

Williamsburg Youth Baseball League QuickBall/T-Ball League Rules and Information - 2021

QuickBall/T-Ball Division Overview:

The Williamsburg Youth Baseball League (WYBL) will be introducing the full **QuickBall** program during the Spring 2021 recreational season. QuickBall, in place of traditional t-ball through the first half of the recreational gameplay season, will bring an exciting and modern instructional environment that teaches players about the fundamentals of baseball, emphasizes teamwork, and begins to build their competitiveness. QuickBall will also allow for coaches and parents who would like to coach in the future to discover fun and creative ways to teach players and help them fall in love with the game of baseball. After the first half of games are complete during the recreational season, this division will transition to traditional t-ball, using QuickBall equipment (note – QuickBall bat and ball provided by the WYBL to all registered Spring 2021 age-qualified players), for all remaining games.

QuickBall/T-Ball Game Information:

- All games will be played on Warhill, Field 2 (A-D)
- On rainy days and when weather is questionable, call 220-1530 after 4:00PM on weekday gamedays to learn whether your game will be played or rained out, postponed, or cancelled
 - Rainouts will be rescheduled (if possible) and game schedules will be updated on www.williamsburgbaseball.com
 - WYBL Social Media will be also be a resource for information if games are postponed or cancelled for any reason
- On Saturdays, when there is a game following yours, your team must be off the field as soon as the game is completed so that the next two teams can start their game promptly.
- Once the gameplay season reaches the midpoint, games will switch to a traditional t-ball format, while using the provided QuickBall equipment

Equipment, Attire, and Other Useful Information:

- A glove is required for all players
- A QuickBall bat and ball will be provided to each registered age-qualified player
 - Coaches will also receive extra team QuickBall bats and a bag of QuickBalls
 - **Aluminum bats will NOT be used (as a result, not required to be purchased)**
- Because QuickBall equipment will be used during the season for both practices and games, helmets are not required but are strongly encouraged
- Uniform includes the distributed league Hat and Shirt. Baseball pants, socks, and cleats are optional. Coaches will also provide guidance on uniform requirements
- Batting gloves are not required
- Athletic cups are encouraged for all
- **Equipment will NOT be shared**
- Work on the fundamentals of game play!

For QuickBall rules and reference links, please see below:

Reference Links

QuickBall video overview on WYBL site: <http://www.williamsburgbaseball.com/Default.aspx?tabid=928003>

Additional information on the Babe Ruth QuickBall program can be found at www.usaQuickBall.com and https://usaquickball.com/wp-content/uploads/2020/01/USA-Quickball-6U-Intro-Flier_.pdf

QuickBall Training Videos for Coaches: <https://usaquickball.com/6u-entry-level/>

QuickBall Informational Video: <https://www.youtube.com/watch?v=2cVkUXuJAEU>

QuickBall game overview (one format): https://www.youtube.com/watch?v=y_rUllkPOE

Frequently Asked Questions and QuickBall Program Overview

1. Why is QuickBall Needed?

Per the *usaQuickBall.com* site, “baseball participation in many areas has declined in recent years. Reasons vary but the problem is widespread. QuickBall is reversing that trend by teaching the game in a whole new way. Fast-paced, active and inclusive. QuickBall grabs the attention of young players and lets them learn without being bored or intimidated. QuickBall is not just for beginners. Expert players also benefit, thanks to the fitness and skill-strengthening elements that are involved. The revolutionary game equipment can challenge any player — including those on the high school, college and professional levels.” (Source: *www.usaQuickBall.com*)

2. What is QuickBall?

QuickBall is literally “Quick Baseball.” It is an innovative way for players to energetically learn and have fun on the field safely as they get comfortable with the game of baseball. Questions about throwing and fielding mechanics, where each base is located, how baseball scoring works, etc. are types of questions asked each and every season by anxious youngsters who are taking the field for the first time. QuickBall not only helps answer these questions, but it helps parents “learn how to coach” the game of baseball, starting with the basics. The players have fun, learn how to play America’s favorite pastime, and their parents and coaches utilize an innovative program to teach and develop them. This is a win-win scenario for all involved!

3. QuickBall Areas of Focus

a. *Baseball’s Fundamentals*

- i. Each time a player steps onto the field, whether it be for a practice or game, he or she will learn about the game in the first half of the event and then apply what they have learned in a fun, competitive game format to close out the event. Various skills stations focus on the proper way to execute all baseball fundamentals, covering hitting, fielding, catching, throwing, and baserunning.

b. *Always Active*

- i. Various QuickBall up-tempo skills stations and high-speed game action increase player movement and keeps everyone active throughout the event. Each batter learns the correct way to run out a single, move from base to base, and how to become an explosive baserunner. Fielders rotate through various positions on the field and are taught how to handle specific defensive assignments, properly throw a baseball, and the fundamentals of catching QuickBalls thrown to them. The QuickBall program, through the use of these revolutionary concepts including rapid rotation, two-way scoring, and timed stations, enables coaches to introduce something new each week. The skill stations act as fluid ways to keep the players energized, having fun, and constantly active with the emphasis on always hustling!

c. *Teamwork*

- i. One of the primary goals of QuickBall is to teach the players the importance of teamwork and good sportsmanship. As fundamentals are taught and then put into place during the QuickBall experience, the program operates as part of a competitive, team atmosphere. The players are taught to root on their teammates, be good sports in victory and defeat, and ultimately how best to conduct themselves on and off the baseball field. The players should grow not only as athletes, but also as young men and women.
 - d. *Having Fun Safely*
 - i. The QuickBall program is strategically designed to be fun AND safe for all those involved!

Key Benefits of the QuickBall Program

- Found to be more effective than Tee-ball at teaching the game to beginners
- Expandable to other age divisions. Quickball is used as a baseball league enhancement for all ages — for skill-building and for promoting the JOY of the game
- Teaches baseball/softball skills through revolutionary game concepts such as Rapid Rotation, Two-Way Scoring and Timed Games
- Actively engages ALL players in every inning of every game. Enables players of various skill levels to safely compete on the same field
- Features inclusive environment by making game play fast and by creating non-stop scoring opportunities

Playing QuickBall

QuickBall Game Field Setup *(per Ripken QuickBall at www.crsfportal.org)*

- Find a spot for home plate. If you are working in a gymnasium, two commonly used locations are the corner of the baseline on the basketball court or at the center of the baseline underneath the hoop.
- Based on the size of the area you're working with, place the rest of the bases in a diamond proportionally distanced from each other (exactly like a regular baseball diamond).
- Take the boards and set them up like an outfield fence beyond the bases giving plenty of room for an "outfield."
- Place the Auto-Ump a few feet behind home plate to act as a catcher and stop the balls from rolling away.
- Place the dot cones in a line off to the side of the 3rd base line to designate where the kids will line up. Make sure the line starts at least 7 feet away from home plate to avoid injuries.
- The 1st bucket will have all the QuickBalls in it and will be placed next to the Pitcher. The 2nd bucket will be placed at 2nd base.

How to Play QuickBall – Game Format *(per Ripken QuickBall at www.crsfportal.org)*

- Start by dividing your kids up into two even teams.
- Team 1 is the batting team and will line up behind the cones down the 3rd base line.
- Team 2 will be the fielding team and will spread out in the field with one kid standing by the bucket at 2nd base. He/ she will be the designated "Bucket Player" or 2nd Baseman.
- The game will begin when the Pitcher (adult) throws the 1st pitch.
- Each player will only be given one pitch per turn at bat.

- Regardless of whether or not the player hits the ball they will run all the way around the bases and hop back in line.
- If the batter hits the ball past the Pitcher the fielding team will play that ball.
- If the batter doesn't make contact with the ball or it doesn't travel past the Pitcher, the Pitcher will turn around and throw another ball to simulate a hit allowing a player to still score points for their team even if they don't get a hit.
- For the first inning, if the batter makes it to 2nd base before the fielding team can gather the ball and put it in the bucket then the batting team gets a point.
- If the fielding team puts the ball in the bucket before the batter touches 2nd base then the fielding team gets a point.
- This process should continue for 90 seconds or whenever the Pitcher runs out of QuickBalls. Once time has run out, the two teams will switch and follow the same pattern.
- Once both teams have had a chance to hit, you move the bucket from 2nd base to 3rd base and repeat the process.
- After the designated amount of full innings, tally up all the points and declare a winning team.

For traditional T-Ball rules, please see below:

- Players may cheer for their team. NOT against the opposing team or its players.
- ALL players bat in sequence EVERY game. A fair way of batting all your players is to bat in order of the players' uniform numbers, and to continue where you left off in the next game, and so on for the remaining games.
- One coach stands near the batter to place the ball on the tee and help the batter. Balls hit inside the semi-circle in front of home plate are not in play and coach helping batter is to indicate such. Teams on offense may also have first and third base coaches; teams on defense may have 2 coaches in the field. Balls that hit defense coaches in the field are in play.
- The catcher should be a least 6 feet behind the batter to avoid being hit by thrown bats.
- When the ball is hit in the infield, players may only advance 1 base. If a ball is hit into the outfield, players may advance 1 or 2 bases (i.e., no triples or homeruns, only singles and doubles). The infield is defined by the imaginary line that passes through the bases.
- Runners may not steal bases or take leads. Runners advance after the ball is hit.
- Four outfielders will play and must be positioned on the grass behind the base paths.
- Each player should play both infield and outfield during a game. Players should be moved to various positions during the game. All players should play an approximately equal number of innings in the field each game.
- Half innings end after 3 defensive outs or 5 offensive runs.
- Do NOT keep score. Games at this age should be fun and not emphasize losing or winning. Stress playing hard and having fun, not winning or losing.
- Contact the League Coordinator if there are flagrant violations of any rules.

Lightning

If lightning is detected within 6 miles of the field, play will be suspended. This follows the "Flash-Bang" method recommended by the National Severe Storms Laboratory where the server begins counting when a lightning flash is sighted. Counting is stopped when the associated bang (thunder) is heard. Divide this count by 5 to determine the distance to the lightning flash (in miles). For example, a flash-to-bang count of 30 seconds equates to a distance of 6 miles. This is also the basis for the 30/30 rule, which requires that games be suspended when the flash-to-bang count is less than 30 seconds (6

miles) and play is only resumed after 30 minutes following the last lightning strike. In all other instances (including practices), coaches are urged to utilize good judgment with an emphasis on safety.