



## Thomasville YMCA Baseball Rules and Regulations – Youth Baseball and T-Ball

### *Article I – Eligibility*

#### **Section A – Age Divisions**

1. There are 8 age divisions for Youth Baseball. (Cutoff Date: Age on or before September 1<sup>st</sup> of the Current Year)

The Divisions are as follows:

- a. Smart Start – 3 Year Olds
- b. T-Ball – 4 Year Olds (See T-Ball Rules)
- c. Advanced T-Ball – 5 Year Olds (See T-Ball Rules)
- d. Mustang – 6 Year Olds
- e. Bronco – 7 & 8 Year Olds
- f. Pinto – 9 & 10 Year Olds
- g. Junior Pony – 11 & 12 Year Olds
- h. Pony – 13 – 15 Year Olds
- i. No High School Varsity Players.

\*A participant may play in a league above his age if he is one year younger than the youngest age for that league. Example: An 8 year old can play Pinto (9 & 10 year olds, but a 7 year old cannot.) YMCA reserves the right to approve or disprove any age control issues.\*

### *Article II – Regulations*

#### **Section A – Governing Rules**

1. All levels of YMCA Youth Baseball are governed by the current rules and regulations of the Georgia High School Association (GHSA) Constitution and By-Laws, Georgia Recreation and Parks Association (GRPA) Athletic Manual, National Alliance for Youth Sports (NAYS) and YMCA exceptions found herein.
2. Courtesy Runners
  - a. After two outs have been recorded the catcher may be rewarded a courtesy runner.
  - b. Prior to two outs being recorded, the pitcher and catcher must run the bases for themselves.
3. All players present at game time will be listed in the batting line-up and will bat at the appropriate time.
  - a. Player numbers and positions must be written on every line-up card.
  - b. A player that shows up after the start of the game will be inserted at the bottom of the line-up.
4. Free substitution is permitted on defense. It is mandatory that coaches rotate substitutes every inning to assure adequate playing time for all players.
  - a. A player is not allowed to be a substitute for consecutive innings.
  - b. Any head coach who does not follow the mandatory play rules as listed above is subject to forfeiture of that game and a one game suspension.

#### **Section B – Length of Games**

1. A regulation game shall consist of:
  - a. Bronco – 5 innings or 1 hour and 15 minutes.
  - b. Pinto – 6 innings or 1 hour and 30 minutes (clock paused after 2<sup>nd</sup> inning to setup machine on field).
  - c. Junior Pony – 6 innings or 1 hour and 45 minutes.

- d. Pony – 7 innings or 2 hours.
  - e. **All leagues:** If there is 5 minutes or less remaining on the time limit **after the third out is made**, a new inning will not start. The umpire and scorekeeper will be the official time keepers. If an umpire allows an inning to begin, that inning must finish provided none of the mercy rules are in effect.
2. In the event of a tie at the end of the inning limit, additional innings will be played until remaining time on clock has elapsed. (Example: Pinto league. Teams are tied at the end of the 6<sup>th</sup> inning, but only 50 minutes have elapsed. Teams will continue to play until a winner is decided or until time runs out.)
  3. If a game is called for any reason prior to the expiration of time limit (ex. weather, lighting malfunction, etc.), the game will be recorded as official if:
    - a. Bronco – 3 innings have been played or after 2.5 innings the home team is ahead.
    - b. Pinto – 3 innings have been played or after 2.5 innings the home team is ahead.
    - c. Junior Pony – 4 innings have been played or after 3.5 innings the home team is ahead.
    - d. Pony – 5 innings have been played or after 4.5 innings the home team is ahead.
    - e. In the event that a game is called prior to reaching the aforementioned lengths, it shall be declared no contest or replayed from the beginning IF the dates are available.
    - f. Pitch counts will be counted regardless.
  4. The score of a forfeited game shall be recorded as 7-0.
  5. A game will be considered complete after 5 innings and an 8 run differential, 4 innings and a 12 run differential or 3 innings and a 15 run differential. This includes playoff and championship games.
  6. **In the event that the run rule is in effect, but all players on the losing team have not batted, the game is declared official. However, the winning team will remain on defense until all players on the losing team have batted. Upon completion of everyone on the losing team batting, play is stopped.**
  7. Championship game time limits and rules:
    - a. Mercy Rules will be in effect.
    - b. If the championship game is tied at the end of regulation, the International Tie-breaker will be in effect. (The International Tie-Breaker is not sudden death. The home team will have last at bat.)
      - i. The last player with an official at-bat will be placed on second base to begin the inning.
      - ii. The inning will start with a 0-0 count and zero outs.
      - iii. This will continue until a winner is determined.
    - c. In the event that the championship game is called prior to the inning limits listed in Article II, Section B, Rule 3a-d, it will be replayed from the beginning. (Pitch Counts will be counted regardless.)

### Section C – Special Provisions

1. Shorthanded Rule – Clarifications
  - a. To start a game:
    - i. A game may begin or finish with one less than required to start.
    - ii. The vacant position must be listed last in the batting order.
    - iii. **An out will be recorded when the vacant position in the batting order is scheduled to bat when less than 9 players.**
  - b. To continue a game once started with a full team listed on the line-up card:
    - i. If a team begins with the required number of players as listed, that team may continue a game with one less player than is currently in the batting order whenever a player leaves the game for any other reason than ejection.
    - ii. If playing shorthanded and a substitute arrives, the substitute must be inserted immediately into the vacant spot. If the substitute refuses to enter for any reason, that player becomes ineligible for the remainder of the game.
2. If a player is removed from the game due to injury, a substitute is allowed to be inserted into the injured player's position.

- a. If an umpire removes a player from competition due to injury, the player is not permitted for re-entry into the game.
- b. If a coach removes a player from competition due to injury, the player is permitted to re-enter the game, per substitution rules.
3. Home team is listed first on schedule and will occupy first base dugout.
4. If a player or coach is ejected, he must sit out the remainder of the game which ejected from and the following game unless otherwise stated by a YMCA official.
5. Charged Conferences:
  - a. Each team when on defense may be granted no more than three (3) conferences during a game without penalty, to permit a coach or his representatives to confer with a defensive player or players, including his pitcher. A request for time for an obviously incapacitated player shall not constitute a charged conference, nor shall a conference be charged whenever a pitcher is removed. In extra inning games, a team on defense may have one (1) conference per inning without penalty.
    - i. The penalty for using conferences in excess of times listed above shall be removal of the pitcher from the pitching position for the remainder of the game.
  - b. The umpire shall deny any subsequent defensive team's request for charged conference in 8&Under / 10&Under baseball with machines.
  - c. Each team, when on offense, may be granted not more than one (1) charged conference per inning to permit the coach or any of that team's members to confer with base runners and/or batter.
6. Sliding:
  - a. There will be no head first slides, excluding pick off attempts. The result of a head first slide will be an out.
  - b. An offensive player approaching a bag should attempt to slide if a defensive player, who is attempting to make a play on the offensive player, is within three feet of the base. An offensive player who violates this rule will be called out.
  - c. Any attempt by an offensive player to dislodge the ball while running or sliding will result in an out and the player may be ejected.
7. **\*Umpire will have last judgement on all calls\***

### *Article III – Equipment*

#### **Section A – Approved Equipment**

1. Shoes are mandatory for play in all divisions. Rubber-molded, cleated shoes are approved for use. Steel spikes are not allowed in any division.
2. The official bat should be round and made of wood, metal or other material acceptable for batting as approved by rules governing play in the GHSA. Regulation aluminum bats which meet USA Baseball standards are permitted in all divisions.
  - a. **8&U, 10&U and 12&U-** Only bats certified under USABat featuring the USA Baseball's mark will be authorized for play. One piece wooden bats are permitted even without the mark. "Reference usabaseball.com"- Following the implementation of the new standard, metal and composite bats must feature the USABat certification mark to be authorized for play in youth leagues within the participating National Member Organizations. Solid, one piece wood bats may be used with or without the USA Baseball mark.



- b. **15&U-** All bats must meet the standards set by the National Federation of High School Sports and The Georgia High School Association. Bat shall not weight numerically more than 5 ounces less than the length of the bat. Length cannot be more than 36 inches and barrel diameter no thicker than 2 5/8 inches. All Bats must include marking of BB-COR are required.
- 3. Umpires will check bats before every game and the penalty for use of illegal bat is as follows:**
  - a. **1<sup>st</sup> offense of season:** Batter is out. (upon receiving the first pitch)
  - b. **2<sup>nd</sup> offense of season:** Head Coach is ejected for remainder of game.
  - c. **3<sup>rd</sup> offense of season:** Forfeiture of current game.
- 4. The official ball shall be a sphere formed by yarn wound around a small core of cork, rubber, or similar material and covered with two strips of white horsehide or other authorized material tightly stitched together.
- 5. Regulation home plate, pitcher's rubber and bases shall be used.
- 6. Gloves and/or mitts may be worn by any player. Pitcher's gloves must be one color and can be neither white nor gray. Pitcher's are prohibited from wearing tape or foreign material on the fingers or palms.
- 7. Catchers must wear full protective equipment including mask with throat protector, protective cup in an athletic supporter, body protector and shin guards. The catcher's helmet shall be designed to give protection to the temples and the base of the skull as well as the top of the head.
  - a. Equipment is subject to inspection by umpire.
  - b. An umpire will not allow a player to participate unless he is fully equipped.
- 8. Players in all YMCA baseball leagues must wear a protective helmet equipped with facemask and an optional chinstrap while batting, running bases and while on deck. This helmet shall be designed to give protection to the temples and base of skull.
  - a. Players must be inside dugout before removing helmet.
  - b. Failure to abide by the equipment rules while on offense will result in the player being out.

### **Section B – Uniforms**

- 1. In Bronco, Pinto, Junior Pony and Pony, the uniform shall include baseball stockings, caps and jerseys.
- 2. Players in all leagues are required to wear uniforms for all games. Jerseys should remain tucked in for the duration of the game.
- 3. Coaches are encouraged to stress the importance of rubber-molded cleats, socks, pants, belt, jersey and cap.
- 4. Pitchers must pitch with cap.
- 5. Coaches will dress appropriately and accordingly setting a good example for all participants.

### **Section C – Playing Field Requirements**

- 1. Distance between Bases
  - a. Bronco – 60 feet
  - b. Pinto – 60 feet
  - c. Junior Pony – 65 feet
  - d. Pony – 80 feet
- 2. Pitching Distances
  - a. Bronco – 46 feet
  - b. Pinto – 46 feet
  - c. Junior Pony – 50 feet
  - d. Pony – 54 feet

*Article IV – League Specifics*

**Section A - Bronco Rules**

1. All players present for game shall be listed in the batting line-up and will bat at the appropriate time. Any player that shows up late shall be inserted at the bottom of the batting lineup.
2. Free substitution on defense is permitted. It is required that coaches rotate substitutes every inning to assure adequate playing time for all players. (Penalty for Substitute infraction is forfeiture of game and one game suspension for the Head Coach.)
3. There will be an 8 run limit per inning for each team on offense.
4. Ten players are allowed on defense with the utilization of a fourth outfielder. **All outfielders must start play at the same depth.**
5. All pitching will be done by an electric powered pitching machine.
6. Ball speed shall be approximately 40 miles per hour.
7. Umpire will feed machine. This person will be responsible for any adjustments to machine and for presenting ball to batter prior to feeding machine.
8. When a ball hits the pitching machine or umpire regardless if it is thrown or batted the play is dead. The batter is automatically awarded 1st base and the base runners will only move up to the next base, if forced. If a thrown ball hits the machine or umpire feeding the machine, each base runner is awarded a base per judgment by the umpire.
9. Player in pitcher's position must be within 6 feet of pitching plate, but never closer than 46 feet of home plate when pitch is delivered.
10. NO stealing is allowed.
11. Base runners(s) must remain in contact with the base until the ball is hit. Failure to do so results in an out and no pitch on the batter.
12. If the first throw becomes an **overthrow**, each base runner may advance one base at their own risk.
13. **When the ball reaches an infield player, it becomes a dead ball and all play stops immediately. All non-committed base runners must return to the previously occupied base. However, if the umpire feels that the runner would have easily reached the next base, he can allow that runner to stay at the next base. Example: Batter hits a ball in the left center field gap. The center fielder cuts the ball off and throws it back in.**
14. NO base on balls allowed. Count remains 3 and 2 until ball is hit or a strike-out occurs.
15. NO bunting is allowed.
16. **GRPA Restrictive Line:**
  - a. **No infielder will be allowed in front of the 46' safety line before the ball is delivered by the pitching machine.**
  - b. **No outfielder will be allowed in front of the 60' safety line before the ball is delivered by the pitching machine.**
    - i. **1<sup>st</sup> offense/violation of the rule is Delayed dead ball and the batting team having the choice of the result of the play or no pitch will be declared**
    - ii. **2<sup>nd</sup> offense/violation is a team warning**
    - iii. **3<sup>rd</sup> offense/violation the head coach is ejected from the game (follow YMCA rules on in game ejection)**
17. Base coaches at first and third base are permitted for the offensive team. Remainder of coaches must be inside the dugout.
18. **Only two (2) defensive coaches may stand close to fence but behind 1<sup>st</sup> base (between beginning of dugout area and the end of the infield dirt). Remainder of coaches must be inside the dugout.**

19. Heckling of the batter by the catcher will not be allowed. If heckling occurs and is reported by the opposing coach, the umpire will issue ONLY ONE warning to both the catcher and the head coach. PENALTY- catcher will be removed from catching position.
20. Infield fly-rule is not in effect.

## **Section B – Pinto Rules**

### **Live Arm Pitching:**

-Pitching will be done by a youth pitcher first two innings of each game. Remainder of the game will be done by an electric powered pitching machine.

-A player may pitch only two full innings a week.

- The maximum number of pitches that can be thrown from Monday – Saturday is **55 pitches or 2 innings per player**. If a pitcher throws less than 31 pitches in game one, they are eligible to pitch in game two but the pitch count will be a cumulative total for the day. If a pitcher throws 31 or more pitches in a game and is removed from the mound, they are not eligible to return to the mound in the same game or until their required rest period is fulfilled. EXCEPTION: If the pitch limit is reached during an at bat, the pitcher may continue to pitch until the batter has reached base or has been declared out and/or the third out is made to complete the half inning, at which time the pitcher must be replaced. The pitch count should continue to be documented as long as the pitcher is on the mound. **A pitcher who throws 30 or less pitches in a day requires no rest period. A pitcher who throws more than 31 pitches in a day requires 2 calendar days of rest.**

\* **Travel ball pitchers are allowed to throw a maximum of 30 pitches per week (Arm safety)\***

- **Once a batter receives four (4) balls and is awarded first base, they may not advance beyond first base.**

- Butting is allowed

### **Machine Pitch:**

-Umpire will feed machine. This person will be responsible for any adjustments to machine and for presenting ball to batter prior to feeding machine.

-Machine ball speed shall be approximately 44 miles per hour.

1. When a ball hits the pitching machine regardless if it is thrown or batted the play is dead. The batter is automatically awarded 1<sup>st</sup> base and the base runners will only move up to the next base, if forced. If a thrown ball hits the machine or umpire feeding the machine, each base runner is awarded a base per judgment by the umpire.
2. The player in pitcher's position must be within 6 feet of pitching plate, but never closer than 46 feet of home plate when pitch is delivered.
3. **GRPA Restrictive Line:**
  - a. **No infielder will be allowed in front of the 46' safety line before the ball is delivered by the pitching machine.**
  - b. **No outfielder will be allowed in front of the 60' safety line before the ball is delivered by the pitching machine.**
    - i. **1<sup>st</sup> offense/violation of the rule is Delayed dead ball and the batting team having the choice of the result of the play or no pitch will be declared**
    - ii. **2<sup>nd</sup> offense/violation is a team warning**
    - iii. **3<sup>rd</sup> offense/violation the head coach is ejected from the game (follow YMCA rules on in game ejection)**
4. NO bunting is allowed.
5. NO base on balls allowed. Count remains 3 and 2 until ball is hit or a strike-out occurs.
6. NO walk when hit by pitch

### **General (Both Live Arm & Machine Pitch):**

1. 10 players are allowed on defense with the utilization of a fourth outfielder.

2. Stealing is allowed with the following limitations:
  - a. A player cannot steal home. **\*\*\*May advance home only on a pass ball\*\*\***
  - b. A base runner must remain in contact with the bag until the ball reaches the catcher or passes home plate (penalty results in an out).
7. Overthrow Rules:
  - a. If the 1<sup>st</sup> throw is an overthrow, the one base restriction limit applies (other than runner stealing).
  - b. If the 2<sup>nd</sup> throw is an overthrow, there is no advancing.
  - c. There is no advancing on an overthrow from the catcher back to the pitcher (automatic deadball).
8. When the pitcher is in firm possession of the ball on the mound, all base runners must return to the base that they previously occupied.
9. Base coaches are permitted at first and third base for the offensive team. Remaining coaches must remain inside the dugout
10. Only two (2) defensive coaches may stand close to fence but behind 1<sup>st</sup> base (between the beginning of dugout area and the end of the infield dirt). Remainder of coaches must be inside the dugout.
11. Heckling of the batter by the catcher will not be allowed. If heckling occurs and is reported by the opposing coach, the umpire will issue ONLY ONE warning to both the catcher and the head coach. PENALTY- catcher will be removed from catching position.
12. Infield fly rule is in effect.

## Section C – Junior Pony

### Pitching:

**The maximum number of pitches that can be thrown in a game is 75 pitches.** If a pitcher throws less than 31 pitches in game one, they are eligible to pitch in game two but the pitch count will be a cumulative total for the day. If a pitcher throws 31 or more pitches in a game and is removed from the mound, they are not eligible to return to the mound in the same game or until their required rest period is fulfilled. EXCEPTION: If the pitch limit is reached during an at bat, the pitcher may continue to pitch until the batter has reached base or has been declared out and/or the third out is made to complete the half inning, at which time the pitcher must be replaced. The pitch count should continue to be documented as long as the pitcher is on the mound. **A pitcher who throws 30 or less pitches in a day requires no rest period. A pitcher who throws 31 – 60 pitches in a day requires one calendar day of rest. A pitcher who throws 61 – 75 pitches in a day requires two calendar days of rest.**

-Balk rules are in effect.

1. All players present for game shall be listed in the batting line-up and will bat at the appropriate time. Any player that shows up late shall be inserted at the bottom of the batting lineup.
2. Free substitution on defense is permitted. All players are required to bat once per game and it is required that coaches rotate substitutes every inning to assure adequate playing time for all players. (Penalty for Substitute infraction is forfeiture of game and one game suspension for the Head Coach)
3. Leading off and base stealing is permitted.
4. Three strikes constitute an out and a batter is allowed to run if the catcher misses or drops the third strike. Other runners may advance at their own risk.
5. Bunting is allowed.
6. **It is illegal for a batter to square to bunt and then draw back his bat and swing away at the pitch, commonly known as the Butcher Rule AKA Slap Bunt.**
  - a. **Penalty results in an out and all runners must return to base occupied at the time of pitch.**
7. Base coaches are permitted at first and third base for the offensive team. Remaining coaches must be inside the dugout.
8. Only two (2) defensive coaches may stand close to fence but behind 1<sup>st</sup> base (between the beginning of dugout area and the end of the infield dirt). Remainder of coaches must be inside the dugout.

9. Heckling of the batter by the catcher will not be allowed. If heckling occurs and is reported by the opposing coach, the umpire will issue ONLY ONE warning to both the catcher and the head coach. PENALTY- catcher will be removed from catching position.
10. Infield fly rule is in effect.

## Section D – Pony Rules

### Pitching:

**-The maximum number of pitches that can be thrown in a game is 105 pitches.** If a pitcher throws less than 41 pitches in game one, they are eligible to pitch in game two but the pitch count will be a cumulative total for the day. If a pitcher throws 41 or more pitches in a game and is removed from the mound, they are not eligible to return to the mound in the same game or until their required rest period is fulfilled. EXCEPTION: If the pitch limit is reached during an at bat, the pitcher may continue to pitch until the batter has reached base or has been declared out and/or the third out is made to complete the half inning, at which time the pitcher must be replaced. The pitch count should continue to be documented as long as the pitcher is on the mound. **A pitcher who throws 40 or less pitches in a day requires no rest period. A pitcher who throws 41 – 70 pitches in a day requires one calendar day of rest. A pitcher who throws 70 – 105 pitches in a day requires two calendar days of rest.**

-A starting pitcher may be removed from the mound, but can return once per game provided the pitcher does not violate the pitch count rule or the substitution rule.

-In the case of a suspended or forfeited game, the pitch count will still apply.

-Any pitcher shall be allowed a minimum of ten warm-up pitches regardless of whether or not he becomes the pitcher during or at the beginning of an inning. After the initial ten warm-up pitches, he may also be allowed additional warm-up pitches until such time the umpire believes the player's arm has warmed sufficiently.

-Balk rules are in effect.

-The penalty for violation of using a player to pitch who is not eligible to pitch will result in forfeiture of the game and suspension of the head coach for one game.

-A player who is in the game to pitch, but has no pitching eligibility remaining for that game, may be substituted for, if he hasn't pitched a pitch to avoid a forfeiture of the game even if he has warmed up. - One pitched ball an inning, counts as an inning pitched.

1. 15 year olds playing in the Pony league are allowed to pitch up to 50 pitches per game/100 per week.
2. Any of the starting players may withdraw and re-enter once, provided such player occupies the same batting position whenever he is in the line-up. A substitute who is withdrawn may not re-enter. EXCEPTION – A substitute may re-enter for an injured player if all other players have played to avoid playing with less than nine.
3. Free substitution on defense is permitted. All players are required to bat once per game and it is required that coaches rotate substitutes every other inning to assure adequate playing time for all players. (Penalty for Substitute infraction is forfeiture of game and one game suspension for the Head Coach)
4. At the start of the game, all available players on each team roster will be listed in the starting offensive batting lineup and bat in this order until all have completed one turn at bat. After all players in the initial batting lineup have batted once, the official offensive lineup will revert to the first nine or ten players listed in the original batting lineup for the remainder of the game. The players not listed in the first nine or ten batting positions will become official substitutes and will be eligible to return to the official batting line up at any time.
5. Three strikes constitute a strikeout and a batter is allowed to run if the catcher misses or drops the third strike. Other runners may advance at their own risk.
6. Bunting is allowed.
7. **It is illegal for a batter to square to bunt and then draw back his bat and swing away at the pitch, commonly known as the Butcher Rule AKA Slap Bunt.**



- a. Penalty results in an out and all runners must return to base occupied at time of pitch.**
- 8. Heckling of the batter by the catcher will not be allowed. If heckling occurs and is reported by the opposing coach, the umpire will issue ONLY ONE warning to both the catcher and the head coach. PENALTY- catcher will be removed from catching position.
- 9. Infield fly rule is in effect.

## Thomasville YMCA Rules

- All players present for game shall be listed in the batting line-up and will bat at the appropriate time. Any player that shows up late shall be inserted at the bottom of the batting lineup.
- Free substitution on defense is permitted. All players are required to bat once and it is mandatory that coaches rotate substitutes every inning in order to give adequate playing time to all players.
- Line-up cards will be given to the umpire or scorekeeper and to the opposing head coach prior to each game. Line-up cards should include name, number and defensive position. Once the line-up card is given to the umpire or scorekeeper, the line-up is final and changes can not be made without charge of a substitution.
- Game time will remain “start time” regardless if the teams are on the field to start play.
- All games will be followed by a prayer at home plate. The home team will be responsible for the prayer.
- The home team will occupy the first base dugout.
- The umpire and/or YMCA personnel have the authority to remove any player, coach or spectator who threatens the safety of the players or general well-being of the program. This may be done without warning. This includes, but is not limited to, excessive wildness by a pitcher.
- Any coach, player or spectator ejected from a game shall be suspended for the remainder of the game from which he/she was ejected from and the next game. All instances of misconduct will be reported to the Baseball Committee and further action will be taken if deemed necessary.
- Players selected to a particular team will be allowed to participate with only that team for the regular and post-season.
- Each team will be responsible for cleaning the field and their respective dugout following their game.
- Only players, managers and coaches of records, one batboy and scorekeeper are allowed in the dugout area. The coach and manager of record must be reported to the umpire prior to the game. Two defense coaches allowed outside of dugout but limited to dugout area at all times, unless there is a time out.
- While on offense a coach may occupy the proper box at first base and third base. The on deck batter may also be in the on deck circle. All other personnel shall remain in the dugout. A player is permitted to coach a base but must wear protective headgear while so doing.
- NO SMOKING OR THE USE OF ANY TOBACCO PRODUCTS, ALCOHOLIC BEVERAGES OR ANY OTHER UNLAWFUL SUBSTANCE IS PERMITTED IN THE DUGOUTS, ON THE PLAYING FIELD, OR IN THE IMMEDIATE AREA OF THE FIELD BEFORE, DURING OR IMMEDIATELY AFTER GAMES OR PRACTICES. COACHES SHOULD SMOKE ONLY IN THE PARKING LOT.
- Maximum participation of each team member is strongly encouraged. Coaches should place emphasis on fun, participation, fundamentals and excellent sportsmanship.

It is the mission of the Thomasville YMCA to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**\*Rules are subject to change as a YMCA official sees fit\***