

# SUNSHINE BASEBALL CLUB



The Sunshine baseball Club is proud to be conducting its own Aussie Tee ball sessions and games in season 2011-2012. Aussie T-Ball has been modified for maximum involvement and fun. It has been modified so that children of all abilities get an equal chance to participate. Player positions and batting line-up will be rotated every innings, giving children the practice and the essential skills required for playing baseball.

The games will be held on Tuesdays at 5pm at the club, starting the first week in November and concluding at the end of Feb. This competition will include the players from the age of 10 down with 6 players per team.

Parental assistance is vital to ensure the club is successful in its endeavors.

This program is exciting for the Sunshine baseball Club because of your involvement. Thanks for visit the Sunshine baseball Club website and we look forward to seeing you in the future.

Regards Glenn Letts  
Junior Coordinator  
Sunshine baseball Club  
PH: 0421 970 767 EM: [glennjmg@hotmail.com](mailto:glennjmg@hotmail.com)  
WEBSITE: [www.sunshinebaseballclub.com.au](http://www.sunshinebaseballclub.com.au)

## MORE INFO

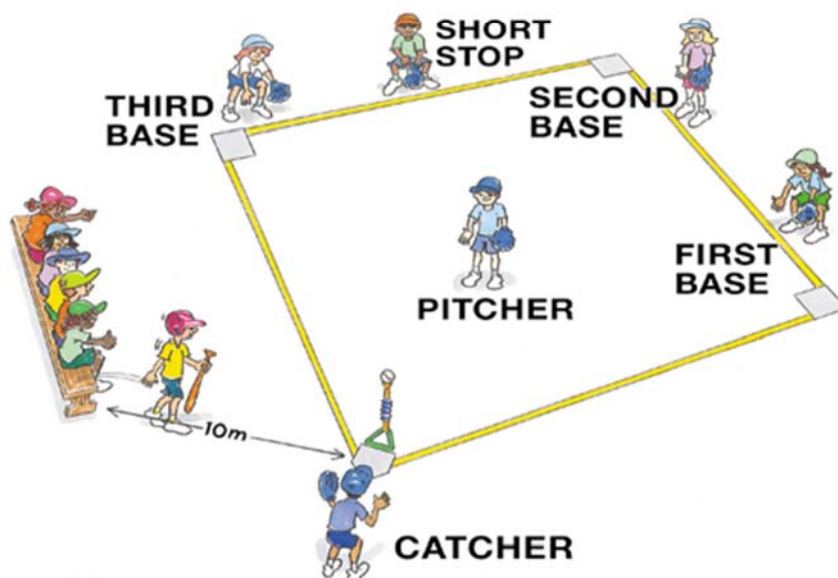


# Aussie T-Ball Overview

Aussie T-Ball is nationally recognised by the Australian Baseball Federation and affiliated State Associations, the Australian Sports Commission and Major League Baseball as baseball's junior entry point program to introduce children to the game of baseball.

Aussie T-Ball is a modified version of baseball for children. The game is a six a side, bat and ball game that is all about being active and having FUN.

The program is run by local baseball clubs in your area and can also be included as part of your schools sport participation program, during or after school.



## Why the changes to T-Ball?

For many children starting out in the game of baseball they first play t-ball. T-ball is usually played with nine players per side, consisting of the positions shown in the illustration above and three extra fielders positioned in the outfield.

Children first starting out in the game do not have the strength to hit the ball into the outfield which causes many children to stand around waiting for their turn to field in a position where they will have contact with the ball. When batting, with a team of nine players, if three players get out straight away, it can be a number of innings, and consequently time, before a child has their turn at bat.

The game of Aussie T-Ball has been modified for maximum involvement and fun. It has been modified so that children of all abilities get an equal chance to participate. It has been modified so that children get to practice the essential skills required for baseball a lot more. How?

- Much greater game involvement.
- Emphasis is on FUN rather than winning and losing.
- Modified safety conscious equipment for beginners and school's - foam bats and foam balls.
- Every player bats every inning.
- The lead off hitter each inning becomes the last hitter in the next inning. Everyone gets a chance to lead off an inning.
- Fielding positions rotated every inning - players have more touches of the ball and experience all fielding positions.
- Participants greater involvement - social, mental and physical development.
- Game duration is restricted to six innings or one hour (whichever comes first).

# Game Sense

There is strong evidence that the best way for children (and in many cases, adults) to learn skills is *intrinsically*; that is, without being aware that they/we are learning anything. It seems that skills we develop in this way are more permanent, more accurate, and less likely to break down under pressure.

There is very good evidence that children learn best by doing rather than listening to someone telling them how to do things. The skill of coaching, particularly with young children, lies in presenting activities which will enable them to learn while having a good time. If you can do that, you can help the kids to develop a positive attitude to activity, to baseball, to you, to each other and towards themselves.

The game sense activities that are part of the school and club Aussie T-Ball program are good examples of this philosophy in action. The game sense activities are recommended activities by the Australian Baseball Federation and the Australian Sports Commission. These activities will help kids get a sense of the cooperation and of competition that are essential elements of team games. In short, they will help them develop Game Sense.

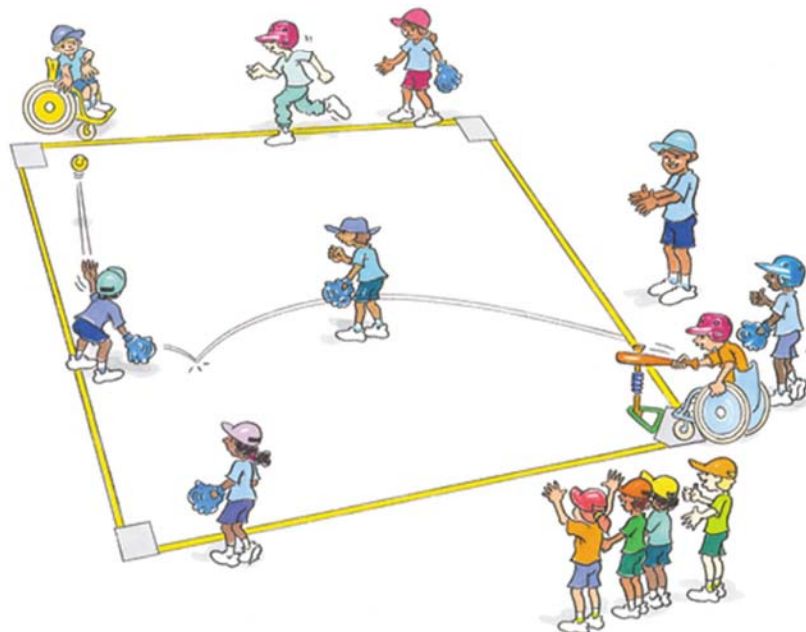
## Aussie T-Ball Philosophy

Competitive games are fun, but winning on the scoreboard is not the main objective. Promote good sportsmanship, stay enthusiastic and reward effort rather than success. There should be no negative comments about or to umpires, coaches and fellow team members.

In all teams there will be varying levels of ability but, at this level, it is unacceptable to continually play the better players in key positions. It is essential that all receive equal opportunity and are encouraged to participate fully in all aspects of the game.

To ensure that all players get equal time in each position, players rotate their fielding positions every inning. In batting, the lead off hitter in one inning becomes the last hitter in the next inning. In this way, every player gets the chance to lead off an inning and field in every position.

Aussie T-Ball can help kids to develop a positive attitude to physical activity, to baseball, to each other and toward themselves.



# Aussie T-Ball Rules

Aussie T-Ball is designed to introduce children to the game of baseball and help them develop basic baseball skills in a FUN way. The rules of the game are:

## Team Size

- Six (6) players a side (possibly 5 or 7).
  - If there are five (5) players the coach acts as the catcher.
- As skill level is developed team sizes can be increased to nine (9) players.

## Batting

- The ball is not pitched in Aussie T-Ball - instead it is batted from a tee.
- A hitter may have as many swings as they require in hitting the ball into fair territory.
  - A player is out when:
- A batted ball is caught on the full.
- A player in possession of the ball stands on the base before the runner arrives.
- A runner between bases is tagged by a fielder with the glove or hand which is holding the ball.
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- An inning is completed when every player on the batting team has completed a turn at bat.

**Each inning the lead off hitter becomes the sixth hitter in the next inning and subsequent hitters will move up one spot in the line up so that every hitter has the chance to lead off an inning.**

## Fielding

- All fielders rotate fielding positions each innings in the following manner:
- Pitcher becomes catcher
- catcher becomes 1st base
- 1st base becomes 2nd base
- 2nd base becomes 3rd base
- 3rd base becomes shortstop
- Shortstop becomes pitcher

## Base Running

- So that fielders are encouraged to throw, runners may advance no further than the base they were heading to when the first throw is made.

**Once a runner turns back toward a previous base they are entitled to that base only.**

## Umpiring

- Where an umpire is used (often the coach of the batting team) he or she is to be positioned behind the home plate.
- Where no umpire is used, any disputes on outs are settled by the players using 'Rock Paper Scissors'.
- It is preferable that no coaches are on the field with the players - let the children play.
  - Before 'Play Ball' is called, allowing the ball to be hit:
- The pitcher must be on the pitching plate; and
- The catcher must be behind home plate, in the catcher's box; and
- No fielders may be inside the base paths; and
- The runner must be in contact with the base plate.

## Inclusion

- It is recommended that teams adjust their play to encourage the inclusion of participants with a disability. Refer to the online club development kit for further advice.