**Norwin PAL Shetland Rules**

1.Game length: 3 complete innings or 1½ hour limit.

2. USE the TEE for ANY kid that does not feel comfortable hitting off live pitches. During practice use the tee and coach pitch. Teach level swings regardless of ground balls or pop ups.

3. Coach pitches 7 balls, if the batter doesn’t hit the ball, he hits off the tee. Coaches are allowed to pitch from one knee but are NOT allowed to pitch underhand. Use multiple balls to speed up the game.

4. All players bat in the inning. Roll the order, all players should leadoff and bat last at least once during the season. If you roll the order every inning you will have 3 lead-off men and 3 home run hitters per game. For Example. Your lead-off batter will batter in the first inning will bat second in the second inning and the last batter will be the lead-off batter.

5. Last batter of the inning runs all the bases.(Home Run). Make a big deal about the home runs. Clear the dugout, have kids high five there teammates. “if you teach it and practice it, it will become habit”

6. There is no catcher. Coach catches.

7. Defensive alignment: Infielders plus a short center and the remaining players are in the outfield. Place fielders out of base paths, coaches in field to keep kids alert. Rotate players to different positions.

8. If a player makes an out, whether on a batted ball or a tagged runner, all players remain on base and are safe.

9. No extra base hits. All balls that are hit are singles. This teaches players to get to the next base and stay on the base.

10. Bases are 60 feet.

11. Coach pitches from 40 feet. Coaches are permitted to move closer as necessary.

12. All children playing pitcher must wear a heart guard and batting helmet with face guard.

13. No scores are kept. No records are kept.

14. Hand out game balls after the game to players. Be sure each player receives (1) game ball throughout the season.