

# TRI-CITY LITTLE LEAGUE



2023 Safety Presentation



# CONTENT

- Equipment
- Conditions
- Play
- Injury Protocol
- Prevention



# EQUIPMENT



- Protective:
  - **Helmets** (batter and catcher): NOCSAE certified, damage free (ie crack free, all pads/screws), manufacturer approved attachments (ie C-Flap), no stickers (1.16/1.17)
  - **Catchers gears:** Mask (no skull cap type), dangling throat guard, fitted chest protector, fitted shin guards, and hard athletic supporter (cup) (1.17)
  - **Athletic supports** required for all male athletes (1.17)
- Bats: USA Baseball Bats (1.10)
  - Teeball: Under 26", USA Baseball logo with "ONLY FOR USE WITH APPROVED TEEBALL", and can be used in coach pitch levels.
  - Minor/Majors\*: 33" and under, no more than 2- $\frac{5}{8}$  in diameters, and USA Baseball logo
  - 50-70 / Juniors\*: 34" and under, no more than 2- $\frac{5}{8}$  in diameters, and USA Baseball logo or BBCOR
- Gloves:
  - Catchers: Must be a designed catcher's mitt (1.12)
  - Pitchers: Must not be white, light gray or distracting in umpire's judgment. (1.15)

\*Solid one piece wood bats allowed with similar measurement and no part smaller than 15/16 or  $\frac{7}{8}$  when less than 30", no USA logo required

# EQUIPMENT CONTINUED...



- Attire: (1.11)
  - Uniform: No pattern imitating a baseball and no glass or polished metal buttons.
  - Cleats: No metal spikes/cleats unless 50-70 and above.
  - Pitchers: May **not** wear bands, gloves, or sleeves that may be distracting to batter.
  - Jewelry: May **not** be worn unless it is for medical alerting of condition or to control hair.
  - Casts: Not permitted on field...includes managers/coaches.



# CONDITIONS

- Field: Surface, boundaries, and lighting. Before game, the two managers shall agree on the fitness of the playing field. If disagreement occurs, the league president or BMOD will make determination. (3.10) May be called unplayable earlier by league or city.
- Visibility: Includes player and/or umpires ability to see. Umpire's discretion to halt play. (5.10)
- Weather: Includes and not limited to rain/snow, winds, and temperature. Umpire's discretion to halt play. (5.10 / 3.10)



# PLAY

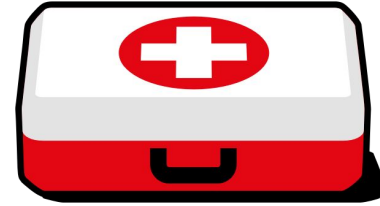


- Runner:
  - Players must avoid contact (slide, dodge, or surrender).(7.08)
  - Players identified for intentional contact may be removed from play under unsportsmanlike conduct. (9.01)
  - Cannot slide head first into a base.(7.08)
- Bats:
  - Only in the hands of current batter. Dugout bats stay in rack/holder until in use.(Appx B SCLL)
  - No on deck circle Majors and below.(1.08)
  - Only current batter can be on field in between innings. (1.09)
  - Player catching for batting coach must wear helmet...catchers helmet preferred.
  - The traditional bat donut is not allowed. (1.10)

# PLAY CONTINUED...

- Pitching: (Reg VI)
  - Daily limits based on age. **Under 8:** 50, **9 to 10:** 75, **11 to 12:** 85, **13 to 16:** 95
  - Catcher to pitcher restricted if caught 3 innings and 1 pitch.
  - AA has 2 inning limit restriction
  - Frequency limits follow days off requirement based on pitch total (21, 36, 51, 66) at last showing or consecutive days (2-consecutive day limit).
  - Although little league does not count out of league pitch counts, coaches be aware of over use for player arm care.
  - Intentional hitting a batter is subject to player ejection. (8.02
  - Catchers need facemask when when warming up the pitcher including at practice
- Dugouts:
  - Gates closed during play.
  - Adult in the dugout at all times when players are present.
  - Teams should remain in dugout during play.
  - Managers & players stays in dugout until umpires allows on field or play has halted for next batter.
  - No eating in the dugout.
  - No making distracting noise while pitcher is in their delivery.
  - Only players and coaches can be in dugout or field of play pre-game and game.

# INJURY PROTOCOL



- **Do not administer first aid beyond your capabilities & certifications**
- Follow basic first aid for minor care and use PPE when necessary
  - Cuts: Stop bleeding, clean and protect wound
  - Strains & Sprains: Restrict play, apply ice, immobilize, & elevate
  - Ill: Restrict play & direct to guardian's care
- **More critical injuries**
  - Head, Spine, Bone, Heart, Lung, Eye, Overheating, Unconsciousness
  - If its an emergency call **911**
  - **Monitor surroundings, and athlete's ABCs (Airways, Breathing, Circulation)**
  - Heat related...cool athlete immediately
  - Suspected neck or spine injury **don't** move athlete
- **Don't...**
  - **Transport for medical aid**
  - **Administer medication**
- Report incidents to league
- Return to play after professional medical attention requires a UNRESTRICTED "return to play" note from doctor



# PREVENTION

- Put **safety first**
- Removing/eliminating **hazards** on field
  - Holes, glass, gear, etc.
- **Warm-up** to play...build a pre-play routine
- **Organize** drills
  - Keep drills spaced out
- **Helmets or masks** near swinging bat
  - ie. pre-game: coach hitting warm-ups near assisting catcher
- Always **“Go Around”**
  - Never walk-through a drill, catch, or near a swinging bat
- **No horse play**
  - Hands and feet to ourselves
  - Don't mix food & play
- Stay **hydrated**
- **Bats down!!!**

