Baseball is a sport with a long history of superstition. From the Curse of the Bambino to some players’ refusal to wash their clothes or bodies after a win, superstition is present in all parts of baseball. Many baseball players — batters, pitchers, and fielders alike — perform elaborate, repetitive routines prior to pitches and at bats due to superstition. Rituals are predominantly practiced in baseball because of winning streaks. Players will recreate events that preceded a winning game down to the smallest detail to prompt a win. They vary from things like a lucky bat, meals eaten before a game, or taking measures to avoid bad luck.

There are common superstitions practiced in baseball by players during a baseball game that are thought to bring luck:

- Never step on the chalk lines coming on or off the field.
- Never talk about a no-hitter or perfect game when a game is in progress.
- Players eat a specific meal before a game.
- Flipping a rally hat inside out to start a rally (for both teammates and fans) as it brings good luck to a team in the last inning.
- Leave pitcher alone on day of the start.
- Lucky bats and gloves.
- Repetitive routine before every pitch/at-bat.