

YMCA YOUTH SPORTS PHILOSOPHY

Over the past few years, the YMCA has noticed some alarming trends in youth sports programs: the pressure for more rigorous competition and higher achievement. These trends come from adult-oriented attitudes and the misconception that youth sports programs are scaled-down versions of professional sports. This is not only false, but also dangerous.

The YMCA stresses child-oriented attitudes by keeping winning in perspective, having fun, improving physical fitness, and working with the whole child. The YMCA wants the quality of play to improve in order to meet the needs of all participants whatever their ability and skills.

The YMCA accomplishes this by training adult volunteers in clinics and workshops. **The YMCA believes that the child is first and winning is second.**

The YMCA does not encourage the elimination of competition or winning. Winning is essential to enjoyable competition. However, it is the “striving to win” that yields the joy of sports.

The key for parents and coaches is to keep winning in perspective. It is this key that holds the YMCA Youth Sports program together. Competition will happen in youth sports without any external pressures. **It is important to keep competition at a level appropriate for the athlete.**

The YMCA would not be whole without its commitment to a Christian emphasis. The goal of the Youth Sports program is to help the child grow to his/her fullest potential in mind, body, and spirit: activity helps the body grow; thinking advances the mind; and belief makes our spirit grow.



The Mission of the YMCA of Austin is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

YMCA T-BALL RULES AND GUIDELINES



I. General Guideline

A. Divisions

1. 4/5 yrs. old

B. Coach's Duties

1. Relay league and team information to all players on the team.
2. Organize and run team practices/games.
2. Create team batting order and ensure that every player participates.
3. Assist in keeping players safe and off the backstop.

C. Practice

1. Teams will have the first 30 minutes of the scheduled hour to work on fielding, hitting, and base running.
2. During practice each team will be given the opportunity to bat through their line-up with each child receiving a few practice hits.

D. Equipment

1. The YMCA provides reversible jerseys, balls, bats and tees.
2. Players are responsible for gloves, pants or shorts, shoes or cleats (rubber spike only)

E. Substitution

1. To insure all players participate in at least half of every game, no player may sit out two innings in a row, and no player may sit out a second inning until all players have sat out at least one.
2. The batting order will be continuous and will consist of every player's name. Players continue batting in the proper order regardless if they are in the field that inning or not.
3. The batting order should be rotated every game so that every child has an opportunity to bat at different positions throughout the line-up.

F. Rain Outs

1. If a game in progress is rained out, it will be declared an official game if 1/2 of the time has elapsed (30 minutes).



2. Games canceled prior to the completion of ½ of the game will be rescheduled for the week following the last scheduled games. There will be a maximum of 1 make up game.

II. Game Play

A. Duration of Game

1. Games should last approximately 4 innings (the remaining 45 minutes of the scheduled hour).
2. If the appropriate time limit has expired the team batting will finish through the line-up and the game will be called.

B. Number of players

1. No team will carry more than 12 players on their roster.
2. No team will participate in a game with fewer than 7 players on the field unless agreed upon by both coaches.

C. Batting

1. Each player will be given the opportunity each at bat to swing until a ball is hit in play.
2. If a batter throws the bat, he/she or will be warned. If a second violation occurs, the player will be penalized by an automatic out being assessed to his/her team.
3. Teams will bat the next 6 players through the lineup each inning. Outs are not recorded.

D. Base Running

1. Players will run one base at a time, moving to the next after each successful hit by their teammate in the inning, until they reach home.
2. The last batter each inning will clear the bases. All remaining players on the base bath will run home including the batter.
3. Lead offs and steals are prohibited.

E. Fielding

1. A maximum of 10 players may be on the field.
2. Players playing the pitcher position must be within the pitcher's circle until the ball is hit.
3. Players, after fielding the ball, must throw the ball to a base to simulate an out.

4. Play will stop when an infielder has possession of the ball in the infield and does not attempt to make a play at any base.



F. Positions

1. Coaches should assign players a defensive area on the field.
2. No player may play the same position more than 1 inning in a game. A player cannot play both pitcher and first base in the same game.
3. Coaches are required to rotate outfielders to infielders and vice versa equally throughout the game and season.

D. YOUTH SPORTS PLEDGE:

At the start of each game, all players, coaches, and referees will meet at the center circle to recite the Youth Sports Pledge and address any rule clarifications.

YOUTH SPORTS PLEDGE

**I PLEDGE TO PLAY THE GAME,
THE BEST THAT I CAN,
TO BE A TEAM PLAYER,
TO RESPECT MY OPPONENTS,
THE RULES AND OFFICIALS,
AND IMPROVE MYSELF IN MIND,
BODY, AND SPIRIT.**

Please remember that by volunteering to be a coach, you have chosen to be a role model for all participating children, and that you represent yourself and the YMCA at all games and practices throughout the year.