



OREM RECREATION DEPARTMENT 2026 T-BALL LEAGUE RULES

T-Ball: The T-Ball program is for boys and girls 4, 5, and 6 years old. This program will use a tee to hit from.

1. Each batter will be allowed three swings, one of which must result in a playable ball.
2. If a playable ball does not result from one of these swings, the batter will receive a walk and take their place at first base.
3. A playable ball is a batted ball that is hit by the bat into and stays in fair play territory.
4. Runners cannot leave base until ball is hit by batter.
5. Every member of the team bats in rotation each inning. There are no outs.
6. A game will consist of 4 innings or 50 minutes, whichever is first.
7. The last batter can run until the ball is held by a team player who touches home plate.
8. Each player should have a baseball glove.

***An air horn will sound once on the hour to signal the start of a game, and twice at 50 minutes to signal that the games need to finish the inning they are in so the next teams can start play at the beginning of the hour.**