



FUQUAY-VARINA

# T-Ball Handbook

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Fuquay-Varina Parks, Recreation & Cultural  
Resources Department

[www.fvparks.org](http://www.fvparks.org)

1/9/2023

## Inclement Weather Information

[www.fvparks.org](http://www.fvparks.org)

Select "Facility Status" under the sports icon  
If your facility is CLOSED your activity is CANCELLED

**Weather Hotline: 919-552-2698**

**Sign up to receive text alerts online!**

*Both the weather hotline and webpage are updated weekdays by 4pm and weekends by 8am.*

## **Mission**

To provide diverse recreational opportunities and facilities that enhance social development and community well-being through welcoming parks, public spaces, facilities, organized activities, cultural resources, and special events.

## **Vision**

Participation in youth sports provides children with an opportunity to gain many valuable life skills and develop an appreciation for physical fitness, all of which can lead to a lifetime of healthy activity.

This can only occur, though, when organized sports programs are designed and administered to ensure a safe, positive, fair and fun environment for everyone.

## **Philosophy**

- Provide a safe and positive environment for youth to participate in sports programs.
- Provide each child with the opportunity to play regardless of skill level.
- Teach participants the skills and fundamentals of the sport they are participating in.
- Encourage sportsmanship, team-play and leadership
- Winning is *not* the ultimate goal; giving your best effort and displaying sportsmanship no matter the outcome is! Losing is not failure, it's a chance to learn and develop your skills and character.

### **I. General Information**

- a. The Town of Fuquay-Varina's T-ball league administered through the Parks, Recreation and Cultural Resources Department will focus on providing a recreational, fun, safe option for players to learn and enjoy the game of t-ball. Good sportsmanship and skill development should be the main goal of all coaches. Winning is secondary to having fun and learning the game.
- b. All rule interpretations will be administered by the Fuquay-Varina Parks, Recreation & Cultural Resources Department (FVPRCRD).
- c. All team activities must be supervised by an approved head or assistant coach.
- d. No unsanctioned activities are permitted. Unsanctioned activities include practices held away from town owned/leased property, practices/activities held outside of the team's schedule provided by FVPRCRD.
- e. All who wish to participate in Fuquay-Varina Parks, Recreation and Cultural Resources Athletic Programs must register and pay the registration fee prior to being assigned a team and participating in the program.

## **II. Coaches and Assistant Coaches**

- a. No team shall have more than five (5) coaches. They are designated as Head Coach, 3 Assistant Coaches, 1 scorekeeper.
- b. Head coach appointments are to be made by FVPRCRD for one (1) season. All coaches will be evaluated following each season. This evaluation will be used to determine whether or not he/she will be invited back to represent a team in the future.
- c. All coaches are required to submit a formal application and background check. The background checks are subject to approval of the Parks, Recreation & Cultural Resources Department.
- d. All Assistant Coaches may be selected by the Head Coach after the teams have been determined, pending approval of the FVPRCRD. Assistant Coaches must submit a formal application and background check.
- e. All coaches must understand and agree to carry out the duties, responsibilities, policies, and philosophies as established by the Town of Fuquay-Varina Parks, Recreation & Cultural Resources Department. All coaches must be approved by the Recreation Department. Any coach not carrying out these duties and responsibilities will be subject to dismissal.
- f. Head Coaches are required to hold a preseason parent meeting to discuss rules, conduct, responsibilities, etc.
- g. Coaches should always keep in mind they are setting examples in sportsmanship and fair play and should always conduct themselves accordingly.
- h. Only the Head Coach and their Assistants will be allowed in the dugout during the playing of an official game. Parents must sit in the bleachers and stay out of the dugout area unless they receive permission from the head coach to enter.
- i. Coaches are responsible for reporting players who have dropped from their team. If a spot opens FVPRCRD will fill the opening with the next player available on the wait list. If no players are on the waitlist the roster spot will remain open.
- j. All coaches must wear their FVPRCRD issued coaches shirts and wristbands to all team activities. No coach will be permitted in the dugout that is not in uniform.
- k. Coaches are responsible for leaving the dugout area clean after their game. Please pick up any trash, equipment or items before leaving.

### III. Communication

- a. **24 HOUR RULE:** Parents sometimes disagree with a coach’s decision or coaching style, especially when it involves their child. Parents must understand that the coach does not represent a player, but the entire team and must make decisions from the team perspective first and foremost. For parents, it is important to separate their child’s sports development from game emotions. For this reason, we have adopted the “24 HOUR RULE,” which simply states that the coach will not discuss game situations until at least 24 hours after the game. This rule helps to move the discussion away from the presence of the players and allows all parties to have time to put things in perspective and cool off if necessary. This rule also applies to coaches and parents contacting the recreation department.

**Contact Info: *Primary Contact – Thomas DeGruchy***

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### IV. Weather Updates

- a. Decisions are made weekdays by 4pm and Weekends by 8am or as status changes. Once the decision is made, FVPRCRD will email coaches so that they can communicate with their parents any changes. You can also check for updates by visiting [www.fvparks.org](http://www.fvparks.org) and selecting ‘Field Status’ icon. If your facility is listed as “CLOSED” then your activity is cancelled. Coaches and families may also check the town’s **weather hotline by dialing 919-552-2698**.
- b. An attempt will be made to reschedule all games that are cancelled due to inclement weather. If space/time allows, rained out practices may be rescheduled at the discretion of the FVPRCRD. Coaches may not request to change game times once schedule has been posted.

## Text Message Alert Sign-up Instructions

1. Go to FVPARKS.ORG
2. Either:
  - Hover your mouse over the “Sports” tab, which will bring down a list of links. From there, you will find the “Alerts from PRCR” link on the left-hand side; click the link to go to the Alerts page.
  - Or click the “Sports” tab, which will take you to the main sports page. From there, you will find and click the link labeled “Alerts from PRCR”.
3. You will then be directed to the Fuquay-Varina Alert Center. Find the link in the grey box labeled “**Notify Me**®”
4. Click the “Notify Me” link. (To subscribe to text and/or email alerts.)
5. Type your email address in the box labeled “Email Address” and click the button labeled “Sign In”.
6. For text message alerts, check the 2<sup>nd</sup> box that reads “***I would like to be able to receive text messages on my mobile phone***” and type your desired phone number in the box provided. Click save before continuing.
7. Underneath the Alert Center there are two icons beside PRCR Alerts:  & 
  - To subscribe or unsubscribe, you must click the Mobile phone icon,  beside PRCR Alerts. Once completed there will be a green check mark on the icon, which will look like: 

You will receive a text message asking to receive text alerts from PRCR. Reply “**Y**” to opt into the service. Once you reply “**Y**” you will receive a text confirming that you are signed up to receive text alerts.

## **V. Uniforms and Equipment**

- a. Shirts and hats will be provided by the FVPRCRD. Parents may be required to purchase additional equipment.
- b. Teams shall NOT alter the uniforms that are distributed to players in any manner (including adding names to shirts, cutting sleeves, changing colors). Parents will be responsible for the cost of replacing a modified uniform.
- c. No jewelry, including earrings, shall be worn by any player. Hair clips must be soft, elastic ties and may not be metal/plastic.
- d. Coaches will be issued a shirt and wristband that must be worn to all practices and games. Once a coach has been approved (both assistant and head) they may come by the Community Center and pick up their shirt and wristband.
- e. Equipment is stored at the facility and set out by FVPRCRD staff for practices any games. If a coach notices damaged equipment, he/she should report it to staff.

- f. Batters, base runners and on deck batters must wear a helmet.
- g. No metal cleats are allowed.
- h. All players must wear solid gray pants. No pin stripes or different colors.
- i. Uniforms must be the outermost garment worn during play. Uniforms must be tucked in.
- j. Players may use any bat they are able to swing.

## **VI. Rules and Regulations**

### **a. League**

- i. The age cutoff date is January 1, 2023. Participants must be 4 years old and cannot turn 6 before this date.
- ii. Teams shall consist of a maximum of twelve (12) players. This may be adjusted by the FVPRCRD staff.

### **b. Awards**

- i. The Fuquay-Varina Parks, Recreation and Cultural Resources Department will provide individual awards for all participants at the end of the season.
- ii. It is the responsibility of the head coach to pick up these awards from the community center and pass them out to his/her team.
- iii. Any extra trophies that are unable to be delivered to the participant should be returned to the community center for the participant to pick up.

### **c. Season Schedule**

- i. Each team will have 5 practices and 5 games. All activities will be played on Saturdays.
- ii. During all scheduled league practices or games, only participants, approved coaches and staff are permitted in the dugouts and on the field. All parents, siblings and other spectators should remain in the bleachers.
- iii. All game schedules are final. Coaches are not allowed to reschedule league games or schedule games/scrimmages against teams outside of our league. FVPRCRD may reschedule games for reasons that affect the whole league such as weather cancellations and school makeup days. If coaches need to make changes to the practice schedule, they must first obtain permission from FVPRCRD.
- iv. Score, game results and standings will not be kept.

### **d. Youth T-Ball Game Rules**

- i. All batters will hit the ball from the batting tee. The tee should be adjusted to such a height the batter will be able to swing level.
- ii. All rostered players present for the game will bat in order.
- iii. There is not bunting.

- iv. All defensive players, including the pitcher, should be no closer to home plate than 35 feet (pitching rubber).
- v. Outs will be called. Once a player is called out, they must return to the bench. Once three outs have been made, the bases will be cleared. An inning is over when all offensive players have batted.
- vi. When the ball is hit it must travel 25 feet, which is indicated by the arc drawn from foul line to foul line. If a defensive player attempts to make a play on the ball inside the 25 foot arch and touches the ball before it comes to a stop, play can continue.
- vii. If a player has not successfully put a ball in play after 5 swings, the batter may have a coach assisted swing.
- viii. All base runners will run station to station. Only the last batter and those runners on base at the time the last batter hits, is permitted to advance more than one base.
- ix. If a batter hits part of the ball and part of the tee, it is considered a fair ball as long as it travels past the 25-foot arch. If a batter does not make contact with the ball and only hits the tee, it is considered a foul ball.
- x. No stealing or leading off permitted.

**e. Fielding**

- i. All rostered players are to be placed on the field for defense. Players should be stationed at traditional baseball positions (Pitcher, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and Short Stop) on the infield. All remaining players should be spread evenly throughout the outfield. Outfielders should begin play with their feet in the outfield grass.
- ii. Up to three defensive coaches are allowed on the field in order to provide instruction to all defensive players.
- iii. No catcher will be stationed behind home plate.

**f. Game Time**

- i. A regulation game is 50 minutes. Please be courteous of other teams by stopping your game on time so that games stay on schedule throughout the day. After your game, please immediately vacate the dugout area so the next teams can get their game started on time.

**g. Forfeits**

- i. There are no forfeits. Teams should begin games at their scheduled time with the players that are present. If necessary, teams can share players to ensure the game can be played.

## **VII. Code of Conduct**

- a. Any coach, player or spectator that is ejected by an official or town staff member will be suspended for the team's next scheduled game. Suspensions may be longer depending upon the severity of the offense. All suspensions are at the discretion of the Athletic Program Administrator.
- b. No coach, player or parent shall berate, belittle or taunt opposing team player, parents, or coaches. Any unsportsmanlike conduct will not be tolerated. Offenders may be warned or immediately ejected if the behavior is particularly inappropriate. If ejected the offender must leave the premises immediately. All judgement calls are final.
- c. No coach, player or parent may harass or continually argue with officials or FVPRCRD Staff. Offenders may be warned or immediately ejected if the behavior is particularly inappropriate. All judgment calls are final.
- d. Coaches, players, or parents that have been ejected from an official game will be required to vacate the premises and escorted out by a staff member immediately. Failure to abide by this will result in forfeiture of the game.
- e. Drugs and alcohol are prohibited at all games and practices. Violations will result in a minimum one (1) game suspension.
- f. Spectators that wish to use tobacco products are encouraged to be courteous of others around them and do so away from other spectators & program participants. Use of tobacco products on the field is prohibited. Tobacco products are prohibited on Wake County School property (Banks Rd, Ballentine, & South Lakes Elementary).
- g. Pet owners are asked to leave pets at home for town sanctioned athletic events. (practices, games, & special events)
- h. No spectator (non-coach) may enter the field of play to argue or discuss an on-field issue. Violations will result in an immediate ejection.
- i. No coach or player may deliberately or intentionally try to injure or harm another player or coach. No player, coach or spectator shall be guilty of physical attack as an aggressor upon any players, official or spectator.
- j. The Fuquay-Varina Parks, Recreation and Cultural Resources Department reserves the right to suspend any coach, parent or player found to be violating the mission, vision, or philosophy of the department.