



# NABA SHETLAND RULES

## Equipment

- A. Baseballs specifically manufactured and designed in such a way as to reduce injuries shall be used.
- B. Baseballs provided by the N.A.B.A. are required for Division play. The home team shall provide one new ball for each game.
- C. Wooden, metal, graphite or ceramic bats, manufactured specifically for T-ball or youth baseball play, which are round and not more than two and one-fourths inches in diameter at the thickest part, nor more than 32 inches in length, are acceptable.
- D. Rubber or plastic cleated shoes or rubber soled shoes such as, “tennis shoes” or “sneakers,” are to be used.
- E. The batter, players in the on-deck batting area and base runners are required to wear protective headgear which gives protection to the top of the head, temples, ears and base of the skull. Headgear shall be NOCSAE approved.
  - (1) Use of facemasks and properly fastened chinstraps on protective headgear is allowed.
  - (2) No decal other than the player’s name, number, team name or logo shall be added to the protective headgear.
  - (3) Any headgear in violation of this rule shall be removed from play.
- F. Catchers are required to wear protective headgear, which gives protection to the face, top of the head, temples, ears and base of the skull. Catchers may wear a fielder’s glove.
- G. Baseball caps and T-shirts as provided by the league are recommended.
- H. No jewelry shall be worn by any player, except for medical identification.

## Playing Rules

- A. The official playing rules, with the exceptions and variations contained in this book, shall be “Official Baseball Rules,” completely revised, as released through the office of the Commissioner of Baseball, “The Sporting News Edition”.
- B. The entire roster of players present for the game shall bat in each inning.
- C. The entire roster of players present for the game shall be used defensively.
  - (1) No extra infielders are to be used.
  - (2) Outfielders shall be stationed not less than 15 feet behind the baseline.
  - (3) To encourage rotation of players, no player shall play the same defensive position more than two innings, and all players shall play the infield at least one inning.
- D. Batters are not permitted to bunt or swing easy at the ball. PENALTY: Batter shall be called back to the plate, the swing shall count as a foul-strike, the ball is dead and no runners may advance. Any batted ball, which does not travel 10 feet, should be considered a foul-strike for purposes of this rule.



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- E. When coach-pitchers are used, the catcher shall stand away from the batter until after the batter swings, then field the position defensively. (There is no dropped third strike rule).
- F. Base runners are not permitted to steal or leadoff base and shall remain in contact with the base until the ball is hit.
- G. There is no infield fly rule.
- H. If the batter is hitting from the tee, the batter shall not swing until the defensive team is ready and aware the play is to begin.
- I. Any player who has been removed due to illness or injury may re-enter the game any number of times. Players shall return to the line-up in their original place in the batting order.
- J. Only one on-deck batter is allowed at any time and must be positioned to the back of the current batter.
- K. No Shetland games shall be played under lights.

## Pitching Rules

- A. The first four games will be played entirely from the tee. In next four games, coaches will pitch to the batters in the 3<sup>rd</sup> inning. In all subsequent games, coaches may pitch to the batters starting in the 2<sup>nd</sup> inning. (Manager's discretion) Each player will be allowed six pitches to hit the ball after which he/she will hit from the tee.
- B. Pitching options:
  - (1) For use with batting tee:
    - (a) The ball shall be hit off of a batting tee located behind home plate.
    - (b) The player fielding the pitcher's position shall remain in contact with the pitcher's plate until the batter hits the ball.
  - (2) For use with coach pitchers:
    - (a) Coaches or managers shall pitch overhand to their own players from a distance of twenty to thirty-five feet from home plate.
    - (b) The player fielding the pitcher's position shall take position always to the rear of the pitching plate, and on the left or right side of the coach-pitcher.
    - (c) If a batted ball strikes the coach pitcher, the ball is dead, the pitch counts and no runners shall advance.
    - (d) The coach who is pitching shall not interfere with the defensive play.

## Length of Games

- Games shall be three (3) innings in duration with no extra innings and shall not be more than one hour and forty minutes in length regardless of innings played.
- (1) No inning shall begin after one hour and twenty minutes past the start of game.
  - (2) Games called for any reason shall be considered complete games if one inning has been completed. Incomplete games shall be replayed from the start at the time scheduled by League officials.