseman, third baseman, shortstop, catcher and pitcher. All remaining players are positioned in the outfield grass. While the batter is batting, the pitcher must be behind and within six feet of the pitcher's plate and cannot move until the ball is hit.
- 3. Coaches rotate their players between the infield and outfield every inning.
- 4. A defensive player may not run further than 20 feet to tag a runner out after fielding the ball, except for rundowns. Players are encouraged to throw the ball to various bases.
- 5. Each catcher must wear a catcher's mask, chest protector, shin guards and athletic supporter/cup. Teams share the catcher's equipment at each field.

IV. Coaching Guidelines

Each coach and his/her assistants are to conduct practices and games in a way that provides the best opportunity for all players on their team to acquire skills the Grove City Little League® determines they should learn at their current level of play. Skills are cumulative. At each level, players should master:

Tee ball/Minor 6 (5-6 year olds)

- The proper way to throw and catch a ball
- Proper fielding – both infield and outfield
- Batting: coach should make sure the tee is placed properly for each child
- Correct stance/balance
- Eye contact with the ball
- Proper grip
- Proper hand/arm position
- Correct weight transfer (“heel over toe”)
- Basic base running (when to run, when to hold)
- Importance of over-running first base/turn towards the dugout and not into fair ground
- Running on ground balls, returning to base on a caught fly ball.
- Avoid being hit by batted balls while running.
- Basic defense
- Positions
- Base coverage
- Playing inside/outside baselines
- All players should be exposed to all positions for at least three innings per season

A. Throwing Drill

Throwing and catching the baseball is often the most overlooked and under-coached fundamental of the game. A coach who dedicates extra time toward this will have success.

1. Cradle: elbows out, not tucked into stomach
2. Throwing position: palm facing away from player
3. Maintain eye contact on target through entire motion
4. Pointing lead toe at target
5. Four-seam grip
6. Tuck glove hand away to allow body to come through
7. Arm position (don't get hung up on throwing over the top)

B. Catching

1. Arms must have some bend and remain relaxed
2. On balls above the waistline: fingers of glove should point up; glove hand and throwing hand should be “thumb to thumb”
3. On balls below the waistline: palm of glove hand should be toward ball; glove hand and throwing hand should be “pinky to pinky”
4. Do not allow players to “stab” at the ball; encourage them to shift their bodies to get in front of off-target throws
5. Drills
6. Relay lines
7. Throwing circle
8. Bucket drill

C. Hitting

1. Stance/Balance
2. Feet must be squared
3. Stance must be as wide as the shoulders at minimum
4. Weight should be 75 percent back, knees bent, balanced on inner parts of feet, not on heels
5. Knees and belt buckle should be pointing at the plate
6. Hands should be up and back
7. The bottom hand arm should have some flex, forming an angle at the elbow
8. Head and eyes should be in the zone; chin should be able to touch front shoulder
9. Grip
 - a. Place the bat in the players' hands and line up the "door knocking" knuckles, rotate the bottom hand slightly clockwise (counterclockwise for left handers) and rotate the top hand slightly counterclockwise (clockwise left handers)
 - b. Have players place both hands on the bat and point the bat at the pitcher's mound

D. Approach/Contact

1. Keep hands inside the baseball
2. Hands move down, taking the knob of the bat toward the ball
3. Keeping bat head level, bottom hand palm toward the ground, top hand palm facing up
4. Head should stay down through impact so that the chin begins on the front shoulder and the back shoulder touches the chin after contact
5. Hands begin to roll over, after contact, to gain full extension

E. Drills

1. Soft toss
2. Bottom hand drill
3. Tee drills
4. Batting practice