



WESTGATE-WESTSIDE ATHLETIC ASSOCIATION SHETLAND DIVISION (TEE BALL-COACH PITCH) POLICY AND RULES

Revised 2013

Philosophy

The Shetland Division is a non-competitive division dedicated to having fun while teaching the basic rules and fundamental skills of baseball and instilling a sense of fair play and sportsmanship in the players.

Shetland Division Specific Rules

1. Scoring, Outs and Walks

- 1.1. Score will not be kept during any game.
- 1.2. There are no strike outs or walks. Every player hits.

2. Batting Tee and Coach Pitching Schedule

2.1. From the beginning of the season until **May 15**, batting tees will be used exclusively. No coach pitch will be allowed.

From **May 16 to June 1**, batting tees will be utilized for the 1st inning of each game. Each subsequent inning will be coach pitched.

From **June 2** until the completion of the season, all innings will be coach pitched.

2.2 To start play, the hitting coach will check that the defense is ready, and then place the ball on the tee or pitch.

3. Coach Pitching

3.1. Each team will provide a coach to pitch and catch while that team is batting. When a tee is used, the coach is responsible for setting up the tee and monitoring the batter.

3.2. When coach pitching, the number of pitches **is limited to four** and then the batting tee is setup. This keeps the game moving and the defensive players interested. Consistently doing this will remove the “negative tee image” and increase all players’ enjoyment of the game.

4. Batting

4.1. All players present will bat in each inning regardless of outs. The last batter of each half inning will keep running until he/she reaches home plate.

4.2. Batting orders are to switch every game so that everyone has a chance to bat in all positions in the line-up.

4.3. Batters and runners are required to wear helmets with face guards.

4.4 The batter and the on-deck batter are the only players allowed to have a bat in their hands. The on-deck batter is to warm up in the designated on-deck area.

4.5. There will be no bunting

4.6. A ball hit off a tee must travel six (6) feet to be considered in-play.

5. Defense

5.1. All players shall be used defensively at all times.

5.2. Players should rotate positions regularly to provide as much variety as possible. This does not mean that players have to change positions during a game. All players should play all positions during the course of a season. This provides the kids with a better learning experience.

5.3. No player participation rules apply. Free substitution and player movement on defense are permitted.

5.4. Players are not permitted to pitch. The pitcher/infielder shall be located in the same general area of the diamond as the pitcher in regular baseball.

5.5. No kid catchers.

5.6. There is no infield fly rule.

6. Base Running

6.1. A base runner must avoid contact with any defensive player to minimize the potential for a collision. The defense player should also avoid contact.

6.2. Base runners are not permitted to lead off or steal bases and shall remain in contact with the base until the ball is hit.

6.3. All base runners shall wear a helmet with face guard.

7. Other

7.1. Play should move as rapidly as possible to maximize enjoyment of the kids. In order to speed play, players should hustle on and off the field, be ready to bat, and ready to take the field. Coaches need to know where kids will play prior to the game and be able to communicate that to other coaches so that they can be quickly positioned.

7.2. No umpires

7.3. The "Home" team occupies the 3rd base dugout and is in the field first. The "Visitor" team occupies the 1st base dugout and bats first.

7.4. Players will shake hands after each game

7.5. Game time limit is 1 hour maximum. No new inning may start after 55 minutes.

7.6. Make-up games are allowed if the coaches of the respective teams can agree on a date, time, and location.

7.7. There is no post season tournament.

7.8. Use of baseball pants is strongly recommended.

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Goals and Expectations

Key Instructional/Coaching Objectives:

- BE PREPARED. Have a plan for every practice and game
- Provide a safe, fun and organized season
- Get adequate support from parents
- Teach fundamental skills to include:

Throwing:

- “Power position” with hand on top of the ball
- Grip (small hands may not be able to fully master the grip)
- Execution of basic drills (e.g., flicks, one-knee, underhand, step and throw)

Hitting:

- Grip (in fingers, not palms)
- Stance (check feet)
- Stride (small step)
- Pivot (back toe pivots to squish the bug)

Defense/Fielding:

- Introduction to “thinking position” and “baseball ready” position
- Form for grounders (butt down, reach for ball, alligator jaws)
- Form for catching (always two hands, move towards ball, move your feet to catch the ball in the center of the body - don’t reach)
- Form for pop-ups (call the ball, catch and cover)

Base Running:

- Safety base at 1st base to minimize collisions (one side for runner, one side for 1st baseman)
- Run through 1st base, look to coach for instruction
- Stance on the bases (one foot on – one foot towards next bag and ready to run. No standing on the bag with both feet).

Terms and Rules:

- Introduce kids to the terms and rules of baseball (e.g., dugout, grounder, fly ball, out, strike, ball)
- Tag versus force outs
- Player and field positions (e.g., catcher, short stop, and left field)
- Base names (1st, 2nd, 3rd and home)
- Strike zone concept