



# Sunnyvale Southern T-Ball Information

## Introduction to the Clinic (T-Ball) Division

The primary objective of this division is to have fun and gain a love of the game. T-Ball players must be at least age 5 years old by April 30th. Most players in the division are 5 or 6 years old, though some older beginners play T-ball as well. Teams may contain a mix of boys and girls.

The children will be introduced to the following:

- The basic infield and outfield positions.
- Catching, throwing and fielding the ball.
- The ability to hit a ball off the tee
- The ability to hit a soft-toss ball
- Good sportsmanship and how to have fun playing ball.

## Highlights from the T-Ball Playing Rules

- There is one game per week, on Saturday. There are approximately 10 games in the season.
- There is one practice per week, on a weekday afternoon.
- Each game lasts 3 innings, which takes about one hour.
- Each player bats once per inning. The final batter hits a “home run”.
- Each hit is a single. Runners advance one base after each hit.
- No outs are recorded, though the defense does try to make plays.
- The first half of the season players hit the ball off the tee.
- After Spring break, players hit soft-toss pitches from their coach.
- Each player gets an equal chance to play all positions.

One of the best things about T-Ball is that the kids can't do anything wrong (seriously!). What they do is hit the ball, run fast, field the ball, throw it, laugh, and have a lot of fun.