



FOOTHILLS AREA YMCA

T-BALL Handbook

Updated February 2026

YMCA mission statement: The FOOTHILLS AREA YMCA is a nonprofit organization whose mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Youth Sports Philosophy

- Every child plays equally
- Promote the benefits of fitness and healthy lifestyles
- Develop sports skills
- Promote teamwork
- Values education
- Encourage family involvement
- Provide a safe environment
- Improve self-esteem and social development
- Promote character development: Caring, Respect, Honesty, and Responsibility.

Equipment

- Tennis shoes or soft studded molded cleats recommended.
- Personal helmet and glove needed. (Extra bats and helmets will be available to be shared if needed)
- Illegal or dangerous apparel:
 - Metal cleats of any type
 - Sharp or badly worn cleats
 - Jewelry, hard hairpieces, exposed buttons, zippers, other hard objects
- Splints or plaster casts are allowed at the discretion of the referee if sufficiently padded.
- Baseball pants preferred.

Number of Players per Team

- Minimum of 7 players per team and maximum of 12 players per team depending on the amount of players registered.
- Team rosters will be shared once regular registration has been completed.

Game Play

- One team will start on offense and one team will start on defense. All defensive players will be in the field. All offensive players will hit each inning and run to one base at a time with the last player "hitting a homerun" so bases are cleared.
- Then teams will switch and continue until game time has ended.

Umpires



- There will be no umpires for T-Ball games. Coaches will be encouraged to guide players through each inning.
- Each game will end in a tie.

Duration of Game

- All games will begin at 6:00 and end at 7:00. Please arrive 10-15 minutes in advance to meet with their team and go through a short warm up.

Field Size

- The field will be set to standard T-Ball size. With bases being 45 ft apart.

Washed-Out Games

- If games are canceled due to inclement weather, someone will be at the YMCA front desk at least 60 minutes before the first scheduled game with the necessary information.
- A decision will be made 60 minutes before your scheduled game. Each coach to play at that time will be contacted via phone with the update.
 - If you are in doubt of whether your game is canceled, please contact the YMCA front desk to obtain information.
 - Because it is raining at your location does not necessarily mean it is raining at the YMCA, so please call.
- In the case of bad weather breaking out within 60 minutes of your game or during a game, the Coordinator holds the right to cancel the games. If this happens, the games will be rescheduled on another date by the Sports Director, unless the first half is already completed. If the first half is completed, the game will stand as the final.
 - **Games will be rescheduled during a practice day, if possible.**
 - the current YMCA policy is to schedule 8 games during a season. We will try our best at rescheduling games unless time/weather restrains us from doing so. We guarantee at least 6 games.

Abandoned Games

- The Coordinator reserves the right at any time to abandon a game (call stoppage of play and leave the field) under the following conditions:
 - A failure by a coach, spectator, or player to heed the warnings given by the Coordinator regarding improper conduct.
 - Extreme climatic conditions in which the playing conditions have become unsuitable, or the possibility of danger exists to players, coaches, spectators, etc.
- If a game is abandoned after the first half is completed, the game will be considered final.
- If a game is abandoned due to climatic conditions before the first half is completed, the game will be rescheduled.

Improper Conduct

Players are expected to:

- Show respect and sportsmanship to all participants, including teammates, coaches, opponents, and spectators.
- Follow team and league rules and guidelines.
- Maintain a positive and cooperative attitude.
- Refrain from using offensive or discriminatory language, gestures, or actions.
- Avoid engaging in disruptive, aggressive, or violent behavior.

Spectator Conduct



- **All spectators** must remain on the opposite side of their respective teams. "Team Parents" who are assisting the coach with drinks and snacks may sit on the team bench with the coach's approval.
- Positive team support is encouraged. **Offensive language or behavior will not be tolerated.** This includes making comments to the officials, players, or coaches.
- Each coach is responsible for the conduct of all persons on his/her team or supporting his/her team.
- A spectator may be warned by the T-Ball Coordinator at which time the Coordinator will also notify the coach that a warning has been given to one of their team's supporters. Further disruptive behavior improper conduct after a second warning will result in spectator ejection from the game and possible abandonment of the game by the Coordinator.

Entering Field of Play

- Coaches of the team playing defense will be in the field to help instruct the players in what to do with the ball.
- Coaches of the team playing offense will be helping set up the tee to make sure the area around the player is safe before they hit. As well as making sure that the players run to each base.
- **Only coaches will be allowed to be in the field of play.**

CHILD SAFETY

Youth Consumer Code of Conduct

The Code of Conduct for Youth outlines specific expectations of youth.

Abuse or Mistreatment

The YMCA's top priority is keeping youth safe. Any form of abuse or mistreatment of youth, employees, and volunteers is prohibited. Youth shall not abuse or mistreat employees, volunteers, or other youth in any way. Use of abusive, obscene or profane language, including racial, religious, gender, or sexual references directed at other people will not be tolerated.

Youth shall not engage in verbal or emotional abuse or mistreatment of other youth, employees, or volunteers.

<i>Appropriate Verbal Interactions for Adolescent and Teenage Youth</i>	<i>Inappropriate Verbal Interactions for Adolescent and Teenage Youth</i>
<ul style="list-style-type: none"> • Appropriate jokes • Encouragement • Praise 	<ul style="list-style-type: none"> • Name-calling • Bullying or Hazing • Ridicule or Humiliation • Discussing Sexual Behaviors • Cursing • Sexual Jokes • Shaming or Belittling • Derogatory remarks • Harsh language that may frighten, threaten, or humiliate other youth • Derogatory remarks about another youth or their family • Comments relating to physique or body development • Inappropriate games like <i>Truth or Dare</i> and <i>Never Have I Ever</i>

Youth shall not engage in the physical abuse or mistreatment of other youth, employees, or volunteers.

Appropriate Physical Interactions for Adolescent and Teenage Youth	Inappropriate Physical Interactions for Adolescent and Teenage Youth
<ul style="list-style-type: none"> • Side hugs • Shoulder-to-shoulder or “temple” hugs • Pats on the shoulder or back • Handshakes • High-fives and fist bumps • Pats on the head when culturally appropriate • Touching hands, shoulders, and arms • Arms around shoulders 	<ul style="list-style-type: none"> • Full-frontal hugs • Kisses • Showing affection in isolated areas • Lap sitting • Wrestling or Piggyback rides • Tickling • Exposing private parts of the body • Any type of massage given by or to a youth • Any form of affection that is unwanted by the youth or the staff or volunteer • Touching bottom, chest, or genital areas • Hitting, Spanking, Shaking or Slapping • Unnecessary restraints • Viewing or showing others pornographic materials

Personal Relationships

Appropriate personal relationships between youth are encouraged. However, the YMCA strongly discourages romantic relationships between youth while in programming. Youth are not permitted to hold hands, sit on others’ laps, use full-frontal hugs, or kiss other youth while in programming.

One-on-one Interactions

Most abuse occurs when an adult is alone with a youth, or when a youth is alone with another youth. The YMCA aims to eliminate or reduce these situations and prohibits private one-on-one interactions unless approved in advance by the YMCA administration. If you observe one-on-one interactions between employees and youth, you should report this to the program director or call/email a Child Protection Committee member at 864-280-7658 or abuseconcerns@faymca.org. You can also call an anonymous helpline at 855-347-0751.

Electronic Communication

The Y takes very seriously its obligation to protect children. Y staff should not have contact or communication with minors (under age 18) who participate in Y programs outside of Y work time. With today’s electronic communication options (e-mail, text messages, blogging, social networking sites) it is more important than ever that all employees understand the Y’s policy on such contact or communication in order to protect youth and staff.

For purposes of this policy a “youth” is anyone under eighteen (18) years of age who participates in YMCA programs or whom a YMCA employee has met through YMCA programs.

a. Communication Guidelines

1. Employees should not initiate personal phone calls with or receive personal phone calls from youth. A call is considered “personal” if it does not involve both a Y phone and Y specific subject matter. When employees receive calls from youth and/or regarding a non-Y subject, this must be immediately reported to a supervisor.
2. Text messaging with youth is not permitted. If an employee receives a text message from a youth, a supervisor must immediately be made aware.



3. Employees must not share any personal email addresses or instant message names or nicknames with youth. Employees should not initiate or respond to e-mail or instant messages from youth while using any personal (non-Y) connection to the internet.
4. Use of social networking sites to communicate with youth is only permitted if done through a Y- sponsored or approved site. No personal blog or social networking site should be used. Any website or blog maintained by an employee should not have pictures or make reference to any youth, and employees should not request or accept to be linked as “friends” or connections with youth in social networking sites.
5. Communication between employees and youth should only be through YMCA e-mail accounts and phones, any such communication with youth should be immediately reported to the employee’s supervisor.

Youth will comply with the YMCA’s policies governing the use of cell phones. Youth are not permitted to access or share cell phones with other youth while in programming.

Alcohol, Drugs, and Tobacco

Possession and/or use of alcoholic beverages, drugs, and tobacco products (including e-cigarettes/vapes) while at the YMCA or while engaged in the YMCA’s programming is strictly prohibited. Youth will not be permitted to participate in any program while under the influence of alcohol, drugs, or illicit substances. Possession of these substances will result in confiscation and/or disciplinary action, up to and including, dismissal from the program. Parents/guardians will be notified as appropriate.

Weapons

We want the YMCA to be a safe place for employees, volunteers, and youth. Weapons and items that may be considered weapons are prohibited. This includes laser pointers. Possession of these items will result in confiscation and/or disciplinary action, up to and including, dismissal from the program. Parents/guardians, and/or the authorities will be notified as appropriate.

Violence

The YMCA seeks to provide a safe environment for youth, employees, and volunteers in our community. Violence and threats of violence including but not limited to destruction of property, bullying, physical fighting, and assault, will not be tolerated at the YMCA, on our grounds, in organization facilities, in other facilities being utilized by the YMCA, or during YMCA sponsored activities and events. Employees are available to assist in the resolution of differences. Engaging in violence will result in disciplinary action, up to and including, dismissal from the program. Parents/guardians will be notified as appropriate.

Disruptive Behavior

We take pride in the appearance of the YMCA, and we always want to ensure youth are safe. Inappropriate or disruptive behavior is not permitted in the YMCA. This includes, but is not limited to, graffiti, littering, spitting, or throwing objects that could intentionally or unintentionally harm others or cause disorder. Engaging in disruptive behavior will result in disciplinary action, up to and including, dismissal from the program. Parents/guardians will be notified as appropriate.

Bullying

The YMCA will not tolerate the mistreatment or abuse of one youth by another youth. Bullying is aggressive behavior that is intentional, repeated over time, and involves an imbalance of power or strength. Bullying can take on various forms including:

1. *Physical bullying* – when one person engages in physical force against another person, such as by hitting, punching, pushing, kicking, pinching, or restraining another.
2. *Verbal bullying* – when someone uses their words to hurt another, such as by belittling or calling another hurtful name.
3. *Nonverbal or relational bullying* – when one person manipulates a relationship or desired relationship to harm another person. This includes social exclusion, friendship manipulation, or gossip. This type of bullying also includes intimidating another person by using gestures.
4. *Cyberbullying* – the intentional and overt act of aggression toward another person by way of any technological tool, such as email, instant messages, text messages, digital pictures or images, or website postings (including blogs). Cyberbullying can involve:
 1. Sending mean, vulgar, or threatening messages or images.
 2. Posting sensitive, private information about another person.
 3. Pretending to be someone else in order to make that person look bad.



4. Intentionally excluding someone from an online group.
5. Hazing – an activity expected of someone joining or participating in a group that humiliates, degrades, abuses, or endangers that person regardless of that person's willingness to participate.
6. Sexualized bullying – when bullying involves behaviors that are sexual in nature. Examples of sexualized bullying behaviors include sexting, exposing private body parts, creating or sharing images or videos involving private body parts or sexualized material (including artificially generated materials), and utilizing sexualized language or innuendos.

Anyone who sees an act of bullying, and who then encourages it, is engaging in bullying. This applies to all youth, employees, and volunteers. Engaging or participating in bullying will result in disciplinary action, up to and including, dismissal from the program. Parents/guardians will be notified as appropriate.

Reporting

Because the YMCA is dedicated to maintaining zero tolerance for abuse, it is imperative that everyone, including youth, actively participate in creating a safe environment. If any employee, volunteer, or youth observes suspicious or inappropriate behaviors and/or policy violations by an employee, volunteer, or other youth, that person must report their observations. Remember, at the YMCA, the policies apply to everyone. Reports will be taken seriously and investigated in the manner described in this policy.

Examples of Suspicious or Inappropriate Behaviors Between Employees/Volunteers and Youth

1. Violation of this policy or any abuse prevention policies outlined by the YMCA
2. Seeking private time or one-on-one time with youth(s)
3. Privately communicating with youth(s) via electronic communication or social media
4. Buying gifts for individual youth(s) or their parents
5. Making suggestive comments to youth(s)
6. Picking favorite youth

Youth are encouraged to report concerns or complaints about employees, volunteers, or other youth to a Child Protection Committee Member who can be reached at 864-280-7658 or the anonymous helpline at 855-347-0751.

Policy Prohibiting the Abuse or Mistreatment of One Youth by Another Youth

The Foothills Area YMCA has zero tolerance for abuse, mistreatment, or sexual activity among youth within the YMCA. The YMCA is committed to providing all youth with a safe environment and will not tolerate the mistreatment or abuse of one youth by another youth. Conduct by youth that rises to the level of abuse, mistreatment, or sexual activity will result in intervention or disciplinary action, up to and including, dismissal from the program.

In addition, the YMCA will not tolerate any behavior that is classified under the definition of bullying, and to the extent that such actions are disruptive, the YMCA will take the necessary steps to eliminate such behavior.

Procedure for Parent/Guardians and Youth to Report Concerns

The YMCA believes youth, and parents/guardians have valuable thoughts and insights to share regarding our operations. Accordingly, the YMCA encourages youth and parents/guardians to share opinions, suggestions, concerns, and/or questions about our policies, personnel, and/or other matters impacting the YMCA.

In general, the best person to initially bring opinions, suggestions, concerns, and/or questions to is the program Director. However, to the extent the concerns relate to the program Director, or to the extent a youth or parent/guardian believes the program Director did not fully address a matter, youth and parents/guardians may direct their opinions, suggestions, concerns, and/or questions to the next level of management or directly to Executive Branch Leadership.

To remedy concerns that appear to have been ignored or unresolved after initial reporting, utilize this formal procedure to report concerns. This procedure provides for a timely, thorough and objective investigation of the following concerns:



- _____ Inappropriate or suspicious behavior by employee(s)/volunteer(s);
- _____ Inappropriate or suspicious behavior by youth;
- _____ Inappropriate or suspicious behavior by a youth's parent/guardian in program
- _____ Retaliation; and/or;
- _____ Whistleblower complaints.

Written Complaint Required for Formal Process

Verbal concerns are encouraged, particularly for issues that may be easily and expeditiously resolved, but a written complaint is required to initiate this formal concern process.

To ensure a timely and effective response, concerns should include the following information to the extent possible:

1. The name(s) of individual(s) involved;
2. The date(s) the behavior occurred;
3. The name(s) of any known witness(es);
4. A summary of the conduct meriting the concern including:
 1. The behavior complained of and/or the alleged policy or legal violation(s);
 2. Direct quotes when relevant and available; and
 3. Any relevant documentation.
5. The remedy sought by the youth or parent/guardian sharing the concern.

Anonymous Reporting

Should you wish to make an anonymous report, please call the Praesidium hotline at 855-347-0751. Your report will be collected by a Praesidium representative and then reported to the Foothills Area YMCA, completely anonymously.

Timeline

Youth or parents/guardians who themselves have a concern or who are aware of behavior meriting a complaint, must provide the above-described written concern via email to the program Director within 5-10 business days. The program Director will meet with the youth or parent/guardian to hear their concern and attempt to resolve the complaint within 10-15 business days.

Following that meeting, the program Director will provide a brief written response to the youth or parent/guardian who brought the concern no later than 10-15 business days that includes brief written findings on the issues raised and relief sought.

If the youth or parent/guardian is not satisfied with the written response, the individual who brought the concern may submit an appeal to a Branch Executive no later than 10-15 business days. The Branch Executive will meet with the youth or parent/guardian to hear their concern and attempt to resolve the complaint within 10-15 business days.

Following that meeting, the Branch Executive will provide a written response to the youth or parent/guardian who brought the concern no later than 10-15 business days that includes brief written findings on the issues raised and relief sought.

The CEO is the final arbiter of reported concerns at the YMCA.

Investigation

The program Director, Branch Executives and/or the CEO will thoroughly investigate the issues raised in the concern and will protect the privacy and confidentiality of all parties involved to the extent possible by law. All parties must cooperate with the investigation.



If the YMCA determines a violation of policy or law has occurred, the YMCA will take appropriate action, up to and including termination and notification of external authorities.

Retaliation

The YMCA strictly prohibits retaliation against youth and/or parents/guardians for reporting, filing, testifying, assisting, or participating in any manner in any investigation, proceeding or hearing conducted by the YMCA or a federal or state law enforcement agency or court. Youth and/or parents/guardians should report any suspected retaliation to the program Director, Branch Executives, and/or CEO immediately after becoming aware of it. Any report of retaliatory conduct will be objectively, timely and thoroughly investigated. If a report of retaliation is found to be valid, the YMCA will take appropriate remedial action, up to and including discharging the individual(s) responsible. The YMCA will not retaliate against any youth or parent/guardian for raising a concern and will not knowingly permit retaliation by management or other employees.

Publication and Communication to Youth and Parents/Guardians

This Procedure for Youth and Parents/Guardians to Report Concerns must be shared with all youth and parents/guardians annually and must be included in any organization handbook or manual. Any changes to this policy will be communicated in writing to youth and parents/guardians via email on file.

Babysitting and Outside Contact

The Foothills Area YMCA does NOT permit employees to provide babysitting or other services to families or children they meet in YMCA programs. In addition, our staff cannot provide transportation in a personal vehicle or be in contact with children outside of YMCA programs. This includes non-program related emails, texting, phone calls, letters, and contact over the internet. Such policies are designed to protect children and staff from child abuse and/or false allegations. Parents/Guardians are asked to report any violation of this policy to YMCA management.