

FOAL/SHETLAND Division - RPYB 2025 Local Ground Rules

(All official Pony rules apply in addition to these ground rules)

Focus: Developing young players and teaching them the complete game of baseball

HOME Team will use 3rd BASE DUGOUT and VISITOR will use 1st BASE DUGOUT

- Food/Drinks:** Only water and sports drinks are allowed in the dugout. No food (including sunflower seeds) or drink is allowed on the field. No food (except sunflower seeds) is allowed in the dugout. **Sunflower seed shells must be discarded / dispensed in a cup** and placed in the trash.
- Sportsmanship:** All managers, coaches and parents, are responsible for always ensuring good sportsmanship on and off the field during all practices and games.
- Code of Conduct:** All managers, coaches, and parents are required to follow the Rocklin Pony Baseball “Code of Conduct” at all times on and off the field during all practices and games.
- Safety/Medical:** Player medical release forms must be present at all games and practices, or player may not be allowed to participate.
- Scorekeeping:** There is no scorekeeping in the SHETLAND division.
- Uniform:** All players must wear their team jersey & hat, with their jersey tucked in. Plastic or molded cleats are recommended. No metal cleats allowed. We recommend that all male players wear a cup. No jewelry may be worn at any time on the fields (practices or games) except for medical I.D. bracelets.
- Catchers Gear:** All catchers must wear the appropriate catchers gear - helmet with throat guard, chest protector, shin guards, & cup protection). No Exceptions.
- Dugout:** All offensive players – except for the batter, on-deck batter and any base runners – must remain fully inside the dugout and remain in the dugout during play. The leadoff batter in each ½ inning is the only player allowed on the field until play begins and **MUST REMAIN IN THE ON-DECK CIRCLE** until the manager calls for the batter. Only the manager and three (3) adult coaches who have current and accepted coaching applications are allowed in the dugout during a game (first and third base coaches, manager, and one (1) dugout coach). Approved Team Parent may also be in the dugout to assist but not allowed to be on the field.
- Field Prep:** **HOME TEAM IS RESPONSIBLE FOR PREPARING THE FIELD (BEFORE GAME):** Water, drag field, rake batter’s box, install bases and chalk batter’s boxes and foul lines.
- AWAY/VISITING TEAM IS RESPONSIBLE FOR POST-GAME CLEANUP:** Remove and store bases, drag, rake and repair batting area, bases and pitcher’s mound.
- Additional Field Prep directions can be found in the documents section of our website.

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- Pitching:** FOAL 4: Only Coach pitch is allowed at this level (**NO PLAYER PITCH**). Players will be given five (5) pitches from coach. If a player is unsuccessful in hitting one of the five (5) pitches from the coach, player is to hit from batting tee to complete their at bat.
- Shetland 5/6: Only Machine pitch is allowed at this level (**NO PLAYER PITCH**). Players will be given three (3) pitches from the pitching machine. If a player is unsuccessful in hitting one of the three (3) pitches from the pitching machine, player is to hit from batting tee to complete their at bat.
- Batting:** Batters must wear a helmet any time they are on the field. Each batter will be given the number of pitches as described in Pitching Section above and then, if unsuccessful, will have a chance to hit off the tee. Note: **if the batter fouls off the 5th pitch from the coach or 3rd pitch from the pitching machine, they will get another pitch (similar to 2-strike count).**
- Defense:** The entire roster will play defense on the field - **ALL PLAYERS WILL BE IN THE FIELD EVERY INNING. Every player must be rotated between the Infield and Outfield Positions each Inning.**
- NOTE: COACHES ARE REQUIRED TO ROTATE THE POSITIONS THAT PLAYERS PLAY SO STRONGEST PLAYERS ARE NOT ALWAYS IN MOST ACTIVE FIELDING POSITIONS**
- Overthrows** Runners may not advance on overthrows.
- Sliding:** There is no sliding at first base, sliding will only be permitted at 2nd, 3rd and home plate. Headfirst sliding should be strongly discouraged by coaching staff.
- Base Running:** Runners are not allowed to lead off or steal in the SHETLAND division. Runners may advance more than one base on a batted ball ONLY if they have rounded the base before the ball has left the outfielder's hand.
- Outs:** If an offensive player is ruled "Out" they must come off the bases.
- Inning Duration:** Each half-inning will last one rotation through the batting line up. Teams will change sides after the final batter has concluded his/her at bat. The Base Running rule above will apply to the "Last Batters" at bat.
- Game Duration:** All SHETLAND games will last a maximum of 1 hour 15 minutes. No new inning may begin after one (1) hour.
- Cleanup:** The managers, coaches and parents **FOR BOTH TEAMS** are responsible for helping clean out their respective dugouts and bleacher areas **AFTER EACH GAME.**
- Last Game Cleanup:** The managers, coaches and parents **FOR BOTH TEAMS** of the final game of the day are responsible for helping put away the bases and all equipment (i.e., rakes, chalk, drag, etc.) and for helping clean out their respective dugouts and bleacher areas.