



Shetland 2 Division Overview

The Shetland 2 division of McCandless Athletic Association intends to further develop fundamentals of the game of baseball first introduced in the Foal division. This is done through a hands-on learning experience by letting the players simply play the game. Our goal as coaches and parents should be to work together for the betterment of the whole division and not just our individual team. This is done first and foremost by fostering a positive, fun, and safe learning environment for everyone involved. We will need to show patience as these young players have various levels of understanding, communication, skills, and attention spans. It is extremely important that we promote good sportsmanship through our actions as adults. We should strive to provide an activity that players and their families look forward to returning to each week. If we succeed with these goals each new Shetland season will be a future foundational layer that continues to strengthen the league.

Skills learned as a 6-year-old in the Shetland 2 division will prepare our players for their first season of Pinto as a 7-year-old.

Game Timing

1. Game Timing
 - a. No new innings after 1 hour but ensure each team gets it's fair at bats.
 - b. Game drop-dead time at 1 hour 15 minutes.
 - c. If both coaches agree, and it does not appear that both teams will have an equal opportunity to bat before the drop-dead time limit, the game may be ended slightly in advance of the 1 hour timeframe.
2. Thunder / Lightning
 - a. In the event of thunder and/or lightning, the game is immediately stopped, and all players, coaches and fans should go to their cars.
 - b. Game cannot be resumed until 30 minutes after the last cloud to ground lightning strike. (Clock will begin after each lightning strike.) This generally results in the game just being cancelled completely.



Playing Rules

1. Maximum of 9 players will play field positions on defense – no catcher required. Minimum of five infielders, and a maximum of 4 players will be outfielders. The pitcher shall be located on the mound but will not pitch.
2. All players should rotate through ALL field positions. There are instances for safety reasons that a player will not be placed in “high-action” positions due to the players development. It is encouraged that through coaching, each player will be able to play each position by the end of the season. It is recommended for coaches to have a lineup ready before the game starts for field rotation and batting order.
3. Pitchers are to wear [Heart Guard safety plates](#). McAA provides these in the garage by the dugout. These can also be purchased by individual families if desired.
4. All batters should bat by coach pitch. Tees should not be used in this division. Coaches have the right to override this rule if they deem necessary.
5. Pitches should be limited to 7-10 pitches per batter (allowing for a range for coach accuracy)
6. No leading off base or stolen bases in this division.
7. Outs are to be recorded at this division. The batter-runner/base runner who is recorded out should return to the team bench. Coaches should take these opportunities to explain the out to both teams. This will be a new rule that the players haven't used in previous division play.
8. Innings are ended with 3 outs recorded or when 5 runners have passed home plate. Once either of these two situations have occurred, the defensive team clears the field and prepares to bat. Any runners still on base return to the dugout to prepare to take the field.
9. After the game is over, both teams will line up on the baseline and proceed to congratulate each other.
10. Shetland 2 is an instructional, relaxed format division for introducing boys and girls to the great game of baseball. For this reason, there is to be no score kept. As stated above, the purpose of the Shetland 2 division is instruction, building team play, and understanding the rules.



General Equipment Requirements

1. Helmet with face guard, worn by offensive players.
2. Baseball hat, worn by defensive players.
3. Bat (must feature the USA Baseball mark)
4. Glove
5. Players should wear baseball pants and cleats (recommended), or athletic shoes and pants.
6. Players should bring a water bottle with them to all games and practices.

NOTE: Baseballs, helmets and bats are always provided by McCandless Athletic Association and are available in the storage garage at our fields.

Other Rules

1. Please see the League's Code of Conduct and Zero Tolerance Policy on the mcaa.net website.
2. Only team members and Coaches shall be in the dugout or dugout vicinity during the game. Parents are permitted to access the dugout when needed but not for game time seating.
3. Parents are welcome to help as "additional" coaches and in fact it is encouraged. Coaches are responsible to ensure said parents don't interfere with game play (i.e. over speaking coaches, standing in front of players, etc.)
4. All players shall be seated in the dugout when not on the field. Control of players is the responsibility of the manager & coaches and shall be strictly enforced. Only players and coaching personnel shall be in the dugouts during the game. No swinging of bats is allowed except in the "on deck circle".
5. Coaches will need to set up a snack list. Each game, one family will be responsible for snack for the team. The responsible family will purchase tickets from the concession stand (\$1/ticket) and will distribute them to the team after the game. The responsible family is also asked to have a person work the concession stand during the game. At least two volunteers are recommended for the concession stand at all times. Tickets are redeemed for a snack and a drink.

Field Clean Up

1. Put bats, balls, helmets & tees back in the storage garage.
2. Put all bases back in the blue base boxes located at each field.
3. Drag and rake field after every game and/or practice.
4. Check trash cans around concession area. If needed, there are dumpsters available to empty the trash cans.



Optional Practice Drills

1. Additional practice resources can be found at [Dugout Captain](#)
2. Ground Balls: use the “Alligator Chomp” technique. The glove hand is open to receive the ball. The open hand “chomps” down on the ball to keep it from bouncing out and for quicker transition to throwing.
3. Throwing: use the “Power T” stance to ensure throwing direction & accuracy. Hula hoops and zip ties are located in the storage garage to hang from the chain link fence. This offers a nice target for the thrower.
4. Hitting: Shetland 2 is a coach pitch division, however, using tees for practice is strongly encouraged. The more practice with the tee helps develop a more consistent stance and swing over time. Setting up tees to hit into the chain link fence provides a quicker rotation to get more swings in a practice session.
5. Catching: use the “Pinky & Thumbs” technique. If a ball comes to player below the waste, pinky fingers should touch with hands/glove open to catch. If a ball comes above the waste, the thumbs should touch with hands/glove facing up to catch the ball. Note: often is more effective to use a softer ball for the players to have confidence in catching before moving to a harder ball.
6. Base Running: after a hit at bat, encourage kids to run fast to first base. Ensure they touch the base with their foot, run through first base and then come back to stand on base. If first base coach is there, the coach can encourage the run through with a high five. Note: as the season progresses, you can assess your team and allow additional base running as you see fit.