PONY LEAGUE – 2 PAGE COACH CHEAT SHEET

GAME BASICS

- • 6 innings or 2 hours (no inning starts after 1:45)
- • Official Game is 3 ½ innings if home team is leading, or 4 innings if visiting team is leading at the end of 3 ½ innings, and the home team is given their at-bats in the 4th inning. 2 Coach Pitch Innings will count towards this official game inning requirement.
- • 12–13 players per team
- • Minimum Players: A team must have 8 players to start or it forfeits after 15 minutes; coaches are encouraged to play using designated defensive players supplied by the opposing team. Teams may borrow players from other Pony teams (regular season only) to avoid forfeiting. Borrowed players cannot pitch, must bat at the end of the order, and games count in standings. No borrowed players allowed in playoffs.
- • 10 defensive players (6 infield, 4 outfield)
- • Every player must play at least 3 innings in the field
- • Max 3 innings at the same position (see below exception for pitchers and catchers)
- • Pitching Distance 42' – Baseline Distance – 60'
- • 1 Umpire calling balls and strikes from behind mound

INNINGS 1–2: COACH PITCH

- • Coach pitches, entire roster bats
- • No balls counted
- • 3 swinging strikes = tee
- • Play stops when ball returns to coach
- • No score kept

INNINGS 3–6: KID PITCH

- • Game starts 0–0 in 3rd inning
- • Both Swinging Strikes and Called Strikes will count. 3 strikes = out
- • No walks – 4 balls = coach pitch (count resets). 3 swinging strikes = out
- • 3 walks in a row, coach pitches the rest of the inning. 3 swinging strikes = out
- • Half inning ends at 3 outs, 5 runs, or 8 batters. No run limit in 6th inning
- • Play stops when ball returns to pitcher
- • Every player must be in the lineup
- • No Balks

PITCHING RULES (CRITICAL)

- • Max 2 innings per game
- • Max 25 pitches per inning / 40 per game
- • 1 full calendar day rest after throwing even 1 pitch
- • No breaking balls

- • 2 hit batters = pitcher removed
- • Must remove Pitcher on 2nd Mound Visit. Once Pitcher is removed, cannot pitch again
- • Pitching Changes – 8 warm up pitches

CATCHER RULES

- • Max 2 innings per game
- • Anyone warming a pitcher must wear mask + cup

DUAL ROLE RULE (ARM SAFETY)

- • If a player pitches AND catches in the same game:
- – Max 1 inning pitching
- – Max 1 inning catching

BASE RUNNING

- • No leading, no stealing, no bunting
- • No advancing on wild pitches or passed balls
- • Can only advance one base on an overthrow at player's risk
- • Tagging up allowed
- • Feet-first slides only
- • Substitute runner may be used for the catcher, pitcher, or incoming catcher when on base (with any number of outs), but not during an at-bat. The runner must be the last player to make a batted out.

SAFETY

- • Helmets for all batters & runners
- • Cups required for all boys
- • No jewelry
- • USA Baseball or wood bats only
- • T-Balls will be used

COACH RULE OF THUMB

- Pitch OR Catch (2 innings), or 1 inning of each — never more.