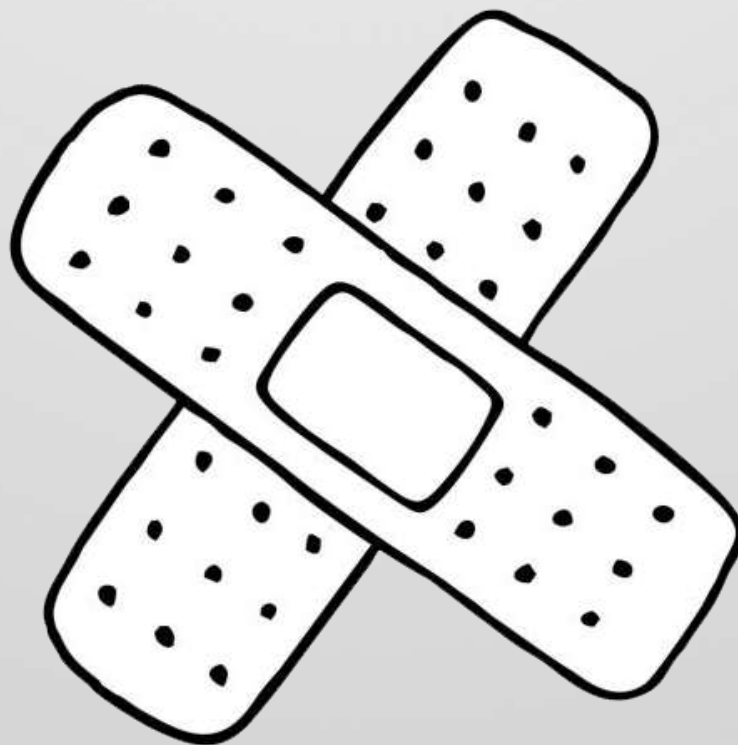




# Section 1

## 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 1.10



## BATS

- 50/70 & Jr's:
  - $2\frac{5}{8}$  inch diameter max
  - 34 inch length max (not 35" or 36")
  - USA Baseball marking required
  - BBCOR marking required (Batted Ball Coefficient Of Restitution) (Bamboo OK if BBCOR)
- Seniors:
  - $2\frac{5}{8}$  inch diameter max
  - 36 inch length max
  - "Drop 3" (-3) weight restriction (- 6, - 8, - 10, etc not allowed)
  - BBCOR marking required (not USA Baseball)
- Solid one-piece (not laminated) wood barrel bats allowed at all levels, do not require a USA Baseball or BBCOR logo.





# Rule 1.10



## BATS

- The batting sleeve is LEGAL.
- The batting donut is NOT LEGAL.
- Painted bats are NOT LEGAL unless painted by manufacturer
- 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.
- Non-wood bats must have a grip of cork, tape or composite material extending at least 10 inches from the end of the bat
- 6.06 (d) A batter is out for illegal action when the batter enters the batter's box with one or both feet entirely on the ground with an illegal bat or is discovered having used an illegal bat prior to the next player entering the batter's box. Dead ball, penalties apply to manager/coach, defensive manager may choose the play instead of the out.





# Rule 1.16



## Helmets

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





# 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

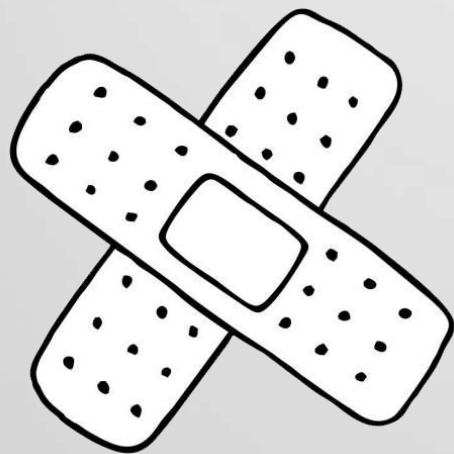
- Rule 1.15 (a) - The pitcher's glove may not, exclusive of the piping, be white or light gray, nor, in the judgment of an umpire, distracting in any manner.
- Rule 1.15 (b) - No pitcher shall attach to the glove any foreign material of a color different from the glove. The pitcher may wear a batting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