

RULES

T-ball

- Learning basics, swing, running bases, how to catch and throw, etc.
- Players hit off a tee. New this year: 2-3 weeks in those who are ready, coaches will attempt to pitch 3 balls to batters and if player doesn't hit the ball after 3 pitches, coaches will place a tee in front of the batter.
- Everyone bats through the lineup and switches
- Everyone on base runs around the bases on the last batter
- Everyone plays defense at a cone
- Everyone needs to switch cones every inning if possible
- No outs or strikeouts
- Helmets are now needed for Tball since we are pitching to the batters. Helmets can be purchased at Rustad Recreation Center, 601 26th Ave E West Fargo during normal business hours for \$15. If you don't purchase one, Parks will provide helmets.
- No end of the season tournament

Rookies

- Learning basics, swing, running bases, how to catch and throw, situations, etc.
- Coaches will pitch 5 balls to each batter and if player doesn't hit the ball after 5 pitches, coaches will place a tee in front of the batter.
- No strikeouts
- Runners will get out and go back to the bench but everyone still bats through the line up
- Everyone bats through the lineup and switches
- Everyone on base runs around the bases on the last batter
- Everyone plays defense at a cone
- Everyone needs to switch cones every inning if possible
- Helmets are required. If players don't have their own helmet, then Parks will provide one.
- No end of the season tournament

Minors Baseball/Girls Softball

- Bat through the line-up or 3 outs per inning then switch
- 3 strikes, no balls
- Coaches pitch/Umpire
- All players hit in the batting line-up
- During season all players on the roster can play defense but in the end of season tournament up to 10 players can play defense
- Rotate players on defense every inning
- Helmets are required