



**FOR YOUTH DEVELOPMENT®**  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING SKILLS DEVELOPING CHARACTER

YOUTH BASEBALL RULEBOOK  
AGES 4-7 YEARS OLD

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Jessica Biegert, Sports Director

[jbiegert@salinaymca.org](mailto:jbiegert@salinaymca.org)

785.404.4029

Sierra Kelley, Sport Coordinator

[Skelley@salinaymca.org](mailto:Skelley@salinaymca.org)

785-404-4020



# Table of Content

Welcome to YMCA Youth Sports.....	3
YMCA Character Development.....	4
Connecting With Parents.....	5
Parent Code of Conduct.....	6
Important Information.....	7
All Divisions. General Rules.....	8
T-Ball Specific Rules.....	9
Coach Pitch Specific Rules.....	10

## YMCA STAFF

YMCA personnel shall be present and visible at all games. If you encounter any problems or have suggestions, please contact the Sports Director or Site Supervisor. They can be found wearing a Blue or Red Sports Supervisor shirt. If you have a question or suggestion concerning the game or league, please present it before or after the game, not during the game. The Sports Director or Site Supervisors has the final decision at all sites. Any disrespect towards staff will result in removal from the YMCA premises.

# Welcome to YMCA Youth Sports

## YMCA MISSION

“To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.”

## THE YMCA PHILOSOPHY OF YOUTH SPORTS

YMCA Youth Sports is not just another sports program. We have a mission, and that mission is stated in our Seven Pillars of YMCA Sports.

**Pillar One-Everyone Plays.** We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Sports. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and equal playing time.

**Pillar Two-Safety First.** Although kids may get hurt playing sports, we do all we can to prevent injuries. We have modified each sport to make it safer and more enjoyable to play. Coaches make sure the equipment and facilities are safe, and constantly supervise their players and stop any unsafe activities.

**Pillar Three-Fair Play.** Fair play is about playing by the rules-and more. It is about coaches and players showing respect for all involved in YMCA Youth Sports. It is about coaches being role models of good sporting behavior and guiding their players to do the same.

**Pillar Four-Positive Competition.** We believe competition is a positive process when the pursuit of victory is kept in the right perspective. The right perspective is when adults make decisions that put the best interests of the players before winning the contest. Learning to compete is important for youngsters and learning to cooperate in a competitive world is an essential lesson of life.

**Pillar Five-Family Involvement.** YMCA Youth Sports encourages parents to be involved appropriately in their child’s participation in our sports programs. In addition to parents being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child’s participation.

**Pillar Six-Sport for All.** YMCA Youth Sports is an “inclusive” sports program. We offer programs to all youngsters regardless of their race, gender, religious creed, or ability. We ask our adult leaders to encourage and appreciate the diversity of children in our society and to encourage the kids and their parents to do the same.

**Pillar Seven-Sport for Fun.** Sports are naturally fun for most kids. Sometimes when adults become involved in children’s sorting activities they over organize and dominate the activities to the point that it destroys kids’ enjoyment of them. If we take the fun out of sports for young athletes, we are in danger of the young athletes taking themselves out of sports.

## YMCA CHARACTER DEVELOPMENT

The YMCA believes that character development, focusing on the values of caring, honesty, respect, and responsibility is an essential element of all its programs.

### CARING

Demonstrate a sincere concern for all others, for their needs and wellbeing.

### HONESTY

Have integrity, make sure that one's actions match one's values through participation in sports.

### RESPECT

Treat others as I would want them to treat me, value the worth of every person, including oneself, one's teammates, opponents, coaches, and officials.

### RESPONSIBILITY

Do what is right, be accountable for my choices of behavior and obligations.

## OUR COMMITMENT TO SAFETY

All Coaches are required to:

1. Complete a full background check every two years.
2. Complete the Coaches' Agreement and Code of Conduct Form yearly
3. Complete Child Abuse and Prevention training every two years.
4. Attend the Coaches Meeting held during the season kickoff.
5. Report suspected of any form (new federal law that makes our sports volunteers mandated reporters) anonymous reporting can be sent to 800.743.6354)
  - a. Website: <https://www.dcf.ks.gov/services/PPS/Pages/MR-Online-Report.aspx>

In addition, the Salina Family YMCA:

1. Screens all coaches and volunteers and our database for registered sex offenders.
2. Observes practices and games.
3. Responds quickly to any potential concerns regarding coaches and team volunteers.
4. Has Child Abuse and Prevention Policies and Procedures in Place for all Coaches.

## Coaches Responsibilities

1. Communicate effectively with the families.
2. Mediate appropriate language with the team and enforce positive behaviors.

- a. If discipline is needed, you may sit the child out and talk to the parents regarding the discipline.
  - b. No physical consequences related to individual behaviors.
3. Intervene when language is inappropriate regarding officials and calls for the players and families.
4. Communicate with the sports department when you plan to cancel practices or need to make up games.
5. Help monitor YMCA equipment to make sure it doesn't disappear and the equipment is respected.
6. Coaches are not permitted to:
  - a. Be one on one with a child (unless it is their own). Please stay and observe practices and games.
  - b. Provide rides to children that are not their own\*\*
  - c. Have any social media contact with children. This includes texting or calling. All communication should be done with the parent.

## Connecting With Parents

### FIRST CONTACT WITH TEAM PARENTS

This is a very important interaction because it will set the tone for the entire season. Make sure your contact is reciprocated! Make sure they have your name, team name and grade, and your contact information! What follows are most of the points that you will want to make in the first call to the parents if they do not attend the season kick off.

1. Introduce yourself as the child's volunteer coach from the YMCA. Welcome the player and family to be on your team. Give them your contact information.
  - a. Coach's First and Last Name
  - b. Phone Number
  - c. Division
2. Verify the parents' names, the player's name, and contact information. Start a group chat.
3. Tell them when and where the first Parent & Coach meeting will take place at the season kick off.
4. If you must leave a message, be sure to give them your name and contact information and ask them to call you back to verify that they received your message!
5. If you do not receive a call back within 48 hours, please call our Sports department so that we can check the contact information right away!

### PARENT & COACH MEETING

We will do the parent and coach meeting during the season kick off. If the parent did not attend be sure to contact them with season details. Make sure you cover all the following information and any additional information that you want to cover to begin your season:

- 1) Welcome and Introductions!
- 2) Invite parents to come to every practice and help with supervision, organizing the players, setting up and helping with drills, etc.
- 3) Timeline for Season (practice schedules, first game, etc.)
- 4) YMCA Mission, The YMCA Philosophy of Youth Sports, & YMCA Character Development
- 5) Tobacco Free Campus (this includes E-Cigarettes)

- 6) Only Labeled Service Dogs are allowed on our Campus.
- 7) Our Commitment to Safety
- 8) Parent Information (Code of Conduct, Rules, Snack and Drink Sign Up, etc.)
- 9) Uniforms (All players are required to purchase a YMCA reversible jersey from the Front Desk.)
- 10) Team Photographs – Not Provided by the YMCA

## Parent Code of Conduct

1. I hereby pledge to provide positive support, care and encouragement for my child participating in YMCA Youth Sports.
2. I will encourage good sportsmanship by demonstrating positive support for all players, instructors, coaches and officials at every game, practice, or other youth sports event.
3. I will support the Sports Staff, coaches, instructors, and officials working with my child, to encourage a positive and enjoyable experience for all.
4. I understand the Salina Family YMCA campus is a drug, tobacco, and alcohol-free environment for my child and I will refrain from their use at all YMCA Youth Sports events.
5. I will ask my child to treat players, coaches, officials, and fans with respect.
6. I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectable fan or assisting the coach.
7. I will strive to fulfill the mission of the YMCA and demonstrate and adhere to the YMCA Youth Sports philosophy.

# Important Information:

## RULES, SCHEDULES, AND NOTIFICATIONS

All rules and schedules can be accessed by the YMCA Sports Department.

All-important updates, changes, and notifications from the YMCA Sports Staff will be sent out to the coaches and the YMCA Facebook page.

## WEATHER UPDATES, GAME & PRACTICE CANCELLATIONS

In case of severe weather conditions cancellations will be made through the sports department with coaches.

- 1) It is the responsibility of the coach to notify the Sports Department and all their team families if they are cancelling a practice. Please do so by email.
- 2) Cancelled practices may be made up at another time if the practice schedule allows. If making up a cancelled practice Coaches must contact the Youth Sports Department first to see what is available.
- 3) Games will only be cancelled by the YMCA staff for inclement weather (lighting only) or extenuating circumstances. To best serve most of our participants please adhere to our game schedule.

## 2026 SUMMER SEASON TIMELINE

### COACHES MEETING:

All Coaches must attend the summer kick off on May 27 (Coach Pitch) and May 28 (Tball)

5:45 PM New YMCA coaches meeting

6:00 PM All Coaches meeting

6:30 PM: Coaches and Teams meeting (drink/snack sign up, contact information, practice and game schedules)

7:00-7:30 PM: Team ice breakers, play, evaluate

**FIRST PARENT CONTACT MUST BE COMPLETE BY: May 15<sup>th</sup>.**

**PRACTICES:** June 1-July 7

**GAME DAY:** June 10-July 9.

**Make Up Games:** During practice

# ALL DIVISIONS

## GENERAL RULES

### Sportsmanship/Officials:

- ❖ The Salina Family YMCA Youth Sports Program is not only dedicated to teaching sports fundamentals but also good sportsmanship. The most important way we teach is by being a good role model.

### Team Location:

1. Home (wearing WHITE) -This bench will be located on the 3<sup>rd</sup> base line and will be in the field 1<sup>st</sup>.
2. Away (wearing BLACK)- This bench will be located on the 1<sup>st</sup> base line and bat 1<sup>st</sup>.

### Equipment:

1. All players are required to wear the YMCA reversible jersey for games.
2. Players should wear shorts or pants, socks, and running shoes or cleats. Hats will not be provided but are encouraged if players prefer.
  - a. No metal or screw in cleats allowed.
3. NO Jewelry is allowed. Players should remove all jewelry (earrings, necklaces, bracelets, etc.) before warming up or playing. This is for the child's safety and the safety of other players.
4. The YMCA will provide baseballs, tees, helmets, bats, and bases for practices and games held at the YMCA fields.
5. Players will need their own gloves and if they prefer may also use their own bat and helmet. If they choose to do this all-personal equipment must be labeled with the child's name.

### Field Dimensions:

1. Bases Distance: 50 Ft.
2. Pitching Stripe: 35 Ft. (all defensive players must start behind this line)
  - a. Coach Pitch coaches, you may pitch from whatever distance you need.
3. A 15 ft. arch will be used in front of home plate for t-ball.

### Game Day:

1. Games will be played on Wednesday (Coach Pitch) and Thursday nights (Tball).
2. 2 innings will be played or 50-minute time limit will be enforced unless otherwise stated by the Sports Department.
3. Coaches will be allowed in the field to help with positioning but must stay out of the way when the ball is in play.

# T-BALL SPECIFIC RULES

## Field Dimensions:

1. Bases Distance: 50 Ft.
2. Pitching Stripe: 35 Ft. (all defensive players must start behind this line)
3. A 15 ft. arch will be used in front of home plate for t-ball.

## Game Day:

1. Games will be played on Thursday nights.
2. 2 innings will be played, or 50-minute time limit will be enforced unless otherwise stated by the Sports Department.
3. Coaches will be allowed in the field to help with positioning but must stay out of the way when the ball is in play.
4. Coaches are encouraged to get parent volunteers to help with 1<sup>st</sup> and 3<sup>rd</sup> base coaching.

## Fielding:

1. Players should play in their respective spot on the infield and outfield. No catcher will be used. All players will be on the field.
2. Players should rotate to play different positions to help them learn.
3. Defensive players may NOT stand on the bases while playing defense.
4. Fielders will get one attempt to throw the ball to the base they are aiming for.

## Batting:

1. A tee ball stand will be used. Each player will bat in each inning hitting the ball off the tee.
2. Batters will be allowed to swing up to 5 swings in play until they may take first base.
3. The offensive coach will be responsible for helping the umpires adjust the tee for their players and stay at home plate.
4. There will be an on-deck circle for players to stand in until it is their turn to bat.

## Base Running:

1. Batters who get out will remain on base. This is to help them learn base running.
2. Runners may only advance 1 base at a time on a hit unless it is the last batters turn.
3. The last batter will hit and run all the bases, no matter if they get out or not. This completes half of the inning.
4. Runners cannot steal or lead off before the ball is hit.

# COACH PITCH SPECIFIC RULES

## Field Dimensions:

1. Bases Distance: 50 Ft.
2. Pitching Stripe: 35 Ft. (all defensive players must start behind this line)
  - a. Coach Pitch coaches, you may pitch from whatever distance you need.

## Game Day:

1. Games will be played on Wednesday nights.
2. 2 innings will be played, or 50-minute time limit will be enforced unless otherwise stated by the Sports Department.
3. Coaches will be allowed in the field to help with positioning but must stay out of the way when the ball is in play.

## Fielding:

1. Players should play in their respective spots on the infield and outfield. All players will be on the field.
2. Players should rotate to play different positions to help them learn. No catcher.
3. **Defensive players may NOT stand on the bases while playing defense.**
4. After a hit, play will stop when a defensive player has control of the ball or after an overthrow. (An overthrow is considered when a player is throwing to a base, not from the outfield into the infield.)

## Batting:

1. Each player will get 5 swings to hit off the coach. If they don't hit off the coach, they will hit off a tee to put the ball in play.
2. All players will have a chance to bat each inning.
3. The offensive coach will be responsible for helping the umpires adjust the tee for their players.
4. There will be an on-deck circle for players to stand in until it is their turn to bat. Players must wait for the umpire to signal them to the box.

## Base Running:

1. Batters who get out will be removed from the bases. Outs will not be recorded.
2. Runners may advance as many bases as they want until play is called dead or an overthrow is made.
3. Runners may not advance on overthrow.
4. The last batter will hit and run all the bases, no matter if they get out or not. This completes half of the inning.
5. Runners cannot steal or lead off before the ball is hit.