



Shetland Baseball Rules

MISSION

The goal of OYA Boys Programs is to enhance the quality of life for the youth of our community, by striving to provide quality baseball, basketball, and volleyball leagues, where players can learn and develop fundamentals, skills, and good sportsmanship.

GENERAL POLICIES

Play is governed by this OYA Rule Book and then by PONY BASEBALL'S OFFICIAL BASEBALL RULES (the "Sporting News" edition).

These rules and regulations have been established by and will be enforced by the Board of Directors of the Orland Youth Association, Boys Programs.

For simplicity and readability, the following terms in this rule book are interchangeable: "Parent" as "parent/guardian"; "son" as "son/daughter"; "brother" as "brother/sister" "boy" as "boy/girl"; "his" as "his/her"

General Rules for Parents

1. Transportation: Parents are responsible for providing transportation to and from all practices and games. At this age at least one parent should be present. Players are expected to be ready to play, 10 minutes before scheduled start time.
 - a. In the event of inclement weather, call the Village of Orland Park, Parks and Recreation Dept. Rain Line for confirmation of rain-outs (403-6290), or the School District 135 rain line (226-8777).
 - b. If your child is unable to make a scheduled event, courtesy is to please call the team manager or a coach ahead of time.
2. Uniforms: Supplied by league. Shirt, pants, hat and socks.
 - a. Players must wear Cup type athletic supporters, for games and practices.
 - b. Gym shoes or rubber cleated soled shoes are acceptable.

3. Communication: Suggestions, complaints, and questions about player's progress or a player's playing time are to be directed to the team manager, and not the assistant coaches.

Parent Coaching: Parents are not allowed to "coach" from directly behind home plate at any time. However, at this age, help from parents is appreciated, to insure that the children do not get hurt. Umpires: There are no umpires in the Shetland league.

Safety: At the younger age levels, parents are encouraged to help make sure that players do not take warm-up swings too close to others, swing a bat in the dugout, go on deck to bat without a helmet, or practice too close to spectators.

4. Siblings: During games and practices, only the Team Manager, designated Assistant Coaches, and Players are allowed in the dugout area and the field. Parents are responsible for keeping yourself and your other children out of harm's way. Keep small children behind fences when possible.

5. No Alcohol: OYA and the Village of Orland Park strictly prohibit alcoholic beverages at all parks. Any violation may result in forfeiture by the offending team.

6. No Smoking: Village Ordinance restricts smoking at public events. Coaches and any parents on the field or in the dugout should refrain from smoking during OYA games.

7. No Cheerleading: Organized cheerleading (and chanting) and the use of musical instruments are prohibited. The first infraction of this rule may result in a warning from the umpire. On the second infraction, the offender may be asked to leave. If he or she refuses to leave, the team represented by this person must forfeit the game.

8. Insurance: No insurance is available or implied through OYA Boys Programs. It is the responsibility of each individual parent to have insurance for his/her own child.

9. Spectators: Parents are responsible for ALL family members and friends

attending games. Spectators who do not show appropriate sportsmanship will be subject to disciplinary action including measures that may include the suspension or expulsion of the child from the league. Spectators may not:

- a. Harass, heckle or otherwise question umpires, coaches, participants or opponents.
- b. Engage in negative cheering (ex.-“Don’t worry, he can’t hit.”)
- c. Use of profanity, alcohol consumption or any other activities not appropriate with young children and families present. The OYA Board will have final discretion over the appropriateness of any behavior based on the specific facts and circumstances.
- d. “Coach” or give specific instructions from the stands or behind fences.
- e. Sit directly behind home plate except at those fields where permanent bleachers are placed there. All fans must be either in or adjacent to permanent bleachers or down the outfield lines beyond the dugouts.

General Rules for Team Managers

We, as members of OYA Boys Programs (OYA), believe that our work has a direct impact on the youth we coach and an important impact on the quality of life in our community. To demonstrate our dedication to the children and families in our community, we commit ourselves to the following values and rules of conduct.

An OYA Coach acts as an official representative of OYA who is required and trusted to work within the rules established by the OYA Board of Directors. The basic duties of a coach include:

providing positive instruction and guidance for the youth; maintaining a positive team attitude & team concept throughout season; ensuring the enjoyment of all participants including opposing coaches and players teaching sportsmanship through example and direction of players and parents Overall management of the

day to day activities of the team (as defined in the OYA Rule Book for each sport); and Adherence to all OYA established rules & Board decisions, throughout season

A Coach shall perform all of their duties impartially, without favor or ill will and without regard to status, sex, race, or religion. All players and parents will be treated equally and with courtesy, consideration, and dignity.

Coaches shall conduct themselves in such a manner as to inspire confidence and respect for the position of trust they hold. Coaches will never allow personal feelings, animosities, or friendships to influence conduct.

Coaches shall perform their duties with integrity and always maintain a professional disposition. Integrity is defined as being honest, moral, upright, and sincere. We believe that integrity is the basis for trust within the OYA community; therefore, we can only coach effectively to the extent that we are credible, individually, and as an association.

Any deviation from the OYA rules and policies in an effort to win games, or any unsportsmanlike conduct by managers, coaches, parents, or players, will not be tolerated. Such actions are subject to a board committee hearing, and may result in suspension or ejection from the league, for those individuals involved.

1. Communication: Team Managers are encouraged to communicate clearly with your team parents.

a. After your team is assigned, please call the Parent of each of your players as soon as possible.

b. Please provide copy of schedule and Team Roster, with phone numbers for all Parents.

c. Please provide each parent with a copy of the General Rules for Parents.

d. Pass out uniforms to Players promptly and carefully so each player receives the appropriate size. Inform your commissioner promptly of any missing uniforms or replacement orders.

e. Please inform your team promptly when you get dates for picture day, makeup

games/practices, and the picnic.

- f. The younger teams traditionally have a snack schedule, to pass out snacks and drinks after each game. (The Manager may wish to note snacks to avoid if someone on the team is allergic to peanut products, MSG, etc. and may wish to discourage caffeine drinks.)

2. Field Usage:

- a. Managers must check the RAIN LINES (403-6290 and 226-8777) prior to games, and must not use fields that the Park Dept. and School Dist. have deemed unplayable.
- b. The schedule will designate the home team for each game. The home team resides in the 3rd base dugout. The visiting team bats first.
- c. The home team is responsible for putting out the bases, and the visiting team responsible for putting the bases away. Bases must be returned to equipment bags at the end of the game.
- d. Upon arrival, team managers should confirm an even split of field usage for warm-ups prior to game starting time.
- e. Games must take place during game time as designated by the schedule set forth by OYA and your Commissioner. Since the field may be allocated to another team or another organization later in the day, a game may not be started later than 15 minutes after the scheduled starting time.
- f. If it begins to rain after the game is started, the Managers will make the determination as to whether the game should be called.
- g. Upon activation of the lightning detector, or at the first occurrence of lightning, Managers must clear the field and keep their team clear of metal fences, poles, and stands. Follow instructions from Park Dept. officials. Games may continue if the lightning detector gives the all-clear signal within 20 minutes.

h. Managers must hold their team responsible for cleaning its respective dug-out and spectator areas, following games and practices.

i. Managers should work to move the games along as efficiently as possible by having a predetermined lineup, having on deck hitters' ready, warming up pitchers in between innings, and generally working to prevent delays.

3. Team Equipment: Managers are responsible for their assigned equipment. Equipment must be returned to the OYA at the end of the season, but Managers may keep the baseballs. (Many managers pass out game balls to players during or at the end of the season.)

a. Game Balls: one new ball per team is required per game. You should put these aside so as not to use them for practices, so you have them when needed.

b. A "safety" ball is to be used at the Shetland level. Hardballs are not allowed.

6. Rosters & Line-Ups: Rosters are assigned by Commissioner. Once rosters are finalized there are no trades allowed under any circumstances. Rules for playing time must be strictly followed with the general goal of distributing at bats and field time evenly, and providing all players the opportunity to play multiple positions (on both the infield and outfield.)

General Rules for Commissioners

MANAGER SELECTION

1. MANAGERS: Commissioners & appointed review committee shall assemble list of possible managers. Managers will be selected based on their ability to fulfill the mission described above and their ability to appropriately relate to the players and participate as productive leaders in our leagues. Final list will be approved by the OYA Board of Directors.

TEAM FORMATION

Shetland teams shall be formed by the league Commissioner, subject to approval by the Board of Directors. Shetland players shall be placed on a team by commissioners, based on the following criteria.

- a. Brothers are always kept on the same team. (Staple these forms together).
- b. Assembly of teams which have close geographic residences, such as all players living in the same or adjacent neighborhoods or subdivisions. (Shetland only) This is not guaranteed.
- c. Effort shall be made to have an equal amount of the same league age players on each team.
- d. Special requests are not used for the formation of teams.

PLAYING RULES

The official playing rules, with all 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.

PLAYING FIELDS

* Pitching distance = back of pitching rubber to back point of plate

PLAYER EQUIPMENT

1. Players must provide their own, properly sized mitt.
2. Bats: OYA will restrict bats to those with BPF (Bat Performance Factor) of 1.15 or less. Bat barrels must be smaller than (or equal to) 2 1/4" in Pinto, Maverick and Shetland, and smaller than (or equal to) 2 5/8" in Mustang and above. Bats must be less than 42 inches in length. The BPF is printed on the barrel of many bats or can be researched with the manufacturer. Maximum bat ounces for Shetland, Maverick and Pinto is 29 ounces.

*NOTE: Only rubber-cleated and/or rubber soled shoes are permitted for Shetland recreational teams. Tennis or "sneaker" shoes may be worn for Shetland division

3. Batters, players in the on-deck area, base runners and players coaching the baseline coaching boxes are required to wear protective headgear which gives protection to the top of the head, temples, ears, and base of the skull.
 - a. Shetland batters and base-runners' headgear must have protective face

masks and be used in practices, practice games and all season games.

b. All headgear must be NOCSAE approved.

c. Only one player is permitted on deck at a time.

4.Catchers – A coach will assume the position of Catcher for the Shetland league.

5.Cup type athletic supporters must be worn by all players at all levels.

6.Mouth-guards are strongly recommended.

7.Pitchers – Shetland is coach pitch.

League	Base Distance	Pitching Distance*	Home Plate to 2 nd Base	Recommended Home Run (at center field)	Recommended Home Run (at fence)
Shetland	50 feet	30 ft. (coach pitch)	70 ft 8.5 in	175 feet	125 feet

GAMES

ATTENDENCE

For Shetland, only five players are required to start a game.

LENGTH OF GAMES

In Shetland, 4 innings or 1 hr 30 minutes. Tied games end at the end of 4 innings.

RUNNING RULES

- Stand-up rule (applies to entire league): The base runner must slide if the play is close. Exception: At home plate, the IHSA rule of No Slide to Avoid Collision is also allowed. Lead-offs and Stealing is not permitted in Shetland. Runner must remain in contact with the base until the ball is hit.

- Hold Up Rule: Shetland – If, while the ball is in play, the ball enters the area inside the lines ex-

tending from second base through and beyond first base and third base to the fence barrier, then the play will be declared dead, time out automatically called, and runners can no longer advance. If a runner is more than halfway to the next base, the runner will be awarded that base, otherwise, he must return to the previous base. However when the ball is thrown out of play (e.g., past the dugout/fence line) the runner (s) are awarded the base they were or would be advancing to at the time, whether or not they were halfway. Runners may not advance on any over-throw of first base.

Shetland Fielding Rules

- □11 players shall be used defensively.
 - □There will be 4 outfielders stationed not less than 15 ft. behind the baseline.
 - □5 infielders including a short-centerfielder, and a player placed to the left-rear or right-rear of the pitching rubber.
 - □Remaining players must sit out in rotation. Shetland Batting Rules: A half inning shall consist of all players present on the roster batting once in rotation. Whenever 3 outs are achieved, runners clear the bases.
- During the first two weeks of games, each game starts with a warm-up inning where all batters bat from the tee.
 - Two participating adult coaches shall be positioned as follows:
 - One coach shall pitch from one knee and be positioned directly behind the pitching rubber.
 - Another coach shall be positioned behind both home plate and behind the batter so as to retrieve and return pitched balls not hit by the batter. To speed up the game, if a player is used in the catching position, he must allow the coach behind home plate to catch and return the pitches.
 - Pitching shall be done by an adult-coach pitching from behind the

rubber, approximately 30 feet from home plate. The pitcher-coach shall pitch from one knee.

- There is no defined batter's box; therefore a batter cannot be called out for stepping outside of the box while hitting the ball. Player cannot stand on plate.
- A batter will get a maximum of six pitches. (This allows for 3 strikes and 3 bad pitches.) If the batter does not hit a fair ball, the player will then get two swings off the tee. If after these, the player fails to hit a fair ball, the player will be declared out. To keep games moving, this rule must be strictly followed. An extra pitch for one player would mean that all players on both teams are entitled to an extra pitch, and this will unreasonably delay the game.
 - When used, the batting tee shall be located directly in front of home plate.
 - P.O.N.Y. recommends that the batter shall not swing at the ball on the tee until the adult-coach has made a pitching motion from behind the rubber.
 - The player fielding the pitcher's position will stand to the left-rear or right-rear of the adult-coach.
- The offensive team should also provide base coaches at 1st and 3rd base. When there is a shortage of assistant coaches, teams should please work together to cover these coaching positions for each other.

Bunting is not allowed.

Infield fly rule does not apply to Shetland
