

Mechanicsville Little League

Safety Manual *for* Managers and Coaches



League ID Numbers
346-05-03 (Baseball)



It is Mechanicsville Little League's goal to provide a safe and quality atmosphere for children to learn the fundamentals of Little League baseball, softball and sportsmanship. And to provide an opportunity to make friendships that will last a lifetime.



Mechanicsville Little League Phone Numbers

Main Numbers: 730-9814 or 730-1075

Hanover County Police - Emergency.....911

Hanover Vol. Rescue Squad - Emergency...911

Contact info for key persons

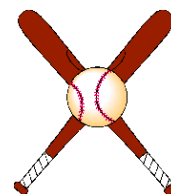
President	Chris Chappell	804-380-2003
Secretary	Terri Clinger	804-382-1588
Treasurer	Kim Rutledge	804-822-0565
Safety Officer	Rob Eubanks	804-512-7691
Player Agent	Jonathan Grant	804-380-3565

SAFETY CODE FOR LITTLE LEAGUE

- ◆ Responsibility for safety procedures should be that of an adult member of the local league.
- ◆ Arrangements should be made in advance of all games and practices for emergency medical services.
- ◆ Managers, coaches and umpires should have some training in first-aid. First-Aid Kit should be available at the field.
- ◆ No games or practice should be held when weather or field conditions are not good, particularly when lighting is inadequate.
- ◆ Play area should be inspected frequently for holes, damage, glass and other foreign objects.
- ◆ Dugouts and bat racks should be positioned behind screens.
- ◆ Only players, managers, coaches, and umpires are permitted on the playing field during play and practice sessions.
- ◆ Responsibility for keeping bats and loose equipment off the field of play should be that of a regular player assigned for this purpose.
- ◆ Procedure should be established for retrieving foul balls batted out of the playing area.
- ◆ During practice and games, all players should be alert and watching the batter on each pitch.
- ◆ During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches.
- ◆ Equipment should be inspected regularly and in good working condition. Make sure it fits properly.
- ◆ All players are expected to wear appropriate safety equipment at all practices and games.
- ◆ Batters must wear approved protective helmets during practice, and during games.
- ◆ Catchers must be fully padded which includes wearing catcher's helmet, mask, dangling throat protector, long model chest protector, shin-guards and male catchers must wear a protective supporter at all times. All catcher's equipment shall be in good working condition.
- ◆ Catcher's chest protector for male catchers must be the long model chest protector for major division and under.
- ◆ Player serving as catcher during practice or warm up where batter is present must at a minimum wear catcher helmet with mask and protective cup.
- ◆ Catchers must wear catcher's helmet and mask with a throat protector in warming up pitchers. This applies between innings and in bullpen practice. Except when runner is returning to a base, head first slides are not permitted. (12 years old and under.)
- ◆ During sliding practice bases should not be strapped down and should be located away from the base anchoring system.
- ◆ At no time should "horse play" be permitted on the playing field.
- ◆ Parents of players who wear glasses should be encouraged to provide "Safety Glasses."
- ◆ Players must not wear watches, rings, pins, jewelry or other metallic items.
- ◆

TEN COMMANDMENTS OF SAFETY

- I. BE ALERT!**
- II. CHECK PLAYING FIELD FOR SAFETY HAZARDS**
- III. WEAR PROPER EQUIPMENT**
- IV. ENSURE EQUIPMENT IS IN GOOD SHAPE**
- V. ENSURE FIRST AID IS AVAILABLE**
- VI. MAINTAIN CONTROL OF THE SITUATION**
- VII. MAINTAIN DISCIPLINE**
- VIII. SAFETY IS A TEAM SPORT**
- IX. BE ORGANIZED**
- X. HAVE FUN**



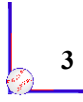
Important Do's and Don'ts

DO...

- ◆ Reassure and aid children who are injured, frightened, or lost. Provide, or assist in obtaining, medical attention for those who require it.
Know your limitations.
Assist those who require medical attention - and when administering aid, remember to...
- LOOK** for signs of injury (Blood, Black-and-blue deformity of joint etc.).
- LISTEN** to the injured describe what happened and what hurts if conscious. Before questioning, you may have to calm and soothe an excited child.
- FEEL** gently and carefully the injured area for signs of swelling, or grating of broken bone.
Make arrangements to have a cellular phone available when your game or practice is at a facility that does not have any public phones.

DON'T...

- Administer any medications.
- Provide any food or beverages (other than water).
- Hesitate in giving aid when needed.
- Be afraid to ask for help if you're not sure of the proper procedures (i.e., CPR, etc.).
- Transport injured individuals except in extreme emergencies.
- Leave an unattended child at a practice or game.
- Hesitate to report any present or potential safety hazard to the Director of Safety immediately.



LOCAL GENERAL RULES

1. All players not on teams must try out. All players are encouraged to play to their ability. All players that refuse to go up to the next level of play shall be refunded their registration fee.
2. Managers and coaches are encouraged to attend Little League meetings. Managers and coaches must attend all mandatory meetings. Failure to attend will result in not being able to coach.
3. All team managers must prepare a team and uniform roster ten days after teams are assembled. No equipment shall be issued until the roster is received by the Equipment Manager.
4. No equipment shall be issued or any practices allowed until all requirements have been met in each division.
5. Dress Code for players: All team players must dress in league issued uniforms.
6. No one except the players, managers, and coaches shall occupy the bench during the game. The only exception to this rule is T-Ball.
7. Managers and coaches will not leave the dugout for any reason except with the umpire's permission. They must stay behind the fence at all times.
8. Managers of both teams shall agree on the fitness of the field before the game starts. If agreement cannot be reached, any Director shall make the determination. (Decision must be made at the field, not by phone.)
9. Both teams' manager is responsible for the field, bases, helmets, and cleaning the dugouts and stands in your area after each game. Teams are responsible for raking the field after each game. **Managers of the last game played are to stay until all Concession Stand workers leave the grounds.**
10. All managers and coaches serve for one season unless relieved sooner by the Board of Directors.
11. All T-Ball, Minor, Junior teams will dissolve at the end of each season and all players will return to a player pool for drafting.
12. All teams are limited to three hours of practice during any calendar day during the regular season (one hour on days that you have a scheduled game). No Sunday practice without league approval.
13. Only four practice games between league teams may be played each season.
14. When a full team cannot be fielded, any registered player within the division may be selected. Players on a regular roster must be placed in the game upon arrival at half inning intervals. No forfeits are given because of a shortage of players. Players are replaced age for age or less. **Players may substitute only once in a calendar week.** Picked up players must play outfield unless you have to pick up more than three players (Junior and Senior Division Baseball and Softball excluded). Picked up players are not eligible to pitch or catch and must bat last.
15. Replacing players from the Minor Divisions will not be allowed after five full weeks of scheduled play.
16. Operation of each division is to be the responsibility of the League Director, under the general rules and other special instruction as ordered by the Board of Directors.
17. Rained out games not completed count against pitcher eligibility.
18. One pitch is the same as one inning for pitching eligibility.
19. A pitcher removed from the mound during a game may not return to the mound in the same game (Big League exempt). Incomplete games, continued at a future date, are considered the same game.
20. Any innings pitched on school Baseball teams will count against Little League pitching eligibility. Violation of any pitching rule will result in protesting the game in accordance with Rule Number 4:19. School players are eligible to pitch or catch at the discretion of their school coach.
21. No tobacco is allowed on the playing field or in the dugouts.
22. Profanity used during the game will result in the offender being removed from the game.
23. Managers and coaches will not mix with the spectators while their team is playing.
24. Umpire judgments will not be questioned.
25. Infractions of rules may be discussed in an orderly manner by requesting time out.
26. All persons shall refrain from yelling at managers and coaches.
27. Managers and coaches will not allow players to razz other players and umpires. No chanting in unison is allowed.
28. Spectators who razz or make derogatory remarks to ball players, umpires, managers or coaches will be asked by any League official to stop or leave the area.
29. The actions of players, managers, coaches, umpires and League officials must be above reproach. There should be no show of emotion or anger between managers, by managers to their players, or by managers or coaches toward umpires.
30. **Anyone removed from the game by an umpire shall leave the association grounds. They shall not communicate with their team in any manner.** (Umpires shall notify the Director or President when anyone is removed from a game. A committee of three or more members of the Board of Directors, including President, Umpire in Chief, shall decide what action shall be taken.)
31. Any ejection from a game of a player, coach, or manager shall result in an automatic one (1) game suspension subject to review by the Executive Committee. All parties involved shall be present at the review, and the Executive Committee has the power to shorten or lengthen the penalty.
32. Any player, League official, manager, coach, umpire or league worker who engaged in physical violence while performing in Little League activities, will immediately be suspended until a hearing can be held as soon as practical by the Board of Directors while in the presence of all involved.
33. No money shall be solicited or collected by anyone for any reason without Board approval.
34. **No children are allowed to play in the parking or equipment areas.**
35. Managers shall notify the Director of any problems regarding parents in the operations of their team.
36. **Any manager violating the pitching rules will be suspended for two (2) games. Only players in proper uniform and equipment can warm up pitchers. (Rule #3.09 in Little League Rule Book)**
37. No one is allowed on the fields or in the batting cages unless accompanied by a coach or manager.
38. No throwing of any objects in any areas on the complex including the parking areas. Baseballs/softballs allowed only in designated warm-up areas as follows: Field #2 behind right field; Field #3 behind center field; Field #4 behind left field; Field #5 behind center field. **(Warm-ups must have a coach or manager present at all times.)**
39. **NO ALCOHOLIC BEVERAGES OR WEAPONS ALLOWED ON THE COMPLEX INCLUDING ALL PARKING AREAS.**
40. The ten (10) run slaughter rule is in effect for all divisions.

PENALTY FOR VIOLATING ANY OF THESE RULES MAY BE CAUSE FOR GAME SUSPENSION OR EXPULSION FROM THE COMPLEX.

TRAINING

FUNDAMENTALS

Clinic for coaches and managers on the fundamentals of baseball and softball was scheduled for February 11, 2023 at the MLL facility. Training for returning coaches/managers is required at least once every three years.

FIRST AID

A basic first aid clinic for a minimum of 1 coach or manager per team, given by a board member who is a registered nurse and qualified as a First Aid/CPR trainer, is being presented virtually with documentation of viewing required. Such training is required for all returning coaches and managers at least once every three years.

CONCESSION STAND

Training on use of fire equipment, and procedures to work in concession stand, is scheduled for the week before opening day, Spring 2023, and will be conducted by the Safety Officer and the Concession Director.

Concession stand procedures will be printed and posted prominently in the working area of the concession stand. All standards and guidance from the Virginia Department of Health shall be followed. Food storage, food preparation, cleaning of cooking implements, cleaning of prep tables, and personal hygiene of all concession stand workers shall be the responsibility of the concession stand manager, the safety officer, and the Mechanicsville Little League president.

UMPIRE TRAINING

Will be conducted by the Umpire in Chief at the MLL facility before opening day Spring 2023, to all eligible umpires.

LIGHTNING FACTS AND SAFETY PROCEDURES

Consider the following facts:

- ◆ The average lightning stroke is 6 - 8 miles long.
- ◆ The average thunderstorm is 6 -10 miles wide and travels at a rate of 25 miles per hour.
- ◆ Once the leading edge of a thunderstorm approaches to within 10 miles, you are at immediate risk due to the possibility of lightning strokes coming from the storm's overhanging anvil cloud (for example, the lightning that injured 13 people during a concert at RFK occurred while it was sunny and dry).
- ◆ On the average, thunder can only be heard over a distance of 3 - 4 miles, depending on humidity, terrain, and other factors. This means that by the time you hear the thunder, you are already in the risk area for lightning strikes.

"Flash-Bang" Method

One way of determining how close a recent lightning strike is to you is called the "flash-bang" method. With the "flash-bang" method, a person counts the number of seconds between the sight of a lightning strike and the sound of thunder that follows it. Halt-play and evacuation should be called for when the count between the lightning flash and the sound of its thunder is 15 seconds or less.

Lightning Detector

Mechanicsville Little League has 2 lightning detector devices that detect bursts of electromagnetic radiation - in the forms of very low frequency radio signals - generated by lightning flashes up to 40 miles away. They are located around the snack bars at the Mechanicsville Little League complex.

The detectors are set to detect lightning within 8 miles of the device. When the detector's alarm sounds, a concession stand employee makes an announcement over the PA system announcing an immediate halt-play and evacuation of the fields.

Rule of Thumb

The ultimate truth about lightning is that it is unpredictable and cannot be prevented. Therefore, a manager, coach, or umpire who feels threatened by an approaching storm should stop play and get the kids to safety - regardless of whether or not the lightning detector goes off, or if the "flash-bang" proximity measure applies. When in doubt, the following rule of thumb should be applied:

**WHEN YOU HEAR IT - CLEAR IT
WHEN YOU SEE IT - FLEE IT**

Where to Go?

No place is absolutely safe from the lightning threat, but some places are safer than others. Large enclosed shelters (substantially constructed buildings) are the safest (like our snack bars and press boxes). For the majority of participants, the best area for them to seek shelter is in a fully enclosed metal vehicle with the windows rolled up. If you are stranded in an open area and cannot get to shelter in a car, put your feet together, crouch down, and put your hands over your ears (to try and prevent eardrum damage).

Where NOT to Go!!

Avoid high places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters, dugouts, flagpoles, light poles, bleachers (metal or wood), metal fences, and water.

First Aid to a Lightning Victim

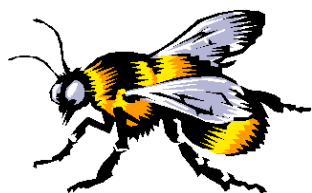
Typically, the lightning victim exhibits similar symptoms as that of someone suffering from a heart attack. In addition to calling 911, the rescuer should consider the following:

- ◆ The first tenet of emergency care is "make no more casualties". If the victim is in a high-risk area (open field, isolated tree, etc.) the rescuer should determine if movement from that area is necessary - lightning can and does strike the same place twice. If the rescuer is at risk, and movement of the victim is a viable option, it should be done.



- ◆ If the victim is not breathing, start mouth to mouth resuscitation. If it is decided to move the victim, give a few quick breaths prior to moving them.
- ◆ Determine if the victim has a pulse. If no pulse is detected, start cardiac compressions as well.

REMEMBER: ASK YOUR PLAYERS'
PARENTS/GUARDIANS:



- ◆ Is your child allergic to any kind of insect bites or bee stings? (A *true* allergy involves difficulty breathing and/or facial swelling with possible hives.) A care plan must be developed with the Safety Officer if an insect or food allergy exists. An allergy to *nuts* can be a life-threatening condition.
- ◆ Does your child have asthma or any respiratory illness? If so, a care plan must be developed with the Safety Officer.
- ◆ Is there anything the coaches should know about your child in case of emergency?
- ◆ Parents/guardians must inform the coaches of any other person who is allowed to pick up their child.

Communicable Disease Procedures

1. Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the athlete may continue.
2. Routinely use gloves to prevent mucous membrane exposure when contact with blood or other body fluids are anticipated (provided in first-aid kit).
3. Immediately wash hands and other skin surface if contaminated with blood.
4. Clean all blood contaminated surfaces and equipment.
5. Managers, coaches, and volunteers with open wounds should refrain from all direct contact until the condition is resolved.
6. Follow accepted guidelines in the immediate control of bleeding and disposal when handling bloody dressings, mouth guards and other articles containing body fluids.



Think PASS!

Pull Ring
Aim at Base of Fire
Squeeze Lever
Sweep Side to Side

HOW TO RECOGNIZE & TREAT HEAT
INJURIES

Heat Stress:

What is heat stress? This condition occurs when the body is unable to regulate its temperature. This is the body's way of saying, "I can't take the heat anymore." There are several levels of heat-related problems you may experience, and they can occur separately or in combination.

Mild Disorders:

Fainting: Lets you know that your body is having difficulty coping with the heat. As you know when you faint, you fall and when you are on the field and fall you can get hurt or hurt others.

Heat Cramps: Tend to attack the muscles that do the hardest work, especially when it is hot. A good rule is to drink 1/2 glass of water every 15 minutes for an hour if you experience heat cramps.

Prickly Heat: Is a rash caused when sweat doesn't evaporate. Sweat ducts become clogged and sweat glands become inflamed.

Heat Exhaustion:

This is a more serious disorder that develops when the body loses more fluid through sweating than it is taking in.

Symptoms:

Sweating profusely
Near normal body temperature
Clammy skin
Pale or flushed complexion
Weakness
Dizziness
Nausea

First Aid:

Move the person to shade or a cool place.
Have patient lie on their back with feet elevated.
If conscious, give 1/2 glass of water every 15 minutes.
Get medical help.

Heat Stroke:

Heat stroke is a **medical emergency!** Heatstroke occurs when the body's heat regulating system breaks down under stress and sweating stops.

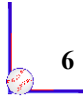
Unless the victim receives quick treatment, death can occur.

Symptoms:

No sweating (or victim may be sweating profusely)
High body temperature (105° or more)
Hot, dry, flushed skin
Confused, delirious behavior
Loss of consciousness or coma

First Aid:

Call immediately for medical help, and then start first aid
Move the victim to a cool place
Cool the victim quickly by giving a cool bath (sponging with cool water) and by fanning
Treat for shock
Offer a conscious person 1/2 glass of water every 15 minutes



FACILITIES AND EQUIPMENT

- ◆ The Safety Officer will complete the Little League Facility Survey & Hill Electric will complete the Little League Lighting Safety Audit.
- ◆ Umpire, coaches and managers will visually inspect the condition of the field and dugouts prior to every game.
- ◆ All baseball equipment to be checked by Equipment Manager before issuance to team coaches or managers. Faulty equipment will be replaced.
- ◆ All grounds keeping equipment will be checked for damaged safety guards and ensured they are in proper operating condition.
- ◆ All fire equipment will be inspected prior to beginning of season.
- ◆ No vehicles or bicycles will be allowed within fenced area of complex.
- ◆ Safety bases will be installed on all playing fields.

STORAGE SHED PROCEDURES

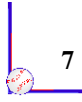
The following applies to all of the storage sheds used by Mechanicsville Little League and apply to anyone who has been issued a key by Mechanicsville Little League to use those sheds.

- ◆ All individuals with keys to the Mechanicsville Little League equipment sheds (i.e., Managers, Umpires, etc.) are aware of their responsibilities for the orderly and safe storage of rakes, shovels, bases, etc.
- ◆ Before you use any machinery located in the shed (i.e., lawn mowers, weed whackers, public address systems, etc.) please locate and read the written operating procedures for that equipment.
- ◆ All chemicals or organic materials stored in Mechanicsville Little League sheds shall be properly marked and labeled as to its contents.
- ◆ All chemicals or organic materials (i.e., lime, fertilizer, etc.) stored within these equipment sheds will be separated from the areas used to store machinery and gardening equipment (i.e., rakes, shovels, etc.) to minimize the risk of puncturing storage containers.
- ◆ Any witnessed "loose" chemical or organic materials within these sheds should be cleaned up and disposed of as soon as possible to prevent accidental poisoning.

CONCESSION STAND SAFETY RULES

- ◆ No one under 16 years of age allowed in the concession stand.
- ◆ Workers must wash hands upon entering concession stand.
- ◆ Disposable gloves must be worn by anyone preparing food.
- ◆ There must be a sink filled with bleach water at all times.
- ◆ All spills of food/drinks must be cleaned from floor immediately to avoid slipping.
 - ◆ Food in drawers/tray must be rotated.
 - ◆ All meats must be cooked well done.
- ◆ All workers must know where the fire extinguishers are and how to operate them.
- ◆ Do not refill drink cups.
- ◆ Exhaust fan must be running at all times while cooking.
- ◆ Cooks must stand on a rubber mat while cooking.
- ◆ Unplug warmers at closing time.





ACTIVITIES

- ◆ Report all injuries to Safety Officer or a member of the Safety Committee within 24 hours of occurrence.
- ◆ Safety Committee to investigate all reported incidents, and report finding within 48 hours of occurrence.
- ◆ First aid kits will be located at all playing fields and Concession stand(s).
- ◆ Emergency phone numbers and phones are located at Concession Stand(s).
- ◆ Enforcing use of catcher's gear and helmet rule during practice and warm-up is covered under "Local General Rules #36", "Little League Rule Book Rule #3.09", and Division Playing Rules.
- ◆ All T-Ball batting helmets are required to have face guards and chinstraps.
- ◆ All Minor Baseball Division helmets are required to have face guards.
- ◆ All Softball Division helmets are required to have face guards.
- ◆ MLL will use reduced impact balls in T-Ball, A, and AA Minor Divisions.
- ◆ Double first base will be used on Softball fields
- ◆ All bases will be break-away (from the start of 2008).

IN CASE OF EMERGENCY

- ◆ One (1) Coach or Manager is to remain with injured child at all times.
 - ◆ One (1) Coach or Manager will go to Concession Stand and phone 911 for ambulance, and then go to front entrance of Complex to escort ambulance to the correct playing field.
 - ◆ If parent is not at field, have medical release form available. Attempt to contact parent.
 - ◆ Complete Accident Report Form within 24 hours and submit to Safety Director or member of Safety Committee.
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Suggestions for Warm-up Drills



Heel Cord Stretches

Lean against a wall. Reach one leg behind you. Keep the knee straight, heel on the ground, and toes pointed forward. Slightly bend the leg that's closer to the wall. Lean forward. You should feel the stretch along the back of your calf. Repeat with other leg.



Head and Neck Circles

Make a circle with your head, going around first in one direction five times. Then reverse and make five circles in the opposite direction.



Low Back Stretches

Lie on your back, bring one knee up, and pull the knee slowly toward your chest. Hold and repeat three times. Switch legs and repeat.



Shoulder Stretches #1

Stand or sit, holding your throwing arm at the wrist with your other hand. Put your arm over your head and pull gently, feeling your upper arm against your head. You should feel the stretch inside your shoulder.



Shoulder Stretches #2

Stand or sit, holding onto the elbow of your throwing arm with your other hand. Gently pull your throwing arm across your chest. You should feel the stretch inside your shoulder, especially at the back.



Shoulder Stretches #3

Stand or sit with your pitching arm out to the side and your elbow bent. Move your arm back until you feel the stretch in the front of your shoulder.



Thigh Stretches #1

Sit on the ground. Stretch both legs out in front of you. Reach forward, touching your toes. Eventually, you want to lean forward far enough to put your head on your knees. You should feel the stretch along the backs of your legs.

Thigh Stretches #2

Sit on the ground with one leg stretched out in front of you. Bend the other knee and put your foot behind you. Lean backwards. You should feel the stretch along the front of your thigh.







Little League Baseball and Softball MEDICAL RELEASE



NOTE: To be carried by any Regular Season or Tournament Team Manager together with team roster or International Tournament affidavit.

Player: _____ Date of Birth: _____ Gender (M/F): _____

Parent (s)/Guardian Name: _____ Relationship: _____

Parent (s)/Guardian Name: _____ Relationship: _____

Player's Address: _____ City: _____ State/Country: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

PARENT OR LEGAL GUARDIAN AUTHORIZATION:

Email: _____

In case of emergency, if family physician cannot be reached, I hereby authorize my child to be treated by Certified Emergency Personnel. (i.e. EMT, First Responder, E.R. Physician)

Family Physician: _____ Phone: _____

Address: _____ City: _____ State/Country: _____

Hospital Preference: _____

Parent Insurance Co: _____ Policy No.: _____ Group ID#: _____

League Insurance Co: _____ Policy No.: _____ League/Group ID#: _____

If parent(s)/legal guardian cannot be reached in case of emergency, contact:

Name	Phone	Relationship to Player
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Name	Phone	Relationship to Player
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Please list any allergies/medical problems, including those requiring maintenance medication. (i.e. Diabetic, Asthma, Seizure Disorder)

Medical Diagnosis	Medication	Dosage	Frequency of Dosage

Date of last Tetanus Toxoid Booster: _____

The purpose of the above listed information is to ensure that medical personnel have details of any medical problem which may interfere with or alter treatment.

Mr./Mrs./Ms. _____

Authorized Parent/Guardian Signature

Date: _____

FOR LEAGUE USE ONLY:

League Name: _____ League ID: _____

Division: _____ Team: _____ Date: _____

WARNING: PROTECTIVE EQUIPMENT CANNOT PREVENT ALL INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN BASEBALL/SOFTBALL.
Little League does not limit participation in its activities on the basis of disability, race, color, creed, national origin, gender, sexual preference or religious preference.

WARNING: Protective equipment cannot prevent all injuries a player might receive while participating in Baseball / Softball.

WHAT PARENTS SHOULD KNOW ABOUT LITTLE LEAGUE® INSURANCE

The Little League Insurance Program is designed to afford protection to all participants at the most economical cost to the local league. The Little League Player Accident Policy is an excess coverage, accident only plan, to be used as a supplement to other insurance carried under a family policy or insurance provided by an employer. If there is no primary coverage, Little League insurance will provide benefits for eligible charges, up to Usual and Customary allowances for your area. A \$50 deductible applies for all claims, up to the maximum stated benefits.

This plan makes it possible to offer exceptional, affordable protection with assurance to parents that adequate coverage is in force for all chartered and insured Little League approved programs and events.

If your child sustains a covered injury while taking part in a scheduled Little League Baseball or Softball game or practice, here is how the insurance works:

1. The Little League Baseball and Softball accident notification form must be completed by parents (if the claimant is under 19 years of age) and a league official and forwarded directly to Little League Headquarters within 20 days after the accident. A photocopy of the form should be made and kept by the parent/claimant. Initial medical/dental treatment must be rendered within 30 days of the Little League accident.
2. Itemized bills, including description of service, date of service, procedure and diagnosis codes for medical services/ supplies and/or other documentation related to a claim for benefits are to be provided within 90 days after the accident. In no event shall such proof be furnished later than 12 months from the date the initial medical expense was incurred.
3. When other insurance is present, parents or claimant must forward copies of the Explanation of Benefits or Notice/ Letter of Denial for each charge directly to Little League International, even if the charges do not exceed the deductible of the primary insurance program.
4. Policy provides benefits for eligible medical expenses incurred within 52 weeks of the accident, subject to Excess Coverage and Exclusion provisions of the plan.
5. Limited deferred medical/dental benefits may be available for necessary treatment after the 52-week time limit when:
 - (a) Deferred medical benefits apply when necessary treatment involving the removal of a pin /plate, applied to transfix a bone in the year of injury, or scar tissue removal, after the 52-week time limit is required. The Company will pay the Reasonable Expense incurred, subject to the Policy's maximum limit of \$100,000 for any one injury to any one Insured. However, in no event will any benefit be paid under this provision for any expenses incurred more than 24 months from the date the injury was sustained.
 - (b) If the Insured incurs Injury, to sound, natural teeth and Necessary Treatment requires treatment for that Injury be postponed to a date more than 52 weeks after the injury due to, but not limited to, the physiological changes of a growing child, the Company will pay the lesser of: 1. A maximum of \$1,500 or 2. Reasonable Expenses incurred for the deferred dental treatment.

Reasonable Expenses incurred for deferred dental treatment are only covered if they are incurred on or before the Insured's 23rd birthday. Reasonable Expenses incurred for deferred root canal therapy are only covered if they are incurred within 104 weeks after the date the Injury occurs.

No payment will be made for deferred treatment unless the Physician submits written certification, within 52 weeks after the accident, that the treatment must be postponed for the above stated reasons.

Benefits are payable subject to the Excess Coverage and the Exclusions provisions of the Policy.

We hope this brief summary has been helpful in providing a better understanding of the operation of the Little League insurance program.

Little League® Baseball & Softball CLAIM FORM INSTRUCTIONS



WARNING — It is important that parents/guardians and players note that: *Protective equipment cannot prevent all injuries a player might receive while participating in baseball/softball.*

To expedite league personnel's reporting of injuries, we have prepared guidelines to use as a checklist in completing reports. It will save time -- and speed your payment of claims.

The National Union Fire Insurance Company of Pittsburgh, Pa. (NUFIC) Accident Master Policy acquired through Little League® contains an "Excess Coverage Provision" whereby all personal and/or group insurance shall be used first.

The Accident Claim Form must be fully completed, including a Social Security Number, for processing. To help explain insurance coverage to parents/guardians refer to *What Parents Should Know* on the internet that should be reproduced on your league's letterhead and distributed to parents/guardians of all participants at registration time.

If injuries occur, initially it is necessary to determine whether claimant's parents/guardians or the claimant has other insurance such as group, employer, Blue Cross and Blue Shield, etc., which pays benefits. (This information should be obtained at the time of registration prior to tryouts.) If such coverage is provided, the claim must be filed first with the primary company under which the parent/guardian or claimant is insured.

When filing a claim, all medical costs should be fully itemized and forwarded to Little League International. If no other insurance is in effect, a letter from the parent/guardian or claimant's employer explaining the lack of group or employer insurance should accompany the claim form.

The NUFIC Accident Policy is acquired by leagues, not parents, and provides comprehensive coverage at an affordable cost. Accident coverage is underwritten by National Union Fire Insurance Company of Pittsburgh, a Pennsylvania Insurance company, with its principal place of business at 175 Water Street, 18th Floor, New York, NY 10038. It is currently authorized to transact business in all states and the District of Columbia. NAIC Number 19445. This is a brief description of the coverage available under the policy. The policy will contain limitations, exclusions, and termination provisions. Full details of the coverage are contained in the Policy. If there are any conflicts between this document and the Policy, the Policy shall govern.

The current insurance rates would not be possible without your help in stressing safety programs at the local level. The ASAP manual, **League Safety Officer Program Kit**, is recommended for use by your Safety Officer.

TREATMENT OF DENTAL INJURIES

Deferred Dental Treatment for claims or injuries occurring in 2002 and beyond: If the insured incurs injury to sound, natural teeth and necessary treatment requires that dental treatment for that injury must be postponed to a date more than 52 weeks after the date of the injury due to, but not limited to, the physiological changes occurring to an insured who is a growing child, we will pay the lesser of the maximum benefit of \$1,500.00 or the reasonable expense incurred for the deferred dental treatment. Reasonable expenses incurred for deferred dental treatment are only covered if they are incurred on or before the insured's 23rd birthday. Reasonable Expenses incurred for deferred root canal therapy are only covered if they are incurred within 104 weeks after the date the Injury is sustained.

CHECKLIST FOR PREPARING CLAIM FORM

1. Print or type all information.
2. Complete all portions of the claim form before mailing to our office.
3. Be sure to include league name and league ID number.

PART I - CLAIMANT, OR PARENT(S)/GUARDIAN(S), IF CLAIMANT IS A MINOR

1. The adult claimant or parent(s)/guardians(s) must sign this section, **if the claimant is a minor.**
2. Give the name and address of the injured person, along with the name and address of the parent(s)/guardian(s), if claimant is a minor.
3. Fill out all sections, including check marks in the appropriate boxes for all categories. **Do not leave any section blank. This will cause a delay in processing your claim and a copy of the claim form will be returned to you for completion.**
4. It is mandatory to forward information on other insurance. Without that information there will be a delay in processing your claim. If no insurance, written verification from each parent/spouse employer must be submitted.
5. Be certain all necessary papers are attached to the claim form. (See instruction 3.) Only itemized bills are acceptable.
6. On dental claims, it is necessary to submit charges to the major medical and dental insurance company of the claimant, or parent(s)/guardian(s) if claimant is a minor. "Accident-related treatment to whole, sound, natural teeth as a direct and independent result of an accident" must be stated on the form and bills. Please forward a copy of the insurance company's response to Little League International. Include the claimant's name, league ID, and year of the injury on the form.

PART II - LEAGUE STATEMENT

1. This section must be filled out, signed and dated by the **league official.**
2. Fill out all sections, including check marks in the appropriate boxes for all categories. **Do not leave any section blank. This will cause a delay in processing your claim and a copy of the claim form will be returned to you for completion.**

IMPORTANT: Notification of a claim should be filed with Little League International within 20 days of the incident for the current season.



LITTLE LEAGUE® BASEBALL AND SOFTBALL ACCIDENT NOTIFICATION FORM INSTRUCTIONS

Send Completed Form To:
Little League® International
539 US Route 15 Hwy, PO Box 3485
Williamsport PA 17701-0485
Accident Claim Contact Numbers:
Phone: 570-327-1674

1. This form must be completed by parents (if claimant is under 19 years of age) and a league official and forwarded to Little League Headquarters within 20 days after the accident. A photocopy of this form should be made and kept by the claimant/parent. Initial medical/dental treatment must be rendered within 30 days of the Little League accident.
2. Itemized bills including description of service, date of service, procedure and diagnosis codes for medical services/supplies and/or other documentation related to claim for benefits are to be provided within 90 days after the accident date. In no event shall such proof be furnished later than 12 months from the date the medical expense was incurred.
3. When other insurance is present, parents or claimant must forward copies of the Explanation of Benefits or Notice/Letter of Denial for each charge directly to Little League Headquarters, even if the charges do not exceed the deductible of the primary insurance program.
4. Policy provides benefits for eligible medical expenses incurred within 52 weeks of the accident, subject to Excess Coverage and Exclusion provisions of the plan.
5. **Limited** deferred medical/dental benefits may be available for necessary treatment incurred after 52 weeks. Refer to insurance brochure provided to the league president, or contact Little League Headquarters within the year of injury.
6. Accident Claim Form must be fully completed - including Social Security Number (SSN) - for processing.

League Name				League I.D.		
Name of Injured Person/Claimant		SSN	PART 1	Date of Birth (MM/DD/YY)	Age	Sex
						<input type="checkbox"/> Female <input type="checkbox"/> Male
Name of Parent/Guardian, if Claimant is a Minor				Home Phone (Inc. Area Code)	Bus. Phone (Inc. Area Code)	
				()	()	
Address of Claimant				Address of Parent/Guardian, if different		

The Little League Master Accident Policy provides benefits in **excess** of benefits from other insurance programs subject to a \$50 deductible per injury. "Other insurance programs" include family's personal insurance, student insurance through a school or insurance through an employer for employees and family members. Please CHECK the appropriate boxes below. If YES, follow instruction 3 above.

Does the insured Person/Parent/Guardian have any insurance through:

Employer Plan	<input type="checkbox"/> Yes	<input type="checkbox"/> No	School Plan	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Individual Plan	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Dental Plan	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Date of Accident	Time of Accident	Type of Injury
	<input type="checkbox"/> AM <input type="checkbox"/> PM	

Describe exactly how accident happened, including playing position at the time of accident:

Check all applicable responses in **each** column:

<input type="checkbox"/> BASEBALL	<input type="checkbox"/> CHALLENGER (4-18)	<input type="checkbox"/> PLAYER	<input type="checkbox"/> TRYOUTS	<input type="checkbox"/> SPECIAL EVENT (NOT GAMES)
<input type="checkbox"/> SOFTBALL	<input type="checkbox"/> T-BALL (4-7)	<input type="checkbox"/> MANAGER, COACH	<input type="checkbox"/> PRACTICE	<input type="checkbox"/> SPECIAL GAME(S)
<input type="checkbox"/> CHALLENGER	<input type="checkbox"/> MINOR (6-12)	<input type="checkbox"/> VOLUNTEER UMPIRE	<input type="checkbox"/> SCHEDULED GAME	(Submit a copy of your approval from Little League Incorporated)
<input type="checkbox"/> TAD (2ND SEASON)	<input type="checkbox"/> LITTLE LEAGUE (9-12)	<input type="checkbox"/> PLAYER AGENT	<input type="checkbox"/> TRAVEL TO	
	<input type="checkbox"/>	<input type="checkbox"/> OFFICIAL SCOREKEEPER	<input type="checkbox"/> TRAVEL FROM	
	<input type="checkbox"/> INTERMEDIATE (50/70) (11-13)	<input type="checkbox"/> SAFETY OFFICER	<input type="checkbox"/> TOURNAMENT	
	<input type="checkbox"/> JUNIOR (12-14)	<input type="checkbox"/> VOLUNTEER WORKER	<input type="checkbox"/> OTHER (Describe)	
	<input type="checkbox"/> SENIOR (13-16)			

I hereby certify that I have read the answers to all parts of this form and to the best of my knowledge and belief the information contained is complete and correct as herein given.

I understand that it is a crime for any person to intentionally attempt to defraud or knowingly facilitate a fraud against an insurer by submitting an application or filing a claim containing a false or deceptive statement(s). See Remarks section on reverse side of form.

I hereby authorize any physician, hospital or other medically related facility, insurance company or other organization, institution or person that has any records or knowledge of me, and/or the above named claimant, or our health, to disclose, whenever requested to do so by Little League and/or National Union Fire Insurance Company of Pittsburgh, Pa. A photostatic copy of this authorization shall be considered as effective and valid as the original.

Date	Claimant/Parent/Guardian Signature (In a two parent household, both parents must sign this form.)

Date

Claimant/Parent/Guardian Signature

Any person who knowingly presents a false or fraudulent claim for the payment of a loss is guilty of a crime and may be subject to fines and confinement in state prison.

Any person who knowingly and with the intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information, or conceals for the purpose of misleading, information concerning any fact material thereto, commits a fraudulent insurance act, which is a crime, and shall also be subject to a civil penalty not to exceed five thousand dollars and the stated value of the claim for each such violation.

Any person who knowingly and with intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information or conceals for the purpose of misleading, information concerning any fact material thereto commits a fraudulent insurance act, which is a crime and subjects such person to criminal and civil penalties.

Any person who knowingly presents a false or fraudulent claim for payment of a loss or benefit or knowingly presents false information in an application for insurance is guilty of a crime and may be subject to fines and confinement in prison.

Name of League	Name of Injured Person/Claimant	League I.D. Number
Name of League Official		Position in League
Address of League Official		Telephone Numbers (Inc. Area Codes) Residence: () Business: () Fax: ()

Were you a witness to the accident? ☐ Yes ☐ No
Provide names and addresses of any known witnesses to the reported accident.

Check the boxes for all appropriate items below. At least one item in each column must be selected.

POSITION WHEN INJURED	INJURY	PART OF BODY	CAUSE OF INJURY
<input type="checkbox"/> 01 1ST	<input type="checkbox"/> 01 ABRASION	<input type="checkbox"/> 01 ABDOMEN	<input type="checkbox"/> 01 BATTED BALL
<input type="checkbox"/> 02 2ND	<input type="checkbox"/> 02 BITES	<input type="checkbox"/> 02 ANKLE	<input type="checkbox"/> 02 BATTING
<input type="checkbox"/> 03 3RD	<input type="checkbox"/> 03 CONCUSSION	<input type="checkbox"/> 03 ARM <input type="checkbox"/>	<input type="checkbox"/> 03 CATCHING
<input type="checkbox"/> 04 BATTER <input type="checkbox"/>	<input type="checkbox"/> 04 CONTUSION <input type="checkbox"/>	04 BACK <input type="checkbox"/>	<input type="checkbox"/> 04 COLLIDING
05 BENCH <input type="checkbox"/>	05 DENTAL	05 CHEST <input type="checkbox"/>	<input type="checkbox"/> 05 COLLIDING WITH FENCE
06 BULLPEN	<input type="checkbox"/> 06 DISLOCATION	06 EAR	<input type="checkbox"/> 06 FALLING
<input type="checkbox"/> 07 CATCHER	<input type="checkbox"/> 07 DISMEMBERMENT	<input type="checkbox"/> 07 ELBOW	<input type="checkbox"/> 07 HIT BY BAT <input type="checkbox"/>
<input type="checkbox"/> 08 COACH	<input type="checkbox"/> 08 EPIPHYSES	<input type="checkbox"/> 08 EYE	08 HORSEPLAY
<input type="checkbox"/> 09 COACHING BOX	<input type="checkbox"/> 09 FATALITY <input type="checkbox"/>	<input type="checkbox"/> 09 FACE	<input type="checkbox"/> 09 PITCHED BALL
<input type="checkbox"/> 10 DUGOUT	10 FRACTURE	<input type="checkbox"/> 10 FATALITY	<input type="checkbox"/> 10 RUNNING
<input type="checkbox"/> 11 MANAGER	<input type="checkbox"/> 11 HEMATOMA	<input type="checkbox"/> 11 FOOT	<input type="checkbox"/> 11 SHARP OBJECT
<input type="checkbox"/> 12 ON DECK <input type="checkbox"/>	<input type="checkbox"/> 12 HEMORRHAGE	<input type="checkbox"/> 12 HAND	<input type="checkbox"/> 12 SLIDING
13 OUTFIELD <input type="checkbox"/>	<input type="checkbox"/> 13 LACERATION <input type="checkbox"/>	<input type="checkbox"/> 13 HEAD	<input type="checkbox"/> 13 TAGGING <input type="checkbox"/>
14 PITCHER <input type="checkbox"/>	14 PUNCTURE	<input type="checkbox"/> 14 HIP <input type="checkbox"/>	14 THROWING
15 RUNNER	<input type="checkbox"/> 15 RUPTURE	15 KNEE <input type="checkbox"/>	<input type="checkbox"/> 15 THROWN BALL
<input type="checkbox"/> 16 SCOREKEEPER	<input type="checkbox"/> 16 SPRAIN	16 LEG <input type="checkbox"/>	<input type="checkbox"/> 16 OTHER
<input type="checkbox"/> 17 SHORTSTOP	<input type="checkbox"/> 17 SUNSTROKE	17 LIPS	<input type="checkbox"/> 17 UNKNOWN
<input type="checkbox"/> 18 TO/FROM GAME	<input type="checkbox"/> 18 OTHER	<input type="checkbox"/> 18 MOUTH	
<input type="checkbox"/> 19 UMPIRE	<input type="checkbox"/> 19 UNKNOWN <input type="checkbox"/>	<input type="checkbox"/> 19 NECK <input type="checkbox"/>	
<input type="checkbox"/> 20 OTHER	20 PARALYSIS/ PARAPLEGIC	20 NOSE	
<input type="checkbox"/> 21 UNKNOWN		<input type="checkbox"/> 21 SHOULDER	
<input type="checkbox"/> 22 WARMING UP		<input type="checkbox"/> 22 SIDE	
		<input type="checkbox"/> 23 TEETH	
		<input type="checkbox"/> 24 TESTICLE	
		<input type="checkbox"/> 25 WRIST	
		<input type="checkbox"/> 26 UNKNOWN	
		<input type="checkbox"/> 27 FINGER	

Does your league use batting helmets with attached face guards? ☐ YES ☐ NO
If YES, are they ☐ Mandatory or ☐ Optional At what levels are they used?

I hereby certify that the above named claimant was injured while covered by the Little League Baseball Accident Insurance Policy at the time of the reported accident. I also certify that the information contained in the Claimant's Notification is true and correct as stated, to the best of my knowledge.

Date _____ League Official Signature _____

Activities/Reporting

League Name: _____ League ID: ____ - ____ - ____ Incident Date: _____

Field Name/Location: _____ Incident Time: _____

Injured Person's Name: _____ Date of Birth: _____

Address: _____ Age: _____ Sex: Male Female

City: _____ State _____ ZIP: _____ Home Phone: () _____

Parent's Name (If Player): _____ Work Phone: () _____

Parents' Address (If Different): _____ City _____

Incident occurred while participating in:

- A.)** Baseball Softball Challenger TAD
- B.)** Challenger T-Ball (Minor Major (Intermediate (50/70) (
- Senior ☐ Big League
- Junior (Big League

- C.)** Tryout Practice Game Tournament Special Event
- Travel to Travel from Other (Describe): _____

Position/Role of person(s) involved in incident:

- D.)** Batter Baserunner Pitcher Catcher First Base Second
- Third Short Stop Left Field Center Field Right Field Dugout
- Umpire Coach/Manager Spectator Volunteer Other: _____

Type of injury: _____

Was first aid required? Yes No If yes, what: _____

Was professional medical treatment required? Yes No If yes, what: _____ (If yes, the player must present a non-restrictive medical release prior to being allowed in a game or practice.)

Type of incident and location:

- A.)** On Primary Playing Field **B.)** Adjacent to Playing Field **D.)** Off Ball Field
- Base Path: Running or Sliding Seating Area Travel:
- Hit by Ball: Pitched or Thrown or Batted Parking Area Car or Bike or
- Collision with: Player or Structure **C.)** Concession Area Walking
- Grounds Defect Volunteer Worker League Activity
- Other: _____ Customer/Bystander Other: _____

Please give a short description of incident: _____

Could this accident have been avoided? How: _____

This form is for local Little League use only (should not be sent to Little League International). This document should be used to evaluate potential safety hazards, unsafe practices and/or to contribute positive ideas in order to improve league safety. When an accident occurs, obtain as much information as possible. For all Accident claims or injuries that could become claims to any eligible participant under the Accident Insurance policy, please complete the Accident Notification Claim form available at http://www.littleleague.org/Assets/forms_pubs/asap/AccidentClaimForm.pdf and send to Little League International. For all other claims to non-eligible participants under the Accident policy or claims that may result in litigation, please fill out the General Liability Claim form available here: http://www.littleleague.org/As-sets/forms_pubs/asap/GLClaimForm.pdf.

Prepared By/Position: _____ Phone Number: (____) _____
Signature: _____ Date: _____



A Parent's Guide to the Little League Child Protection Program

Introduction

The backbone of Little League® is the adult volunteer. One million strong, it is this corps of dedicated people who coach the teams, umpire the games, work in the concession stands, serve on the local board of directors, and serve at the District level. These people, who live in every U.S. state and more than 100 other countries, make Little League the world's largest and most respected youth sports organization.

We know that the greatest treasure we have is children. As adults, we must ensure that these young people are able to grow up happy, healthy and, above all, safe. Whether they are our children, or the children of others, each of us has a responsibility to protect them.

The Little League Child Protection Program seeks to educate children and volunteers in ways to prevent child abusers from becoming involved in the local league. Part of that education has been to assist local Little League volunteers in finding effective and inexpensive ways to conduct background checks. Little League regulations now say: "No local league shall permit any person to participate in any manner, whose background check reveals a conviction for any crime involving or against a minor." (Reg. I [c] 9.)

Background checks were optional until the 2003 season. Effective in 2007, the local league must conduct a nationwide search that contains the applicable government sex offender registry data. Advances in computer technology – allowing greater access to public records – make it possible for background checks (at a minimum, to see if an individual is a registered sex offender in any given state) to be conducted in every U.S. state. Local Little League programs are now **required** to annually conduct a background check of Managers, Coaches, Board of Directors members and any other persons, volunteers or hired workers, who provide regular service to the league and/or have repetitive access to, or contact with, players or teams. (Reg. I [b], Reg. I [c] 9.)

The purpose of these background checks is, first and foremost, to protect children. Second, they maintain Little League as a hostile environment for those who would seek to harm children. Third, they will help to protect individuals and leagues from possible loss of personal or league assets because of litigation.

The United States Department of Justice National Sex Offender Public Registry is free and available at www.nsopr.gov.

What Can Parents Do?

Most children have been warned about the dangers of talking to strangers. But for many children, sexual molestation is committed by someone they know. In fact, 80 to 85 percent of all sexual abuse cases in the U.S. are committed by an individual familiar to the victim, according to statistics compiled by Big Brothers & Big Sisters of America.

The truth is, child sex offenders can come from every background, every occupation, every race, and every level of education. They may be married, and they may have children of their own. It is dangerous to believe that the only threat is the stranger in a long raincoat, lurking behind a tree.

In fact, the promotion of this myth may contribute to the problem. Sometimes, a child who is molested by a known and "trusted" person will feel so guilty about not reacting the "right" way that he or she never reports the problem.

Sadly, we have all seen too many reports in which teachers, police officers, clergy, youth sports volunteers, etc., trusted by all, have violated that trust and molested children in their care. Of course, this

In many of these situations, the young victims are actually seduced, sometimes over a period of months or even years. The child's family is lulled into believing the unusual attention being lavished is a bond of friendship between the adult and the child. In fact, the adult abuser often uses gifts, trips, attention and affection as part of a courtship process. Sometimes, the courtship process extends to the child's parent(s), but the real target is the child.

Often, but not always, the victim of this type of child sex offender is the child of a single parent. In these cases, the single parent sees the child's adult friend as a surrogate parent – a Godsend. The very opposite is true.

must never be tolerated in Little League or anywhere else.

**Two good rules of thumb
for all local Little Leagues and
parents** · Generally, a person involved in a
local Little

League program should not put himself or herself
in a one-on-one situation involving a child who is
not their own. Of course, some isolated situations
may arise where one-on-one situations could take
place. However, a one-on-one situation should
not be actively *sought out* by the adult, and
should not be an ongoing occurrence.

- Generally, a person involved in a local Little League program should not provide unwarranted gifts, trips, attention and affection to individual children who are not their own. The key word is *unwarranted*.

Warning Signs of a Seducer

While it remains important to teach young children about the dangers of accepting items from strangers, or talking to them, we should all beware of the danger posed by the “seducer-type” child sex offender.

Each of the individual signs below means very little. Taken as a group, however, the signs ***MAY*** point to this type of child sex offender, and should be applied to anyone who has repetitive access to, or contact with, children.

- Provides unwarranted gifts, trips, affection and attention to a specific child or small group of children
- Seeks access to children
- Gets along with children better than adults
- “Hangs around” children more than adults
- Has items at home or in vehicle specifically appealing to children of the ages they intend to molest, such as posters, music, videos, toys, and even alcohol or drugs
- Displays excessive interest in children (may include inviting children on camping trips or sleepovers)
- Single, over 25 years old (but could be married, sometimes as a “cover,” and could be any age)
- Photographs or videotapes children specifically
- Lives alone, or with parents
- Refers to children as objects (“angel,” “pure,” “innocent,” etc.)
- Manipulates children easily

Again, each of these items, by themselves, is relatively meaningless. Taken together, however, they may indicate a problem.

What to Watch For in Your Child

We’ve seen the signs that could point to a child sex offender, but what about the signs a child might display when he or she has been sexually abused or exploited? Some of these symptoms may be present in a child who has been or is being sexually abused, when such symptoms are not otherwise explainable: sudden mood swings, excessive crying, withdrawal, nightmares, bed-wetting, rebellious behavior, fear of particular people or places, infantile behavior, aggressive behavior, and physical signs such as pain, itch, bleeding, fluid or rawness in private areas.

Getting More Information

These items are meant solely as a general guide, and should not be used as the only means for rooting out child sex offenders. Parents can access more information on child abuse through

Information (part of a service of the Children’s Bureau, within the Administration on Children, Youth and Families, Administration for Children and Families, U.S. Department of Health and Human Services, <http://www.calib.com/nccanch/>).

How to Report Suspected Child Maltreatment

The National Clearinghouse on Child Abuse and Neglect Information advises this: If you suspect a child is being maltreated, or if you are a child who is being maltreated, call the Childhelp USA National Child Abuse Hotline at 1-800-4-A-CHILD (1-800-422-4453; TDD [text telephone] 1-800-2-A-CHILD). This hotline is available 24 hours a day, seven days a week. The Hotline can tell you where to file your report and can help you make the report.

Or, for a list of states’ toll-free telephone numbers for reporting suspected child abuse, visit the “Resource Listings” section at this site: <http://www.calib.com/nccanch/pubs/prevenres/organizations/tollfree.cfm>, or call the Clearinghouse at 1-800-FYI-3366.

Talk to Your Kids; Listen to Your Kids

It is important that you as a parent talk frankly to your children. If a child reports sexual abuse, statistics show he or she is probably telling the truth.

Unfortunately, the sexually molested child often sees himself or herself as the one “at fault” for allowing abuse to happen. Your children **MUST** know that they can come to you with this information, and that you will support them, love them, and *believe* them.

If there is an allegation of sexual abuse of a

minor, the crime should be reported immediately. These criminals who steal childhood **MUST BE STOPPED**.

This brochure was produced by Little League Baseball, Incorporated; P.O. Box 3485; Williamsport, PA 17701

Little League Baseball and Softball does not limit participation in its activities on the basis of disability, race, creed, color, national origin, gender, sexual preference or religious preference.

the National Center for Missing and Exploited
Children (a non-profit organization founded by
John Walsh, <http://www.missingkids.com/>) and the
National Clearinghouse on Child Abuse and Neglect

Tips for pRoTECTinG CHiLd aTHLETES from Sexual abuse

Every child athlete deserves a safe and fun sports experience.
Use these tips to help your child have one.

Make a game plan

Ask these questions to find out if preventing child sexual abuse is a priority for your child's youth-sports program.

- Are background checks performed on **all** staff with access to youth?
- Does staff receive training on recognizing and reporting child sexual abuse? How often?
- Is there a staff code of conduct/ethics? Does it address inappropriate behaviors?
- What is your organization's reporting procedure?

Know the plays

Every youth-sports program should have policies addressing:

Bullying and hazing - There should be a zero-tolerance policy.

Coach-athlete communications - Staff should not communicate with youth about non-sports related matters. Parents should be included in all communications, including those via text message, telephone or social media.

Locker and restrooms - These areas should be supervised by two staff of the same sex as the children using them. Staff should respect children's privacy while supervising them. Parents should have access to the facilities in order to assist young children and those with disabilities.

Supervision - Children should be supervised by at least two staff while at all team activities.

Travel - Staff should not stay in the same hotel rooms as youth.

Get off the bench

Child sex abusers often target youth whose parents appear uninvolved. Help protect your child by being an active participant in his or her athletic experience.

Go to practices and games. You'll be able to get to know the staff and monitor their treatment of children.

Talk to your child about being on the team. If he or she does not like it, find out why. It may indicate a more serious problem or concern.

Help children set boundaries. Teach them they have the right to be treated with respect, even by adults.

Empower youth to say "no." Let them know it's OK to stand up to anyone who makes them feel confused or uncomfortable. Use role-playing scenarios to practice this skill.

Speak up. Address red flag behaviors by speaking with the team's coach. If the issue remains unresolved, discuss your concerns with the organization's administration.

Report. Contact local law enforcement with suspicions of child sexual abuse **immediately**. Call the National Center for Missing & Exploited Children® at 1-800-THE-LOST® (1-800-843-5678) for additional assistance.

Be a team player. Not all children have someone looking out for them. Bring up red flag behaviors even if your child is not the one being affected.

Learn red flag behaviors

While these warning signs do not always indicate abuse, they do cross appropriate athlete-coach boundaries.



Singling youth out for special attention or gift giving.



Spending one-on-one time with children such as in private practice sessions.



Touching children in ways not related to training for the sport.



Telling youth sexual or inappropriate jokes and stories.



Commenting on children's appearances when not related to the sport.

Tips for Protecting Child Athletes from Sexual Abuse is adapted from Know The Rules...For Child Safety in Youth Sports copyright © 2000, 2005 and 2011 National Center for Missing & Exploited Children. All rights reserved.

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ConSEjos para pRoTEGER a LoS niñoS aTLETaS del abuso sexual

Todos los niños atletas merecen tener una experiencia deportiva segura y divertida. Utilice estos consejos para ayudar a su hijo a tener una.

Realice un plan de juego

Haga las siguientes preguntas para averiguar si la prevención del abuso sexual infantil es una prioridad para el programa de deportes juvenil en el que participa su hijo.

- ¿Se verifican los antecedentes de **todo** el personal que tiene acceso a los jóvenes?
- ¿El personal recibe capacitación sobre cómo reconocer e informar el abuso sexual infantil?
- ¿Cada cuánto tiempo?
- ¿Existe algún código de conducta/ética del personal?
- ¿Trata sobre comportamientos inapropiados?
- ¿Cuál es el procedimiento para informar de su organización?

Conozca el juego

Todos los programas de deportes juveniles deberían tener políticas que traten lo siguiente:

Hostigamiento y acoso: debe haber una política de tolerancia cero.

Comunicación entre el entrenador y el atleta: el personal debe hablar con los jóvenes solo sobre asuntos relacionados con el deporte. Los padres deben estar incluidos en todas las comunicaciones, incluidas aquellas vía mensaje de texto, o medios de comunicación social.

Vestuarios y baños: estas áreas deben estar supervisadas por dos miembros del personal del mismo sexo que los niños que lo utilizan. El personal debe respetar la privacidad de los niños mientras los supervisa. Los padres deben tener acceso a las instalaciones para ayudar a sus hijos y a aquellos con discapacidades.

Supervisión: los niños deben ser supervisados por al menos dos miembros del personal mientras realizan actividades en equipo.

Viajes: el personal no debe alojarse en la misma habitación de hotel que los jóvenes.

Entre en acción

Los abusadores sexuales infantiles, a menudo, buscan jóvenes cuyos padres no se involucran. Ayude a proteger a su hijo al participar activamente en sus experiencias atléticas.

asista a prácticas y juegos: podrá conocer al personal y controlar el trato de los niños.

Hable con su hijo sobre estar en el equipo: si no le gusta, averigüe por qué. Esto puede indicar una inquietud o problema más serio.

ayude a los niños a poner límites: enséñeles que tienen el derecho a ser tratados con respeto, incluso por los adultos.

Enséñeles a decir "no": explíqueles que está bien defenderse de alguien que los haga sentir confundidos o incómodos. Utilice juegos de roles para practicar esta habilidad.

Hable con un responsable: hable sobre comportamientos alarmantes con el entrenador del equipo. Si el asunto sigue sin resolverse, hable con la administración de la organización.

informe: comuníquese **inmediatamente** con la policía local si sospecha de abuso sexual infantil. Llame al National Center for Missing & Exploited Children® al 1-800-THE-LOST®(1-800-843-5678) para obtener asistencia adicional.

Sea un jugador del equipo: no todos los niños tienen a alguien que los cuide. Informe comportamientos alarmantes incluso cuando su hijo no es el niño afectado.

Conozca los comportamientos alarmantes

Estas señales de advertencia no siempre indican abuso, pero cruzan límites apropiados entre el entrenador y el atleta.

➤ Distinguir a los jóvenes para darles especial atención o hacerles regalos.

➤ Pasar tiempo a solas con los niños como en sesiones de prácticas privadas.

➤ Tocar a los niños de maneras que no están relacionadas con el entrenamiento deportivo.

➤ Contarles a los jóvenes historias o chistes inapropiados o sexuales.

➤ Hacer comentarios no relacionados con el deporte sobre la apariencia de los niños.

Para obtener más recursos visite www.SafeToCompete.org

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SAFE TO COMPETE:

Protecting Child Athletes From Sexual Abuse

DISCUSSION GUIDE: AGES 5-10

It's never too early to start the conversation about personal safety with your child.

What to Talk About

TRUSTED ADULTS:

Trusted adults are people a child can count on to make them feel safe, listen, and help.

Tell Them

"If anything ever makes you feel sad, scared, confused, or uncomfortable, you can tell a trusted adult and they'll help make things right! But not everyone is a trusted adult. If an adult says or does something to make you sad, scared, confused, or uncomfortable, you should tell another trusted adult about what happened."

CHECKING FIRST:

Kids are often trusting of offers from adults, but it's important that they check first with parents or guardians before accepting anything from or going anywhere with someone- even coaches or teammates' parents.

Tell Them

"It's important that I know where you are and who you are with. Check first with me before going anywhere, helping anyone, or accepting anything."

IT'S OK TO SAY "NO!":

Children may not feel comfortable objecting to an adult who makes them feel sad, scared, confused, or uncomfortable, especially if they are made to feel that way by someone they know and may have trusted, like a coach or teammate.

Tell Them

"It's OK to say 'No!' to anyone, even an adult, who makes you feel sad, scared, confused, or uncomfortable. If someone touches you in a way that makes you feel uncomfortable you can say 'no' and 'stop'. If that ever happens tell me or another trusted adult about what happened."

How to Talk About it

TACKLE THE TOUGH STUFF:

The idea of discussing personal safety with younger children can be hard, especially safety issues involving sexuality. Children in various sports often find themselves being positioned, caught, assisted, "spotted", or otherwise in appropriate physical contact with coaches. By having open conversations with children about their bodies and the types of appropriate touch, you empower children with the knowledge they need in order to recognize any inappropriate physicality from adults.

Tell Them

"There are parts of your body that your bathing suit covers that are private. If anyone touches you there or anywhere else that makes you feel uncomfortable, tell them to stop and tell me or another trusted adult."

IT'S ALL IN THE APPROACH:

Kids are more likely to be open and honest with adults when they know they can count on them to listen attentively and react calmly. When discussing personal safety, it's important not to overwhelm or scare younger children. Try to keep the tone of discussion calm and conversational. If a child ever discloses an incident of abuse, do your best to respond in a measured and calm manner.

Tell Them

"Telling me was the right thing to do. We'll make sure this doesn't happen again."

Take Action

Contact local law enforcement immediately. Call the National Center for Missing & Exploited Children® at 1-800-THE-LOST for additional assistance.

SAFE TO COMPETE:

Protecting Child Athletes From Sexual Abuse

DISCUSSION GUIDE: AGES 11-17

Discussing personal safety is increasingly important as tweens and teens grow more independent.

What to Talk About

PHYSICAL CONTACT:

From stretching exercises to tackling drills, different sports require varying degrees of physical contact between athletes and coaching staff. Talking to adolescents about appropriate touch is important in helping them recognize any inappropriate contact by peers or adults.

Tell Them

"You have the right to tell anyone who touches you in a way that makes you feel uncomfortable to stop."

POWER DYNAMICS:

Child sexual abuse victims are often emotionally linked to their abusers, and these abusers are often authority figures. Coaches, training staff, and even team captains often wield a great deal of authority over younger athletes. This may deter victims from disclosing abuse in fear that they may lose their place on a team, be harmed, discredited, or otherwise retaliated against.

Tell Them

"No one has the right to threaten or coerce others. If they do, tell a trusted adult about what happened."

CHECKING IN:

Youth are often trusting of offers from adults, but it's important that they check first with parents or guardians before accepting anything from or going anywhere with someone- even coaches or teammates' parents.

hem Tell

"It's important that we communicate about where you are and who you are with. Check in with me before changing plans or going somewhere."

How to Talk About it

DON'T EXAGGERATE:

Teens may dismiss the message and real risks if they hear sensational stories.

TALK OFTEN:

It can be hard to engage tweens and teens in serious conversations about their personal lives, safety, and other tough topics. You might strike out the first time you try to have these conversations, but keep trying! The more often you discuss safety, the easier it gets.

KEEP EMOTIONS IN CHECK:

If a young person ever discloses a suspicion or incident of abuse, do your best to respond in a measured and calm manner. Reassure them that reporting the abuse was the right thing to do, and reaffirm that you are there to support them.

Take Action

Contact local law enforcement immediately. Call the National Center for Missing & Exploited Children® at 1-800-THE-LOST for additional assistance.



MECHANICSVILLE LITTLE LEAGUE DIVISION PLAYING

SEASON GUIDELINES

"T-Ball (4 - 5-year-old Boys) (4 -5-year-old Girls)

Note: All players are required by Little League International to play at least one (1) year in T-Ball.

(Only applies to 5–6-year-olds wishing to play minor league)

The T-Ball division is designed to introduce new players into the sport of baseball. The main focus of this division is to teach players the important skills of baseball, Fielding, Throwing, and hitting in a non-competitive environment.

1. All teams will have a maximum of seven (7) players per team. Note: Registration numbers could cause this number to shift slightly.

2. Time limit will be one (1) hour for practices and games.

3. Offensive Play:

a. All Players Present will be in the batting order at all times.

b. The players position in the batting order will not change during a game:

i. Players 1 thru 7 will bat each inning in that order.

ii. Lineups will change every game, giving players the chance to bat in every batting position.

c. There is no taking practice swings. Players MUST not pick up a bat while in the dugout until they are headed to the batter's box.

d. A 15' area from the plate extending into fair territory will be drawn. A player must hit the ball to the line or beyond for the ball to be considered a fair ball. Balls hit that do not reach the line will be called a foul ball. There will be no limit on the number of foul balls.

e. After the third (3rd) out, the offensive team must clear all base runners. Offense continues to bat until the end of the batting order.

f. Last batter of the inning, play will continue (base running) until an out is made or the ball is controlled by the infield. DO NOT continue to run players around the bases.

g. Offensive Team's coach must be at home plate to place the ball on the tee for the batter.

h. Base coaches must be 12 years of age or older.

i. Bases will be set at 50'

4. Defensive Play:

- a. Only standard infield positions will be played.
- b. Players must be rotated every inning to a different defensive position. Rotations during the inning are allowed.
- c. Coaches will be allowed on the field when their team is on defense.

5. General:

- a. Soft Tee-Ball will be used – not a baseball.
- b. Infield Fly Rule not in effect.
- c. Throwing the bat will result in the batter being out at the discretion of the Manager / Coach.
- d. Coaches will serve as umpires for their games.

6. Protective Equipment (Applies to practices and games):

- a. All batters and base runners must wear a helmet with protective face cage.

RULES BELOW SUPERSEDE THE LITTLE LEAGUE RULE BOOK

SEASON GUIDELINES

Coach Pitch Jr. BASEBALL (5–6-year-old)

- 1. Time Limit: Game ends after Six (6) innings or 1 hour 15 minutes from the scheduled game time.
 - a. Complete Game is (3) completed innings or one (1) hour of play should there be weather issues.
 - b. Teams must be off the field and out of the dugout after 1 1/2 hours.
- 2. Offensive Play:
 - a. All players present will be in the batting order at all times.
 - b. The players' position in the batting order must change every game.
 - c. Practice swings are not allowed. Players MUST not pick up a bat in the dugout until they are headed to the batter's box.
 - d. The offensive coach will pitch 3 or less pitches to the batter. If the last pitched ball is fouled, the batter will continue to bat until the ball is put into play, misses, or does not swing. If the batter misses or does not swing, the ball will be placed on the tee. The

batter will then hit the ball into play off the tee.

e. Every player bats in an inning.

i. The most bases a batter can be awarded is a triple. A triple can be awarded if the ball is hit past the outfielders and a play is not made on the ball. A play is defined as an outfielder who while attempting to field a batted ball puts a glove on a ball.

f. After the third (3rd) out, the offensive team must clear all base runners. The offensive team continues to bat until the end of the batting order.

3. Defensive Play:

a. Ten (10) players may play defense at one time.

b. Infielders must play standard infield positions and all outfielders (4) must play in the grass.

c. Players must be rotated every inning to a different defensive position (including catcher). Rotating players during the inning is acceptable.

d. Players that do not play in one inning must play the following inning. No player may play more than two consecutive innings in either the infield or outfield, provided your full team is in attendance.

4. General:

a. Infield Fly Rule not in effect.

b. No Stealing (at any base).

c. Throwing the bat will result in the batter being out at the discretion of the coaches.

d. Managers are responsible for being the umpires during the game.

e. At any time a throw is made to a base, each runner may advance only to the base they are going to at their own risk. Players may not advance on an overthrow.

f. All batters and baserunners must wear a helmet with a protective face mask

RULES BELOW SUPERSEDE THE LITTLE LEAGUE RULE BOOK

Note: These rules are only in effect when playing other MLL teams. If participating in inter-league play with neighboring leagues, the rules as outlined in the little league rule book will be followed.

6-8yr old (Coach Pitch Sr.) BASEBALL

1. Time Limit: Game ends after Six (6) innings. No new inning will begin after 1 hour 30 minutes from the start time.

a. Complete Game is (4) completed innings or one (1) hour of play should there be weather issues.

b. Teams must be off the field and out of the dugout after 1 3/4 hours.

2. General Playing Rules:

a. A maximum of three (3) outs or five (5) runs scored will end the offensive teams at bat.

When the fifth (5th) run scores at the plate, three (3) outs will be assumed and the play will continue until a play is made at a base or the third (3rd) out is made as defined by LL rules.

b. No Walks are allowed. The batter must put the ball in play or strike out.

c. Each batter gets a maximum of five (5) pitches. A batter will not be called out on strikes prior to the fifth (5th) pitch, If the fifth (5th) pitch is fouled off, the batter will continue until the ball is put in play, the batter strikes out, or does not swing. The coach pitching will announce to the batter upon reaching the fifth (5th) pitch. The batter may get ONE additional pitch if the fifth (5th) pitch is deemed to be unhittable by both managers.

d. The coach pitching may not coach nor address any offensive player once the player enters the playing field or may not interfere with any defensive player.

e. Base Stealing is not allowed. Runners may not advance bases on passed balls by the catcher. Any player leaving the base early will be sent back to the previous base.

f. Runners will be allowed to advance one (1) base on an overthrow not to include home plate.

g. If a ball is hit into the outfield the runner may continue until the ball is controlled in the pitching circle.

h. The ball will be considered in play until an umpire calls time to end a play or when the defensive team has returned the ball and has control of it in the infield and time is called by the umpire.

i. Pitching Circle- There shall be a 10 ft diameter circle with the front edge at 42 ft from the rear point of home plate.

j. Pitcher's Line- There shall be a line drawn from the pitching circle out 10 ft towards home plate.

k. The pitching coach shall keep one foot on or straddle the pitcher's line.

3. Offensive Play

All players present will be in the batting order at all times. Late arrivals will be placed at

Any player that bats in the 10th position or after will bat in the top 9 positions the following game.

l. All batters will wear a Little League approved batting helmet with a face mask.

m. If a batted ball hits the machine or the operator, the batter is awarded first (1st) base and the ball is dead at those time/ all runners may advance one base.

n. No "slash-bunting" is allowed

4. Defensive Play:

o. Ten (10) players may play defense at one time.

p. No defensive player may be removed from a defensive position during an inning, except for an injury.

q. Infielders must play standard infield positions and all outfielders must play in standard outfield positions.

r. A player placed in the position of pitcher shall not leave the pitching circle until the ball is hit, Penalty: After the play has ended the offensive team has the option of taking the results of the play or no pitch.

s. No player can play the same position more than 2 innings in a row.

t. No player will sit more than 1 inning until all players have sat 1 inning. No player may play more than two consecutive innings in either the infield or outfield, provided your full team is in attendance. Players may not play the same position more than two (2) innings total in a game.

u. If a team does not have enough players to field a full 9 player roster, a manager may draft a player from another MLL team within their age group (7–8-year-olds) to make a complete 9 player roster.

3. Coaches / Umpires / Scorekeepers:

- a. There will be (4) approved coaches per team. Two (2) adult base coaches, one (1) adult coach in the dugout and the coach pitching.
- b. There MUST be at least one (1) adult coach in the dugout at all times during the entire game. No other adults are allowed in the dugout during the game. This includes the team parent.
 - i. All coaches are required to stay behind dugout fence (not in opening) while team is both on offense and defense. No standing in the fence openings.
 - ii. A substitute coach must be an approved Manager or roster coach of another MLL team or an MLL Board member may be used.
- c. The Coach pitching will be responsible for outs at 2nd, home plate and any pop fly outs. 1st base coach will call outs at 1st and 3rd base coach will call outs at 3rd. Coach Pitching will have the final say as the umpire on the field.
- d. The Home Team is responsible for providing a volunteer to keep the scorebook. The Visiting Team is responsible for providing a volunteer to run the scoreboard.

4. Protective Equipment (Applies to practices and games):

- a. All batters and base runners must wear a helmet with protective face cage.

Note: These rules only in effect when playing other MLL teams. If participating in inter-league play with neighboring leagues, the rules as outlined in the little league rule book will be followed.

8-10 Minor (Kid Pitch) BASEBALL

5. 1. Time Limit: Game ends after Six (6) innings. No new inning will begin after 1 hour and 45 minutes from the official start time.

a. Complete Game is (4) completed innings.

b. Teams must be off the field and out of the dugout after 1 3/4 hours.

1. General Playing Rules:

a. A maximum of three (3) outs or five (5) runs scored will end the offensive teams at bat.

When the fifth (5th) run scores at the plate, three (3) outs will be assumed and the play will continue until a play is made at a base or the third (3rd) out is made as defined by LL rules.

b. Player Pitch Count rules are in effect as outlined in LL Rulebook.

i. Manager will be responsible for keeping the pitching affidavit filled out after each game, signed by opposing manager and official scorekeeper.

ii. In any two (2) consecutive games, a team must have a minimum of 30 pitches thrown by a player that is not league age 10. Penalty for not abiding to the rule will be:

- First Offense: Manager suspended for a game.

- Second Offense: Manager will not be eligible to participate in the postseason.

2. Offensive Play:

a. All players present will be in the batting order at all times. Late arrivals will be placed at the end of the lineup. No shifting of batting order once the game starts.

b. Any player that bats in the 10th position or after will bat in the top 9 positions the following game.

1. Defensive Play:

a. No defensive player may be removed from a defensive position during an inning, except for an injury.

b. Infielders must play standard infield positions and all outfielders must play standard outfield positions.

c. Players must play infield minimum of 1 inning per game. No player shall sit consecutive innings and no player will sit a second inning, until all players have sat one inning.

i. Exception: A pitcher may remain as pitcher as long as they have not reached their allowed pitch count limit as noted in LL Rulebook and the catcher can remain in the game up to 4 innings in a row.

d. Any player not starting on one game must start the next available game.

i. Exception: players that show up after the game has started will be worked into the game the next inning.

2. Coaches / Umpires / Scorekeepers:

a. There MUST be at least one (1) adult coach in the dugout at all times during the entire game. No other adults are allowed in the dugout during the game. This includes the team parent.

i. All coaches are required to stay behind the dugout fence (not in opening) while the team is both on offense and defense. No standing in the fence openings.

ii. A substitute coach must be an approved Manager or roster coach of another MLL team or an MLL Board member may be used.

b. The Home Team is responsible for providing a volunteer to keep the scorebook.

i. Upon reaching the maximum pitch count, the scorekeeper shall notify the home plate umpire of such. It is the manager's responsibility to adhere to the pitch count rules, as outlined in the LL Rulebook.

c. The Visiting Team is responsible for providing a volunteer to run the scoreboard.

3. Protective Equipment (Applies to practices and games):

a. All batters and base runners must wear a Little League approved helmet with protective face cage.

RULES BELOW SUPERSEDE THE LITTLE LEAGUE RULE BOOK

Note: These rules only in effect when playing other MLL teams. If participating in inter-league play with neighboring leagues, the rules as outlined in the little league rule book will be followed.

“MAJOR” Division BASEBALL (10–12-year-old)

1. Time Limit: Game ends after Six (6) innings. No new inning will begin after 1 hour and 45 minutes from the official start time.

a. Complete Game is (4) completed innings.

2. General Playing Rules:

a. Run Limit for ending game if the home team is ahead:

i. 15 runs after 3 innings of play.

ii. 10 runs after 4 innings of play.

b. Player Pitch Count rules are in effect as outlined in LL Rulebook.

i. In any two (2) consecutive games, a team must have a minimum of 30 pitches thrown by a player that is not league age 12. Penalty for not abiding to the rule will be:

1. First Offense: Manager suspended for a game.

2. Second Offense: Manager will not be eligible to participate in the postseason.

3. Offensive Play:

a. All players' present will be in the batting order at all times. Late arrivals will be placed at the end of the lineup. No shifting of batting order once game starts.

b. Any player that bats in the 10th position or after will bat in one of the top 9 positions the following game.

4. Defensive Play:

a. No defensive player may be removed from a defensive position during an inning, except for an injury.

b. Infielders must play standard infield positions and all outfielders must play in the grass.

c. No player shall sit consecutive innings and no player will sit a second inning, until all players have sat one inning.

d. A pitcher may remain as pitcher as long as they have not reached their allowed pitch

count limit as noted in LL Rulebook and the catcher can remain in the game up to 4 innings in a row.

e. Any player not starting in one game must start the next available game.

i. Exception: players that show up after the game has started will be worked into the game the next inning.

5. Coaches / Umpires / Scorekeepers:

a. There MUST be at least one (1) adult coach in the dugout at all times during the entire game. No other adults are allowed in the dugout during the game. This includes the team parent.

i. All coaches are required to stay behind dugout fence (not in opening) while team is both on offense and defense. No standing in the fence openings.

ii. A substitute coach must be an approved Manager or roster coach of another MLL team or an MLL Board member may be used.

b. The Home Team is responsible for providing a volunteer to keep the scorebook,

i. Upon reaching the maximum pitch count, the scorekeeper shall notify the home plate umpire of such. It is the manager's responsibility to adhere to the pitch count rules, as outlined in the LL Rulebook.

c. The Visiting Team is responsible for providing a volunteer to run the scoreboard.

Note: These rules only in effect when playing other MLL teams. If participating in inter-league play with neighboring leagues, the rules as outlined in the little league rule book will be followed.

"INTERMEDIATE 50/70" Division BASEBALL (11–13-year-old)

"JUNIOR" Division BASEBALL (12–14-year-old) "SENIOR"

Division BASEBALL (13–16-year-old)

1. Time Limit: No new inning shall start after 2 hours

2. No player shall sit 2 consecutive innings.