



San Marcos Youth Baseball
PO Box 111, San Marcos, CA 92079
www.sanmarcosyouthbaseball.com



Spring 2026 - Recreation SHETLAND DIVISION GUIDELINES

The following guidelines are for use during Shetland league play and, when applicable, are a supplement to the official Baseball Rules, PONY Baseball Rules, the SMYB Bylaws and these SMYB Division Guidelines.

Any violation of the SMYB By-Laws, Division Guidelines, or Pony Rules, may result in a forfeit of the game and/or the suspension of a player, manager, coach, umpire, or any other person for such period as shall be deemed appropriate by the Board.

Only SMYB Board approved managers and coaches will be allowed on the field during practices and games. The team manager is solely responsible for ensuring that each assistant coach registers on the SMYB website and that they are approved by the SMYB board prior to being on the field. See the “credentials” section at the bottom.

Shetland is a development division intended to prepare kids for the next level of play in Pinto Division.

1) Pitching:

- a) Shetland will use the blue flame pitching machine. The machine will be placed approximately 38 feet from home plate and set to roughly 26 mph. Each batter is allowed 3 hittable pitches from the machine. They will receive additional pitches if they foul off the last pitch. After three hittable pitches, a tee will be used if they have not hit from the machine for pace of play sake.
- b) The pitching machine should be set and tested prior to the start of the game. As a general preference, to save time, adjustments to the machine should be made between innings, with the agreement of both managers and the umpire if applicable.

Updated October 31, 2025

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- i) The Blue Flame has 3 different adjustment points and should be set to following standards and adjusted as needed:
 - A: Micro Adjustment (3)
 - B: Release Arm Block (4)
 - C: Power Pedal (2)
- c) If a batted ball strikes:
 - (1) The coach pitcher, the ball is dead, the pitch counts as a foul strike and no runners shall advance.
 - (2) The pitching machine and remains in fair territory, the ball is still in play. If the deflected ball hits a runner in fair territory he/she is not out, and the ball is live and in play.
 - (3) The pitching machine and goes into foul territory, the ball is dead, the batter is awarded first base and all runners advance one base.

2) Game Guidelines (Prior to Spring Break)

- a) All games will be no longer than 1 hr in length. No new inning should start after 48 minutes of play.
- b) An inning consists of each team batting all players.
- c) Blue flame pitching machine is used. Each batter will be given 3 hittable pitches from the machine, then a tee will be placed to help pace of play.
- d) Strikes and outs will not be recorded; score will not be kept at this level.
- e) Coaches of the fielding team are allowed on the playing field, to coach.
- f) No player shall play the same position more than one inning in the same game. Rotating positions is necessary to give each player a chance to play a different position.
- g) Base runners are not permitted to steal or lead off bases.

- h) Two base maximum from where the batter/runner started unless an “over the fence” home run is hit - no exceptions. Balls hit to the outfield (defined as hitting the ball to the grass) allow for a 2-base maximum. Balls hit to the infield allow for a 1-base maximum. NO advancing on overthrows prior to Spring Break.
- i) The batter and base runners must wear a helmet. The catcher must wear the catcher’s gear.
- j) All players will be issued a jersey and cap. That must be worn with baseball pants, belt, and baseball socks.
- k) Throwing any equipment will not be tolerated. First time the player will be warned. Second time the player will sit out the remainder of the game.
- l) A safety ball shall be used.
- m) Home Team shall occupy 3rd base dugout; visiting team is in the 1st base dugout.
- n) Home team is responsible for setting up the field with bases and chalk if needed.

3) Game Guidelines (After Spring Break)

- a) All games will be no longer than 1 hr in length. No new inning should start after 48 minutes of play.
- b) Strikes and outs will be enforced. Half innings will end after 3 outs recorded by defense, or 5 run rule is reached.
- c) Teams shall not score more than (5) five runs per inning.
- d) A batted ball becomes dead when an infielder has possession and control of the ball in the infield.

- e) Maximum of 6 infielders and all remaining players can play in the outfield. (Pitcher, Catcher, First Baseman, Second Baseman, Third Baseman, Shortstop)
- f) Offensive coaches will be stationed in the coaches box (1st base & 3rd base), feeding the pitching machine, and a coach in the dugout.
- g) Defensive coaches must remain off the field (in foul territory) while the ball is in play. Defensive coaches may coach from foul territory or the dugout, not in the field of play.
- h) Two base maximum from where the batter/runners started unless an “over the fence” home run is hit - no exceptions. Balls hit to the outfield (defined as hitting the ball to the grass) allow for a 2-base maximum. Balls hit to the infield allow for a 1-base maximum. Batter/Runners may advance 1-base on overthrows ONLY to first base.
- i) Bunts are not permitted (penalty is a foul strike).
- j) The batter is declared out if failing to reach base after a maximum of six pitches or after 3 strikes. The batter is not out on a foul ball if it is the 6th pitch or any subsequent pitch that is a foul ball.
- k) Runners are not permitted to steal or lead off and shall remain in contact with the base until the ball crosses the plate.
- l) Once the ball becomes dead and the runner has not gone entirely beyond the halfway point between bases, the runner will be required to return to the base that they are coming from.

Credentials:

- Prior to stepping on the field, Managers and Assistant Coaches are required to do the following trainings:
 - Live Scan (Only Needed One Time)
 - Background Check (Needed Every Spring & Fall)
 - Sudden Cardiac Arrest (Needed Every Year)
 - Abuse Awareness (Needed Every Year)
 - Concussion in Sports (Needed Every Year)
 - NOTE: The above (3) training certificates and Background check confirmation need to be uploaded to the google form, prior to your teams first practice.
- Team Parents are required to complete the Background Check (Needed Every Spring & Fall)
 - NOTE: If your team parent will be entering the field or dugout, then they will be required to do all (3) training stated above for Coaches, as well as the live scan.
- All Volunteers (Managers, Assistant Coaches, and Team Parents) must register as a volunteer on the SMYB website.