

Denver Parks & Recreation T-Ball /Coach Pitch Rules 2026

	Ages 5-6 (T-Ball)	Ages 7-8 (Coach Pitch)
Duration of Game	Maximum 3 Innings or 50 minutes	Maximum 3 Innings or 50 minutes
Game Ball	Cloth Cover Safety Ball	Baseball: Synthetic Cover Safety Ball Softball: Cloth or Synthetic Cover Safety Ball
Players on Field	Max 10 – No Catcher	Max 10 – Including Catcher
Hitting Tool	Batting Tee	Coach Pitch + Batting Tee
Stealing/Leading Off	Never	Never
Swing/Pitch Attempts	5 swings per batter if needed	5 pitches or 3 swings then 2 swings with tee
Outs	Outs are called. 3 outs not in effect (see 10) All batters hit every inning	Outs are called. 3 outs not in effect (see 10). All batters hit every inning
Base Distance	50 ft	50 ft
Helmets	Optional but recommended	Required at bat, on-deck, and on base
Pitching & Distance	NA	Baseball: Overhand 35' – 40' Softball: Underhand 25' – 30'

1. 5-6 T-Ball and 7-8 Coach Pitch Baseball & Softball are all co-ed
2. A team must start and can finish the game with six (6) players
3. All players present must play in at least one inning on the field and bat every inning (exception: discipline, injury, illness, late arrival)
4. A five (5) minute grace period applies to the first game only.
5. Home team will be determined by the schedule posted at www.denveryouthsports.org
6. **Coaches will be responsible for umpiring**
 - a. T-Ball: Defensive coaches (max 2) should be on the field and call out/safe. Offensive coaches (max 3) should be in the first or third base coaching boxes and/or behind home plate and call fair/foul balls.
 - b. Coach Pitch: Defensive coach (Max 2) should be on the field and call out/safe. One (1) offensive coach must pitch and call balls/strikes. Other offensive coaches (max 2) should be in the first or third base coaching boxes and call fair/foul balls.
 - c. All levels: One (1) coach/volunteer should remain in the dugout while on offense to manage the batting order.
7. A maximum of 10 players will be allowed on the field at a time.
 - a. Defense can have 1 player at each infield position. Defense can have 4 (Coach Pitch) or 5 (T-Ball) outfielders if playing all 10 in the field.
 - b. **Catchers (Coach Pitch only): Catchers must have full catchers gear to be in the catcher's box. Catchers must wait by the backstop if they have only a catcher's mask. Teams cannot have a catcher if they do not have at least a catcher's mask.**
8. Players will only be allowed to bat once per inning.
9. **On batted balls to the infield, players may advance one base. On batted balls to the outfield, players may advance up to two bases and must stop at the next base when the defense returns the ball to the infield. The last batter of the half-inning may advance to home, unless called out.**
10. If a player is called out, they must go back to the team bench; they may not remain on the base. **3 outs are not in effect.** All players bat every inning.
11. No score will be kept in either age group.