

# CTYAA

## 2011 SHETLAND PLAYING RULES

1. Games will be 4 innings long. An inning consists of half of each team's lineup batting once.

Example: Visiting team has 10 players present and home team has 12. In the top of the first inning 5 players would bat for the visitors. In the bottom of the first inning 6 players would bat for the home team. In the top of the second inning the 5 players that didn't bat in the first will take their turn. In the bottom of the second the 6 players that did not bat in the first will take their turn.

2. Each player will be thrown 6 pitches. If the player does not hit a fair ball by the sixth pitch, the ball shall be put on a tee.
3. If a hit ball does not reach the outfield all base runners may advance one base only. The runners shall never advance on any overthrow or missed ball.
4. If a hit ball reaches the outfield without being touched by an infielder, he may advance bases until the ball is thrown to the infield. Once the ball reaches the infield all base runners shall return to the last base they touched. The ball does not have to be in possession of an infielder, it only has to be in the infield.
5. If the defensive team makes a play and records an out, the player that is out shall return to the bench.
6. The last hitter of each inning shall run around all the bases whether an out is made or not.
7. Each team shall use a full infield except catcher. The rest of the roster shall be put in the outfield. No player sits the bench unless for disciplinary reasons.
8. The pitcher shall play on the right side of the coach pitcher for right handed hitters, and on the left side for a left handed batter. The pitcher must without exception wear a heart guard.
9. The outfielders shall play at least 20 ft behind the infield. Do not use rovers.
10. Games should not take more than an hour.

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### Things that Shetland players should learn:

#### Simple Throwing Mechanics:

- Step with correct foot.
- Keep throwing arm elbow above shoulder.
- Look where we throw.

#### Catching Thrown Balls:

- Catch with fingers to sky.
- Move feet to catch ball

#### Catching Ground Balls:

- Keep feet at least as wide as shoulders.
- Catch ball in center of body (get in front of ball)
- Get glove on the ground.
- Bring throwing hand down on top of ball after catch. (Like an Alligator)

#### Hitting:

- Proper foot placement. Fix feet after every swing.
- Knees bent and feet parallel to home plate. (No closed or open stances).
- Start with hands up by the ear. Do not teach back elbow up.
- Stride to pitcher, and then swing by pulling bat knob to the ball.
- When pitching to your kids we strongly suggest doing so down on one knee at approximately 20 ft from home plate. You can move up and back depending on the skill of the hitter.

#### Learn the positions (Suggestion):

- Consider finishing each practice by gathering your kids at home plate and one at a time tell them to run to a certain position until all the positions are filled. Then bring those players back in and do it again with other players. Start with infield and as the season progresses move to the outfield.

Each player will be given a uniform that consist of a jersey, hat and socks. Each player is responsible for getting white baseball pants. Please encourage your kids to have their shirts tucked in their pants, have their hats on forward and socks pulled up.