

LRPRA Fall T-Ball & Coach Pitch 2022

Practice & Game Schedules

T-BALL (4-6 y.)

Astros
Braves
Cardinals
Marlins

COACH PITCH (7-8 yr.)

Phillies
Rays

SUNDAY PRACTICE SCHEDULE:

August 14-28

12:00 PM	Marlins	Cardinals
1:00 PM	Braves	Astros
2:00 PM	Rays	Phillies

PLAY: Practices and Games will be *50 minutes* long on *Sundays* for a 9 week season; the first 3 weeks are practices at the same time each week, and the following 6 weeks are games. Please arrive on time to ensure your team gets full use of the field. See the [Code of Conduct + Rules](#) for details on how practices and games will run from week to week.

LOCATION: All practices and games will be held on our sports fields on the corner of *Smoketown & Old Bridge Road*.

EQUIPMENT: Please ensure your children bring their own *glove* for every practice and game. Cleats are optional, but recommended to prevent slipping (no metal spikes). Bats, balls and helmets are provided for use in play.

FIRST AID: First aid supplies are in the storage bin for all athletes use.

RAINOUT: In case of inclement weather please call the rain out line at (703) 497-7133. This line will be updated by 8:15 AM if there are any changes to our schedule. Please listen to the date of the message to ensure it is not an old recording. If any rainouts occur, it will be made up on October 23, 2022. If more than one game gets rained out those following games will not be made up. Practices are not made up.

**SUNDAY GAME SCHEDULE:
NO GAMES ARE SCHEDULED LABOR DAY WEEKEND.**

Sept 11

12:00 PM Astros v. Braves
1:00 PM Cardinals V. Marlins
2:00 PM Phillies v. Rays

Sept 18

12:00 PM Marlins v. Astros
1:00 PM Cardinals v. Braves
2:00 PM Rays v. Phillies

Sept 25

12:00 PM Braves v. Marlins
1:00 PM Astros v. Cardinals
2:00 PM Phillies v. Rays

Oct 2

12:00 PM Marlins v. Cardinals
1:00 PM Braves v. Astros
2:00 PM Rays v. Phillies

Oct 9

12:00 PM Braves v. Cardinals
1:00 PM Astros v. Marlins
2:00 PM Phillies v. Rays

Oct 16

12:00 PM Marlins v. Braves
1:00 PM Cardinals V. Astros
2:00 PM Rays v. Phillies

RULES OF PLAY

The Objective –

The Lake Ridge youth T-Ball & Coach Pitch league is an instructional league designed to promote fun, fitness, and outdoor activity among its participants. A strong emphasis on competition, and the pressures that come with it, will only serve to reduce the children's enjoyment of the game, and to deter them from further participation in the future. Please keep this in mind when enjoying the games and practices, either as a spectator or coach. While we do acknowledge that competition does have many benefits and rewards, we feel that there will be plenty of time for kids to experience them as they grow and mature. It is our belief that at this stage of their lives having fun, enjoying the sport, and learning basic skills should be the main goals for those participating. We want to thank all of you for helping us to achieve this objective throughout the season.

Safety –

- All batters and base runners must wear a helmet at all times.
- Throwing the bat is prohibited. A batter will be given one bat throwing warning per game; if the bat is thrown a second time the batter will be called out. A batter called out for throwing the bat may not run the bases.
- No jewelry may be worn. Medical bracelets or necklaces may be worn but must be taped to the body.
- Mouthpieces are recommended, but not required.
- No metal, plastic, wood or hard pins, barrettes or ponytail holders may be worn. Hair bands with hard balls are also illegal.

T-Ball (4-6 yr.)

Batting – Soft-core safety balls are provided for a coach to lob to the player (no pitching). The ball is always hit from a tee, and there is no catcher.

Innings – An inning is over when all players have batted. A batted ball must travel 10 feet to be considered fair. If a batter fails to hit a ball, or the ball does not travel 10 feet, play is stopped, and the batter returns to try again until he/she is successful. Coaches are encouraged to rotate players, so every player gets to play each position. Coaches may make unlimited changes per inning.

Running – There is no stealing; runners cannot leave the base until the ball is hit.

Outs – In the event an out is recorded, the base runner will remain on base and continue to run until crossing home plate.

Score – No score is kept in Lake Ridge youth leagues to remain instructional in spirit.

Coach Pitch (7-8 yr.)

Batting – Each batter will be thrown three pitches from the coach. If the batter fails to hit a fair ball after 3 pitches, the batting tee will be used.

Outs – If a player makes an out, he/she will leave the base paths.