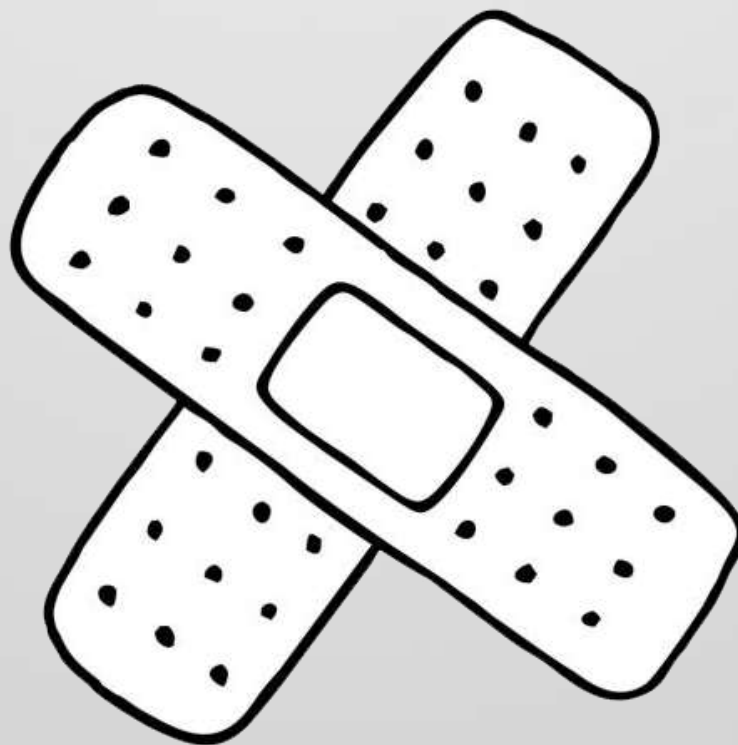




# Section 1

## Safety



Presented by  
Dave Miller



# Section 1

## Safety

- Safety is our #1 priority on the field.
- To emphasize this we begin tonight with Little League and District 35 safety rules and guidelines.
- Strong and consistent leadership from adults sets the team culture for a “safety first” approach
- Can’t make exceptions when it comes to safety





# Rule 1.08

- NOTE 1: The on-deck position is not permitted in Little League (Major) Division and below.
- In between innings, the first hitter may be allowed out in front of the dugout if the umpire wants to allow it, but may not swing the bat. Note this is not an on-deck hitter, but is in fact the hitter of record.





# Don't Swing It Until You're Up to Bat!

**Don't let this  
happen in  
your dugout!**



**This player was hit by a teammate waiting to bat, while in his dugout. While serious looking, he is fine today. It could have been much worse if the bat had struck him in the temple.**

**REMEMBER:**

**No one should hold a bat until they  
leave the dugout to go to the plate.**

**RULE 1.08**

**"NOTE 1:** The on-deck position is not permitted in Tee Ball, Minor League or Little League (Majors) Division."





# Rule 1.10



## BATS

- Little League
  - $2\frac{1}{4}$  -  $2\frac{5}{8}$  inch diameter
  - 33 inch length max (not 34")
  - USA marking requirement – for a multi-piece or composite wood bat, if it doesn't say USA Baseball, you can't use it
  - Solid, one-piece wood bats do not have to say USA Baseball
- Baseball bat for baseball
- Softball bat for softball





**SAFETY**





# Rule 1.10

## BATS



- The batting sleeve is LEGAL.
- Solid wood bats are LEGAL. (meet size requirements)
- The batting donut is NOT LEGAL.
- Laminated bats are NOT LEGAL.
  - Exception: Some laminated bamboo bats are legal (BBCOR ONLY)
- Painted bats are NOT LEGAL unless painted by manufacturer



LAMINATED BATS

- Pine Tar or any other similar adhesive is prohibited at all levels of Little League baseball. Use will result in the bat being declared illegal.



# Rule 1.16



## Helmets

- Helmets may not be painted and may not contain tape or decals unless approved in writing by the helmet manufacturer.







# April 20, 2003



Sammy Sosa hit  
by Solomon Torres  
pitch.

CAT scan at  
hospital revealed  
no damage.

“My helmet saved  
me.”





# Rule 1.11(j)

- Players must not wear watches, rings, pins, jewelry (hard or soft) or other metallic items. Hard items to control the hair, such as beads, are permitted.
- EXCEPTION: Jewelry that alerts medical personnel to a specific condition can be worn and must be taped down.





# Rule 1.11(k)

- Players/Managers/Coaches may NOT wear casts on the field during the game. (Can be worn in dugout)





# Rule 1.17

- All male players must wear an athletic supporter.
- Male catchers must wear the metal, fiber or plastic type cup.
- Catchers in all Levels can use the short or the long-model chest protector.
- The umpire will ask the manager at the plate meeting if all players are properly equipped





# Rule 1.17

- All catchers must wear (properly fitting) chest protectors with neck collar throat guard, shin guards and catcher's helmet.
  - The catcher's helmet must meet LL specifications and bear the NOCSAE stamp.





# Rule 1.17

- All catchers must wear a mask, “dangling” type throat protector and catcher’s helmet during infield/outfield practice, pitcher warm-ups and games.
- NOTE: Youth Umpires must have a dangling throat guard.
- Skullcaps are NOT LEGAL.



NO SKULL CAPS!







# Rule 1.17

- “Hockey style” masks are legal but must also have the NOCSAE stamp.
- The “dangling” throat guard **MUST** be attached to ALL masks ... including the “hockey style” masks.





# Make Sure They Are Safe!

**REMEMBER:**

**Catchers must wear helmets during warm-ups and infield/outfield practice.**

**RULE 1.17**

\*...All catchers must wear a mask, 'dangling' type throat protector and catcher's helmet during infield/outfield practice, pitcher warm-up and games.\*





# Pitchers



- Rule 1.11 (3) - Any part of the pitcher's undershirt or T-shirt exposed to view shall be of a solid color. The pitcher's undershirt sleeves, if exposed, shall not be white or gray. **NOTE:** A pitcher shall not wear any items on his/her hands, wrists, or arms which may be distracting to the batter, e.g. sweat bands.
- The use of play calling bands by defensive players is permitted under the following conditions (added 2023):
  - The equipment must be worn as the manufacturer intended (i.e. on either the wrist or forearm)
  - The play calling band may not be attached to the belt or any other location on the player's person.
  - Pitchers are permitted to wear a play calling band on their non-pitching (glove) arm, provided it is a solid color and not white, gray, or optic yellow. If the umpire considers it distracting to the batter, he/she may have it removed.



# Pitchers

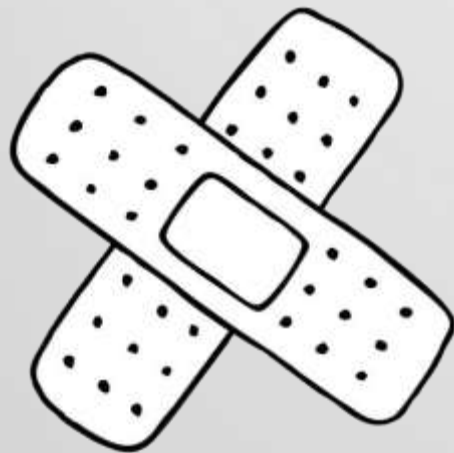
- Rule 1.15 (a) - The pitcher's glove may not, exclusive of the piping, be white or light gray, nor, in the judgment of an umpire, distracting in any manner.
- Rule 1.15 (b) - No pitcher shall attach to the glove any foreign material of a color different from the glove. The pitcher may wear a batting glove on the non-pitching hand under the pitcher's glove provided the batting glove is not white, gray, or optic yellow.





# Section 1

## Safety



End of Section 1