**2024 RECREATIONAL RULES**

**T-BALL (Ages 5 & 6) Grades Pre-K & K Recreational**

**GENERAL**

A.  Safety-Soft Training T-ball will be used

B.  Time limit 1 hour or 3 innings whichever comes first.

C. There will be no umpires. Coaches will serve as umpires and make the calls.

D.  No Score or Scorebook to be kept.

Unsportsmanlike conduct on the part of the players, coaches, parents or fans will not be tolerated. This includes trash talking, taunting, arguing calls, etc... Head coaches are expected to control themselves and any situation that arises in a sportsman like manner. As a coach, if you have a problem with another coach, player, parent or fan at any time during the season, report and discuss the problem with a member of the Optimist Baseball Committee. The Committee will investigate the incident as necessary and take appropriate action including banning the coach, player, parent or fan from future games or permanently.

**SUBSTITUTION**

All players play in the field (all extras play in the outfield). Starting lineups may change from game to game. Similarly, the coach should give each player the opportunity to play both infield and outfield in each game. A player may not continually play the same position for more than two consecutive innings.

**BATTING & BAS**E **RUNNING**

A.  A half inning is complete after the entire team roster has batted once. The entire roster will bat each inning regardless of runs or outs.  Team batting orders will be fixed throughout the game and must include all players in attendance.

B.  Batter on Deck will be behind the batter and up the fence line or behind the coach so that they do not get hit by a bat.

C.  Batter should be warned about throwing the bat.

D.  All players must wear a helmet at all times when out of the dugout on offense.

E.  Bunts and half swings are not allowed.

F. Strikes will not be counted. Each player will bat until they hit the ball.

G.  The home team will bat in the last inning regardless of score.

H.  A batted ball must go past the arc in front of home plate to be a fair ball.

I. No lead­offs or stealing.

J. If a runner has passed the halfway mark between bases when the play stops, the runner will be awarded the next base. If the runner has not passed the halfway mark, the runner must go back to the last base touched.

K. If a player is put out by the defense, he/she is out but will not go to the dugout. The player will continue to run the bases. The last batter will run all the way around the bases.

**DEFENSE**

A.  The infield fly rule does not apply.

B.  A play is over when the ball passes through the pitchers circle or the ball is controlled by an infielder on the infield.

D.  Two defensive coaches are allowed on the field.

E.  The catcher must wear a batting helmet with a facemask while playing defense.

**2024 RECREATIONAL RULES**

**COACH-PITCH** **(Age**s **7 – 8) Grades** **1 & 2** **Recreationa**l

**GENERAL**

A. A R.I.F. 5 (Reduced Injury Factor) ball will be used.

B. There will be no umpires. Coaches will serve as umpires and make the calls

C. Time limit 1 hour

D. No Score or Scorebook to be kept

Unsportsmanlike conduct on the part of the players, coaches, parents or fans will not be tolerated. This includes trash talking, taunting, arguing calls, etc... Head coaches are expected to control themselves and any situation that arises in a sportsman like manner. As a coach, if you have a problem with another coach, player, parent or fan at any time during the season, report and discuss the problem with a member of the Optimist Baseball Committee. The Committee will investigate the incident as necessary and take appropriate action including banning the coach, player, parent or fan from future games or permanently.

**SUBSTITUTION**

Free substitution. After completing the first inning of play, the coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups may change from game to game. Similarly, the coach must give each player the opportunity to play infield in each game. A player may not continually play the same position for more than two consecutive innings.

**BATTING & BAS**E **RUNNING**

A.  Team batting orders will be fixed throughout the game and must include all players in attendance.

B.  No walks.

C.  Four strikes.  Strikes will not be called if the batter does not swing. There is a limit of 10 pitches per batter unless the tenth pitch is a foul ball; then, there will be additional pitches until there is no contact.

D.  The batter is out on a dropped fourth strike. Runners may not advance.

E.  No lead­offs or stealing.

F. If a runner has passed the halfway mark between bases when the play stops, the runner will be awarded the next base. If the runner has not passed the halfway mark, the runner must go back to the last base touched.

G.  The line-up should be kept the same for the entire season. The player on deck during the last out should be the lead-off player in the next game so that all players have equal at-bats.

H. The Five Run Rule: A team cannot score more than five runs in an inning.

**PITCHING**

A coach from each team will pitch to his or her own players. Coaches may take several balls to the pitching rubber.  We suggest a second coach get behind the catcher and retrieve passed balls. This is to help speed up the game. There will be a player in the pitching position for fielding purposes. The player must begin in the pitchers circle.

**DEFENSE**

A.  The infield fly rule does not apply.

B.  Ten players are allowed with the tenth player being an outfielder. 6 players may be on the infield, all other players must be in the outfield.

C.  A play is over when the ball is returned to the infield and is controlled by an infielder on the infield.

D.  Two defensive coaches are allowed on the field.