

SFYBL Modified PONY BASEBALL SHETLAND COACH PITCH RULES HIGHLIGHTS

Last Updated: January 2018

Shetland Coach Pitch focuses totally on instruction of our beginner players while teaching basic fundamentals of baseball.

For players 5,6, 7 year olds; born between May 1st, 2010 – August 31st, 2013

FIELD SET UP

- A. The Home team is responsible for field set up, if the field has not already been prepped. This includes installing the bases.

OFFENSIVELY

- A. Batting order is continuous and consists of all players in attendance. B. All hitters are required to wear a helmet. Every player up to bat, on deck, on base and any player being “pitcher”
- C. Each player will have a minimum of 2 turns at bat, but the game should not exceed 1 hour and 30 minutes.
- D. Each batter will receive a maximum of 10 pitches to put the ball into play. If a ball is not put into play, batter will use a “T” for up to 3 swings. If the batter is not able to put the ball into play, it is considered a “strike-out” and batter return to dugout.
- E. Once a team has batted through its line up once, the team batting will switch with the team in the field.
- F. Teams should bat the same number of batters. If a team has 11 batter and another has 16, the team with 11 may have 5 more batters go on their turn at bat.

BASE RUNNING

- A. No leading off base or stealing. One foot must be on the bag until the ball is hit off the tee.
- B. Runners may advance only on a batted ball. C. No dropped 3rd strike
- D. No head sliding (automatic out)

DEFENSIVELY

- A. Maximum of 11 defensive players may take the field at any one time.
Set players at the normal infield positions. The remaining players should be in the outfield, at least 12 feet out from the infield players. A catcher at this division is optional.
- B. After a ball is hit, the defensive player(s) must get the ball to the first baseman or one of the pitchers.

GENERAL PLAYING RULES

- A. Follow SFYBL's rules first, then PONY League Rules and finally MLB Rules apply.
- B. Games are played with league provided game balls. Each team should provide new two balls at each game. To keep game going, we recommend Coach Pitching to have more balls in a bucket.
- C. Adult standing behind batter must wear protective mask and chestplate.
- D. A player catcher can be used provided the catcher is wearing protective gear and stands away from the plate while the batter is in the box.
- E. Games will be a maximum of 1 hour and 30 minutes or maximum of 6 innings, whichever comes first.
- F. No posted standing or scores are kept. There is no official scorebook. Everyone wins.
- G. All games must start within 5 minutes of scheduled start time. H. Coaches are required to wear their coaches card/lanyard during every game and practice, plus proper athletic wear (this includes shoes).
- I. Coaches are allowed: in the dugout (this gives you an opportunity keep players engaged, keeping your lineup moving, teaching them how to keep score, etc.
- J. Defensive coaches are allowed at first and third baseline/box. Additionally, two adult coaches may be stationed on the playing field, beyond the baselines, to provide verbal instructions to the defensive team.
- K. Any player or Coach intentionally throwing equipment in anger, or using foul language will be subject to ejection from the game and potentially from SFYBL.
- L. All coaches must be approved subject to a background check and required to attend of yearly SFYBL coaches training.
- M. NO Parents/fans are allowed on the field of play at any time. N. Everyone must adhere to SFYBL's Code of Ethics and Code of Conduct. These are found on the league's website.
- O. Forfeits/no shows of a team to any game, incur a \$100 fee, to be paid prior to your next scheduled game.
- P. At game time, rain delays or mid-game cancellations are made by both teams' Coaches discretion/agreement and will NOT be made up during the season. You must notify your division commissioner via email delsa@sfybl.com if this occurs.

PROTECTIVE GEAR:

- A. Helmets are required
- B. Athletic supportive cups are required for all infielders
- C. Any player in the position of catcher is required to wear protective catcher's gear.
- D. The following equipment is recommended:
 - a. wear protective product to protect heart
 - b. facemask to protect face (these can be attached to helmets)
 - c. mouthguards
 - d. sports goggles (to protect eyes from dirt/grass and artificial turf debris)