



MANAGER | COACH MANUAL

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I. SAP RULES AND REGULATIONS

Divisions:

Foal: 4 yr-olds

Shetland: 5-6 yr-olds

Pinto: 7-8 yr-olds

Mustang: 9-10 yr-olds

Bronco: 11-12 yr-olds

Pony: 13-14 yr-olds

A. FOAL DIVISION RULES

OVERVIEW:

Santa Ana Pony has four objectives for children playing in the Foal Division:

- 1) Have Fun
- 2) Sportsmanship
- 3) Try your best
- 4) Learn the fundamentals of baseball

Managers and coaches are encouraged to be supportive of players on all teams, exercise patience and remember that these players are at different levels of skills, understanding, and attention span.

PLAYERS:

1. Uniforms- No player or team shall alter any part of the league issued uniforms, including hats, shirts, socks, or pants.
2. Conduct- Players shall conduct themselves in an orderly manner in the dugout and on the field. Horseplay, profanity, or the behavior deterring from the orderly progression of the game is prohibited.
3. Discipline- For disciplinary reasons, a manager may bench a player before and during a game. When this action has been taken, the manager shall report it to the opposing manager, the plate umpire and the official scorekeeper, citing the player's name and circumstance.
4. When a player is ejected from a game, the player shall leave the field of play immediately and take no further part in the game. The player may sit in the stands and may not be recalled. Any player ejected from the game is suspended for the next scheduled game.

GAME:

1. Games are limited to 3 innings or the official time limit (1 Hour). No new inning may be started after 45 minutes. Time adherence is critical because we have multiple games scheduled back to back on the Foal Field.



2. It is the manager's responsibility to make sure he has read and is well versed in the rules particular to the division. There are no umpires; it's the responsibility of both Managers from both teams to keep the game flowing.
3. There will be no score kept in this division.
4. There are no walks.
5. Batters shall hit off a batting tee located directly above home plate.
6. Aluminum bats specifically marked for T-ball shall be used. Bats labeled for coach pitch will not be acceptable.
7. The ball will be a RIF level 1 baseball.
8. The home team will provide a game ball as supplied by the league.
9. Protest are not allowed
10. Each team is responsible to help set up the field and to take down the field. No excuses.
11. There will be playoffs at the end of the season. (Only if there is enough interest AND if time allows.
12. Tournament team will be formed (see Shetland 4 rules) (Only if there is enough interest)
13. In the 5th week of the season, introduce the UPM 45 Blue Flame pitching machine to prepare players for the next level up. Use machine at practices only. The settings should be Power lever =1, Micro Adjust = 5, Release block = 1. Managers are encouraged to use the Blue Flame pitching machine in the last 2 games of the season. Managers may choose to not utilize UPM and go straight to the T. Pitches will be 3 off the Machine and 2 off the T.

BATTING:

1. Each team shall bat through the entire lineup one time each half inning. The half inning will be complete once the final batter in the lineup has batted and play has stopped.
2. Players arriving late shall be added to the end of the batting order.
3. Players leaving early regardless of reason will be removed from the batting order.
4. Balls knocked off the batting tee due to the bat hitting the tubing are to be placed on the tee again for another try.
5. There are no strikeouts. After a batter has had 6 swings without hitting the ball into fair territory, the batter can take a base (go to first base).
6. Bunting is not allowed. A batter must take a full swing.
7. There is a minimum distance that a batted ball must travel in order to be a fair ball; the arch in front of the home plate marks this area.
8. Runners may advance only on a batted ball. No extra bases on an overthrow. A second base will be awarded should the batter hit the ball under/bounced over the fence.

BASE RUNNING:

1. No lead offs. Players cannot break contact with the base until the batter hits the ball. PENALTY. The first illegal lead off shall result in a warning to the team of the runner.
2. Sliding is allowed at every base. Coaches are encouraged to teach players to run through 1st base properly; headfirst slides into any base are a safety hazard and runners should be so instructed.
3. A following runner shall not force a runner to the next base.



DEFENSE:

1. Each player must play at least 1 inning in the infield each game. No player may play a second inning at an infield position until every player had played in the infield. In case of a safety issue, coaches are allowed to have a player remain in the outfield (this must be communicated with the parent).
2. The defensive pitcher will play defense from a position within the circle around the pitching rubber. One foot must be completely inside the lines of the circle until the ball is hit. Failure to do so is ruled “no pitch.”
3. Teams are limited to 5 players in the infield: Pitcher, First Base, Second Base, Third Base, and Short Stop. Catchers will not be utilized in this Division.
4. Teams are unlimited in the number of players they may have in the outfield.
5. If the play is stopped before the batter safely reaches 1st base, the batter will be safe.
6. An outfielder may tag or force a runner out.

COACHING & UMPIRING:

1. While at bat, a team may have a 1B coach, a 2B coach, a 3B coach and a batting coach (for batter safety)
2. There is a maximum of 3 defensive coaches on the field: LF, CF, RF. Additional coaches must remain in the dugout.
3. Prior to start of the game, the managers shall define the playing field boundary. The ball is dead the moment it leaves this defined playing field boundary.

KEEP OUR FIELDS, PARKS, AND PRACTICE SITES CLEAN

****DISCLAIMER REGARDING ALL RULES:** There will be issues and situations that test the integrity of the above listed rules during the season. Please note that the Division Rep and/or the PONY Board reserves the rights to change or modify any of the above items at any time to better serve the division as a whole.

ANY RULE NOT MENTIONED ABOVE WILL BE REFERRED BACK TO 2015 PONY BASEBALL RULES AND REGULATIONS BOOK.



B. SHETLAND DIVISION RULES

National League (NL) and American League (AL)

OVERVIEW:

50' bases, 38' to back of pitching machine, 10' arc in front of home plate (fields 2 & 4)

A half circle should be made even with the pitching machine to 5' behind pitching machine.

There should also be a 3' hash mark in front of pitching machine that a player can go to when a batter is hitting off of the T. (First Half Only)

PLAYERS:

1. Uniforms- No player or team shall alter any part of the league issued uniforms, including hats, shirts, socks, or pants.
2. Protective Cups- All Players are required to wear protective cups during practice, and games.
3. Conduct- Players shall conduct themselves in an orderly manner in the dugout and on the field. Horseplay, profanity, or the behavior deterring from the orderly progression of the game is prohibited.
4. Discipline- For disciplinary reasons, a manager may bench a player before and during a game. When this action has been taken, the manager shall report it to the opposing manager, the plate umpire and the official scorekeeper, citing the player's name and circumstance.
5. When a player is ejected from a game, the player shall leave the field of play immediately and take no further part in the game. The player may sit in the stands and may not be recalled. Any player ejected from the game is suspended for the next scheduled game.

GAME:

1. Games are limited to 5 innings and no new inning after 1:15.
2. No player shall play more than 2 consecutive innings at any one position. Each player must play at least 1 inning in the infield within the first 4 innings of each game. Except for safety reasons and this should be communicated with the parent.
3. No player may sit out a second defensive inning until every other player has sat out at least one inning. Managers violating the defensive playing and positions rules will forfeit that game and will be suspended from the next scheduled game.
4. The pitching machine shall be located approximately 38 feet from home plate. If a chalked line is not present, both coaches need to agree where the 38' line is and mark it with a cleat drawn line.
5. Each half inning will end when the offensive team scores 5 runs or the defensive team records 3 outs, whichever comes first. **Each team will be allowed to score unlimited runs in the last inning only (5th Inning).**
6. In the 5th inning, the half inning at bat will end upon the completion of one of the following:
 - a. The defensive team records 3 outs.
 - b. The offensive team bats their entire lineup. Each team will bat the same number of players in the last inning (i.e. if Team A has 12 players and Team B has 10 players, Team B will bat once through the line up and then 2 additional batters will hit in



order). This only occurs if the defensive team does not record 3 outs. If the team records 3 outs, the half-inning is over.

BATTING:

1. National League (NL) First half of season:

Each batter will receive (5) pitches total. 3 off the machine, and if the ball is not put into play, the batter will receive 2 additional swings off the Tee to put the ball in play. If they do not put the ball in play, it will be considered strikeout.

2. National League (NL) Second Half of season:

Each batter will receive (5) Pitches. Managers will try and go away from the Tee for the second half. If needed, you may utilize T.

***Note: If a batter hits a foul ball on the 5th pitch, one final pitch may be thrown, until the ball is either put into play, or the batter swings and misses for a strike out.

AL - The batter is "out" if failing to hit a fair ball after a maximum of five (5) pitches or after 3 strikes from the coach pitcher feeding the machine. A batter is not out on a foul ball unless it is the fifth pitch.

3. Bunting is not allowed. A batter must take a full swing. (see minimum distance a ball must travel below)
4. There is a minimum distance that a batted ball must travel in order to be a fair ball. This area will be marked with a 10 foot arc in front of home plate fields 2 and 4. (home plate is in fair territory so any batted ball that hits home plate first, is considered a fair ball unless it subsequently rolls untouched into foul territory prior to reaching first base or third base)
5. If a batted ball strikes the pitching machine and remains in fair territory, the ball is in play.
6. If a batted ball strikes the pitching machine and goes into foul territory, the ball is dead, the batter is awarded first base and all runners advance one base.
7. A ball that is hit fair on the third base side and rolls into the ivy will be ruled a double.
8. A ball that bounces out of play between CF and RF into the apartments will be ruled a double. (field 4)
9. A ball that is hit on the fly and hits or goes through the fence at the apartments will be ruled a home run. (field 4)

BASE RUNNING:

1. A runner who runs more than 5 feet out of the base path is out.
2. No lead offs. Players cannot break contact with the base until the batter hits the ball.
PENALTY - the first illegal lead off shall result in a warning to the team of the runner. The second illegal lead off by the team, the runner shall be called out.
3. An attempt should always be made to get a fielding out. A play is over once an infielder has complete possession of the ball within the baselines (not the base path) or inside the diamond. The infielder must hold the ball at or above his head for the play to be ruled dead. The umpire has full discretion of this interpretation and ruling. The infielder position is defined as 1B, 2B, SS, 3B, P, or C. Outfielders are NOT permitted to render a play dead, but MAY participate in infield play by tagging or forcing a runner out.



4. There will be chalked 4-foot hash marks between 1st and 2nd base, 2nd and 3rd base, and 3rd and Home Plate. These hash marks will be the guidelines for base advancements. If any portion of the player passes the hash mark in the middle of the base path before the ball has been declared dead, that player is allowed to advance to the next base. If the player has not reached the hash mark, they must go back to the previous base.
5. The batter may not advance any further than 1 base on an overthrow to 1 base in an attempt to put him/her out. Runners on base before the ball is put into play may continue and are encouraged to advance around the bases at their own risk (it is not automatic) after any overthrow until the play is correctly stopped by a defensive infielder holding up the ball within the lined area. (infield)

AL - Runners are free to run until the play is dead. Aggressive base-running is recommended for this division.

DEAD BALL:

1. A batted ball that hits the pitching coach is declared dead and will count as a foul ball against the batter. If this occurs on the 5th pitch, the batter will receive one additional pitch. Should the batter fail to put the ball in play on this 6th pitch, the umpire will declare him out.
2. 2 defensive coaches are allowed in the outfield. A batted ball that hits a defensive coach, before a defensive player touches it, is declared dead. All runners will advance one base and the batter would be awarded 1st base.
3. If a live ball hits the pitching coach, the umpire shall declare the ball dead, and award the batter the bases he/she feels they would have reached.
4. If in the umpire's judgment a coach interferes in a fielder's attempt to make a play, the ball will be declared dead and the lead runner will be called out.

DEFENSE:

1. Each player should be rotated into as many positions as possible.
2. A single player may not play first base and/or pitcher more than a combined three innings per game.
3. The pitcher shall be positioned next to or behind the pitching coach and not directly in front of the pitching coach/machine. A half ark even with the front of pitching machine to 5' behind pitching machine should be mark. (NL first half of season: If a batter goes to the T, the pitcher can assume the position at hash mark in front of pitching machine)
4. Teams are limited to 6 players in the infield: pitcher, catcher, first base, second base, third base and shortstop.
5. Teams are limited to 4 players in the outfield: left field, left-center field, right-center field and right field. If you are short players, you may cut outfielders to make your 8 players needed to play rule.
6. Outfielders may participate in infield plays by tagging or forcing a runner out.
7. Players shall not play more than three innings in the outfield. Except for safety reasons and this has been communicated with the parents.



8. Players shall not play more than three innings in the infield. This rule may be adjusted if you are short players. In the case of 8 or 9 players, you are able to play some players in the infield 4 times as long as everyone else has played 3 innings in the infield.

COACHING & UMPIRING:

1. While at bat, a team shall have a pitching coach (to pitch the baseballs), a first-base coach, a third-base coach and a batting coach (for batting safety and to catch and store passed balls).
2. In order to keep the game moving, at a good pace, the batting coach from the offensive team should assist the catcher in returning the balls to the pitching coach after each at-bat not each pitch. The catcher should not throw the ball back to the pitching coach after every pitch. A second bucket behind home plate can be used to collect the balls
3. A maximum of two defensive coaches are allowed. Additional coaches must remain in the dugout. First half defensive coaches are allowed in the outfield to help direct his players. Defensive coaches should be positioned along the outfield foul lines at a minimum of 15 feet behind the 1st and 3rd base, so as not to visually impede defensive players or base runners. Defensive coaches are not allowed in the playing field except during defensive changes.
4. When the ball is put in play, the pitching coach will often need to duck to become inconspicuous, especially on plays in the infield. Players can neither see over a tall adult, nor should they be required to throw a ball over the pitching coach's head to the intended target. If an umpire feels that the pitching coach did not move, they may elect to call the batter out for obstruction.

EQUIPMENT:

1. Bats labeled for T-ball use, or coach pitch shall NOT be used.
2. Diamond DFX-LC5" baseballs shall be used in this division.
3. The Louisville Slugger UPM 45 pitching machine shall be used for Shetland Machine Pitch. Distance 38' from back of plate.

Machine settings:

Power level 2, micro adjust 3, release block 4.

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C. PINTO MACHINE PITCH DIVISION RULES

OVERVIEW:

The MP division is a development division and SAPB will work to make this a competitive division as well.

PLAYERS:

1. Uniforms- No player or team shall alter any part of the league issued uniforms, including hats, shirts, socks, or pants.
2. Protective Cups- All Players are required to wear protective cups during practice, and games.
3. Conduct- Players shall conduct themselves in an orderly manner in the dugout and on the field. Horseplay, profanity, or the behavior deterring from the orderly progression of the game is prohibited.
4. Discipline- For disciplinary reasons, a manager may bench a player before and during a game. When this action has been taken, the manager shall report it to the opposing manager, the plate umpire and the official scorekeeper, citing the player's name and circumstance.
5. When a player is ejected from a game, the player shall leave the field of play immediately and take no further part in the game. The player may sit in the stands and may not be recalled. Any player ejected from the game is suspended for the next scheduled game.

GAME:

1. Each team must have a minimum of eight (8) players to start a game. If after 15 minutes of the scheduled game time, one of the teams does not have enough players, the score is recorded as a forfeit of 1-0. You may elect to play the game for fun and even share players, but the outcome regardless of the score is still 1-0 as listed above. *Coaches can farm players from the Shetland division to play a game in order to avoid a forfeit.*
2. Managers must exchange lineups at the beginning of each game. If a player arrives late you may add them to the bottom of the lineup but you must announce this to the scorekeeper who in turn reports it to their coach.
3. Managers should supervise a warm-up before each practice/game. However, no infield practice is permitted prior to the start of the game or in between games.
4. Field dimensions shall include base paths that are 60 feet long. The pitching machine should be set to throw pitches from 38 ft. from home plate at a speed of 35-40 miles per hour. Slower speed can be used the first half of the season but the goal is to finish the season at 40mph.
5. Batters may take signals from the 3rd base coach. To expedite play, batters shall receive limited direction while at bat. If in the umpire's opinion, a coaches' instruction to a player is causing game delay, the umpire shall issue the coach one warning. Thereafter, each infraction by any coach on the team will result in the umpire calling time and the batter will be penalized one pitch (which may result in the player being called out if it in the 5th pitch). If the delay persists, the umpire may call a player out.



6. Games are limited to five (5) innings, but no inning may start after one (1) hour and fifteen (15) minutes. No drop dead but if time does not allow for a game to be completed, the score will go back to the last completed inning. Time adherence is critical on Saturdays, when multiple games are scheduled. If it appears to the umpire that a team is purposely delaying the game to reach drop dead status, the umpire can speed up the game, call players out, or declare a forfeit after issuing one warning.
7. Each half inning will end when the offensive team scores five (5) runs or the defensive team records three (3) outs, whichever comes first.
8. Each team will be allowed to score unlimited runs in the last inning only (5th inning only). Their half inning at bat will end upon the completion of one of the following:
 1. The defensive team records three (3) outs.
 2. The offensive team bats their entire lineup. Each team will bat the same number of players in the last inning (i.e. if Team A has 12 players and Team B has 10 players, Team B will bat once through the lineup and then 2 additional batters will hit in order). This only occurs if the defensive team does not record 3 outs.
9. **Time Outs:** Time out must be called agreed to by the umpire before a coach may enter the playing field, including for injury. There shall be no more than two offensive time outs per inning, other than to check for injury or repair equipment. More than two time outs shall be considered delay of game and the umpire shall have discretion to issue pitch penalties and/or an out in accordance with the length of the delay. There shall be no more than two defensive time outs per inning, other than to check for injury or repair equipment. More than two time outs shall be considered delay of game and the umpire shall have discretion to award a runner a base(s) in accordance with the length of the delay.
10. **Ties:** If, at the end of the 5th inning, or when drop dead is called and the score reverts back to the last complete inning, the score is tied, then the game shall be recorded as a tie.
11. **Mercy Rule:** The game shall be mercy if the home team is leading by at least 10 runs after the first half of the 4th inning, or the visiting team is leading by 10 runs after 4 complete innings.
12. **Incomplete Games:** A game will be considered complete for recording purposes after four innings. If a game cannot be completed through four innings due to weather or other circumstances, it will be up to the Division REP to reschedule the game so that it can be completed. The head coaches from each team are expected in such circumstances to retain all scorebook information, including start time and time the game was called, so that the game can resume when rescheduled.

SAFETY:

1. A player is out the second time he or she throws his/her bat in a reckless manner. The first time will be a warning. This must be enforced to help players understand the safety issue involved. An umpire may elect to warn both teams before the game and then subsequently call a batter out in the game for bat throwing.
2. **PLAYERS ARE NOT ALLOWED TO USE THE PITCHING MACHINE.**
3. **SLIDE OR AVOID:** If a runner chooses to slide, the runner must slide directly to the base or away from the play. The runner must make every attempt to avoid contact with the



defensive player. No sliding with spikes above the fielder's knee. If the umpire determines that the contact was intended to harm a defensive player, then it shall be considered malicious contact and the runner will be recorded out and ejected from the game. A catcher or other defensive player may not block any base or home plate without possession of the ball or being in the act of receiving the ball. Such action shall be considered obstruction.

BATTING:

1. Batting helmets must be worn by the batter and all base runners at all times.
2. Players must bat in a continuous order and remain in that order for the entire game. (It is recommended that players sit on the bench in their batting order. This will aid in organization and keep the game moving.) If a batter is found to be batting out of order, the batter that batted out of order is out. This however must be noted prior to the next batter's first pitch. If this is not noticed before the 1st pitch to the next batter, the play stands and no outs are recorded.
3. The batter will receive a maximum of 6 pitches. However, if the batters swings and misses three good pitches, the batter will be deemed out. If the batter does not swing at the first 3 pitches, the umpire shall call strikes beginning with the forth pitch. The 6th pitch will be the final pitch, if ball is fouled, batter will be called out.
4. Any "bad pitch" caused by the machine (yes, it does happen) does not count in the pitch count (e.g. pitches neck high and shoe low), and shall be called, at the umpire's discretion a "no pitch." If no league-assigned umpire is calling the game, then a "no pitch" must be identified at the time of the pitch by the pitching coach. It must also be agreed upon by the opposing coach. Please do not be excessive with these calls; rather have your batters adjust his/her position in the batter's box.
5. Bunting is not allowed. A batter must take a full swing.
6. There is a minimum distance that a batted ball must travel in order to be a fair ball; this area will be marked with a 10 foot arc in front of home plate. (home plate is in fair territory so any batted ball that hits home plate first, is considered a fair ball unless it subsequently rolls untouched into foul territory prior to reaching first base or third base.)

BASE RUNNING:

1. A runner who over-runs first base may not be tagged out. A runner who rounds first base towards second base does so at his own risk and may be tagged out.
2. A runner who over-runs second base or third base may be tagged out.
3. A runner who runs more than five (5) feet out of the base path is out. If there is not a play then a runner is not out for going more than 5 ft. out of the base path.
4. No lead offs. Players cannot break contact with the base until the batter hits the ball.
PENALTY...the first illegal lead off shall result in a warning to the team of the runner. The second illegal lead off by the team, the runner shall be called out.
5. A runner not in contact with a base will be called out if a batted ball hits him, while he is in front of, or even with, an infielder trying to make a play. If a batted ball hits a runner, after a defensive player has made an attempt to field the ball, the runner is not out and the ball is



- still in play. If a thrown ball hits a runner, the ball is still live and nothing happens to the runner.
6. If a runner interferes with a defensive player's attempt to initially field a batted ball, the runner is out.
 7. Base stealing is not allowed.
 8. A play is over once, at the discretion of the umpire, when an infielder has complete possession of the ball and has stopped forward progress of the lead runner. The umpire has complete discretion to determine when the play is dead. Timeout will not be granted if the play is still in progress.
 9. One base on an overthrow does not apply. Runners may run and run until the play is declared dead.
 10. No hash marks will be used in the Machine Pitch Division.

DEAD BALL:

1. A batted ball that hits the pitching machine, generator, ball bucket or pitching coach is declared dead. The batter is awarded first base and all other runners advance one (1) base.
2. A batted ball that hits a defensive coach, before a defensive player touches it, is declared dead. The batter is awarded one base and all other runners advance 1 base.
3. If a ball goes out of play due to an overthrow or error each runner is awarded one base (depends on where the player is with respect to the hash mark at the time the ball goes out of play).

DEFENSE:

1. Every player should be rotated among all positions as much as possible. Pinto Machine Pitch is an instructional league in which players should be exposed to every position. Note: some players need to be supervised at key positions for safety reasons. Do not sit out players for more than 2 consecutive inning; there will be time a player will request to sit out for some reason. Please communicate with the parents if this happens.
2. A single player may not play first base and/or pitcher more than a combined three (3) innings per game.
3. Infielders may not play any closer to the batter than the pitcher, and may play no farther back than the grass line. The pitcher shall be positioned next to the pitching machine and not directly in front of the machine, with one foot in the circle until the ball is hit.
4. Teams are limited to six (6) players in the infield: pitcher, catcher, first base, second base, third base and short stop. All players must play one inning in the infield before the fourth inning.
5. Teams are limited to four (4) players in the outfield: left field, left-center field, right center field and right field. If short players you may play with less outfielders.
6. Outfielders are able to make plays in the infield.
7. Outfielders must remain at least fifteen (15) feet behind the baseline until a ball is put in play, even if the grass line is actually greater or lesser than 15 feet from the baseline.
8. Players should not sit out two (2) consecutive innings and no player shall sit out a second inning until all other players have sat out one inning.



9. Players shall not play more than three innings in the infield. This rule may be adjusted if your team is playing with 8 or 9 players. In such a case, some players may play in the infield for 4 innings as long as everyone on the team has already played 3 innings in the infield. Note: the first base and pitcher rule still apply here (no player can play first base and/or pitcher combined for more than three innings).

COACHING & UMPIRING:

1. While at bat, a team shall have a pitching coach (to feed balls into the machine), a first base coach, a third-base coach and a batting coach (for batting safety). The 1st and 3rd base coaches shall remain in the presumed coaching box area next to their assigned bases. The pitching coach shall remain on the mound, and the batting coach shall remain in the presumed coaching box area against the screen.
2. In order to keep the games moving at a good pace, the batting coach from the offensive team shall collect the pass balls and put them in a second bucket behind home plate next to the backstop and return them to the pitching coach as needed. The catcher should not throw the ball back to the pitching coach after every pitch.
3. In the absence of a league-assigned umpire, the pitching coach will serve as the umpire for all plays.
4. Base coaches are not permitted to step in fair territory or physically assist a base runner in any way (e.g. being pushed back to the base after over-running it).
5. A maximum of two (2) defensive coaches are allowed; other coaches must remain in the dugout. Defensive coaches should be positioned along the outfield foul lines at the grass line, so as not to visually impede defensive players or base runners. Defensive coaches are not allowed in the playing field or on the dirt (i.e. not allowed around or near 1st or 3rd base).
6. When the ball is put in play, the pitching coach will often need to duck to become inconspicuous, especially on plays in the infield. Players can neither see over a tall adult, nor should they be required to throw a ball over the pitching coach's head to the intended target. If an umpire feels the coach did not move, the batter or runner may be called out.
7. When on defense, coaches are not allowed in the field of play. Rather, one coach may be positioned on the left field and right field foul lines. Coaches must be on the grass and not near the 1st or 3rd offensive base coaches. Only one coach per foul line is allowed.
8. No protests. The umpire is the final decision maker in all cases. If a Head Coach has a problem with a an umpire's call or a rule interpretation, only the Head Coach may call time, and only the Head Coach may quietly discuss the matter with the umpire. The umpire's decision is final. Any angry outbursts, foul language, confrontational behavior, or other inappropriate conduct from parents, coaches, or players shall not be tolerated and may lead to ejection from the game and/or disciplinary action.
9. Any badgering of umpires is not permitted, however badgering of youth umpires is considered particularly offensive and will result in immediate ejection and subject the offending individual to disciplinary action.



EQUIPMENT:

1. Much of the success of Pinto Machine Pitch is dependent upon proper use of the pitching machine and related equipment. Please treat the equipment with respect and show courtesy toward the next team to use it. The equipment normally consists of pitching machine and three (3) legs, generator or 100-foot extension cord, gas can (if necessary), oil, ball bucket and balls. It is the coaches' responsibility to ensure there is gas for the generators, not the league's responsibility.
2. Whenever possible, use electricity instead of generator to power the pitching machine.
3. For games, the home team will have the responsibility of getting the equipment and setting up the machine. The visiting team must take down the equipment and put it in the designated storage containers. The final team of the day practicing must take down the equipment and put it in the designated storage containers. In regards to the Home Run fences for PINTO FIELD (field 3) - the **first** game of the day, both the home team and visitor team must set up the fence; at the **end** of the day, both home team and visitor team must take down the fences.
4. If the machine malfunctions, the manager should immediately notify the DIV REP. If the malfunction occurs during a game, the pitching coach will pitch balls to the players to complete the game. The coaches must pitch from 38ft. The game play will not be suspended or rescheduled. The 5-pitch rule still applies even to bad pitches by the coach.
5. Pitching machines do not operate well with either muddy baseballs or smooth baseballs. Managers should have a towel and water to clean off baseballs as necessary.
6. During games and practices, it is recommended that the generator (if used) be positioned off the field on the first or third base side with the extension cord being placed under first or third base to prevent players from tripping over the cord as much as possible.
7. The home team is responsible for providing game balls and the visiting team is responsible for ensuring the gas can is full (at fields without electricity).
8. Discontinue use of the pitching machine if it begins to rain! Switch to coach pitch as mentioned above.
9. Managers and the umpire will agree upon the placement of the machine 38 at the beginning of the game and maintain that position throughout the game. Pitching speed will be set at 40 mph to maintain a straight pitch vs. an arc.

READY PLAY:

1. Try to transition between half innings within no more than three (3) minutes. Have your defensive assignments posted in the dugout so that players know where they are going to play next inning and are prepared.
2. While batting, have your catcher get at ready for the next inning.
3. If your catcher is running the bases and there are 2 outs, coaches may use the last out as their runner.
4. If it appears to the umpire that a team is purposely delaying the game or if a coaches' conduct is having the effect of delaying a game, the umpire can speed up the game by



penalizing a player's pitch count, awarding bases, calling players out or declaring a forfeit after issuing one warning.

SCOREKEEPING:

1. Each team must have an official scorekeeper for each game.
2. Scorekeepers from each team must confer with each other after each half inning of a game to make sure there are no scoring discrepancies. If a discrepancy arises, the umpire is the final arbiter.
3. The winning team is responsible for reporting scores to the website the same day as the game.

FARMING PLAYERS:

1. When a Head Coach knows he will have a team of eight (8) players or less for a game, he may farm up players to avoid a forfeit. Players from Shetland AL must be approved by Division REP/Player Agent(s).
2. Farm players must play at least every other inning, but are prohibited from playing more than any other non-farmed player on the roster.
3. Farm players must be placed at the bottom of the batting order.
4. Farm players cannot play in the pitching position and cannot play in the infield for more than two cumulative innings unless the other coach allows it.
5. Any coach found to be discouraging players from playing in order to utilize farm players shall be prohibited from farming and be subjected to disciplinary action.

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D. PINTO KID PITCH DIVISION RULES

OVERVIEW:

60' bases, 38' pitching rubber 4" high with a 10 ft. circle around it

PLAYERS:

1. Uniforms- No player or team shall alter any part of the league issued uniforms, including hats, shirts, socks, or pants.
2. Protective Cups- All Players are required to wear protective cups during practice, and games.
3. Conduct- Players shall conduct themselves in an orderly manner in the dugout and on the field. Horseplay, profanity, or the behavior deterring from the orderly progression of the game is prohibited.
4. Discipline- For disciplinary reasons, a manager may bench a player before and during a game. When this action has been taken, the manager shall report it to the opposing manager, the plate umpire and the official scorekeeper, citing the player's name and circumstance.
5. When a player is ejected from a game, the player shall leave the field of play immediately and take no further part in the game. The player may sit in the stands and may not be recalled. Any player ejected from the game is suspended for the next scheduled game.

GAME:

1. No Player shall play more than 2 consecutive innings at any one position. Each player must play at least 1 inning in the infield within the first 4 innings of each game. No player may sit out a second defensive inning until every other player has sat out at least one inning. Failure to comply with the individual minimum playing time requirement is grounds for a forfeit. Managers violating the defensive playing and positions rules will forfeit that game and will be suspended from the next scheduled game.
2. A game is completed after 6 innings. No new inning after 1:40. A complete game is 4 or more innings, 3-1/2 if the home team is ahead. The umpire's decision to call a game is not subject to appeal. If the score is tied at the end of regulation play and the time limit has not expired, additional innings will be played.
3. The **Must Slide or Avoid** rule is in effect. Base runners can lead off once a pitched ball crosses the plate in preparation of running if the ball is hit, or on a steal attempt. (All-Star Play - base runners may leave base once the ball leaves the pitcher's hand).
4. Stealing bases is allowed. The base runner must remain in contact with the base until the ball crosses the plate. Stealing is done one (1) base at a time, exception is erroneous throw into the outfield. Home plate is OPEN! Runners at 3rd base can't advance once forward progress has been halted. Forward progress is allowed in the case of an erroneous throw. Any leadoffs are done at the risk of the player.
5. The entire team shall bat until 5 runs are scored, or 3 outs are made, whichever occurs first.
6. Mercy rule 10 runs after 4 complete or 3-1/2 if the home team is ahead.
7. Each team will be allowed to score unlimited runs in the 6th inning only.



8. 9 players shall play on defense: 6 infielders and 3 outfielders. All outfielders must be on the outfield grass area, no closer than 20' behind the base paths of the field.
9. Bunting allowed.
10. Changes to the line-up after the start of the game will be reported to each scorekeeper and the opposing manager.
11. Pinch runners may be used in the event of an injury to a player. The player who recorded the last out will be used as the pinch runner for the injured player. This does not remove the injured player from the written batting order or defensive play

PITCHING RULES:

1. The number of warm-up pitches between innings shall be limited to a maximum of 8. The maximum number of warm-up pitches by a relief pitcher will be 10 when relieving another pitcher. There is no limit to warm up pitches when replacing an injured pitcher.
2. Only Fast Balls, Knuckle Balls and Change Ups will be permitted.
3. Any pitch that causes a pitcher to torque his arm/wrist will be considered an illegal pitch. Inter-league play may be optional as we can't control what other leagues do to their pitchers. SAPB will not allow any illegal pitches.
4. If an illegal pitch is made, the umpire will give the pitcher a warning, and the pitch will be considered a ball. If the umpire calls a second illegal pitch, then the pitcher must be removed from the pitching position for the remainder of the game. The player may continue to play at another defensive position.
5. If the batter hits an illegal pitch that benefits the offense, the result of the play stands.
6. Pitching rules are a maximum of 2 innings per day, and a maximum of 4 innings per week. 40 hours of rest is required following 2 innings pitched. One pitch in an inning is considered a full inning. The rest period starts at the conclusion of the game pitched and must be completed before the start of the next game to be pitched by that player.
Required Rest Period: A pitcher that pitches 41 or more pitches in a game faces a mandatory 40-hour rest period and may not be eligible to pitch in the teams' next scheduled game. No player can pitch more than 50 pitches in any game. Pitcher may complete at bat if the 50 pitch count occurs in the middle of the at bat.
7. A pitcher who hits 3 batters in a game must be immediately removed from the mound and may not return to the mound during that day.
8. The manager or coach may go onto the playing field twice per inning to talk to any player or players while the same pitcher is pitching. A pitching change must be made on the third trip in a defensive inning. The only exception to this rule is in the case of an injury.
9. Balks are not in effect.
10. The dropped third strike rule shall not be in effect. A third strike is recorded as an out even if the catcher drops the ball.

PLAY:

1. Players cannot break contact with the base until the ball crosses the plate. The first illegal leadoff shall result in a warning to the team of the runner and the pitch will be re-played if the pitch is a "ball." The pitch will be counted against the batter only if it's a "strike." The



- second illegal lead off by the team, the runner shall be called out with the pitch being re-pitched.
2. Base coaches shall not physically assist or impair a runner. First offense shall constitute a team warning. A second team offense shall be declared out, (does not have to be the same runner).
 3. Base runners may advance on an overthrow at their own risk. It is not automatic. If the ball goes out of play, the ball is dead the moment it leaves the playing field boundary as defined at the start of the game.

STOPPAGE OF PLAY:

1. The ball is dead the moment it is in the possession of the pitcher and he is within a 10ft pitcher's circle (either foot inside the ten-foot diameter) or once the ball is under the control of an infielder and the forward progress of the lead base runner has been stopped; the umpire shall call "time out." Players may ask for a time out at any time, but the umpire shall not call a time out until the progress of the lead base runner has been halted.
2. No outs can be made once the play has been called dead by the umpire, even if after a call a defensive play is made. The exception to this will be an out that could come as a result of an appeal call made on a runner missing a base.
3. An appeal play shall be allowed at any time prior to the first pitch to the next scheduled batter following the play. The manager need only notify the umpire that he/she wishes to appeal.

SCOREKEEPING:

Manager of the home team shall be responsible for providing an official Scorekeeper and for obtaining and returning the Official Score Card for each game.

FIELD PREPARATION:

Home team shall be responsible for field preparation before the game, in order to get prompt infield time. Visiting team shall be responsible for the field preparation after the game.

***NOTE: If there is a visiting team from another league, SAPB team will be responsible for field preparation before AND after the game.

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E. MUSTANG DIVISION RULES

PLAYERS:

1. Uniforms- No player or team shall alter any part of the league issued uniforms, including hats, shirts, socks, or pants.
2. Protective Cups- All Players are required to wear protective cups during practice, and games.
3. Conduct- Players shall conduct themselves in an orderly manner in the dugout and on the field. Horseplay, profanity, or the behavior deterring from the orderly progression of the game is prohibited.
4. Discipline- For disciplinary reasons, a manager may bench a player before and during a game. When this action has been taken, the manager shall report it to the opposing manager, the plate umpire and the official scorekeeper, citing the player's name and circumstance.
5. When a player is ejected from a game, the player shall leave the field of play immediately and take no further part in the game. The player may sit in the stands and may not be recalled. Any player ejected from the game is suspended for the next scheduled game.

GAME:

1. Base distance shall be 60 feet. The pitching shall be 46 feet from home base.
2. No mustang player shall sit out 2 defensive innings until every player has sat out at least one inning (except extra innings). A defensive inning consists of three outs. Managers violating the minimum playing time requirements will forfeit that game and will be suspended for the next game. Everyone bats thru the line up.
3. Mustang division will call balks. No warning will be given.
4. A game is completed after 6 innings. No new inning after 1:45 and no drop dead. If a game cannot be completed, it will revert to the last completed inning.
5. Base runners can lead off and steal bases. Runners must always slide to avoid contact. Failure to do so will result in the runner being called out.
6. Mercy rule is 10 runs after 4 completed innings or 3 ½ if the home team is ahead.
7. An inning is completed with 3 outs. There is no 5 run rule. Communicate at home plate meeting for SA teams if you would like the 5 run rule. (Inter-league, there is no 5 run rule)
8. The drop third strike is in full effect. Batters can advance to 1st base on a drop ball third strike by catcher.
9. Infield fly rule is in effect.
10. Courtesy runner is allowed for catcher only when playing SA teams. Communicate at home plate meeting before the game if inter-league game. It must be with 2 outs, and it has to be player that was last out.

PITCHING RULES:

1. A pitcher may not wear a batting glove under his/her baseball glove, nor use white or gray baseball glove or wear white long sleeve.



2. Upon pitching the maximum number of innings allowed in a day (3), the pitcher must have 40 hrs. rest before pitching again. The 40-hour rule is calculated from the starting time of the game.
3. A pitcher once removed from the mound may not return to the mound in that game.
4. A pitcher is considered to have pitched an inning as soon as one pitch is delivered to the batter.
5. No curve balls are allowed in Mustang Division. Only fastballs, change ups, & knuckleball pitches are allowed for SA teams.
6. A pitcher can pitch a maximum of 3 innings per game. The inning must be consecutive.
7. A pitcher that hits 2 or more batters in one inning must be removed immediately from mound and may not return to the mound during that day.
8. A pitcher cannot throw more than 8 innings per week.

MANAGERS AND COACHES:

1. Practices- Managers and coaches shall conduct at least 1 team practice per week.
2. Number of Coaches- Only the manager and 3 coaches of record are allowed in the dugout during the game. If one of the above is not at the game, then a parent with a child on the team can replace the manager or coach.
3. Attire- All managers and coaches must wear a long or short sleeved shirt, no tank tops. Closed toe shoes must be worn.
4. Scorekeeping- Manager of the home team shall be responsible for providing an Official scorekeeper.
5. Ejection- When a manager or coach is ejected from a game, the manager or coach shall leave the field of play immediately and take no further part in the game. The manager or coach ejected may not sit in the stands and may not be recalled. Any manager or coach ejected from a game is suspended for the next scheduled game.

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F. BRONCO DIVISION RULES

PLAYERS:

1. Uniforms- No player or team shall alter any part of the league issued uniforms, including hats, shirts, socks, or pants.
2. Protective Cups- All Players are required to wear protective cups during practice, and games.
3. Conduct- Players shall conduct themselves in an orderly manner in the dugout and on the field. Horseplay, profanity, or the behavior deterring from the orderly progression of the game is prohibited.
4. Discipline- For disciplinary reasons, a manager may bench a player before and during a game. When this action has been taken, the manager shall report it to the opposing manager, the plate umpire and the official scorekeeper, citing the player's name and circumstance.
5. When a player is ejected from a game, the player shall leave the field of play immediately and take no further part in the game. The player may sit in the stands and may not be recalled. Any player ejected from the game is suspended for the next scheduled game.

GAME:

1. Bronco base distance shall be 70 feet. The pitching shall be 50 feet from home base.
2. No bronco player shall sit out 2 defensive innings until every other player has sat out at least one inning. (Except extra innings). A defensive inning consists of three outs. Everyone bats and free substitution of defensive players with the exception of pitchers and subs to the above are allowed. Failure to comply with the individual minimum playing time requirements will be reviewed by the Board of Directors.
3. Bronco division will call balks. No warning will be given.
4. A game is completed after 7 innings; no new inning after 2:00. No drop dead.
5. Base runners can lead off and steal bases; stealing home is also permitted. The must slide or avoid rule is not in effect, however the base runner must make an attempt to avoid contact. Failure to duck or divert will result in a runner obstruction call by the umpire.
6. 10 run mercy rule after 4 complete innings, or the half inning if the home team is ahead.
7. An inning is completed if 3 outs are made; there is no 5 run rule in Bronco
8. The drop third strike is in full effect. Batters can advance to 1st base on a drop third strike by the catcher.
9. Infield fly rule is in effect.

PITCHING RULES:

1. A pitcher may not wear batting gloves on either hand, nor use white or gray baseball glove or wear white long sleeves while pitching.
2. Upon pitching the maximum number of innings allowed in a day, the pitcher must have 40 hrs. rest before pitching again. The 40-hour rule is calculated from the starting time of the game. Once the pitch is thrown to a batter by a pitcher constitutes an inning pitched count.
3. A pitcher once removed from the mound may not return to the mound in that game.



4. A pitcher is considered to have pitched an inning as soon as one pitch is delivered to the batter.
5. Any pitch that causes a pitcher to torque his arm/wrist will be considered an illegal pitch. Curve balls and the following are allowed in Bronco Division: fastballs, change ups, & Knuckleball pitches.
6. Pitching rules are a maximum of 7 innings per day, and a maximum of 10 innings per week. 40 hours of rest is required, following 4 or more innings pitched. One pitch in an inning is considered a full inning. The rest period starts at the conclusion of the game pitched, and must be completed before the start of the next game to be pitched by that player.
7. A pitcher that hits 2 or more batters in one inning must be removed immediately from mound and may not return to the mound during that day.

MANAGERS AND COACHES:

1. Practices- Managers and coaches shall conduct at least 1 team practice per week.
2. Number of Coaches- Only the manager and 3 coaches of record are allowed in the dugout during the game. If one of the above is not at the game, then a parent with a child on the team can replace the manager or coach.
3. Attire- All managers and coaches must wear a long or short sleeved shirt, no tank tops. Closed toe shoes must be worn.
4. Scorekeeping- Manager of the home team shall be responsible for providing an Official scorekeeper.
5. Ejection- When a manager or coach is ejected from a game, the manager or coach shall leave the field of play immediately and take no further part in the game. The manager or coach ejected may not sit in the stands and may not be recalled. Any manager or coach ejected from a game is suspended for the next scheduled game.

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II. MANAGER/COACH ROLES AND RESPONSIBILITIES

GENERAL:

1. A field manager and a coach, who shall be of legal age in the state in which they reside, shall be selected with each season team/tournament team.
 - (1) SHETLAND 6U and PINTO 8U MP: Teams may have a total of four coaches (including manager) in the dugout, in tournament play.
 - a. Coaches shall not assist batters in the batter's box or coach defensively from the field.
 - b. Umpires shall not permit more than one timeout per ½ inning.
2. The manager/coach, shall direct the team on the field of play and shall be responsible for the conduct of players both on and off the field.
3. The manager and coaches shall be attired in full baseball uniform with an official tournament team emblem. **Tournament Play ONLY**
4. A manager or coach shall not be replaced during a game, except in an emergency, and once replaced shall not resume managing or coaching during that game. **Tournament Play ONLY**
5. When a manager and/or coach is replaced between games or levels of play, the Tournament Director shall be notified before the next game. **Tournament Play ONLY**
6. At least one adult (manager, coach or business manager) shall be with the team at all times when a tournament team is traveling or is housed as a unit. **Tournament Play ONLY**
7. National officers of PONY Baseball, Inc., field directors, tournament chairmen and tournament directors are not permitted to sponsor, manage or coach a tournament team. **Tournament Play ONLY**

CODE OF CONDUCT:

1. Conduct- Managers/Coaches in attendance at games, practices, or other league functions shall conduct themselves in a manner, which provides example to the youth of the league and complies with applicable City Of Santa Ana /or SAUSD facility codes. Such persons conducting themselves other than the best interests of the league shall be subject to removal and/or disciplinary action.
2. Complaint- Complaints should be addressed to Division Coordinators.



III. MANAGER/COACH DISCIPLINARY ACTION

The following may be adopted by the organization league as a guide for the handling of player or adult discipline problems.

- It is the manager/coach's responsibility to keep fans and players in control.
- If a fan or player becomes unruly or disrespectful or otherwise displays unsportsmanlike or inappropriate behavior, the manager/head coach will be warned one time.
- The second warning will result in the ejection of the manager/head coach. In addition, the offending player or parent may be ejected from the game/ballpark.
- The next warning will result in the ejection of the Assistant Coach and the offending parent or player, if not already ejected. If the problem persists, the umpire has discretion to call the game and the team causing the problem will be charged with a forfeit.

Any manager, coach, parent, or player ejected shall be suspended from for the remainder of the game as well as for the following game. This means the manager, coach, parent, or player cannot be present at the ballpark.

1. The organization league officers shall have the authority to suspend, discharge or otherwise discipline any player, manager, coach, umpire, organization league officer or other person whose conduct is in violation of the Rules and Regulations of PONY Baseball and/or is considered detrimental to the best interests of the organization league.
 - 1) Persons subject to such discipline shall have the right to a hearing before the organization league officers, before such discipline is imposed.
 - 2) In the event of such a hearing involving a player, or other person under the age of 18, that person's parents shall be invited to attend.
2. Persons, youth or adult, who refuse to comply with the rules of Baseball, PONY Baseball, or the organization league, may be considered for disciplinary action.
3. Recognizing the difficulty of establishing specific penalties for a variety of violations of acceptable conduct, the following penalties are suggested. Organization league officers may impose the one which, in their opinion, appears to match the severity of the offense.
 - 1) **WARNING:** The offending person is to be advised, in writing, of the offense, and further advised that repetition of the offense shall result in a more severe penalty.
 - 2) **SUSPENSION:** The offending person is to be advised in writing that he or she has been suspended from all organization league activity for a specific number of games, or days.
 - 3) **DISMISSAL:** The offending person is to be advised in writing that he or she has been dismissed from the organization league for the remainder of the current year.
 - 4) **BANNED:** The offending person is to be advised in writing that he or she has been barred from present and future participation in the organization league, permanently, or for a specific number of years.



IV. MANAGER/COACH RESOURCES

A. PARENT - COACH COMMUNICATION:

Establishing control with parents and players from first contact helps set the mood for the way your season and practices will run.

- Introductory e-mail or meeting to introduce manager and coaches. Establish the importance of attending practice as well as working with their players outside of your organized practice slots. (Timed practices are thrown off by players showing up late).
- Let parents clearly understand that practices are important to their player's development. In addition, arriving at practice on time is crucial for an organized practice that is run by timed stations. Arriving late disrupts organized practice plans.
- Ask parents for help during practice. You will see an organized practice plan takes manpower. I tell my parents that you do not have to have baseball experience to help run an effective practice. (Review timed practice plan.) Making a template and taking 10 minutes to layout your practice makes you organized with players and parents. Your team will greatly benefit from an organized schedule.
 - ****Foal and Shetland parents should be required to always be in attendance (practice and games)- no drop off/ babysitting.**
- Take advantage of a website/application such as **Team Snap**. This makes you as a manager/coach, look extremely organized with your parents. Parents tend to lose schedules and rosters. This website/application allows parents to check the team page anytime they need. Also make sure to assign a strong team mom as this is huge in team organization.

B. PRACTICE PHILOSOPHY:

The key to developing youth baseball skills is repetition. A properly run practice with drills can be run in a small location even if a field is not available.

- The majority of youth practices have players taking batting practice and standard infield. This type of practice does not offer the youth player enough repetition to hone their skills and has lots of players standing around getting bored.
- By breaking down hitting and fielding practice into drill work, each player can maximize their skill level.



- The other key is keeping youth players engaged. If players at this age level remain engaged and have fun, they will learn and improve more rapidly.



V. DRILLS

Warm-up and Stretching

- **Running:** At all levels, have players start by jogging around the field as a team. Try to focus on an organized run as the warm up sets the mood for practice. Control is key.
- **Stretching:** Next, have the team stretch by creating a large circle. Place one player in the center to run the stretching. Even at the T-ball level, players enjoy the stretching and have fun. This keeps players engaged as well as learning the stretching process. More importantly it helps coaches start with organization.
- **Warm up throwing:** Throwing is key. Do not allow players to just lazily throw the ball. Warm up throwing is a key part of the development process. Focus on throwing to a location. Players receiving the ball must create a **“throwing box.”**
 - **Start with the one knee drill.** Players are close together. The idea is to work on proper throwing mechanics. Separate the arm from the glove, full extension and use the glove as a pointer.
 - **Feet in cement drill:** Short throws. Focuses on upper body rotation. Point the glove and throw to your target. Both feet remain facing the receiving thrower. Player does not step to make this throw.
 - **Rocker step:** Allows players to get the feel that you drive off the back leg to throw. Back leg needs to be on the ground when throwing the ball until the ball it leaves the hand. Regular throwing distance.
 - **Long toss:** Stretch the arm out. This is the single best way to increase arm strength. At this point you can also teach the crow hop. This is very helpful, to reinforce driving off the back leg as well as increasing the overall strength of your throw. In the youth level, we have players that cannot always make a long throw. A crow hop helps increase distance.
 - **Quick hands and feet:** Short throws, focused on control. Hit your target. Then use quick hands to get rid of the ball quickly. You can run a contest to see how many clean throws can be made in a 20-second time frame.
 - **Tee Ball warm up:** At this level, players cannot catch a ball in the air, but we need to work on throwing mechanics. Coaches warm up players in a line and rotate. This allows coaches to work with players and instruct them on their motion. Use the **“Scare Crow”** technique to reinforce the glove pointing to the target and the throwing hand pointing away from the target. Many players at this age will also

step with the wrong foot. A major part of practice can be working on throwing mechanics. Naming the drill helps the kids remember, ex. “scarecrow” helps them understand that their arms need to be extended out, pointing to their target and then throwing.

- **Discipline:** Do not be afraid to have a player run a lap if he is disrupting practice. One player can cause lots of problems in practice and running a lap can reprogram a player. This also helps set the precedence of control and respect.

Fielding Practice Drills

- ***Bare handed/ small glove drills:***
 - **Start with player on both knees:** The idea for this drill is to get the payer to get his eyes behind the ball and field the ball in front of him. Once the ball gets deep in a players fielding area it is harder to see the ball. Use both bare hands and with the glove. I use this drill for all levels and it is a great starter for Foal and Shetland.
 - **Standard bare handed drill:** Roll balls to player so they are forced to use two hands. Standard fielding position. In this drill players are standing in a ready position, feet shoulder width apart and gloves open to the ball in fielding position.
- ***Partner fielding work:***
 - Each player teams up with a partner. Positioned 8’ to 10’ away players roll each other ground balls. Watch for proper form. Players can roll front and backhanded balls as they progress in levels. The key to this drill is that players are working together and getting fielding repetition. This is a good drill to start in the Shetland level.
 - For T-ball, break players into groups of three and have coaches roll balls to each player. Focus on **“Alligator Hands.”** Glove open to the ball and the throwing hand comes over to secure the glove once the ball makes impact. This term really helps reinforce the idea of two hands in the younger levels.
 - As players advance we use this same drill to work on short hops. Draw a box 1’ to 2’ in front of each player. This is a target for each player to throw the ball for a short hop. This can work with more advanced Shetland players, but is probably a good starting point for Pinto.
- ***Team drills for maximizing fielding:***
 - **Shortstop / 2nd Base drills:** The easiest out in baseball is the force out at this age level. Start by placing 3-players at shortstop and 3 players at 2nd base. This is a



fast paced repetition drill. Coach rolls balls quickly to shortstop. Shortstop throws or flips to 2nd base. Switch occasionally so the 2nd baseman fields and flips to shortstop. Each player goes to the end of their line and drill is repeated rapidly. After several rounds players will switch so they have an opportunity to take drills at both shortstop and second base. This drill can be started in Shetland or Pinto level.

- **3rd Base & 1st Base Drills:** While the above drill is going, you can work on rolling balls to 3rd base or pitcher and having them make an actual throw to 1st base. Again break up your players so they rotate between 1st base and either 3rd or Pitcher. During this drill we teach proper foot work for 1st baseman. (Do not stand on top of the base or there will be a collision) For the Foal and Shetland level, have players on the pitcher's mound so they can focus on a shorter more accurate throw. For these lower divisions, players need to keep reinforcing the idea to throw the ball to 1st base. We constantly see players field the ball and just hold it in a game situation, because they do not instinctually know to throw the ball to first base. Repetition, Repetition, Repetition.
- **Fly ball and line drive corner drill:** Focus on two handed catches. This is one of the most common things we see in the youth level. The problem we find is that many players are afraid of the ball. I recommend using some tennis balls until you get a feel for your player's skill levels. Players tend to learn the technique of a two handed catch better when they eliminate the fear factor. I would not attempt fly ball work at the Foal level. This usually starts at the Shetland level on your more advanced players.
- **Two corner fly ball drill:** This can also be performed with tennis balls. Players line up and coach throws a fly ball over their head to get the feel of going back on the ball. Ball goes back to the coach and players move to the next corner. Once each player has gone through the drill the next step is that the player runs toward the coach to get a fly ball. This teaches players to catch a ball as they're running in on it. This drill should start in the Pinto level.
- **Fly ball helmet drill:** If you are having trouble with players not getting under fly balls we perform the helmet drill. Each player wears a helmet and positions himself directly under a fly ball with a tennis ball. The idea is that the player needs to allow the ball to hit him on the top of the helmet. This forces the idea of getting under the ball. This is good starting point for Shetland players, because it teaches them to not be afraid of the ball and to know they need to get under and be in front of the ball. More importantly, the kids have a lot of fun with this drill.
- **Slow roller and high hop drill:** Work on charging the ball and setting feet before throwing the ball. Mix in high bounces and teach the kids to try and get the ball as it is in the air on a high hop. Good starter for Shetland. As a note, in Shetland and



even Pinto, hit balls in the infield. Roll balls so you have better control of the speed, locations, and hops. This also increases the repetition speed.

Team Hitting Drills for Maximizing Individual Swings

It has been proven that for every 1 mph in bat speed a player gains, it will increase the distance the ball travels by 6 feet. One of the biggest problems in the youth level is players using bats that are too long and heavy for them. Bat speed is the key to hitting and this has helped out players dramatically. Telling players they must use a bigger bat is the wrong approach.

- **Dry swings:** Position a few players in a line and have them swing the bat. At this time the coach is watching the player to work on proper mechanics. One of the most common problem players not swinging with 2 hands. Focus on keeping two hands on the bat. At the T-Ball and Shetland level you will also find players having the top and bottom hands in the wrong position.
- **T-Work:** We use the hitting Tee at all levels. (Even Albert Puljols uses the Tee before every game.) Focus on hitting line drives. A trick is to put a red dot on each ball during T-work. The player focuses on a smaller target when hitting. Players should also look out as if they are watching the pitcher then swing down on the ball. Watch for bat angle after the swing. If a player is chopping down on the ball, his bat angle will be down at the end of the swing. We want a level swing through the ball and the bat should be finished in a position pointed up to drive the ball. You can play a game and give points to the player that hits the most consecutive line drives in a row.
- **Soft Toss:** This is a great drill for ball tracking and represents one of our biggest areas of hitting practice. We run several soft toss stations to focus on different variations.
 - **Standard soft toss throw to hit line drives.** Watch for over striding. One of the biggest problems we see in Shetland, Pinto and Mustang levels are players stepping out of the bucket or toward 3rd base for a right handed hitter. Focus on stepping right at the pitcher. If you find this problem, lay a cone or board down to prevent the player from stepping out. Once they step out the shoulders will open and they will pull their head.
 - **Rapid fire Soft toss:** Three consecutive rapid fire soft toss throws to increase bat speed. Show this drill being performed.
 - **Heavy Ball drill on Tee or soft toss.** Use a slightly deflated soccer ball for this drill. Hitters need to drive through the ball. This increases the hitter's power, but more importantly it forces them to swing through the ball in order for it to go far. Try to not use a net for this drill so the player can see how far the ball goes. This is a drill that can be used in all levels. T-ball players enjoy this drill.



- **Weight transfer drill:** Either Tee or soft toss drill. Have the player put weight on the back leg. Front leg is in the air. When coach says go, step and drive off the back leg.
- **Over striding:** This is one of the more common problems we find in youth players. Have a player take a normal stride/stance and explain to them to start in this position and not step as the ball is coming. In many cases they start hitting the ball better because they're no longer striding. You do not need to stride in order to generate power while hitting as long as the other mechanics are sound. Power comes from hip rotation and quick hands. This is something that Shetland coaches should start watching for.
 - *If a player continues to over stride, a drill we use is to have them hold a soccer ball between their legs and either hit with the Tee or Soft toss. The idea is they must take a shorter stride to prevent the ball from dropping.*
- **Fungo drill:** As players advance in their drills, have players do a fungo style swing into a net. Alternate using top and bottom hands to toss the ball up. This improves eye hand coordination.
- **Bat throwing drill:** Players need to understand what it feels like to throw the hands. This is a key to successful hitting. Have one player stand at the foul line and take a normal swing. The player releases the bat and throws his hands to the pitcher. The goal is to throw the bat straight. If there is a loop in the swing it will go left or right. One player at a time with this drill and make sure you are far away from other players. This is a drill used in Shetland for players to understand they can swing hard and watch the bat fly.
- **Do not throw the bat in the game:** Reinforce with each player not to throw the bat after they hit the ball. This is a very common problem in the Tee Ball to Machine Pitch division.
- **Wiffle balls:** Invest in 10 or more wiffle balls. They are cheap and it can get your players a tremendous amount of additional swings. One of the most effective drills for time management is to get a group of kids and have them make a semi-circle. Spread them out so they can take a full swing safely and not hitting each other. The coach stands in front of the players and throws a ball to the first batter then continues down the line. Players need to be ready as you move quickly through this process. You can start this drill at the Shetland level for maximum swing repetition.

Base Running Focus

We find that base running is an area that many teams do not focus on. As a result, we find that in the Pinto and Mustang level they continue to have bad habits which result in unnecessary outs.

- **Base running to first:** Have each player run from home to first base.
 - **Run hard:** Focus on the player running hard all the way through the base.



- ***Through the base:*** Place a cone about 8' beyond the base. You want the players to run all the way through the base to this cone. We find that many players slow down 2 to 4 steps before 1st base.
- ***Head down:*** Players should put their head down as their foot touches the base. This ensures they do not miss the base. They should do this on every base.
- ***Chop your steps:*** Turn in and look for the ball.
- ***Base running first to second:*** Place cones or ball buckets inside of first base in an arch to teach kids to round 1st base. This shortens the distance when running to second and offers a straighter line to the base.
- For T-Ball it is important to start teaching players the different bases as well as positions in the field. Walk them out during the first practice and show them where each position player is supposed to play.

Most importantly, make practice fun and try to incorporate games and competition as much as possible. If players are not having fun, they will not continue playing baseball.

If you have any questions or would like information on additional drills please feel free to contact John Bretza at Teamsavagebaseball@gmail.com (714) 514-5214. All of you are also welcome to watch one of his practices to see all of these drills performed in person.

REFERENCES:

SCOREKEEPING:

<https://www.youtube.com/watch?v=XtmtVHXQpD0&feature=youtu>

<https://www.youtube.com/watch?v=y muj9580qBQ&feature=youtu>



VI. CHAIN OF COMMAND

Please direct all questions and concerns to the Division Representative / Player Agent(s) first.

Questions regarding practice slots/schedules may be directed to Field Scheduler.

Questions regarding players and player registration may be directed to Player Agent(s).

Questions regarding play rules/policies may be directed to Coach/Player Coordinator

