



TEE BALL – GENERAL OVERVIEW

Tee ball is a great introduction to baseball for players baseball age 5/6 (Kindergarten or Pre-K if one season of Blastball has been completed). Each session is approximately one hour.

Throughout each session, coaches will aim to introduce:

- Basic field layout and direction of play
- How to stand at the tee and safely hold a bat
- Swinging the bat (and not throwing it)
- Making contact off a tee, with a progression to hitting a soft toss from a coach
- Introduction to fielding a ground ball
- Introduction to catching a fly ball
- “Play is to first base”

BEHAVIOUR, COACHING AND UNIFORMS

1. Coaches must consistently role model sportsmanship and respect and create a positive, fun, and safe environment for young athletes to learn and develop.
2. Coaches must not smoke, chew tobacco, vape or consume alcoholic beverages while on the field or in the dugouts during practice, warm-up or games.
3. Coaches must maintain control over the players at all times.
4. Team Coaches shall not be permitted to participate in any practice or game until they have delivered their Police Information Check to Highlands Little League.
5. Each team will ideally have a Coach, Assistant Coach (max 2) and Manager.
6. A baseball hat and a t-shirt are supplied to all players.
7. Players will wear running shoes, comfortable pants (no denim), team shirts and team hats. Team shirts and hats are provided by the league for players to keep.
8. Helmets must be worn at all times by batters and baserunners.
9. Players must supply their own batting helmet and glove.

FIELD SET-UP

10. Home team is responsible for setting up equipment before the session and for returning the equipment to the lockbox at the end of the game. If a team is at the field and playing after you hand-off the equipment to the home team.
11. The bases are 50 feet in length.
12. It is important to arrive at least 30 minutes before game time to have the field properly set-up including practice equipment (bow nets, tees, etc).
13. No equipment on field. Bags, etc should be along the park fence or back from the field of play. Exception for a bucket of balls for coaches.



GAME STRUCTURE

14. Home team will occupy the third base side of the field. Visiting team will occupy the first base side of the field.
15. There is no minimum number of players required. If one team is short, consider borrowing players from the opposing team to allow for balanced play.
16. A game should consist of a maximum of three innings.
17. The time limit for games shall be 60 minutes of play before the next game begins.
18. Both teams will have an opportunity to hit (offence) and field (defense) once each inning. In each inning, all players have a turn at bat.
19. All offensive players, whether at bat, waiting to bat or having batted, must wear a helmet.
20. Once everyone on the offensive team has batted, they will switch with the defensive team.
21. Defensive players will rotate fielding positions throughout the three innings.
22. At the end of the game, each team will cheer for the other and complete a base race.
23. Coaches need to have their team clear the field at the end of the game to allow the next group to prepare.

BATTING, BASERUNNING AND FIELDING

24. When the ball is hit in the field of play, the batter runs to first base.
25. Players are allowed to run more than one base on a hit that goes beyond the infield. Once the ball is returned to the infield area, the runners must stop advancing on the bases.
26. Players cannot advance on overthrows.
27. When the ball is hit, the ball must travel approximately six feet from the tee to be considered a hit (Coaches should use their discretion).
28. The coach of the offensive team should announce to the defense when the last batter of each inning is at the plate, which allows unlimited running. Each player on base can run through to home plate.
29. Only the batter is permitted to hold the bat. There is no on-deck hitting.
30. Coaches should instruct fielding players not to block base paths during a live ball with runners in play.
31. Maximum of 6 fielders in the infield positions: Pitcher, First Base, Second Base, Short Stop, Third Base and an extra Short Stop between First and Second Base.
32. There is no scorekeeping.

POSTPONED GAMES

HIGHLANDS LITTLE LEAGUE “TEE BALL”
RULES AND GUIDELINES
VERSION DATE 2026-01



33. Opposing coaches will decide if a game cannot be played due to weather;
however, unless the game is called off early, teams must be at the field ready
to play.
34. Rained-out games will not be rescheduled.