



## Shetland League Rules

The following rules apply to all Shetland League games. All other rules governing Frankfort Boys Baseball are contained in the Official Pony League Rule Book.

1. Three inning game with no extra innings. Weather and time permitting, three complete innings should be played or a 1 hour time limit.
2. Each player will play a field position every inning, with each team utilizing five Infielders, and all others in the outfield. Note the catching position should not be used for the Shetland League.
3. Two adult Coaches from the team in the field should be positioned in the field to assist Players in the infield and outfield.
4. Two adult Coaches from the team batting should be positioned at First and Third Base Coaches to assist the players in base running.
5. A continuous batting order will be utilized. Each player will bat before the inning is completed, regardless of the number of outs made by the Team at bat. The batter and each base runner must have a helmet on at all times. When coach pitch is implemented the batter must wear a helmet with a face guard.
6. All batting shall be accomplished from an adjustable "Tee" at home plate. The "Tee" is to be used for the entire duration of the season for all players. There will be no coach pitching allowed at any point during the season at the Shetland level.
7. An adult Coach shall place the ball on the tee for the Batter after determining that the defensive players are in position and ready. This Coach will assist the Batter and determine if a batted ball is playable (i.e., if fair territory and at least 15 feet in front of home plate).
8. No bunting. The ball must be hit 15 feet beyond home plate to be playable.
9. There will be no strikeouts. The players must hit the ball into play.
10. Bases will be 50 feet apart.
11. No lead-offs or stealing.
12. Base runners will not advance once the ball is in the dirt portion of the infield, and is under control by a Fielder. Note: Fielder can be either an Infielder or an Outfielder.



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13. Umpires will be Coaches and/or adults from the audience.
14. Bats may have a maximum 2¼ inch barrel for all material except wood. A wood bat may have a maximum 2 3/8 inch barrel due to variance of the manufacturing process.
15. Except as noted herein, normal baseball rules will apply.
16. WEATHER-Both managers, coaches and umpires need to be aware of lightning, whether lightning devices detect it or not. If lightning (flash or streak) is seen in the area, play will be suspended until there has been no presence of lightning for 15 minutes. IF IN DOUBT, SUSPEND PLAY.
17. No metal-cleated shoes are permitted in practice, games, or tournaments. Some removable cleats are made with a rubber coating over the metal cleat. These are also prohibited. Only rubber/plastic soled and cleated shoes are permitted.

### **SHETLAND LEAGUE INSTRUCTIONAL GOALS AND GUIDELINES**

#### **GOALS**

The goals of the Shetland League are to teach each boy the four basics; catching, throwing, base-running, and hitting. At least half of the scheduled time should be devoted to instructing and repetitive activities of the four basics.

During the games, emphasis is on having fun, and should be an extension of the instructional format. Winning should not be stressed and scores and standings will not be kept. Coaches should promote sportsmanship, teamwork, and a sense of accomplishment.

#### **GUIDELINES**

Frankfort Baseball Inc. asks that the following be emphasized during instructions. How they are taught is entirely up to the Coaches.

##### 1. FIELDING

- 1.1. Proper positioning of the glove in fielding fly balls, ground balls, thrown balls. Emphasize using the glove to catch the ball, not the bare hand.
- 1.2. Use of two hands for fielding.
- 1.3. Proper body position when fielding the ball. Move to the ball. Position the body in front of the ball, keeping an eye on it.



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### 2. THROWING

- 2.1. Proper grip of the baseball.
- 2.2. Proper throwing technique. Do not push the ball; step and throw (crowhop). Use the body as well as the arm to throw. Emphasize "reaching back" with throwing arm.
- 2.3. The head throw is too high-too far in front of the body, throw will go into the dirt.
- 2.4. What base fielder should throw to.

### 3. BASE RUNNING

- 3.1. The only base where overrun is allowed is first base.
- 3.2. Running through first base.
- 3.3. Base running rule: When less than two outs and ball is hit in the air, i.e., tagging up.
- 3.4. Cut corner of the bases. Do not run out of the base path.

### 4. HITTING

- 4.1. Proper stance, proper grip. Hands together on the bat. Hands should not be apart when gripping the bat.
- 4.2. Proper swing. Swing level. Do not uppercut the ball.
- 4.3. Drop the bat after hitting the ball. Do not throw it.
- 4.4. Batter should run hard to first base after hitting the ball. Do not watch the ball, watch the first base Coach.

**REMEMBER TO ALWAYS EXHIBIT A POSITIVE MENTAL ATTITUDE IN YOUR APPROACH TO COACHING. A FIVE YEAR OLD BOY IS VERY IMPRESSIONABLE, AND YOU ARE THE FIRST COACH HE HAS EVER HAD. YOUR EXAMPLE IS VERY IMPORTANT!**