



**2025 SAFETY AWARENESS PROGRAM (ASAP)
LOWER GWYNEDD LITTLE LEAGUE (LGLL)
DISTRICT 22**

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I. LGLL MISSION

Our mission is to teach young boys and girls the fundamentals of baseball core values – team play, skills, development, and a desire for life-long learning.

II. LGLL SAFETY PROGRAM MISSION

Lower Gwynedd Little League's ASAP mission is to maintain the highest degree of safety awareness to ensure that our league operates in the safest environment for all our players. The ultimate goal is to reduce the overall risk of injuries while at the same time providing a response plan for when injuries do occur. This document communicates what is expected of all managers/coaches, players, and volunteers to ensure our safety program mission is successful. A copy of this document will be distributed to all managers/coaches, volunteers, LGLL Board Members, and the District Manager.

III. MANAGER, COACH, VOLUNTEER REGISTRATION/BACKGROUND CHECKS

All volunteers must register online at www.lgbaseball.com and complete the necessary background checks BEFORE engaging in any league activities. YOU WILL NOT BE PERMITTED TO BE A VOLUNTEER IF THESE BACKGROUND CHECKS ARE NOT SATISFIED PROPERLY AND CONFIRMED BY THE LEAGUE.

Background checks are conducted through a third-party vendor, JDP (www.JDP.com), which Little League Baseball recommends. The Safety Officer will notify all volunteers with an email that the background check

email will be coming from JPD with a link to complete the online questionnaire. It is the Safety Officer's responsibility to confirm that all background checks have been completed with acceptable responses.

IV. SAFETY MANUAL AND FIRST AID KITS

Each manager/head coach will be issued this safety manual during our first league meeting. All volunteers are required to attend this meeting where we will discuss baseball fundamentals and answer any safety questions you may have.

There will be a number of smaller individual first aid kits along with some larger kits in each equipment shed and at the concession stand at Ingersoll.

V. ADMINISTERING FIRST AID

First aid is an important part of any safety program. Like insurance coverage, it is a form of protection that must be available in case of an emergency involving any injury. First aid is the immediate, necessary, temporary, emergency care given for injuries. First-Aid means exactly what the term implies -- it is the first care given to a wounded person. It is usually performed by the first person on the scene and continued until professional medical help arrives.

At no time should anyone administering First-Aid go beyond his or her capabilities. This includes, but is not limited to, distributing medications not prescribed to the intended recipient or providing other medications not authorized by the parent or guardian on site.

Anyone administering first aid should know their limits. **IF YOU HAVE ANY DOUBT AT ALL, CALL 911.** If the injured person is unconscious, call 911 immediately. Sometimes a conscious victim will tell you not to call an ambulance, but you may think otherwise given the gravity of the injury. Call 911 anyway!

Below are some guidelines on when you should never hesitate calling 911:

- Injuries to the head, neck, or back;
- Possible broken bones or sprains;
- Is or becomes unconscious;
- Trouble with breathing;
- Chest pain or pressure;
- Severe bleeding;
- Pressure or pain in abdomen;
- Any type of seizures, headaches, or slurred speech;
- Vomiting

911 Emergency Call Steps

- Give the dispatcher the necessary information. Answer any questions that he or she may ask. Most dispatchers will ask:
- The exact location or address of the emergency. Include the name of the city or town, nearby intersections, landmarks, etc.
- The telephone number from which the call is being made.
- The caller's name.
- What happened - for example, a baseball related injury, bicycle accident, fire, fall, etc.

- How many people are involved.
- The condition of the injured person - for example, unconsciousness, chest pains, or severe bleeding.
- What help (first aid) is being given.
- Do not hang up until the dispatcher hangs up. The EMS dispatcher may be able to tell you how to best care for the victim.
- Continue to care for the victim till professional help arrives.
- Appoint somebody to go to the street and look for the **ambulance** and **fire engine** and flag them down if necessary. This saves valuable time. Remember, every minute counts.

Common Injuries/Illnesses Experienced on the Baseball Field

1.) Sprains and Strains

Sprains are injuries to the ligaments around joints. They typically result from severe twisting or outside forces bending a joint in the opposite direction of its normal function. The most common sprains are those of the knee, ankle, wrist, fingers, and toes.

Signs and Symptoms

- Pain in or over the affected joint
- Swelling and tenderness to touch
- Bruising (typically develops after a period of time)
- Loss or limited motion or ability to bear weight

Treatment

- Rest – remove player from game
- Ice – apply ice pack to affected area
- Compression – apply ace wrap to limit swelling and pain
- Elevation – to limit swelling and pain
- See a doctor if pain and swelling is severe, or if player is unable to move joint in typical range of motion.

Strains are injuries to muscles that typically result from overuse or stretching a muscle group beyond normal parameters. The most common strains are those of the shoulder (especially in pitchers), groin muscle, hamstring, thigh, lower back, and rib cage. The best way to prevent a strain is to ensure players stretch and warm up gradually before games and workouts.

Signs and Symptoms

- Pain in the affected area typically described as “burning” or a “dull ache”
- Tenderness to touch
- Loss or limited motion or ability to bear weight

Treatment

- Rest – remove player from game
- Ice – apply ice pack to affected area
- Compression – apply ace wrap to limit swelling and pain

- Elevation – to limit swelling and pain
- See a doctor if pain is severe, or if player is unable to move affected area in typical range of motion.

2.) Fractures and Dislocations

Fractures are breaks in a bone due to blunt trauma or severe twisting. Common fractures seen in baseball are those to the bones in the ankle, arm, fingers, toes, and face. Often these injuries result from a hard slide into a base, a collision with another player, a diving attempt by a player to field a ball or being struck by a pitched or batted ball.

Signs and Symptoms

- Pain in or over the affected bone
- Swelling and tenderness to touch
- Deformity
- Bruising (typically develops after a period of time)
- Loss or limited motion or ability to bear weight

Treatment

- Stabilize the bone (splint or physically hold the area)
- Cover any open wounds with a sterile dressing and control bleeding
- Rest – remove player from game

- Ice – apply ice pack to affected area
- Compression – apply ace wrap to limit swelling and pain
- Elevation – to limit swelling and pain
- Transport to doctor or Emergency Room ASAP.

Dislocations are injuries to joints that cause the joint to lose its ability to move. Common dislocations are those joints in the fingers, the ankle and patella (kneecap).

Signs and Symptoms

- Pain in or over the affected joint
- Swelling and tenderness to touch
- Deformity
- Loss or limited motion or ability to bear weight
- Tingling or numbness in area distal to injury

Treatment

- Stabilize the injury (splint or physically hold the area)
- Rest – remove player from game
- Ice – apply ice pack to affected area
- Compression – apply ace wrap to limit swelling and pain
- Elevation – to limit swelling and pain
- Transport to doctor or Emergency Room ASAP.

3.) Bleeding and Open Wounds

Open wounds either take the form of a laceration that results from a sharp object, like a cleat on a shoe, or an abrasion, which is a scraping injury typically resulting from contact with turf when sliding or diving.

Lacerations are cuts or jagged tears in the skin that can either be deep or superficial. Deep lacerations and those to the head and face often bleed quite a bit.

Treatment

- Control bleeding – apply sterile bandage and direct pressure to site
- Ice – apply ice pack to affected area – this can help slow bleeding and reduce pain
- Compression – apply compression dressing after bleeding is controlled
- Elevation – to limited swelling and pain
- Transport to doctor or Emergency Room if suturing is required.

Abrasions are superficial skin injuries – a.k.a. raspberries, typically caused by sliding or diving on the ground or infield. The treatment is essentially the same as for lacerations with one additional word to the wise – **CLEAN THE WOUND!** The biggest problem with abrasions is the potential for infection. Cleansing the wound as soon as possible with soap and water and applying a sterile bandage to prevent the wound from contamination can prevent this. If infection results (pain, swelling, yellow discharge), see a doctor.

4.) Head Injuries Helmets are designed to prevent serious head injuries but that does not mean they provide 100% protection. Anyone who has been hit by a fastball in the helmet knows this. Head injuries can and will occur despite helmets. Here are some signs to watch for and things to consider when dealing

with head injuries. **Any head injury that results in a “change in the level of consciousness” should be considered significant.** Changes in the level of consciousness can occur immediately after the injury or days later. Things to look for commonly referred to as *Head Injury Precautions* include:

- Confusion
- Disorientation
- Unconscious or delayed responsiveness to voice or physical stimulus

Other signs and symptoms to watch for:

- Nausea / vomiting
- Dizziness or blurred vision Unstable balance / gait Unequal pupils

Treatment

- *If unconscious – DO NOT MOVE – CALL 9-1-1*
- Keep player warm
- Watch for vomiting
- **SERIOUS HEAD INJURIES MAY ALSO INDICATE NECK/SPINE INJURY!**

5.) Heat Related Problems Under normal conditions a healthy body can manage exertion in high temperatures by perspiring. As long as fluids are maintained and exposure is not prolonged, most of us can cope. When the conditions include little breeze and high humidity, the normal control mechanisms may fail resulting in either Heat Exhaustion or Heat Stroke.

Heat Exhaustion can occur after excessive perspiration is combined with inadequate fluid intake. The best way to prevent heat exhaustion is to simply replace fluids and electrolytes by drinking water, Gatorade, or diet soda. If heat exhaustion should develop, the following symptoms often present suddenly.

Signs and Symptoms

- Dizziness, lightheadedness
- Nausea
- Rapid breathing and heart rate
- Cool, clammy skin
- Pale skin color
- Abdominal or other large muscle cramps

Treatment

- Remove player from sun – put in the shade or air conditioned area
- Allow player to lay down, slightly elevate feet and legs
- Loosen any restrictive clothing
- Provide cool water, Gatorade, or diet soda in small, frequent drinks
- Watch for any changes in players level of consciousness
- **If confusion /disorientation develops – CALL 9-1-1**

VI. INCIDENT/INJURY & ACCIDENT/CLAIM REPORTING

Lower Gwynedd Little League has developed incident reporting procedures to reduce the possibility of similar future occurrences. The reporting procedures **must** be followed whenever there is an accident or injury that requires medical attention. This applies to players, coaches, volunteer workers, and spectators both at the complex and at offsite practice locations. The reporting procedures should also be followed to report “minor” injuries (those where medical attention is not required) and conditions that require the attention of the maintenance staff and work parties.

Who is responsible for reporting?

- Any injury to a player that occurs during a game or practice must be reported by the **player’s manager**. Injuries to non-players occurring as a result of a player’s actions must also be reported by the player’s manager.
- A manager/coach should document every incident using Little League’s “**Incident Tracking Form**”. This form should be submitted to the Safety Officer, Chad Stecker, of LGLL via email (safety.lgbaseball@gmail.com). **These incident reports should be completed within 24 hours of the time of the injury.**
- Additional forms for filing accident and insurance claims can be located at: <https://www.littleleague.org/forms-publications/#asap>.
- All injuries not involving players should be reported to the League **officer on duty or Safety Officer** who will be responsible for completing the incident report.

- All incidents or conditions which may represent a safety hazard (e.g., broken bleacher seats, damaged player benches, etc.) can be reported by any member of the League (parent, player, or volunteer).
- Injuries occurring in the snack bar must be reported to staff members on duty at the time of the occurrence.
- All incidents involving violations of our Little League Code of Conduct should be handled on-site by the officer on duty. Escalation to an executive board member may be necessary if the violation cannot be rectified by the officer on duty. If any violations involve an immediate threat to the safety of our members, the local police should be called (911) immediately for assistance. All violations should be documented via an incident report and submitted to the Player Agent.

VII. EMERGENCY CONTACT INFORMATION

Emergency Number		911
Lower Gwynedd Police		215-646-5300
Wissahickon Fire Company		215-646-5592
Safety Officer:	Chad Stecker	610-554-1935
President:	Adam Taylor	609-472-2593
Vice President:	Jeff Carcione	610-703-4646

VIII. LITTLE LEAGUE APPROVED BATS

As of January 1, 2018, the new [USA Baseball Bat Standard](#) was implemented. USA Bat Standard bats must be used in the Little League Major Baseball Division and below. Either USA Bat Standard bats **or**

BBCOR bats must be used at the Intermediate (50/70) Baseball and Junior League Baseball Divisions. At the Senior League Baseball Division, all bats must meet the BBCOR standard. Little League-approved baseball bats that were approved for use for the 2017 season ***will no longer be acceptable for use in any Little League game or activity*** as of January 1, 2018. For more information on the USA Bat standard and a complete list of bats approved through the USA Bat Standard, [visit usabat.com](http://visit.usabat.com). You can also visit <https://www.littleleague.org/playing-rules/bat-information/> for additional information.

IX. HELMETS & OTHER EQUIPMENT

Helmets are required for all players in all divisions. Information on helmets can be found at <https://www.littleleague.org/playing-rules/modifying-helmets-with-additional-attachments/>. All helmets should meet the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

IT IS HIGHLY RECOMMENDED THAT ALL PLAYERS WHERE A CUP (CATCHERS ARE MANDATORY).

THERE ARE ALSO CHEST PROTECTORS AVAILABLE THAT CAN BE WORN UNDER UNIFORMS FOR ADDED PROTECTION.

X. LGLL FIELD MAINTENANCE & SAFETY INFORMATION

LGLL maintains 6 fields. Advanta (50/70), Cutler (60/90), Ingersoll Majors, Ingersoll Minors, Springhouse, and Talus. Additional field information including maps and directions can be found on www.lgbaseball.com.

- *Managers/coaches should inspect the fields before each game and fix or and/or report any issues to Chad Stecker (Safety Officer). A **Facility and Safety Inspection Checklist** should be completed, and copies should be sent to Chad Stecker to document and remedy any field issue(s).*
- Managers/coaches are responsible for cleaning the dugouts and fields of any trash or debris after games/practices, so the facilities are ready for the next teams. Encourage the players to take action here – this teaches responsibility and respect for facilities and the game overall.
- Any equipment left behind should be brought to the snack stand at Ingersoll Major which is where the lost and found is located.

XI. LGLL LIGHTNING POLICY

Regarding practice:

- The coach in charge of the practice shall immediately suspend or cancel practice and players and coaches shall retreat to automobiles or a secure structure with four walls and a roof in the event of any of the following: (a) the sound of thunder; (b) the sight of lightning; or (c) the sound of the Cedarbrook Country Club alarm.
- No players will be permitted to remain on the field or in open dugouts for any reason.
- Coaches are urged to monitor weather conditions and to use their best judgment regarding adverse weather. A coach may postpone or cancel practice at any time that he or she believes that it is unsafe to continue for any weather-related reason.
- Practice may resume following suspension, at the discretion of the coach, if no thunder is heard or lightning is observed for a period of 20 minutes.
- Coaches are responsible for providing shelter to any members of the team who do not have a parent or other adult present at the field.
- Coaches should advise parents of this severe weather policy and should obtain contact information so that the coach can contact parents who leave their children at practice in the event of a

suspension or cancellation. This policy is to the highest degree mandatory and shall be strictly enforced.

Regarding games (including tournaments):

Unless a Williamsport Little League Official Policy controls, the following shall be the Policy of the Lower Gwynedd Little League for home tournament games:

- The coach in charge of the practice shall immediately suspend or cancel practice and players and coaches shall retreat to automobiles or a secure structure with four walls and a roof in the event of any of the following: (a) the sound of thunder; (b) the sight of lightning; or (c) the sound of the Cedarbrook Country Club alarm.
- No players will be permitted to remain on the field or in open dugouts, for any reason.
- The Chief Umpire shall have the discretion to suspend or postpone play at any time that he or she believes that it is unsafe to continue for any weather-related reason.
- A game may resume following suspension, at the discretion of the Chief Umpire, if no thunder is heard or lightning is observed for a period of 20 minutes. This policy is to the highest degree mandatory and shall be strictly enforced.
- The home coach shall be responsible for providing the Chief Umpire with a copy of these rules.

These Rules are to be strictly enforced and are to the highest degree mandatory.

The above Rules shall apply to "Fall Ball" as well.

XII. MANAGER/COACH'S SAFETY CHECKLIST

PRE-GAME AND PRACTICE

- Make sure that players are healthy, rested and alert.
- Make sure players warm up properly, even in warm weather.
- Make sure that players returning from being injured have a medical release form signed by their doctor. Otherwise, they can't play.
- Make sure players are wearing the proper uniform and **catchers are wearing a catcher's mask, throat guard, and a cup at all times.**
- Make sure that the equipment is in good working order and is safe.
- **No metal spikes/cleats.**
- No jewelry should be worn by players.
- Batting cage activity must be supervised by a manager/coach.
- Pitcher in batting cage must be behind L-screen.
- Instruct batters (demonstrate) how to place the bat after swinging and making contact.
- Agree with the opposing manager on the fitness of the playing field. In the event that the two managers cannot agree, a duly delegated representative shall make the determination.
- Enforce the rule that no bats and balls are permitted on the field until all players have done their proper stretching.

DURING THE GAME

- **Only designated managers and coaches registered with the league should be in the dugout and on the field with the players.**
- Make sure that players carry all gloves and other equipment off the field and to the dugout when their team is up at bat.
- No equipment shall be left lying on the field, either in fair or foul territory.
- Keep players alert.
- **Have one of your coaches designated as “bench coach” to keep order and discipline the players in the dugout in order to prevent injuries.**
- Keep players and substitutes sitting on the team’s bench or in the dugout unless participating in the game or preparing to enter the game.
- **Instruct batters (demonstrate) how to place the bat after swinging and making contact.**
- **Make sure catchers are wearing the proper equipment including a catcher’s mask, protective pads, and throat guard. Catchers MUST always wear a cup!!!**
- Encourage everyone to think of Safety First.
- **Observe the “no on-deck” rule for batters and keep players behind the screens at all times.**
- **No player should handle a bat in the dugouts at any time.**
- **No head first slides (automatic out).**
- **Keep players off fences (climbing the fence as well as fingers in the fence). Terrible injuries can result if this is not observed.**
- **Keep the dugout gate shut at all times when your team is batting. This prevents balls or bats from potentially hitting volunteers/players in the dugout.**
- Get players to drink often so they do not get dehydrated.
- Do not play children that are ill or injured.
- Attend to children that become injured in a game.

POST GAME

- Do not leave the field until every team member has been picked up by a known family member or designated driver.
- Notify parents if their child has been injured no matter how insignificant the injury is. There are no exceptions to this rule. This protects you, Little League Baseball, Inc. and our local league.
- If there was an injury, ensure an accident report was filled out and given to the Safety Officer.
- Return the field to its pre-game condition, per League policy.

XIII. PITCH COUNTS

*****All Managers and Coaches are required to adhere to these Little League standards. This is important in protecting our children from injury*****

Regular Season Pitching Rules – Baseball

<https://www.littleleague.org/playing-rules/pitch-count/>

VI – PITCHERS

(a) Any player on a regular season team may pitch. (**NOTE:** There is no limit to the number of pitchers a team may use in a game.) **Exception:** Any player who has played the position of catcher in four (4) or more innings in a game is not eligible to pitch on that calendar day.

(b) A pitcher once removed from the mound cannot return as a pitcher. **Intermediate (50-70), Junior, and Senior League Divisions only:** A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game.

A player who played the position of catcher for three (3) innings or less, moves to the pitcher position, and delivers 21 pitches or more (**15- and 16-year-olds:** 31 pitches or more) in the same day, may not return to the catcher position on that calendar day. **EXCEPTION:** If the pitcher reaches the 20-pitch limit (**15- and 16-year-olds:** 30-pitch limit) while facing a batter, the pitcher may continue to pitch, and maintain their eligibility to return to the catcher position, until any one of the following conditions occur: (1) that batter reaches base; (2) that batter is retired; or (3) the third out is made to complete the half-inning or the game.

(c) The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:

League Age:

13-16 – 95 pitches per day

11-12 – 85 pitches per day

9-10 – 75 pitches per day

7-8 – 50 pitches per day

Exception: If a pitcher reaches the limit imposed in Regulation VI (c) for his/her league age while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: 1. That batter reaches base; 2. That batter is put out; 3. The third out is made to complete the half-inning. **NOTE: If a pitcher reaches 40 pitches while facing a batter, the pitcher may continue to pitch, and maintain their eligibility to play the position of catcher for the remainder of that day, until any one of the following conditions occurs: (1) that batter reaches base; (2) that batter is retired; or (3) the third out is made to complete the half-inning or the game. The pitcher would be allowed to play the**

catcher position provided that pitcher is moved, removed, or the game is completed before delivering a pitch to another batter. If a player delivers 41 or more pitches, and is not covered under the threshold exception, the player may not play the position of catcher for the remainder of that day.

(d) Pitchers league age 14 and under must adhere to the following rest requirements:

- If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
- If a player pitches 51-65 pitches in a day, three (3) calendar days of rest must be observed.
- If a player pitches 36-50 pitches in a day, two (2) calendar days of rest must be observed.
- If a player pitches 21-35 pitches in a day, one (1) calendar day of rest must be observed.
- If a player pitches 1-20 pitches in a day, no (0) calendar day of rest is required.

Exception: If a pitcher reaches a day(s) of rest threshold while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: (1) that batter reaches base; (2) that batter is retired; or (3) the third out is made to complete the half-inning or the game. The pitcher will only be required to observe the calendar day(s) of rest for the threshold he/she reached during that at-bat, provided that pitcher is removed, or the game is completed before delivering a pitch to another batter.”

NOTE: If a pitcher reaches 30 pitches while facing a batter in the first game, the pitcher may continue to pitch, and maintain their eligibility to pitch in the second game on that day, until any one of the following conditions occurs: (1) that batter reaches base; (2) that batter is retired; or (3) the third out is made to complete the half-inning or the game. The pitcher would be allowed to pitch in a second game provided that pitcher is moved, removed, or the game is completed before delivering a pitch to another batter. If a player delivers 31 or more pitches in the first game, and is not covered under the threshold exception, the player may not pitch in the second game that day).

(e) Pitchers league age 15-16 must adhere to the following rest requirements:

- If a player pitches 76 or more pitches in a day, four (4) calendar days of rest must be observed.

- If a player pitches 61-75 pitches in a day, three (3) calendar days of rest must be observed.
- If a player pitches 46-60 pitches in a day, two (2) calendar days of rest must be observed.
- If a player pitches 31-45 pitches in a day, one (1) calendar days of rest must be observed.
- If a player pitches 1-30 pitches in a day, no (0) calendar day of rest is required.

Exception: If a pitcher reaches a day(s) of rest threshold while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: (1) that batter reaches base; (2) that batter is retired; or (3) the third out is made to complete the half-inning or the game. The pitcher will only be required to observe the calendar day(s) of rest for the threshold he/she reached during that at-bat, provided that pitcher is removed, or the game is completed before delivering a pitch to another batter.

(f) Each league must designate the scorekeeper or another game official as the official pitch count recorder.

(g) The pitch count recorder must provide the current pitch count for any pitcher when requested by either manager or any umpire. However, the manager is responsible for knowing when his/her pitcher must be removed.

(h) The official pitch count recorder should inform the umpire-in-chief when a pitcher has delivered his/her maximum limit of pitches for the game, as noted in Regulation VI (c). The umpire-in-chief will inform the pitcher's manager that the pitcher must be removed in accordance with Regulation VI (c). However, the failure by the pitch count recorder to notify the umpire-in-chief, and/or the failure of the umpire-in-chief to notify the manager, does not relieve the manager of his/her responsibility to remove a pitcher when that pitcher is no longer eligible.

(i) Violation of any section of this regulation can result in protest of the game in which it occurs. The protest shall be made in accordance with Playing Rule 4.19.

(j) A player who has attained the league age of twelve (12) is not eligible to pitch in the Minor League.
(See Regulation V – Selection of Players)

(k) A player may not pitch in more than one game in a day.

NOTES:

1. The withdrawal of an ineligible pitcher after that pitcher is announced, or after a warm-up pitch is delivered, but before that player has pitched a ball to a batter, shall not be considered a violation. Little League officials are urged to take precautions to prevent protests. When a protest situation is imminent, the potential offender should be notified immediately.
2. Pitches delivered in games declared “Regulation Tie Games” or “Suspended Games” shall be charged against pitcher’s eligibility.
3. In suspended games resumed on another day, the pitchers of record at the time the game was halted may continue to pitch to the extent of their eligibility for that day, provided said pitcher has observed the required days of rest.

Example 1: A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes on the following Thursday. The pitcher is not eligible to pitch in the resumption of the game because he/she has not observed the required days of rest.

Example 2: A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes on Saturday. The pitcher is eligible to pitch up to 85 more pitches in the resumption of the game because he/she has observed the required days of rest.

Example 3: A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes two weeks later. The pitcher is eligible to pitch up to 85 more pitches in the resumption of the game, provided he/she is eligible based on his/her pitching record during the previous four days.

(EXCEPTION: Junior and Senior League: If a pitcher reaches 30 pitches while facing a batter in the first game, the pitcher may continue to pitch, and maintain their eligibility to pitch in the second game on that day, until any one of the following conditions occurs: (1) that batter reaches base; (2) that batter is retired; or (3) the third out is made to complete the half-inning or the game. The pitcher would be allowed to pitch in a second game provided that pitcher is moved, removed, or the game is completed before delivering a pitch to another batter. If a player delivers 31 or more pitches in the first game, and is not covered under the threshold exception, the player may not pitch in the second game that day).

Note: The use of this regulation negates the concept of the “calendar week” regarding pitching eligibility.

Regular Season Pitching Rules – Softball

Regulation VI – PITCHERS

(a) Any player on the team roster may pitch. **EXCEPTION:** A player who has attained a league age of twelve (12) is not eligible to pitch in the Minor League.

(b) Minors/Little League (Majors): A player may pitch in a maximum of twelve (12) innings in a day. If a player pitches in seven (7) or more innings in a day, one calendar day of rest is mandatory. Delivery of a single pitch constitutes having pitched in an inning.

LITTLE LEAGUE (MAJORS) AND MINOR LEAGUE EXAMPLE

If a player pitched in seven (7) or more innings on (Column A), that player can pitch again on (Column B):

Column A	Column B
Sunday	Tuesday
Monday	Wednesday

Tuesday	Thursday
Wednesday	Friday
Thursday	Saturday
Friday	Sunday
Saturday	Monday

Junior/Senior League: No pitching restrictions apply.

NOTE: The local league Board of Directors or District may impose additional pitching limitations during the Regular Season and interleague.

Pitching Restrictions for 12-year-olds participating in Majors and Junior League

For a 12-year-old participating in the Major and Junior League Divisions as permitted under Regulation IV(a), the pitching rules and regulations regarding days of rest that are pertinent to the division in which the pitcher is used will apply to that game. Innings pitched previously in both divisions are taken into account when determining the eligibility of the pitcher for a particular game, with respect to days of rest and number of innings available.

Example 1 – A player pitches seven innings in a Junior Division game on Sunday. On Monday, she has a scheduled game in the Major Division. She would not be eligible to pitch in that game because the Major Division regulations require her to have one calendar day of rest, as a result of pitching in more than six innings on the previous day.

Example 2 – A player pitches nine innings in a Major Division game on Sunday. On Monday, she has a scheduled game in the Junior Division, and she would be eligible to pitch in that game because the Junior Division has no pitching restrictions.

Example 3 – A player pitches in seven innings in a Junior Division game played on Sunday and has a Major Division game later that same day. The player would be limited to five more innings for the Major Division game (for a total of 12 innings in a day in the Major Division).

(c) Minor/Major: A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game but only once in the same inning as she was removed. A pitcher, withdrawn from the game offensively or defensively for a substitute, may not re-enter the game as a pitcher. Exception: See Rule 3.03(c). **Junior/Senior League:** A pitcher may be withdrawn from the game, offensively or defensively, and return as pitcher only once per inning provided the return does not violate the substitution, visits per pitcher, or mandatory play rule(s).

(d) Little League (Major) Division/Junior/Senior League: Not more than five (5) pitchers per team shall be used in one game.

(e) Violation of any section of this regulation can result in protest of the game in which it occurs. Protest shall be made in accordance with Playing Rule 4.19.

NOTES:

1. The withdrawal of an ineligible pitcher after that pitcher is announced, or after a warm-up pitch is delivered, but before that player has pitched a ball to a batter, shall not be considered a violation. Little League officials are urged to take precautions to prevent protests. When a protest situation is imminent, the potential offender should be notified immediately.
2. Innings pitched in games declared “Regulation Tie Games” or “Suspended Games” shall be charged against pitcher’s eligibility. **NOTE 1:** In suspended games resumed on a subsequent day, the pitchers of record at the time the game was halted may continue to pitch to the extent of their remaining eligibility for that day.

3. **Minors/Little League (Majors):** If doubleheaders are played, the limitation of twelve (12) innings in a calendar day would apply to each pitcher. A pitcher who pitches in the first game may pitch in the second game provided that pitcher has eligibility remaining.
4. There is no limit to the number of pitchers of a particular league age group on a team that can be used. **EXCEPTION:** A player who has attained a league age of twelve (12) is not eligible to pitch in the Minor League.

XIV. LGLL CONCESSION STAND POLICY

The Concession Stand Committee has the ultimate responsibility for the snack stand. The following will be completed prior to the start of the season:

- The menu shall be posted and approved by the Safety Officer and the League President.
- **Concession Safety Procedures** will be posted at the concession stand.
- An online sign-up sheet will be maintained to organize and track volunteers during the course of the season.
- Only approved volunteers should be in the concession stand.
- All unpacked food must be handled with paper towels or plastic wrap. Staff members must wear plastic/rubber gloves while working.
- All staff members must wash their hands on a frequent basis and always before handling food.
- The concession stand should be cleaned at the end of each day.
- A first aid kit will be in the concession stand.
- A fire extinguisher will be in the concession stand.