

Palma Ceia Little League Safety Plan 2020

Tampa, Florida
League I.D. # 0309-06-11



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PCLL Safety Officer

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<http://www.pcll.org>

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ASAP Requirements and Status

✓ Requirement 1

Have an active Safety Officer on file with Little League International. This position needs to be a dedicated person. Update your Little League through either:

- The Little League Data Center
- Or return the League Officer Change Form to Little League, fax to (570) 322-2376

✓ Requirement 2

- PUBLISH and distribute a paper copy of the applicable safety manual to all appropriate and applicable volunteers.
- Print and distribute the safety plan to all staff: concession manual to concession workers, equipment policies to facilities crew, first aid to managers and coaches, etc. Keep copies in common areas for all volunteers.
- While safety plans may be posted on the internet, individuals must be provided with printed copies to carry with them to the areas where their duties are performed. Keep a complete copy for your league. Send a copy to your District Administrator or District Safety Officer. Little League International does not keep copies for leagues' future use.
- Talk Safety (Article on Importance of raising safety awareness)
- Add to Safety Plan Annually

✓ Requirement 3

- Post and distribute emergency and key officials' phone numbers
- Include league president and safety officer, consider head umpire, board members.
- Include emergency procedures for handling injuries and who to contact to track/report them.
- Include emergency phone numbers for ambulance, police, fire department, etc.
- Emergency Plan (Examples for emergency contact phone list, site map and emergency procedures)

✓ Requirement 4

- Use the Little League official Volunteer Application Form and check for sexual abuse.
- Managers, coaches, board members and any others, volunteers or hired workers, who provide regular services to the league and/or have repetitive access to or contact with players or teams must fill out an application form as well as provide a government-issued photo identification card for ID verification. Check name spellings and numbers for accuracy.
- Important: Anyone refusing to fill out the Volunteer Application is ineligible to be even a league member.
- League president must retain these confidential forms for the year of service.
- Volunteer Badges (Example of way to make sure volunteers have been checked)

✓ **Requirement 5**

- Provide and require fundamentals training, with at least one coach or manager from each team attending (fundamentals including hitting, sliding, fielding, pitching, etc.).
- Document the date, location, and who is required to attend as well as who did attend. Intent is to provide training to ALL coaches and managers; a minimum of one participant per team must attend training annually.
- Training qualifies a volunteer for 3 years; but one team representative is still required each year to attend the training.
 - Training should be modified annually to meet the local needs of players and their facilities.
 - Techniques for conditioning
 - Techniques for stretching
 - Warm-Up Exercises
 - Learn-Teach Dangers of Over-Use
 - Weather it's Safe to Play
 - Curveballs-Catchers-Fatigue
 - Fundamentally Sound Ball
 - Avoid Collisions

✓ **Requirement 6**

- Require first-aid training for coaches and managers, with at least one coach or manager from each team attending.
- Due to their training and education, it is not necessary for licensed medical doctors, licensed registered nurses, licensed practical nurses and paramedics to attend first aid training in order to meet requirement; however, it is recommended that leagues utilize these professionals from their league/community to present the training.
- Other individuals who attend various outside first aid training and courses are not exempt.
- Document the date, location, and who is required to attend as well as who did attend. Again, the intent is to provide training to ALL team coaches/managers; a minimum of one participant per team must attend training annually.
- Training qualifies volunteer for 3 years, but one team representative still needed each year.

✓ **Requirement 7**

- Require coaches/umpires to walk fields for hazards before use.
- Recommend leagues use form to track and document any facility issues needing to be fixed.
- Specify who is responsible for doing this — home coach, visitors, umpire, or all?

✓ **Requirement 8**

- Complete the annual Little League Facility Survey
- As a requirement each year, it can help leagues find and correct facility concerns.
- Available online from web site - <http://facilitysurvey.musco.com> or email asap@musco.com

✓ **Requirement 9**

Have written safety procedures for concession stand; concession manager trained in safe food handling/prep and procedures. Training should also cover safe use, care and inspection of equipment.

✓ **Requirement 10**

- Require regular inspection and replacement of equipment.
- Coaches and umpires inspect equipment before each use by players.
- Don't just discard bad equipment: destroy it or make it unusable to stop children from attempting to "save it" from waste.

✓ **Requirement 11**

- Implement prompt accident reporting and tracking procedures.
- Requiring accident forms be filed with safety officer within 24-48 hours of an incident is common.
- Track "near-misses" as a proactive tool to evaluate practices and avoid future injuries. Share information on accidents and "near-misses" with District staff.

✓ **Requirement 12**

Require a first-aid kit at each game and practice. Many leagues have a complex, but each team needs some form of first-aid kit for off-site practices or travel/tournament games.

✓ **Requirement 13**

- Enforce Little League rules including proper equipment.
- Most Little League rules have some basis in safety — follow them.
- Ensure players have required equipment at all times, even catchers warming up during infield.
- Make sure coaches and managers enforce rules at practices as well as games.
- Remind managers, coaches they are not allowed to catch pitchers (Rule 3.09); this includes standing at backstop during practice as informal catcher for batting practice.
- Coaches Code of Conduct (Reminder of general rules and standards that coaches are expected to adhere to)
- Don't Swing (Poster reminding players to leave bats down until up to plate)
- Lightning Safety Flyer (NOAA flyer on lightning facts, safety)
- Mower Safety (Poster for equipment sheds, etc.)

- Players Catch (Reminder on rule against warming up pitchers)
- Safety Code (General reminder of conduct rules for players and adults)
- Volunteer Code of Conduct (Volunteer Code of Conduct for coaches to sign)
- Protect Volunteers

✓ **Requirement 14**

League Player Registration Data or Player Roster Data, Coach and Manager Data

- This data must be submitted via the Little League Data Center
- Mandatory requirement for an approved ASAP plan.

✓ **Requirement 15**

Qualified Safety Plan Registration Form

Safety Improvements

2018-2019 Improvements

- AED batteries replaced and unit tested; new safety kits placed at all scorers' tables
- All coaches attend AED training in addition to CPR and concussion. The AED is located in the coaches closet in the clubhouse for ease of accessibility
- All volunteers must submit a volunteer application giving permission for the league to run a criminal and sexual background check. Coaches and managers must complete CPR, first aid, and concussion training every two years. This is also required of board members, as a board member is on duty during park hours in the event of an emergency.
- Updated the bat inspection program
- Repaired batting cages
- Added a coaching resource section to the website including tips, drills, and safety bulletins
- Updated lightning policy
- Multi-weekly announcement to parents, coaches and volunteers addressing safety and operational considerations (increased awareness and communication)
- Electronic notification system expanded to texts in addition to e-mails
- All coaches are required to attend a Positive Coaching Alliance workshop, to coincide with the climate/culture we are promoting at Palma Ceia. Additionally, external professional coaches from area colleges and high schools conduct clinics with focus on proper practice and game planning, conditioning, arm health, and overall safety.
- We held 2 one-hour training sessions for all Coaches and volunteers that will prep fields prior to or after games. We taught more than 150 volunteers how to use the equipment, where it is located what to do if certain things or issues arise, and proper field prep techniques. We also instructed each Manager and coach on our weekly Field Maintenance routine.
- Attached is a schedule of the weekly duties as well as steps involved. I also attached a process manual for maintaining fields and why we do things.
- Increased player agent involvement to ensure the right players are playing in the right divisions for their ability, size and maturity level
- All managers, coaches and volunteers must wear an ID card and lanyard while on the PCLL premises. They receive these cards only after field maintenance training, Positive Coaching Alliance Training, participation in clinic(s), and CPR/AED/concussion training. This policy goes for all volunteers, and not just one coach per team per year.
- Our coaches are required to strictly follow league mandated pitch counts and those pitch counts are reported (and recorded) to the league after each game.
- All external teams participating in PCLL lead tournaments receive a safety brief and a map to local trauma hospitals (Memorial and Tampa Bay are the closest)
- They are issued lanyards after training is completed and must wear their lanyard whenever they are on the field for games or practices.

- Implemented a blind draft methodology for team selection. All players are graded by the coaches and managers and receive an averaged numerical score. The players are drafted by a serpentine process based on their numerical rating, with pitchers and catchers cross-leveled for relative parity at the end of the process. Once it is determined that all the teams are equal, the managers pull a team from the hat. The manager will trade the closest numerical player for his/her son/daughter as the last step. The process enables relative equality between teams, and prevents the stacking of better players that could cause safety issues with weaker players on weaker teams. The goal is a 50/50 season with all players playing equitably in infield and outfield positions.
- The player agent worked with the VP of Baseball to ensure that all baseball players are in the correct division based on age and skill. Age was the first factor when we determined which division a player should be in, but if we felt there was a safety issue, we made adjustments as necessary. We moved a few younger kids up a division if we thought that they hit or throw the ball with enough force to hurt another child in their current division. Inversely, we moved a kids down a division if we felt they could not protect themselves with their appropriate age division.
- Created a new t-ball practice field to prevent over saturation of existing two fields by younger players. Spreading teams out will decrease the likelihood of a safety incident.
- Hiring of a professional lawn cutting company to reduce volunteer injuries. This company also prepares mounds and resurfaces the infield dirt, ensuring safe playing conditions for our players
- Hanging of side fences to prevent foul balls from hitting the stands and bystanders.
- Inspected and replaced all first aid kits at each of the fields (two additional kits are held in the coach's closet)
- The Safety Officer is a dedicated Board position
- Covered fence tops to protect outfielders
- Double first base for softball
- Warning Track improvement / maintenance
- Low impact balls for younger ages
- Guard rails on bleachers
- Protective cups for all males in minor B and above; masks for girls' softball infielders and batting helmets

2019-2020 Planned Improvements

- Offer advanced coaching clinics for managers and coaches
- Continue to refine/enforce the bat inspection program
- Implementation of safety codes of conduct for all volunteers
- Improved pre-game inspection of the fields (using the checklist)
- Full equipment inspection prior to the start of the Fall season
- Dissemination of the safety plan to all volunteers, coaches and managers (it will also be hung on the PCLL website in a more prominent area for ease of navigation)
- Submit our safety plan online
- Add Safety Recommendation question to survey sent to all PCLL members.
- Include Safety in budget / Distribute and post ASAP newsletters
- Use local safety resources (Tampa Police incentives)
- Complete annual Lighting Safety Audit; include in ASAP

Preface

Introduction:

In 1995, Little League Incorporated introduced ASAP (A Safety Awareness Program) to create awareness, through education and information, to provide a safer environment for kids and all participants of Little League and with the goal of re-emphasizing the primary importance of safety to our local Little League Program. For the Palma Ceia Little League to be ASAP compliant, we must file an approved Safety Plan that meets certain criteria with Williamsport at the start of each season. All managers will receive a copy of the safety manual. Managers and coaches should follow this Safety Plan. A copy of the 2020 Safety Plan will be made available to all parents to view at each concession stand and on the league's website.

The Role of the Little League Safety Officer

The League Safety Officer is an elected Member of the Palma Ceia Little League Board of Directors. This person acts as the main contact for any and all safety issues and is responsible to review, change and communicate the League's Safety Plan each year. The plan is presented to the Board each year for approval. The Safety Plan along with the Qualified Safety Program Registration Form is then submitted to Williamsport and is on file with Little League Headquarters. The League President and Safety Officer have primary responsibility to ensure the entire League complies with the Safety Plan. However, the entire Palma Ceia Little League Board of Directors shares the responsibility to promote the awareness and compliance as well. For the 2019 little league season, our safety officer is **Michelle Zimmerman**. Her phone number and email address are listed further in this manual. **Michelle** is the League's primary contact for any safety related issues and her name is on file in Williamsport. She will prepare hard copies of the Safety Plan for distribution to all applicable PCLL members and concessions workers.

Palma Ceia Little League Safety Plan Mission Statement

The members of the Palma Ceia Little League are committed to providing a safe environment for our managers, coaches, and more importantly our players. The purpose of the Palma Ceia Little League Safety Plan is to introduce and enforce guidelines for a safe playing environment. This is achieved through educating and informing. Using a team approach of board members, managers, and parents' safety issues can be identified and corrected to prevent injuries. Palma Ceia Little League also commits itself to providing the necessary organizational structure and focus to develop such a plan.

Palma Ceia Little league

2020 Board of Directors Contact Information

Matt Watts – <i>President</i>	813-464-0145 / mattw@pcll.org
Kevin Richards – <i>Vice President</i>	702-460-2819 / kevinr@pcll.org
Cynthia Schreiner – <i>Secretary</i>	281-352-1359 / cynthias@pcll.org
Jon Cannaday – <i>Treasurer</i>	813-786-8573 / jonc@pcll.org
Jon Hageman – <i>VP of Baseball</i>	813-841-1745 / jonh@pcll.org
Brandy Tune – <i>VP of Softball</i>	813-298-7501 / brandyt@pcll.org
Jaimon Farchione – <i>Baseball Player Agent</i>	813-787-9833 / jaimonf@pcll.org
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Kyle Greco – <i>Coaches Coordinator</i>	813-695-7415 / kyleg@pcll.org
Mike Watson – <i>Umpire in Chief</i>	615-554-7339 / mikew@pcll.org
Steve Lafond – <i>Registration/Residency</i>	555-555-5555 / stevel@pcll.org
Eric Lund – <i>Equipment Director</i>	813-363-3567 / Ericl@pcll.org
Erik Raines – <i>Event Coordinator/Fundraising</i>	917-597-5427 / erikr@pcll.org
Chad Kellogg – <i>Sponsorship</i>	727-204-7770 / chadk@pcll.org
SEEKING HELP – <i>Field/Clubhouse Manager</i>	813-464-0145 / mattw@pcll.org
Josh Geise – <i>Concessions</i>	813-347-3176 / joshg@pcll.org
Scott Daigle – <i>Past President</i>	813-466-8932 / scott@pcll.org
Amanda Wriggins – <i>Volunteer Coordinator</i>	772-834-7774 / amandaw@pcll.org
Michelle Zimmerman – <i>Safety Officer</i>	813-220-0614 / michellez@pcll.org

SPRING 2020 SAFETY CALENDAR

CPR: Free classes will be offered in the Palma Ceia Clubhouse from 6:30 – 8:30 on the following nights:

- Tues 2/4
- Thurs 2/6
- Mon 2/10
- Wed 2/12
- Thurs 2/13

Lanyards: We will be in the clubhouse the following days to create badges or issue stickers on the following days/times:

- Fri, 2/7 6 – 7:30
- Sat, 2/8 10 – 1 (this is field day)
- Sun, 2/9 3 – 4:30
- Mon, 2/10 5:30 – 6:30
-

Lanyards/Stickers will **ONLY be issued once all of the below items are complete:**

- Protect Youth Sports BG check complete
- CPR, at least 2 Managers/Coaches certified
- PCA attendance or online completion-coaches training certificate
- Little League Volunteer App completed – can be found here: [LL Vol App](#)

911 Emergency Reporting Guidelines

The most important help you can provide to a victim who is seriously injured is to call for professional medical assistance. All PCLL Board members, managers, coaches, parents, umpires and volunteers should use the following procedures for reporting emergencies: **Dial 9-1-1 FROM CLOSEST AVAILABLE PHONE**

1. Know the location of the incident you are reporting and communicate that location clearly. If you are unsure of the location, be prepared to give a street name or a landmark that will help.
2. Let the operator know your callback number in case you are disconnected.
3. Speak slowly and distinctly.
4. If you are asked to repeat, please do so. Reception quality is sometimes poor due to topographical or atmospheric conditions that interfere with your transmission.
5. **Give the dispatcher the necessary information.** Answer any questions that he or she might ask. Most dispatchers will ask:
 - The exact location or address of the emergency.
 - The telephone number from which the call is being made?
 - The caller's name?
 - What happened — i.e., a baseball-related accident, bicycle accident, fire, fall, etc.?
 - How many people are involved?
 - The condition of the injured person — i.e., unconscious, chest pains, or severe bleeding?
 - What help is being given (first aid, CPR, etc.)?
6. Do not hang up until the dispatcher instructs you to hang up. The dispatcher may be able to tell you how to best care for the victim.
7. Continue to care for the victim until professional help arrives.
8. Appoint someone to go to the street and look for the ambulance or fire engine and flag them down if necessary.

In the event of a medical emergency on the playing field, please clear the field of all nonessential people. Players should go to their respective dugouts and remain there until the situation is cleared. There is to be absolutely no playing or practicing while an injured player is being attended to.

- **Florida Highway Patrol: 813-632-6859**
- **Health Department: 813-307-8000**
- **Hillsborough County Animal Safety & Enforcement: 813-744-5660**
- **Hillsborough County Emergency Management: 813-272-6900**
- **Hillsborough County Fire / Medical: 813-272-5665**
- **Hillsborough County Sheriff's Office: 813-247-8200**
- **Plant City Police: 813-757-9200**
- **Poison Information Center: 800-222-1222**
- **Tampa Fire Rescue: 813-232-6800**
- **Tampa International Airport Police: 813-870-8760**
- **Tampa Police: 813-231-6130**
- **Temple Terrace Police: 813-989-7110**



Medical

Memorial Hospital

Tampa General Hospital



From PCLL,
Go North on Himes
East (right) on Euclid
North (left) on MacDill, and right on Swann

PCLL

From PCLL,
Go North on Himes
East (right) on Euclid
North (left) on Bayshore, and right on Davis
Island Bridge



PCLL Parking/Orientation



Accident Reporting Procedures

What To Report

Any incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid. This includes professional medical evaluation and diagnosis, treatments, or periods of rest.

When To Report

All incidents must be reported to the Safety Officer **within 48 hours** of the incident. The 2020 Safety Officer is Michelle Zimmerman and can be reached at the following:
Email: michellezpcll@gmail.com
Phone: 813-220-0614

The President for 2020 is Matt Watts and can be reached at the following:
Email: matt.watts@presentationgroup.com
Phone: 813-464-0145

DIAL 911 FOR ALL EMERGENCIES REQUIRING PROFESSIONAL MEDICAL ASSISTANCE!

How To Report An Incident

Reporting an incident can be accomplished in a variety of ways. Most typically, they are by phone conversations. At a minimum, the following information must be provided:

- a. The name and phone number of individual involved
- b. The date, time, and location of the incident
- c. A detailed description of the incident
- d. The preliminary estimation of the extent of any injuries
- e. The name and phone number of person reporting the incident

Safety Officer's Responsibility

Within 48 hours of receiving the incident report, the Safety Officer will contact the injured party or the injured party's parents to obtain the following:

- a. Verify all information received
- b. Obtain any further information that is deemed necessary
- c. Check the status of the injured party
- d. If the party required an Emergency Room or Doctor visit, the individual or individual's parents will be advised of the Palma Ceia Little League's insurance coverage and the procedure for submitting claims. If the extent of the injuries is more than minor in nature, the Safety Officer shall periodically call the injured party to check the status of any injury and to offer further assistance as necessary with the submission of insurance forms until such a time the incident is considered "closed" (i.e., no further claims are expected and/or the individual is participating within the league again).
- e. Additional procedures are found on Page 71.

Palma Ceia Little League Codes and Rules

Code of Conduct

A Code of Conduct will be signed by both the parent and player at the time of registration. See Appendix 4.

- a. No smoking allowed at any of the Palma Ceia Little League playing, parking, or common areas
- b. No alcohol allowed at any time in any of the Palma Ceia Little Leagues playing, parking, or common areas
- c. No playing in parking areas at any time
- d. Mandatory 5mph speed limit when operating vehicles in and around parking areas, be aware of small children
- e. Park vehicles to allow emergency vehicles the right of way
- f. Use crosswalks when crossing roadways. Always be alert for traffic.
- g. The use of profanity or violent behavior is prohibited
- h. No swinging of bats or throwing baseballs at any time within the walkways and common areas of the Palma Ceia ball fields
- i. No throwing balls against dugouts, backstops, or fences
- j. No throwing rocks or other objects
- k. No horseplay at any time in walkways or common areas
- l. No climbing fences
- m. Pets are not permitted at any Palma Ceia Little League games or practices
- n. For ages 4-12, only the batter on the field at bat is allowed to swing, no on deck batters allowed. Juniors (age 13) on the field at bat or on deck may swing a bat. Batters must be alert of the area around them when swinging the bat while on deck.
- o. Players and spectators should be alert at all times for foul balls or errant throws
- p. During games, players must remain in the dugout area and in an orderly fashion at all times
- q. After the game, each team is responsible for cleaning up any trash or debris in the dugout and around the playing area
- r. Gates to the field must remain closed at all times. After players have entered or left the playing field, gates should be closed and secured
- s. No one under the age of 12 are to be permitted in the concession stands
- t. Managers, coaches and umpires are to insure a safe playing area. Before every game and or practice they should walk the field
- u. Failure to comply with the above may result in suspension or expulsion from the
- v. No dogs allowed within the park area

Parents Code of Conduct

One of the many challenging aspects of coaching is to play the part of role model to our players. Behavior of our players on the field, for the most part, is extremely favorable. In the heat of the game, it isn't hard to get emotional. Nevertheless, we have an obligation to our players to reinforce teamwork and good sportsmanship. Sometimes behavior of individuals off the field raises eyebrows. Like coaches, parents also must be the role

models for our children and set positive examples. These guidelines will help provide an enjoyable experience for our players and other spectators.

- Set an example for sportsmanship for our children to follow
- Retain perspective, there are no major league scouts in the stands
- Do not criticize the umpires and always treat them with respect
- Do not criticize an opposing team, it's players, coaches or fans by words or gestures
- Do not be a "Grand Stand Manager"
- Remember that Coaches, Managers and League Officials are unpaid volunteers
- Do not promote slanderous or hurtful gossip

Players Code of Conduct

The following guidelines will provide an environment that is sure to create an enjoyable experience for all our players, coaches and parents.

- Any player using foul or abusive language or gestures to any other player, coach or umpire can be ejected from a game
- Fighting is an automatic ejection from a game
- All players are to treat their co-players, coaches, umpires and fans with respect
- Players will not taunt, yell at or in any way try to distract players on the opposing team
- Players will shake hands with the opposing team after the game

We must all remember in order to get respect we must first give respect. We take pride in the Palma Ceia Little League. Therefore, let us, both children and adults set the example to one another.

Volunteer Code Of Conduct

No board member, manager, coach, player or spectator shall at any time:

- Lay a hand upon, push, shove, strike, or threaten to strike anyone at any time
- Be guilty of heaping personal verbal or physical abuse upon any official for any real or imaginary belief of a wrong decision or judgment
- Be guilty of objectionable demonstration of dissent at an official's decision by throwing gloves, helmets, hats, bats, balls, or any other forceful un-sportsman like action
- Be guilty of using unnecessary rough tactics in the play of a game against the body of an opposing player
- Be guilty of physical attack upon any board member, official manager, coach, player, or spectator
- Be guilty of the use of profane, obscene or vulgar language in any manner at any time
- Be guilty of gambling upon any play or outcome of any game with anyone at any time
- Be guilty of publicly discussing with spectators in a derogatory or abusive manner any play, decision or a personal opinion on any players during the game
- As a manager or coach, be guilty of mingling with or fraternizing with spectators during the course of the game
- Speak disrespectfully to any manager, coach, official, or representative of the league
- Be guilty of tampering or manipulating any league rosters, schedules, draft positions or

- selections, official score books, rankings, financial records or procedures
- Challenge an umpire's authority. The umpires shall have the authority and discretion during a game to penalize the offender according to the infraction up to and including expulsion from the game
- The board of directors will review all infractions or complaints. Depending on the seriousness or frequency, the board may assess additional disciplinary action up to and including expulsion from the league.

Safety Code

The Board of Directors has approved the following Safety Code. All participants, league officers, volunteers and members are required to abide by this code. It will be mandatory during all practices and games that team managers and umpires take the necessary actions to comply with this code. The League Safety Officer will monitor compliance and make revisions as needed. This Code will be reviewed each season.

You, as a League, are welcome to suggest ways in which we can make our baseball program safer.

- All managers are to be issued current Little League Rule Books
- All Board members, managers, coaches, and volunteers must have filled out the background check forms. This insures that the children that are placed in our care will be in safe hands. Forms are available from the Managers Representative.
- All managers and coaches are required to attend the annual managers meeting.
- All teams should have access to a cellular phone in the event emergency medical personal are needed. It is explained further in this manual how to contact Police or Fire.
- Equipment must be in good shape and be inspected regularly & kept in the equipment cage attached to each dugout outside the gate.
- Breakaway bases shall be used on all fields.
- All low level fences will have a protective cap installed to protect fielders.
- Batters at all levels of play must wear Little League approved batting helmets.
- Youth base coaches must also wear helmets
- T-Ball, A, and AA helmets are required to be equipped with face guards.
- All equipment should remain off of the fields during practices and games
- During warm ups, utilize the entire playing field. Maintain ample space between players to avoid being struck by errant throws or missed catches.
- Catchers must wear Little League approved protective equipment at all times during practices and games. This includes catchers helmet, mask **with dangling type throat guard**, long chest protector, shin guards and protective cup with athletic supporter (male). **NO EXCEPTIONS.** All other players are encouraged to wear protective cups, supporters, mouth guards, and chest protector devices for practices and games.
- Catchers must wear catchers helmet and mask with dangling throat guard while warming up pitchers. This applies between innings and in the bullpen.

- Managers and coaches may not warm up pitchers before or during a game
- Headfirst slides are not permitted while advancing to a base.
- Players who wear glasses are encouraged to wear “safety/sport glasses”
- There is to be no jewelry worn during games (except medic alert bracelet)
- It is recommended that coaches or parents provide ample nourishment during games and practices
- During practices and games, all players and coaches should be alert and watch the batter on each pitch. All bats and equipment should be secure and out of the way. The amount of bats brought to game should be kept at a minimum.
- Palma Ceia Little League has adopted a “bats down” policy. Players are not to pick up their bats until they leave the dugout to bat. Managers and coaches are to have their players to keep all bats in the rack or bag and not to handle or swing them in the dugout.
- No games or practices will be held when weather, inadequate light or poor field conditions will pose a safety risk for the players.
- Pre-game warm-ups should be confined to the playing field. There will be no throwing, catching or swinging bats in areas that are frequented by, and thus, endangering spectators.
- Players, managers, or coaches may not wear casts during a game. They must remain in the dugout or off the playing field.
- First aid kits will be provided to each manager. First Aid kits will also be located in the field box at each field. Contact the Safety Officer if additional supplies are needed. There is always an ample supply of ice packs in the concession stand as well as a stocked first aid kit.
- All Board members, managers, coaches, umpires, and any interested volunteers must attend the annual First Aid/CPR class. This insures that all persons who represent the Palma Ceia Little league will be able to deal with any injuries that may occur during the season.
- Managers and umpires should walk the fields prior to each game to inspect for potential safety hazards i.e. holes, rocks, broken glass and other foreign objects. Report any hazards or unsafe conditions to Erik Lund or any board member.
- Parents, players, coaches, and managers should always be observant for any safety issues and correct them as needed. If these issues cannot be resolved, they should be reported to the Safety Officer.
- Printed copies of this Safety Plan will be distributed to all volunteers. A copy will be available at each concession stand as reference. This safety manual will be enforced at all league activities.
- Safety is everyone’s job. Prevention is the key to reducing and eliminating accidents. Report all hazardous conditions to the Safety Officer or any board member. Do not play on a field that is not safe or use unsafe equipment. Be sure, prior to the start of games/practices, that all players are fully equipped at all times and all equipment is in working order, especially catcher’s equipment and batting helmets.

Background Checks

Palma Ceia Little league will conduct an annual background check on all personnel that are required to complete a "Little League Volunteer Application" prior to the applicant assuming his/her duties for the current season. If Palma Ceia Little League learns of an individual that has been convicted of, or plead guilty to a crime involving or against a minor, then Palma Ceia Little League will prohibit that individual from participating within the league in any manner. **NO EXCEPTIONS!** The Palma Ceia Little League will conduct a nationwide search utilizing LexisNexis, which will scan through all applicable government sex registry and criminal data and identify individuals who could potentially pose a problem. Due to the refusal of the states of Hawaii, Iowa, Michigan and Virginia to provide sex offender registry data to the records check provider, the free criminal background checks no longer meet the minimum standard of a nationwide search of the sex offender registry. Sex offender registry data for those four states listed above are currently only available through the Department of Justice National Sex Offender Registry (www.nsopr.gov) and/or through the individual state's sex offender registry website. The Palma Ceia Little League will conduct this secondary background check on all volunteers along with the LexisNexis background check.

Updated 2017: We're partnered with Protect Youth Sports to complete the new required national FDLE search for all managers and board members, rather than using First Advantage, who have a contract with Little League International. First Advantage gave us 125 background checks free every calendar year, and then charged \$1.00 per report. Protect Youth Sports charges \$36.00 per report. Protect Youth Sports has a link we provide to those needing background searches run. We send that to the managers and board members, who then fill in their demographic information. We receive an email when the reports are returned, and then save a PDF of the cover showing the Protect Youth Sports logo and whether they were accepted or rejected. Every report was accepted this year.

Pre-Season Clinics

Managers Meeting

This meeting is required for all managers in all divisions. Matt Watts, League President, along with board members will conduct training. Training tips and an overview of the league rules and regulations will be discussed.

First Aid/CPR/AED/Concussion

Mandatory training for all managers, board members and volunteers. Donna Wishart (813-902-0431), email wishartsafety@aol.com. Donna will conduct the 2020 session and is a Nationally Registered CPR Instructor/Coordinator. Basic first aid topics, adult and child CPR, AED use, and concussion recognition were covered.

Managers/Coaches Meeting and First Aid Training

Coaches/Managers training: Multiple Sessions Jan 2020

CPR/AED/Concussion: Multiple Sessions Feb 2020

Field Maintenance and prep: Feb 8, 2020

Positive Coaching Alliance Class: Feb 1, 2020

Injury Prevention

How to Prevent or Reduce Baseball Injuries

To reduce the risks that your child will be injured playing Little League Baseball, the American Academy of Pediatrics, Centers for Disease Control and Prevention (CDC), Consumer Product Safety Commission, American Academy of Orthopedic Surgeons, and other sports and health organizations recommend the following:

Medical Release Form

Part of keeping a player safe from injury or worsening an injury that is sustained is having the past & present medical history and related social history of the player. These important medical conditions that he/she may have (such as ADD/ADHD, asthma, diabetes, drug, environmental, food or insect allergies etc.) will help the managers & coaches deal with each situation properly. If the parent(s)/guardian(s) are not around when an incident occurs, help the managers & coaches may be the only person around to give potentially life saving information. A player is not allowed to participate in practices or games until a medical form is returned to the manager.

******Due to Federal HIPPA Regulations, the parents do have the right to withhold this information******

Pre-season Player Training & Conditioning Program

Make sure children are in proper physical condition to play baseball.

Conditioning-related injuries occur most often at the beginning of a season when kids are most likely to be out of shape. Many injuries can be prevented if your child follows a regular conditioning program before the season starts that incorporates exercises designed specifically for baseball, and for the position he plays (for instance, catchers, because they have to squat continuously, should do exercises, such as leg extensions, leg curls, and toe raisers, that develop strength and flexibility of the muscles around the knees, especially those of the thighs and calves). Encourage your child to train to get ready to play baseball, rather than expecting to get in shape simply by playing and practicing. A month before the season begins, they should run or engage in some kind of physical exercise one or twice a week. He should gradually increase the number of workouts to three or four times a week by the time team practices begins. All players, but especially pitchers, should incorporate conditioning and stretching exercises for the shoulder into an overall conditioning program. The muscles in the front of the arm are naturally stronger. Because many shoulder injuries result from weaker muscles in the back of the arm that are used to stop the pitching motion, the conditioning program should emphasize building those muscles.

Teach proper throwing mechanics

If your child is a pitcher, make sure he learns how to properly position his throwing arm during all phases of the pitching motion. According to Dr. Gill, researchers found that "pitcher's arm movements during different phases of the pitching motion, if performed incorrectly, can cause injury." They identified four problem areas:

- Maximum shoulder rotation: A pitcher needs to rotate his body more to avoid placing too much stress on the arm and shoulder which occurs when his arm is

positioned too far behind his body.

- Improper elbow angle: The pitcher's arm needs to be away from his body when the ball is released; the closer the arm is to the body, the more potential for injury.
- Arm lagging behind the body. When a pitcher gets tired, his arm tends to lag behind his body, placing undue stress on the shoulder.
- Excessive ball speed. Trying to throw too hard can be harmful, especially for young players.

Recommend mouth guards and make sure they wear them

Mouth guards not only protect the teeth, but also the lips, cheeks, and tongue and reduce the risk of jaw fractures.

Pre-Practices and Pre-Games Training & Conditioning Program

Make sure your players always take time to warm up and stretch. Research shows that cold muscles are more injury prone. While a proper warm-up is important for all youth athletes, it is particularly critical during a growth spurt, when your children's muscles and tendons are tight. Experts, including the American Academy of Orthopedic Surgeons, recommend that your children warm up by: Doing jumping jacks, jogging or walking in place for 3 to 5 minutes to get the blood moving through the muscles and ligaments. Then slowly and gently stretching, holding each stretch for 30 seconds. Have your children do stretches for the position they plays: for instance, pitchers should concentrate on stretching their arms, shoulders, neck and wrists, in addition to stretching their legs; catchers should concentrate on stretching their legs, knees, feet and back.

Practices and Games

Make sure all players wear all required safety gear every time he or she plays and practices.

Protective equipment is one of the most important factors in minimizing the risk of injury in baseball. According to a June 1996 study by the Consumer Product Safety Commission (CPSC), baseball protective equipment currently on the market may prevent, reduce, or lessen the severity of more than 58,000 injuries, or almost 36% of the estimated 162,100 baseball-related injuries requiring emergency-room treatment each year. Because most organized sports-related injuries (62%) occur during practices rather than games, children need to take the same safety precautions during practices as they do during games.

Checklist Before Taking the Field:

Inspect the playing field. The playing field can pose a risk of injury. Before every game or practice, a manager, coach, an umpire and/or parent should check for holes, ruts, glass, or any other unsafe conditions. Protective fence tops where equipped must be on proper condition. Players should be reminded to bring any holes that they encounter on the field to the attention of the coach or umpire.

Baseballs. T-Ball and A Ball levels are to use soft reduced impact balls only. All teams are to use little league approved balls.

Baseball Bat's. No cracks or chips in bats & hand grip is in place & not damaged. Stickers indicating the bat was inspected must also be in place.

Catcher's gear. When catching, your child must always use a catcher's mitt and wear a NOCSAE stamped helmet, facemask and dangling throat protector, long-model chest protector,

protective supporter, and shin guards. Knee savers are optional but recommended.

Glove & Mitt. Make sure that your player's check their baseball gloves or mitts prior to taking

the field for a practice or game. Ensure that all stitching & webbing are in good condition and not in danger of breaking and possibly causing injury.

Helmet. A player should wear a properly fitted, certified helmet when batting, waiting to bat, and running the base.

Protective eyewear. For kids who wear glasses, you should obtain protective eyewear from an eye-care professional who is aware of sports-safety standards.

Shoes with molded cleats. Little League prohibits the use of shoes with steel spikes. Instead, wear molded cleat baseball shoes. Make sure the shoes fit properly. Poorly fitted shoes, particularly those that allow movement side-to-side, are a major cause of injuries to the feet, knees, and ankles. Avoid hand-me downs, which are likely to fit poorly, and may have worn down cleats. Check the laces frequently for wear.

Concussion Recognition and Training

In July 2010, the RI General Assembly passed the law titled School and Youth Programs Concussion Act. Although the recommendations relate to school sports, section 4 of this statute applies to all other youth sports programs and reads: "All other school sports programs not specifically addressed by this statute are encouraged to follow the guidance set forth in this statute for all program participants who are nineteen and younger". In summary, the statute requires a preseason meeting with coaches/managers on concussion risks/recognition and to have the managers/coaches pass this information on to the parents. It also requires that training material be provided, that all managers/coaches complete the online concussion training program, and that a return to play verification by a healthcare profession be submitted to PCLL prior to the player returning to play.

The following is required by PCLL for all managers and is recommended for all coaching staff:

1. Attendance to the preseason briefing concerning the PCLL protocol for concussions. Concussion recognition, what to do if a player is hurt, and the return to play protocol will be reviewed.
2. Completion of the online training program titled "Heads Up, Concussion in Youth Sports". Verification of completion of this program must be submitted to the PCLL board of directors before the start of the season.

Link:

<http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html>

What Is A Concussion?

A concussion can be caused by a blow to the head, a jolt to the body, or any sudden force that results in a rapid acceleration/deceleration of the brain inside the skull. Made up of a soft tofu-like substance, the impact of the brain against the rigid inside walls of the skull can cause a change in neurological function and a host of other symptoms depending on which part of the brain was injured. The terms "ding" or "bell rung" minimize concussions. While most do heal within a few weeks, an athlete who returns to play before a concussion has completely resolved risks re-injuring an already injured brain, which can have catastrophic consequences. Although rare, adolescents seem most vulnerable to this rapid brain swelling known as second impact syndrome which can be fatal. Additionally, multiple concussions suffered prior to complete resolution of a previous injury can result in prolonged symptoms lasting weeks, months, or years. It is the intention of the PCLL to identify a concussion and to minimize the risk of a complicated recovery.

Signs and Symptoms

- Appears dazed/stunned Headache or head pressure
- Confused about assignment/position Nausea/vomiting
- Forgets an instruction Balance problems or dizziness
- Is unsure of game, score, or opponent Double or blurred vision
- Moves clumsily Sensitivity to light

- Answers questions slowly Sensitivity to noise
- Loss of consciousness (even briefly) Sluggish, hazy, foggy, or groggy
- Mood, behavior, personality changes Concentration/memory problems
- Can't recall events prior to hit or fall Confusion
- Can't recall events after hit or fall Does not "feel right" or "feels down"

If a concussion is suspected...

1) Remove the athlete from play immediately, and **KEEP THEM OUT** if any concussion symptoms are evident or if you suspect for any reason, that the athlete may have sustained a concussion

2) Notify the athlete's parents that their child has suffered a possible concussion. Make sure they know the signs/symptoms, and that their onset may be hours or days after the injury occurred.

3) Only allow the athlete to return-to-play if they have written medical authorization. Have

the athlete obtain a written return-to-play authorization from a qualified medical professional and ensure that they are 100% symptom-free at rest and during exertion (see below) before allowing them to resume practice or play.

4) Verify that the athlete is 100% symptom-free before allowing them to participate in any activity. Coaches are sometimes the last to know. Ask parents/teammates if they're aware of any lingering symptoms such as a headache.

5) Institute the *gradual return-to-play procedure* after the athlete is medically cleared, and make sure they are symptom-free during exertion. If symptoms return during exercise, their brain may not be fully healed.

Gradual Return To Play Protocol

These recommendations from the *Consensus Statement on Concussion in Sport: The 3rd International Conference on Concussion in Sport, (Zurich 2008)* provide guidance for a gradual return-to-play protocol after the athlete is symptom-free at rest:

Day 1: light aerobic exercise (walking, swimming, or stationary cycling) keeping exercise heart rate less than 70% of maximum predicted heart rate. No resistance training.

Day 2: sport-specific exercise, any activities that incorporate sport-specific skills. No head impact activities.

Day 3: continue with sport specific exercises with increased intensity and duration

Day 4: participate in normal practice activities

Day 5: return to competition

If any concussion symptoms return during any of the above activities, the athlete should return to the previous level, after resting for 24 hours.

Weather Preparation

The Umpire In Chief, due to inclement weather, may call off games up to one hour prior to game time. If the Umpire In Chief does not call off the game, the umpire of the game has sole discretion to exercise the proper judgment should the weather worsen. At any time during a game, if the weather starts to threaten or skies darken due to inclement weather, the umpire has the authority to remove the teams from the playing field. Players should follow the recommendations below on lightning, heat, and cold safety. After said weather incident has passed, the umpire along with the managers shall decide if the field is still playable and the game may resume. On days when it is raining, every effort will be made to post cancellations on the PCLL website as soon as a decision is reached. Texts will also be sent to all who have signed up. If you don't receive a message assume the GAME IS ON!

Heat

Make sure players drink enough fluids. As parent or coach, you are responsible for taking precautions to prevent heat illnesses in exercising children and making sure they drink enough fluids. It is recommended that 2 hours prior to a game, players should consume at least 16 ounces of fluid. During a game, players should drink cold fluids every 10 to 15 minutes. Caffeinated and carbonated drinks will increase the chance of dehydration and are not recommended. **Sunscreen:** Apply an SPF level 15 sunscreen on a child's face, neck and arms before going outside and reapply if he/she is sweating.

Cool & Damp Weather

Games may be played in cool, damp weather as well as in light rain as long as it is deemed OK by the Safety Officer, umpires, and managers. Watch your local weather forecast so you can be prepared to dress properly. During these conditions we suggest:

- **Sweatshirts or performance undergarments** may be worn under uniforms to keep players warm.
- **Windbreaker type coats or Rain Slickers** for between innings or if the weather worsens.

Lightning Safety

The keys to lightning safety are education and prevention. Education begins with learning appropriate lightning safety tips. Prevention of lightning injuries or casualties should begin before any event. **PCLL's lightning system is a lightning predictor, not a detector. It uses atmospheric conditions to predict lightning, unlike cloud-to-cloud systems that phone applications use. Our system predicts cloud-to-ground lightning with the horn sounding when it is predicted within 3-5 miles. An all clear (3 loud blasts) sounds when the conditions clear. There is no time frame for the all clear. Technically the areas under the hitting facility and the clubhouse are not considered lightning free zones (anything that has open sides is not safe), but they are preferable to being exposed in dangerous conditions. The inside of the clubhouse is the only officially lightning safe area. All officials and volunteers are encouraged to exercise common sense and move as quickly as possible to their cars once the lightning detection systems is engaged.**

Monitor Weather Conditions

It is recommended that weather reports are checked each day before any practice/game. The National Weather Service (NWS) issues severe weather and/or thunderstorm watches and/or warnings. A "watch" means conditions are favorable for severe weather to develop in a particular area. A "warning" means the NWS has reported severe weather in an area and for anyone in that area to take the necessary precautions. All volunteers should be aware of the signs of thunderstorms developing nearby. Thunderstorms can grow from towering, "fluffy" cumulus clouds to lightning producers in as little as 30 minutes. Lightning and thunder activity in the local area are the "alarms" for managers, coaches, or umpires to begin monitoring thunderstorm activity, such as direction of storm travel and distance to the lightning flashes.

Evacuation Criteria

The flash bang time can be utilized to determine how far the storm is away from the facility. To use the flash bang time, count the seconds from the time lightning is sighted to when the clap of thunder is heard. Divide this number by 5 to obtain how far away, in miles, the lightning is occurring. Example: 30 sec. count / 5 = 6 mile distance. A flash bang time of 30 seconds or less dictates the immediate suspension of activities and the evacuation of all players, volunteers, and spectators to a safe area. Once it has been decided to stop a game/practice, it is strongly recommended that all persons involved wait at least 30 minutes after the last clap of thunder is heard before resuming the activity. It is important to note that blue skies and no rain are not protection from lightning. Lightning can strike from a distance as far as 10 miles away! All managers, coaches, and officials need to abide by this to ensure the safety of all players, coaches, managers, spectators, and all others who may be present.

Sheltering

The safest area to take shelter in the event of lightning is in a fully enclosed automobile with the windows up. As a last resort, head for the lowest ground area such as ditches or the bottom of a hill and assume a crouched position to minimize body area. Do not lie

flat. Unsafe areas include open fields, metal bleachers, fences, umbrellas, flag poles, light poles, tall trees, and pools of standing water. Avoid using handheld electronic equipment.

Emergency Action Plan

In the event that a person is struck by lightning, the following protocol is advised: Any person struck by lightning does not carry an electrical charge, there is no danger presented if the person is touched. Assess the scene to ensure the safety of personnel who will be entering the area. The victim may need to be moved to a safe area before initiating first aid procedures. Activate Emergency Medical Services and provide the necessary first aid which could potentially include CPR, AED use, and/or rescue breathing.

Bats

The bat must be a baseball bat which meets the USA Baseball Bat standard (USABat) as adopted by Little League. It shall be a smooth, rounded stick, and made of wood or of material and color tested and proved acceptable to the USA Baseball Bat standard (USABat).

Beginning with the 2018 season, non-wood and laminated bats used in the Little League (Majors) and below, Intermediate (50-70) Division, Junior League divisions, and Challenger division shall bear the USA Baseball logo signifying that the bat meets the USABat – USA Baseball's Youth Bat Performance Standard. All BPF – 1.15 bats will be prohibited beginning with the 2018 season. Additionally, starting in 2018, the bat diameter shall not exceed $2\frac{5}{8}$ inches for these divisions of play. Bats meeting the Batted Ball Coefficient of Restitution (BBCOR) standard may also be used in the Intermediate (50-70) Division and Junior League divisions. Additional information is available at LittleLeague.org/batinfo.

Tee Ball:

Under the USABat standard, certified Tee Ball bats (26" and shorter) will feature the USA Baseball mark and text which reads ONLY FOR USE WITH APPROVED TEE BALLS. All Tee Ball bats must feature the USA Baseball mark and accompanying text. Tee Ball bats that were produced and/or purchased prior to the implementation of the new standard can be certified using an Approved Tee Ball Sticker via the USA Baseball Tee Ball Sticker Program (USABaseballShop.com) beginning September 1, 2017.

NOTE: Approved Tee Ball bats may also be used for Coach Pitch/Machine Pitch Minor Divisions only with the use of approved Tee Balls.

Minor/Major Divisions:

It shall not be more than 33 inches in length; nor more than $2\frac{5}{8}$ inches in diameter, and if wood, not less than fifteen-sixteenths ($15/16$) inches in diameter ($7/8$ inch for bats less than 30") at its smallest part. Wood bats taped or fitted with a sleeve may not exceed sixteen (16) inches from the small end.

NOTE 1: Solid one-piece wood barrel bats do not require a USA Baseball logo.

NOTE 2: Approved Tee Ball bats may also be used for Coach Pitch/Machine Pitch Minor Divisions only with the use of approved Tee Balls.

Intermediate (50-70) Division and Junior League:

It shall not be more than 34" inches in length; nor more than $2\frac{5}{8}$ inches in diameter, and if wood, not less than fifteen-sixteenths ($15/16$) inches in diameter ($7/8$ inch for bats less than 30") at its smallest part. Wood bats taped or fitted with a sleeve may not exceed eighteen (18) inches from the small end.

NOTE 1: Solid one-piece wood barrel bats do not require a USA Baseball logo.

NOTE 2: Also, permitted for the Intermediate (50-70) Division and Junior League Division are bats meeting the BBCOR performance standard, and so labeled with a silkscreen or other permanent certification mark. The certification mark shall be rectangular, a minimum of a half-inch on each side and located on the barrel of the bat in any contrasting color. Aluminum/alloy and composite bats shall be marked as to their material makeup being aluminum/alloy or

composite. This marking shall be silkscreen or other permanent certification mark, a minimum of one-half-inch on each side, and located on the barrel of the bat in any contrasting color.

Senior League:

It shall not be more than 36 inches in length, nor more than $2\frac{5}{8}$ inches in diameter, and if wood, not less than fifteen-sixteenths ($15/16$) inches in diameter ($7/8$ inch for bats less than 30") at its smallest part. Wood bats taped or fitted with a sleeve may not exceed eighteen (18) inches from the small end. The bat shall not weigh, numerically, more than three ounces less than the length of the bat (e.g., a 33-inch-long bat cannot weigh less than 30 ounces). All bats not made of a single piece of wood shall meet the Batted Ball Coefficient of Restitution (BBCOR) performance standard, and such bats shall be so labeled with a silkscreen or other permanent certification mark. The certification mark shall be rectangular, a minimum of a half-inch on each side and located on the barrel of the bat in any contrasting color. Aluminum/alloy and composite bats shall be marked as to their material makeup being aluminum/alloy or composite. This marking shall be silkscreen or other permanent certification mark, a minimum of one-half-inch on each side, and located on the barrel of the bat in any contrasting color.

Little League Challenger Division:

It shall not be more than 33 inches in length; nor more than $2\frac{5}{8}$ inches in diameter, and if wood, not less than fifteen-sixteenths ($15/16$) inches in diameter ($7/8$ inch for bats less than 30") at its smallest part. Wood bats taped or fitted with a sleeve may not exceed sixteen (16) inches from the small end.

NOTE: Solid one-piece wood barrel bats do not require a USA Baseball logo.

Senior League Challenger Division:

It shall not be more than 36 inches in length, nor more than $2\frac{5}{8}$ inches in diameter, and if wood, not less than fifteen-sixteenths ($15/16$) inches in diameter ($7/8$ inch for bats less than 30") at its smallest part. Wood bats taped or fitted with a sleeve may not exceed eighteen (18) inches from the small end. The bat shall not weigh, numerically, more than three ounces less than the length of the bat (e.g., a 33-inch-long bat cannot weigh less than 30 ounces). All bats not made of a single piece of wood shall meet either 1) the Batted Ball Coefficient of Restitution (BBCOR) performance standard, and such bats shall be so labeled with a silkscreen or other permanent certification mark which shall be rectangular, a minimum of a half-inch on each side, and located on the barrel of the bat in any contrasting color, or 2) the USA Bat standard and shall bear the USA Baseball logo signifying that the bat meets the USABat – USA Baseball’s Youth Bat Performance Standard. Aluminum/alloy and composite bats shall be marked as to their material makeup being aluminum/alloy or composite. This marking shall be silkscreen or other permanent certification mark, a minimum of one-half-inch on each side, and located on the barrel of the bat in any contrasting color.

In all divisions, a non-wood bat must have a grip of cork, tape, or composition material, and must extend a minimum of 10 inches from the small end. Slippery tape or similar material is prohibited.

NOTE 1: Whiffle ball type bats are permissible in all Challenger Divisions.

NOTE 2: The traditional batting donut is not permissible.

NOTE 3: Tee Ball bats maybe used in the Challenger Divisions. Under the USABat standard, certified Tee Ball bats (26" and shorter) will feature the USA Baseball mark and text which reads ONLY FOR USE WITH APPROVED TEE BALLS. All Tee Ball bats must feature the USA Baseball mark and accompanying text. Tee Ball bats that were produced and/or purchased prior to the implementation of the new standard can be certified using an Approved Tee Ball Sticker via the USA Baseball Tee Ball Sticker Program (USABaseballShop.com) beginning September 1, 2017.

NOTE 4: Non-wood bats may develop dents from time to time. Bats that have cracks or sharp edges, or that cannot pass through the approved Little League bat ring for the appropriate division must be removed from play. The 2¼-inch bat ring must be used for bats labeled 2¼. The 2⅝-inch bat ring must be used for bats labeled for 2⅝.

NOTE 5: An illegal bat must be removed. Any bat that has been altered shall be removed from play.

PCLL Bat Inspection Program

Little League International has placed a moratorium on the use of composite bats in the Little League (Majors) Division and all other baseball divisions of Little League, effective immediately. At present, no composite bats for the Little League (Majors) Division and below have received a waiver. If and when any models do receive a waiver, Little League International will inform its leagues of that decision. The moratorium on composite bats, which now applies to all baseball divisions of Little League, does not apply to any softball divisions of Little League.

Note: The moratorium on composite bats only applies to composite-barreled bats. Bats that have only a metal/alloy in the barrel (and no other material, unless it is in the end cap of the bat) are not subject to the moratorium, regardless of the composition of the handle. Due to this moratorium, PCLL will conduct bat inspections prior to the start of the regular season. Upon passing this inspection, a sticker will be affixed to the bottom of the handle. This will aid managers and umpires in determining if a bat is within LL International's guidelines. It will be the responsibility of managers to ensure a bat is approved.

Illegal Bats

An **ILLEGAL BAT** is a bat that has been altered or a bat that is not approved for play because it does not meet specifications with regard to length, weight, barrel diameter, labeling or performance because of normal use, would not be considered "illegal" and could not be used. 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. If the infraction is discovered before the next player enters the batter's box following the turn at bat of the player who used an illegal bat:

- 1) The manager of the defense may advise the plate umpire of a decision to decline the penalty and accept the play. Such election shall be made immediately at the end of the play.
- 2) For the first violation, the offensive team will lose one eligible adult base coach for the duration of the game.

3) For the second violation, the manager of the team will be ejected from the game. Any subsequent violation will result in the newly designated manager being ejected.

Updated March 2015

Q-1: How can you identify composite, alloy and half-half bats?

A: Most bats indicate whether it is composite or metal/alloy. Look closely at the barrel for its designation and composition. For any others, you would need to check the manufacturer website or call them to see if the specific model has a composite barrel.

Q-2: Is there still a moratorium on composite-barreled bats for the Majors Division and below?

A: Yes, the moratorium that was put in place in 2010 remains in place on composite-barreled bats in the Majors Division and below. A list of the bats that have a waiver of the moratorium, which is updated whenever a new bat is added, can be found here.

Q-3: How does someone identify an older composite bat that is not labeled as composite?

A: First, a non-wood bat that does not have the BPF of 1.15 printed on it is not allowed to be used in Little League (Majors) play and below. Additionally, composite bats that have the BPF listed, and may even have the Little League name and logo on them, remain subject to the moratorium. If such a bat is not on the waived list, it cannot be used.

Q-4: What if my bat has a composite handle, and a metal/alloy barrel?

A: If the bat is labeled as having a composite handle and a metal/alloy barrel (and not a composite barrel), provided it meets all the other specifications and standards for the division, it is acceptable. The transition from the handle to the barrel can be composite.

Q-5: Why are softball bats not covered?

A: Little League Softball bat rules are separate and distinct. (see Rule 1.10 of Little League Softball Rule Book)

Q-6: Is my bat (insert model here) OK?

A: There are hundreds of bat models. The best way to know if a specific bat is acceptable is to first know the material from which the barrel is made, then familiarize yourself with the specifications and standards for that division of play. Those specifications and standards are in the rule books under Rule 1.10. They can also be found here.

Q-7: Are the bat manufacturers going to offer a rebate on the bats that are deemed unusable in Little League?

A: Each bat manufacturer will decide on its return/exchange policy and possible rebates toward the purchase of Little League compliant bats. Check with your local equipment retailer for guidance on possible rebates or returns.

Q-8: Is the list of licensed baseball bats provided by Little League a complete list of all the bats that are "legal"?

A: No, such a list would be impossible to create, since it would include all bats in the world that meet the criteria for the division of play. Also, Little League only licenses bats with 2 1/4 inch barrels – not the 2 5/8 inch barrel bats. The key thing to remember is: A baseball bat only needs to meet the criteria for the division, which includes all pertinent specifics in Rule 1.10, and (if used for Majors and below) must meet the criteria of the moratorium on composite-barreled baseball bats.

Q-9: What is the standard for all non-wood bats in the Senior League Baseball and Big League Baseball Divisions?

A: All non-wood bats must meet the BBCOR standard for use in the Senior League and Big League Baseball Divisions. The bat also must meet all other conditions of Rule 1.10 for that division of play.

Q-10: What is the standard for composite-barreled 2 5/8 inch bats in the Junior League and Intermediate (50/70) Baseball Divisions?

A: All composite-barreled bats for use in the Junior League and Intermediate (50/70) Baseball Divisions must meet the BBCOR standard. This is the implementation of the rule Little League provided in the rule books starting in 2010.

Q-11: Can a bat with a 2 1/4 inch barrel be used in Junior League Baseball and Intermediate (50/70) Baseball Division?

A: Yes, but not all 2 1/4 inch bats can be used. If a bat has no composite materials in it, it may be used in the Junior League Baseball and the Intermediate (50/70) Baseball Divisions, provided it is labeled with a BPF (bat performance factor) of 1.15 or less, and meets the standards for length, handle diameter, etc. (NOTE: Solid wooden barrel bats do not require a BPF label) But if the bat has composite materials in it, a 2 1/4-inch barrel MAY NOT be used; only a 2 5/8-inch BBCOR bat may be used.

Q-12: Can we use a 2 5/8-inch composite barrel bat that was on the waived list in 2011, but does not have the BBCOR printing on it?

A: No. All 2 5/8" non-wood bats (regardless of whether they are metal or composite) must have the BBCOR certification mark on them, for use in the Senior League and Big League Baseball Divisions. Additionally, all composite-barreled bats for use in the Junior League Baseball Division and Intermediate (50/70) Baseball Division must meet the BBCOR standard. This is the implementation of the rule Little League provided in the rule books starting in 2010.

Q-13: Are wood bats OK for use?

A: Yes. Wood bats have always been acceptable for use in all divisions, provided the individual bat meets the specifications and standards for the division of play, as noted in Rule 1.10.

Q-14: What about softball bats, Junior League Baseball bats, and bats with 2 5/8-inch barrels?

A: The moratorium does not apply to any softball bats. (See the FAQs.) Softball bats simply must meet the requirements of Rule 1.10 in the softball rulebook.

The moratorium on composite bats applies to 2 1/4-inch bats with composite materials

in the barrel.

The moratorium that was enacted in September 2010 for 2 5/8-inch composite bats no longer applies. However, as noted in the rulebooks beginning several years ago, the rules now state:

- In Senior League Baseball and Big League Baseball, ALL non-wood bats must meet BBCOR standards. (See the prior FAQs on this page.)
- In Junior League Baseball and Intermediate (50/70) Baseball Division, all COMPOSITE-barreled bats must meet BBCOR standards. Because BBCOR standards only are used on 2 5/8-inch bats, this means a composite-barreled bat intended for use in the Junior League Baseball Division or Intermediate (50/70) Baseball Division MUST be a BBCOR bat with a 2 5/8-inch barrel. It also means a COMPOSITE-barreled bat with a 2 1/4-inch barrel cannot be used in the Junior League Baseball or Intermediate (50/70) Baseball Divisions, since there are no 2 1/4-inch bats that meet BBCOR standards. If the bat to be used in the Junior League Baseball or Intermediate (50/70) Baseball Divisions has a barrel that is made of wood, or metal (alloy, aluminum, etc.), then it only needs to meet the standards for Junior League Baseball bats in Rule 1.10, and it can have a barrel that is less than 2 5/8-inch in diameter. (See the prior FAQs on this page.)

APPENDIX A
PCLL PITCH COUNT LIMITS

PCLL's board of directors has adopted pitch count limits that are more restrictive than Little League Baseball's. The Minor B division will follow the rules set forth under "Local Rules for Minor B-Local Game Rules-Pitching." For the Minor A, Majors, Intermediates, and Juniors divisions, the following daily maximum pitch counts shall apply during the periods indicated:

	Training Season	Remainder of Season
Under 9	50	50
9 & 10	55	75
11 & 12	60	85
13 & 14	70	95

The training season dates will be set by the prior to each season by the VP of Baseball and Baseball player agent and will consist of three weeks.

The PCLL Pitch Count Limits set forth above shall supersede the daily pitch count limits established by Little League Baseball. Subject to that exception, all of Little League Baseball's rules regarding pitching shall remain in full force and effect.

LITTLE LEAGUE BASEBALL
PITCH COUNT LIMITS AND REST REQUIREMENTS

LL Baseball Pitch Count Quick Guide						
9 & 10	1-20 *	21-35 *	36-50 *	51-65 *	66-75 *	75 *
11 & 12	1-20 *	21-35 *	36-50 *	51-65 *	66-85 *	85 *
13 & 14	1-20 *	21-35 *	36-50 *	51-65 *	66-95 *	95 *
15 & 16	1-30 *	31-45 *	46-60 *	61-75 *	76-95 *	95 *
17 & 18	1-30 *	31-45 *	46-60 *	61-75 *	76-105 *	105 *

To decrease shoulder and elbow problems from excessive pitching, pitchers will have a specific limit for balls pitched in each game based on their age. The number of pitches delivered in a game will determine the amount of rest the player must have before pitching again. This institution of limited pitch count represents a positive step towards ensuring that the game of baseball is safer both in the present and future careers of our young little league pitchers. A manager, coach, or league official will monitor pitch counts. A pitch is any ball thrown towards home plate from the pitcher's mound that an umpire defines as a pitch.

Pitcher Protection

Pitchers have a split second to make a decision about where a hit ball is going and to take action to avoid an injury. Young players do not have the experience or honed reflexes to react to prevent an injury. Leagues across the country are now having pitchers wear head/face and chest protection. Palma Ceia Little League recommends that any player in the T-Ball or A-Ball divisions wear a batting helmet with face guard when in the pitchers position. PCLL also recommends that pitchers in upper divisions of both baseball and softball wear either a fielding helmet with face protection or face shield such as The GameFace™ protective mask. Pitchers are also recommended to wear chest protection such as the Heart Guard or other type of protective device.

The eligibility of a player to pitch in a Little League® Baseball game is governed by a tiered pitch count that is tied to the number of pitches throw in a game. The pitch count determines how many days of rest are required before said player may pitch again in a Little League game.

Below you will find a break down of the regular season pitching rules for Baseball and Softball.

Regular Season Pitching Rules – Baseball

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 days 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);

(d) 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.

- (e) Each league must designate the scorekeeper or another game official as the official pitch count recorder.
- (f) 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.
- (g) 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.
- (h) 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.
- (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” with regard to pitching eligibility

Little League Pitch Count Questions and Answers **Revised for 2008**

These commonly asked questions apply only to the regular season baseball pitching regulation (pitch count). The new pitch count regulation (Reg. VI) will be printed in the 2008 Rules and Regulations for baseball, and is available at the Little League web site <http://www.LittleLeague.org/rules/index.asp>.

1. Why has Little League changed the pitching regulation for all baseball divisions?

Recently, researchers and medical professionals in the field of sports medicine have determined that the actual number of pitches thrown (i.e., pitch count) is a safer way to regulate pitching in youth baseball. Little League has a rich history of pioneering baseball safety innovations. As the world's largest organized youth sports program, Little League is again taking a leadership position in youth sports safety.

2. How will a league determine who is responsible for counting the pitches?

Selecting the person responsible for counting pitches will be a decision of each local league. That person's pitch count will be the officially recognized pitch count for the game. In most leagues, this responsibility will rest with the game's official scorekeeper. In that case, since a scorekeeper already keeps track of the balls and strikes on each batter, so he or she will additionally need to keep track of the number of foul batted balls that are hit with two strikes. Each pitcher's pitch count is computed by adding the number of balls and strikes, the number of foul balls hit with two strikes, and the number of fair batted balls. Other leagues might assign a separate person who simply keeps track of every pitch on a piece of paper. Little League International will provide local leagues with a suggested form for this in the coming months. Leagues also can use any of the various digital or mechanical pitch counting tools that are available commercially. Still other leagues might assign the task to one or both of the managers, or to one of the base umpires.

3. What is the penalty for violating the pitch count regulation?

Violating the regular season pitch count regulation can be protested in accordance with Rule 4.19. And, as with all regular season games, the local league (by action of the local league Board of Directors through the Protest Committee) resolves all protests. The local league Protest Committee could decree a forfeit, or not, as it sees fit. The Board of Directors also could suspend or remove managers who willfully and persistently violate any rule or regulation.

4. What is the procedure for Interleague Play games?

As with any procedure of this nature, the Interleague Play Committee (formed from among personnel in the leagues involved before the start of the season) should decide this. The procedure for counting pitches should be agreed upon between all leagues involved in an interleague arrangement before the first game is played.

5. What is meant by "calendar days" in the regulation?

The principle of "calendar days" remains the same. A calendar day is one full day as it is seen on a calendar. A calendar day begins at midnight and ends at midnight the following evening. Example: If a pitcher in the Little League Major Division throws 70 pitches in a game on Saturday morning, that pitcher cannot pitch again until Wednesday, when he/she has had three calendar days of rest (Sunday, Monday, and Tuesday). It makes no difference what time of day the pitcher pitched on Saturday, as the rest period does not begin until midnight that night.

6. Can the same pitcher throw in consecutive games?

Depending on the number of pitches thrown and the days of rest, the same pitcher could pitch in consecutive games. However, pitchers who deliver a certain number of pitches beyond the threshold stated in the regulation/rule must also have a game of rest. The "game of rest" refers only to pitching. A pitcher completing his/her "game of rest" may play in any other position. (See also question 17.)

7. Can the same pitcher pitch in both games of a doubleheader played on the same day?

No. A player may not pitch in more than one game in a day. (Exception: In the Big League Division, a player may be used as a pitcher in up to two games in a day.)

8. If a pitcher is pitching a perfect game or no hitter and reaches his or her maximum pitch count, does he or she have to be removed as a pitcher, or can he/she continue until the perfect game or no hitter is lost?

Any pitcher, without regard to his/her effectiveness, must be removed when he or she reaches the limit prescribed in the regulation. Remember, no game is more important than protecting pitchers' arms.

9. Is the pitch count regulation mandatory in all divisions of baseball? What about softball?

The regulation applies to all baseball divisions of Little League. It does not apply to and cannot be used in softball.

10. Is there a limit to the number of 12 year olds that can pitch in a week?

No. A manager may use as many 12-year-old pitchers in a week as he/she chooses.

11. Can 12 year olds pitch in the minors?

No. The regulation prohibits 12 year olds from pitching in the Minor Division. The Minor Division must be considered an instructional division for players who, because of age or ability, are not placed in the Major Division. It should be the goal of every league to place all 12 year olds in the Major Division who are capable of playing at that level. Note: A local Little League is limited to only one Major Division, but may have multiple levels of Minor Division play (player pitch, coach pitch, machine pitch, etc.).

12. Are warm up pitches calculated in the pitch count for a pitcher?

No. As always, however, umpires should be mindful that the rules permit a returning pitcher to have eight preparatory pitches, or one minute, whichever comes first. (See Rule 8.04.)

13. If a Major Division pitcher has completed six innings in a game, and the game is tied, will that pitcher be permitted to pitch in the seventh inning?

Yes. There is no limit to the number of innings a pitcher can pitch in a day. A limit is placed on the number of pitches only.

14. Is the Tournament Pitching Rule the same as the regular season regulation?

The Tournament Pitching Rule is similar to the regular season rule, but there are some modifications.

15. Will local leagues have the ability to continue to provide feedback to Little League International regarding the new pitch count regulation?

Absolutely. As with any rule or regulation of Little League, local leagues and districts are encouraged to provide feedback through the regional office. This feedback is valuable in determining what, if any, changes need to be made.

16. What about breaking pitches (curve balls, sliders, etc.)?

As of now, there is no solid medical evidence that these pitches are detrimental. However, Little League and many experts recommend they not be thrown until age 14. We are currently conducting an epidemiological study on this issue to see if these pitches are harmful.

17. Why is there a regulations prohibiting a player from moving from pitcher to catcher in the same day?

Medical authorities and experts say that a player who warms up to pitch, and then pitches, should not play catcher for the remainder of the day.

First Aid Kits

First aid kits will be available the clubhouse, concession stand, coaches' closet. in each field's equipment box and in the concession stands. A minimum equipment list will be included in each kit. If any items are used or are low, please contact the Safety Officer for resupply. The Safety Officer, board members, managers, and coaches will periodically check the first aid kits to ensure all supplies are present. There will also be an ample amount of ice packs available at the concession stand.

Minimum Equipment List Per Kit

- 2- Ice Packs
- 4- 4x4 Sterile Dressings
- 4- 2x2 Sterile Dressings
- 8- Band Aid Strips
- 4- Large Band Aids
- 2 Rolls 4" Roller Gauze
- 1- Roll 1" tape
- 1- 1 gallon biohazard disposal bags
- 1-CPR Mouth Shield
- 1- Bottle Hand Cleaner
- 4- pairs non latex gloves, size large

Automatic External Defibrillator

AED Guidelines

1. All managers, board members, and interested volunteers should receive AED training.
2. The AED will be located in the concessions stand at Acotes Field.
3. If the AED is needed:
 - a. Identify someone to call 911
 - b. Identify someone to retrieve the AED
 - c. Start CPR
 - d. Once AED arrives, follow prompts
4. If the AED is used or requires service, contact the Safety Officer.
5. Please review the following instructions for the use of the AED

The AED is located in the PCLL coaches closet within the Clubhouse

Basic Steps For Using the AED Defibrillator

Responding To A Victim In Cardiac Arrest

If not treated, cardiac arrest will cause death. In a cardiac arrest situation, it is important to remember to immediately call for help and activate the emergency response system.

Basic Steps For Using the AED

1. Establish that the victim is in cardiac arrest, as instructed in CPR training. Place the AED near the victim and press the yellow Lid Release/On-Off button to open the lid and turn on the unit. The voice prompt sequence begins, guiding you through the response steps.
2. Expose the victims' chest. If the victims' chest is excessively hairy, shave the hair with the provided razor. If the chest is dirty or wet, wipe clean and dry.
3. The unit will prompt- "Tear open package and remove pads". Keep the pads connected to the AED.
4. Follow prompts and pad package for pad application.
5. Listen to the voice prompts and do not touch the victim unless instructed to do so.
6. Always check to be sure that no one is touching the victim and that nothing is in contact with the victim whenever the AED indicates it is preparing to shock.
7. If the victim starts moving or breathing, keep the pads on the patient and connected to the defibrillator. Place the victim in the recovery position, if possible, as instructed in the CPR training clinic. The AED has voice prompts for each of the steps. This simplifies its use during a stressful time.

First Aid Do's and Don'ts

First-Aid is the first care given to a victim of accident or illness. It is usually performed by the first person on the scene and continued until professional medical help arrives (EMTs). Managers, coaches, board members, and some volunteers are CPR and First Aid certified. You should never administer care beyond your capabilities. **Always know your limits.** The average response time on **9-1-1** calls is 5-7 minutes. Perform whatever First Aid you can and wait for the EMTs to arrive. You should never attempt to transport a victim unless the injury is minor. EMS providers have specialized training in immobilization to reduce further injury and make transport more tolerable.

DO...

- Reassure children who are injured, frightened, or lost
- Provide, or assist in obtaining, medical attention for those who require it
- Know your limitations
- Carry a first aid kit to all games and practices
- Have your players medical clearance forms with you at all games and practices
- Make sure there is a cellular phone nearby at all games and practices
- When administering aid to the sick or injured:
 - Look for signs of injury
 - Listen to the description of what happened, calm or soothe as needed
 - Feel the injured area carefully and gently

DON'T...

- Administer any medications
- Provide food or beverages, water only for heat injuries
- Be afraid to ask for help if you are not sure of proper procedures
- Hesitate in giving aid when needed
- Transport individuals for medical aid
- Leave an unattended child at a practice or game
- Hesitate to report any present or potential safety hazard to the Safety Officer or board members

Communicable Disease and Bloodborne Pathogens

While the risk of one athlete infecting another with a communicable disease during competition is close to non-existent, there is a remote risk that other bloodborne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood and other body fluids. Hepatitis B can survive potential for transmission of these infectious agents should include, but not be limited to, the following:

1. If bleeding is present, it must be controlled and the open wound covered. If there is an excessive amount of blood on the uniform it must be changed before the athlete resumes play.
2. Latex free gloves or other precautions must be used to prevent skin and or mucous membrane exposure when contact with blood or body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or body fluids. Wash hands immediately after removing gloves. Alcohol based hand cleaner is an acceptable alternative to soap and water.
4. Clean all contaminated surfaces and equipment with an appropriate disinfectant before play resumes. A cleanup kit will be available at the concession stand.
5. Practice proper disposal procedures to prevent injuries caused by needles and other sharp contaminated devices.
6. CPR barrier devices must be used when performing artificial respirations.
7. Managers, coaches, or volunteers with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated materials such as dressings, towels, or other items contaminated with blood or body fluids shall be disposed in red biohazard bags. Contact the safety Officer for disposal of biohazard bags.

Bicycle Safety

The Rhode Island District 6 Little League staff would like to remind all its leagues, managers, coaches, and players to use safe judgment if you choose to reach the fields by bicycle.

Please consider the following guidelines:

1. Always wear a proper fitting bicycle helmet
2. Observe all traffic regulations, stop lights, and street signs
3. Keep to the right, ride in a straight line
4. Have a white light on the front and a reflector on the rear of the bicycle for night riding
5. Always use proper hand signals for turning and stopping
6. Always give pedestrians the right of way, avoid using sidewalks
7. Look out for cars pulling into traffic
8. Never hitch onto moving vehicles
9. Never carry other riders
10. Be sure your brakes are functioning properly
11. Slow down at all intersections, be prepared to stop
12. Don't weave in and out of traffic

Facilities

Facility Survey

The Safety Officer will conduct a facility survey annually with assistance from the Fields and Grounds Manager. It will be submitted along with the annual Palma Ceia Little league Safety Plan. The 2020 Facility Survey is located in Appendix 2 of this manual.

Equipment

Inspections of all equipment and facilities will be conducted before, during, and after the season. It is the responsibility of *all* volunteers to report problems. Any worn or broken equipment will be repaired or replaced. Any equipment used by players fits properly, is worn correctly, and is used for its intended purpose.

Manufacturers of baseball equipment make improvements every year. Much of this equipment is approved by Little League and is the only equipment that is allowed for use. Be it batting helmets with face or chin protection, improved catchers gear, fence caps, or breakaway bases. Safety should be considered a work in progress, never wait for an incident to happen to a player or our league.

Concession Stand

Concession Stand Rules

1. No one under the age of 12 is permitted to work in the concession stand
2. The operating license granted by Palma Ceia prohibits the use of grills or deep frying within the concession stand
3. There should be two workers in the stand at all times. This allows for a safe working environment and fast customer service
4. All concession operators must follow proper food preparation procedures (gloves for food handling, hand washing with antibacterial soap)
5. Foods requiring refrigeration shall be maintained at a temperature less than 41 degrees Fahrenheit. Allowing food to remain un-refrigerated for long periods of time is the number one cause of foodborne illnesses.
6. All concession stand operators must attend the provided first aid class
7. At the end of every event, the stand must be cleaned and prepared for the next event. Trash emptied, utensils washed, and counters cleaned.

Storage Shed

The following applies to all of the storage sheds and field boxes used by the Palma Ceia Little league and to all individuals who are issued keys for its use:

1. All individuals issued keys to the Palma Ceia Little League storage sheds or field boxes are aware of their responsibilities for the orderly and safe storage of bases, bats, helmets, and field maintenance tools.
2. All chemicals or organic materials stored shall be properly labeled as to its contents
3. All chemicals or organic materials stored within the sheds will be separated from areas used to store gardening equipment to minimize the risk of puncturing storage containers
4. Any witnessed "loose" chemicals or organic materials within these sheds must be cleaned up and disposed of as soon as possible to prevent accidental poisoning

5. Under no circumstances should team equipment (bats, helmets, first aid kits) be stored in the sheds.

Bleachers

All bleachers should be of aluminum construction and grounded via copper or aluminum wire. All taller bleachers are to have back and side guardrails. Wood bleachers should be phased out with time.

Bulletin Boards

Bulletin boards will be provided at the concession stand to provide safety messages, safety tips, league news, and contact information.

Playing Up To A Higher Age Division

No player shall be permitted to “play up” to a higher age division unless they pose a threat to the safety of the other players as a result of their skills. Players may petition the board to move up to a higher division by recommendation of the player agent(s) or designee after an assessment of the player’s skills. The league may also initiate an action to move a player up to a higher division without a petition from the player, by recommendation of the player agent(s) or designee, after an assessment of the players skills, if the condition exists that the player clearly poses a threat to the safety of the other players at that level as a result of the players overall skill level. At the next regularly scheduled board meeting or by special session, the board will consider these requests and vote to accept or reject the request by a simple majority. If due to special circumstances a board meeting or special session cannot be held, the league president and player agent(s) will consider the request and render a decision. The decision of the board is final and may not be appealed.

WHAT PARENTS SHOULD KNOW ABOUT LITTLE LEAGUE INSURANCE

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

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 parent's 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, after a \$50.00 deductible per claim, 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 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 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 after the 52-week time limit when:
6. Deferred medical benefits apply when necessary treatment requiring 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 anyone 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.
7. 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 a better understanding of an important aspect of the operation of the Little League endorsed insurance program.

District 6 Requirements

All leagues must perform on a yearly basis the National Little League Facility Survey. This survey must be included when submitting the safety program. The survey should include all fields that the Palma Ceia Little League uses for play and practice. District 6 requires all its leagues to submit copies of their safety program and facility survey to the District 6 Administrator. District 6 also requires that a Light Safety Audit be completed on a yearly basis. All leagues that have lighted fields must perform this audit. All audits must be turned in to the District Administrator before any practices or games are held. Any league that does not perform a light audit on its lighted fields will lose hosting privileges for special games and tournaments since these fields have not been deemed safe for play under lighted conditions. District 6 urges all its leagues to take whatever steps it sees necessary to provide safe areas in their recreational facilities, parking lots, street crossings, and walkways. Use local police to provide patrols during the season. Have your local city or town paint crosswalks, install speed limit signs and speed bumps in parking areas.

Rosters

Prior to the start of each season, the President along with the Players Agent and the Coaching Coordinator will prepare team rosters for each division. Managers will also be selected and approved by the board prior to assigning them to a team. When these rosters are completed, the President or his/her designee will submit via Little League Data Center player registration data along with managers and coaches data. Rosters with contact information will be distributed to the managers before the end of January.

Baseball:

Division	Role	Team	First	Last
Juniors	Head Coach	Thompson	Jake	Thompson
Juniors	Assistant	Thompson	William	Kopp
Juniors	Assistant	Thompson	Christopher	Newton
Juniors	Assistant	Thompson	Robert	Parsons
Juniors	Head Coach	Thresher	John	Thresher
Juniors	Assistant	Thresher	Chris	Brewer
Juniors	Head Coach	Anderson	Rod	Anderson
Juniors	Assistant	Anderson	Darrell	Dirks
Juniors	Assistant	Anderson	Joe	Johnson
Intermediate	Head Coach	Valenti	JC	Valenti
Intermediate	Assistant	Valenti	Carlos	Cisneros
Intermediate	Assistant	Valenti	Mort	Hanlon
Intermediate	Head Coach	Kin	Steve	Kin
Intermediate	Assistant	Kin	Josh	Fogg
Intermediate	Assistant	Kin	Joe	Johnson
Majors	Head Coach	Hageman	Jon	Hageman
Majors	Assistant	Hageman	Carlos	Font
Majors	Assistant	Hageman	Charlie	Schreiner
Majors	Head Coach	Daigle	Scott	Daigle
Majors	Assistant	Daigle	Matt	Doyle
Majors	Assistant	Daigle	Evan	Batoff
Majors	Head Coach	Cain	Rick	Cain
Majors	Assistant	Cain	Tito	Cruz
Majors	Assistant	Cain	Robbie	Henderson
Minor A	Head Coach	Barnes	Jeremy	Barnes
Minor A	Assistant	Barnes	Wes	Williams
Minor A	Assistant	Barnes	Marshall	Moorehead

Minor A	Head Coach	Criswell	Ryan	Criswell
Minor A	Assistant	Criswell	Joe	Scionti
Minor A	Assistant	Criswell	Tom	Danford
Minor A	Head Coach	Fowler	Jason	Fowler
Minor A	Assistant	Fowler	Ben	LaMonte
Minor A	Assistant	Fowler	Matt	Obrien
Minor A	Head Coach	Richards	Kevin	Richards
Minor A	Assistant	Richards	Mike	Benitez
Minor A	Assistant	Richards	Emory	Rooney
Minor A	Head Coach	Sentlingar	Steve	Sentlingar
Minor A	Assistant	Sentlingar	Rich	Mize
Minor A	Assistant	Sentlingar	Sean	Stone
Minor A	Head Coach	Watts	Matt	Watts
Minor A	Assistant	Watts	Jody	Valdez
Minor A	Assistant	Watts	Patrick	Rodriguez
Minor B	Head Coach	Brown	Lance	Brown
Minor B	Assistant	Brown	Bobby	Fenton
Minor B	Assistant	Brown	Kurt	Shauger
Minor B	Assistant	Brown	Todd	Betzag
Minor B	Head Coach	Fischetti	Daniel	Fischetti
Minor B	Assistant	Fischetti	Marshall	Moorhead
Minor B	Assistant	Fischetti	Ben	Little
Minor B	Assistant	Fischetti		
Minor B	Head Coach	Geise	Josh	Geise
Minor B	Assistant	Geise		
Minor B	Assistant	Geise		
Minor B	Assistant	Geise		
Minor B	Head Coach	Raines	Erik	Raines
Minor B	Assistant	Raines	Brian	Bozsoki
Minor B	Assistant	Raines	Thomas	Compton
Minor B	Assistant	Raines		
Minor B	Head Coach	Ringhoff	Daniel	Ringhoff
Minor B	Assistant	Ringhoff	David	Bowles
Minor B	Assistant	Ringhoff	Greg	McDonnell
Minor B	Assistant	Ringhoff	None	none
Minor C	Head Coach	Doyle	Thomas	Doyle
Minor C	Head Coach	Greco	Kyle	Greco
Minor C	Head Coach	Lafond	Steve	Lafond
Minor C	Head Coach	Wofford	Jason	Wofford

Minor C	Head Coach	Ochotorena	Eric	Ochotorena
Minor C	Head Coach	Tollberg	Brian	Tollberg
Minor C	Head Coach	Fontana	Adam	Fontana
Coach Pitch	Head Coach	Britten	Matt	Britten
Coach Pitch	Head Coach	Rising	Clay	Rising
Coach Pitch	Head Coach	Valdes	Jody	Valdes
Coach Pitch	Head Coach	Lavisky	Matt	Lavisky
Coach Pitch	Head Coach	Tollberg	Brian	Tollberg
Tball	Head Coach	Garcia	Garrett	Garcia
Tball	Head Coach	Shemwell	Matt	Shemwell
Tball	Head Coach	Donnelly	Jim	Donnelly
Tball	Head Coach	Chapman	Robert	Chapman
Tball	Head Coach	Vetromile	Tom	Vetromile
Tball	Head Coach	Bridge	Jeffrey	Bridge

Softball:

Division	Role	Team	Name
Minor C	Head Coach	Brown	Corey Brown
Minor C	Asst Coach	Brown	Bobby Fenton
Minor C	Asst Coach	Brown	Katrina Zell
Minor C	Head Coach	Vasquez	Drew Vasquez
Minor C	Asst Coach	Vasquez	Sean Stone
Minor C	Asst Coach	Vasquez	Bryan Grabon
Minor B	Head Coach	Clendenin	Billy Clendenin
Minor B	Asst Coach	Clendenin	Brandy Tune
Minor B	Asst Coach	Clendenin	Jacob Tune
Minor B	Asst Coach	Clendenin	Gilit Kontny
Minor B	Head Coach	Medina	AJ Medina
Minor B	Asst Coach	Medina	Andrew Warren
Minor B	Asst Coach	Medina	Ryan Nugent
Minor B	Asst Coach	Medina	Rick Nutter
Minor B	Head Coach	Zell	Danny Zell
Minor B	Asst Coach	Zell	Paul Blaylock
Minor B	Asst Coach	Zell	Todd Oliver
Minor A	Head Coach	Stephens	Ben Stephens
Minor A	Asst Coach	Stephens	Tom Iarossi
Minor A	Asst Coach	Stephens	Jeff Satin
Minor A	Head Coach	Wise	Scott Wise
Minor A	Asst Coach	Wise	Dawn Eckerty
Minor A	Asst Coach	Wise	Bryan Crump
Minor A	Asst Coach	Wise	Mark Eckerty
Juniors	Head Coach	Dillon	Jennifer Dillon
Juniors	Asst Coach	Dillon	Craig Linn
Juniors	Asst Coach	Dillon	Kevin Richards
Juniors	Asst Coach	Dillon	Narja Campbell

-

2020 Board Member on Duty (MOD) Responsibility and Schedule

- Represent PCLL Board of Directors onsite for the good order of the park and assume control in emergencies.
- Be onsite at all times or coordinate directly with concessions and other board members if temporarily leaving the park.
- Ensure that BMOD schedule on clubhouse is accurately updated. Ensure contact information is listed for BMOD.
- Escort people and pets off the park property when required. If they refuse to leave, contact Tampa Police Department and/or City of Tampa Park Security and have them escort people off the premises.
- Open/Unlock fields as necessary.
- Make sure bathrooms are open, stock and clean.
- Ensure cleanliness and appropriate use of clubhouse.
- Make sure First Aid Kits are accessible and water is provided by coaches/managers/ umpires for each field.
- Make sure home teams are setting up fields properly.
- Let concession stand know you are BMOD.
- Coordinate with concession stand to close clubhouse including setting the alarm.
- Police the use of cars and motorized equipment. Ensure the driveway vehicle pole is in place.
- Answer questions that teams or spectators may have or direct them to someone who may have the answer.
- Make sure that coaches/managers empty trash cans into dumpsters and pick up trash around the bleachers, dugouts, bullpens and fence lines.
- Make sure all field equipment is put away and secure.
- Make sure all sheds, storage bins, bathrooms, equipment room, sound system and field gates are locked.
- Turn off extra lights, including majors batting cage lights, bathrooms, equipment room, and clubhouse.

<u>Date</u>	<u>Board Member on Duty</u>
Thu, January 30	Matt Watts - President
Fri, January 31	Kevin Richards - Vice President
Sat, February 1	Cynthia Schreiner - Secretary
Sun, February 2	Jon Cannaday - Treasurer
Mon, February 3	Brandy Tune - VP of Softball
Tue, February 4	Jon Hageman - VP of Baseball
Wed, February 5	Jaimon Farchione - Baseball Player Agent
Thu, February 6	Dawn Eckerty - Softball Player Agent
Fri, February 7	Kyle Greco - Coaches Coordinator
Sat, February 8	Mike Watson - Umpire in Chief
Sun, February 9	Steve Lafond - Registration / Residency
Mon, February 10	Mike Watson - Umpire in Chief
Tue, February 11	Eric Lund - Equipment Director
Wed, February 12	Erik Raines - Event Coordinator
Thu, February 13	Chad Kellogg - Sponsorship
Fri, February 14	Josh Geise - Concessions
Sat, February 15	Scott Daigle - Past President
Sun, February 16	Amanda Wriggins - Volunteer Coordinator
Mon, February 17	Michelle Zimmerman - Safety Coordinator

This BMOD schedule will continue to rotate throughout the 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 Fax: 570-326-9280

Accident & Health (U.S.)

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"/> INTERMEDIATE (50/70) (11-13)	<input type="checkbox"/> OFFICIAL SCOREKEEPER	<input type="checkbox"/> TRAVEL FROM	
	<input type="checkbox"/> JUNIOR (12-14)	<input type="checkbox"/> SAFETY OFFICER	<input type="checkbox"/> TOURNAMENT	
	<input type="checkbox"/> SENIOR (13-16)	<input type="checkbox"/> VOLUNTEER WORKER	<input type="checkbox"/> OTHER (Describe)	
	<input type="checkbox"/> BIG (14-18)			

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

For Residents of California:

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.

For Residents of New York:

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.

For Residents of Pennsylvania:

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.

For Residents of All Other States:

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.

PART 2 - LEAGUE STATEMENT (Other than Parent or Claimant)

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"/> 03 CATCHING
<input type="checkbox"/> 04 BATTER	<input type="checkbox"/> 04 CONTUSION	<input type="checkbox"/> 04 BACK	<input type="checkbox"/> 04 COLLIDING
<input type="checkbox"/> 05 BENCH	<input type="checkbox"/> 05 DENTAL	<input type="checkbox"/> 05 CHEST	<input type="checkbox"/> 05 COLLIDING WITH FENCE
<input type="checkbox"/> 06 BULLPEN	<input type="checkbox"/> 06 DISLOCATION	<input type="checkbox"/> 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"/> 08 COACH	<input type="checkbox"/> 08 EPIPHYSES	<input type="checkbox"/> 08 EYE	<input type="checkbox"/> 08 HORSEPLAY
<input type="checkbox"/> 09 COACHING BOX	<input type="checkbox"/> 09 FATALITY	<input type="checkbox"/> 09 FACE	<input type="checkbox"/> 09 PITCHED BALL
<input type="checkbox"/> 10 DUGOUT	<input type="checkbox"/> 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"/> 12 HEMORRHAGE	<input type="checkbox"/> 12 HAND	<input type="checkbox"/> 12 SLIDING
<input type="checkbox"/> 13 OUTFIELD	<input type="checkbox"/> 13 LACERATION	<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
<input type="checkbox"/> 15 RUNNER	<input type="checkbox"/> 15 RUPTURE	<input type="checkbox"/> 15 KNEE	<input type="checkbox"/> 15 THROWN BALL
<input type="checkbox"/> 16 SCOREKEEPER	<input type="checkbox"/> 16 SPRAIN	<input type="checkbox"/> 16 LEG	<input type="checkbox"/> 16 OTHER
<input type="checkbox"/> 17 SHORTSTOP	<input type="checkbox"/> 17 SUNSTROKE	<input type="checkbox"/> 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"/> 19 NECK	
<input type="checkbox"/> 20 OTHER	<input type="checkbox"/> 20 PARALYSIS/ PARAPLEGIC	<input type="checkbox"/> 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
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Spring Baseball Game to Practice Ratio

1&1 = One field practice and one hitting cage practice

- **T-Ball (Coord?)**
 - 1 game and 1 practice per week
 - Games on Saturday (T-ball fields)
 - 10 game season (+/-)
 - # of teams: 6
- **Coach Pitch (?)**
 - 1 game and 1 practice per week
 - Games on Saturday on Fields A/C
 - 10 game season (+/-)
 - # of teams: 6
- **Minor C (?)**
 - 1 game and 2 practice per week (1&1)
 - Saturday games on Field D
 - 10 game season plus tournament
 - # of teams: 4
- **Minor B (?)**
 - 2 Games and 1 practice per week (3 events per week)
 - Games Mon, Wed, Thurs, Fri and Sat on Field D (8:00)
 - 15-17 game season plus tournament (start 2 games after Spring Break)
 - # of teams: 6
- **Minor A (?)**
 - 2 games and 2 practices per week (1&1)
 - Games Mon, Wed, Thurs, Fri and Sat on Field C (6:15)
 - 20+ game season plus tournament
 - # of teams: 6
- **Majors**
 - 2 games and 2 practices per week (1&1)
 - Games Tues (6:15) and Fri (7:45) on Fields C/D (6:15)
 - 20+ game season plus tournament
 - # of teams: 4
- **Intermediate (?)**
 - 2 games and 2 practices per week (1&1)
 - Games Mon, Tues, Thurs (IBLL), Fri and Sat on Field A and IBLL (6:30)
 - 20+ game season plus tournament
 - # of teams: 6 with IBLL
- **Juniors (?)**
 - 2 games and 2 practices per week (1&1)
 - Games during the week (6:30) and Saturday (10:00) on Junior's Field
 - 20+ game season
 - # of teams: 4
- **Seniors (?)**
 - 2 games and 2 practices per week (1&1)
 - Games during the week and Saturday on Junior's Field
 - 20+ game season
 - # of teams: 2
- **Challenger**
 - One Saturday game on the Juniors Field at 12:30

PCLL



Spring Baseball Game to Practice Ratio

- **T-Ball**
 - 1 game and 1 practice per week
 - Games on Saturday (T-ball fields)
 - 9-11 game season (+/-)
 - # of teams: 8
- **Coach Pitch**
 - 1 game and 1-2 practices per week
 - Games on Saturday on Field A/D/C/SB
 - 9-11 game season (+/-)
 - # of teams: 8
- **Minor C**
 - 1-2 Games and 1 practice per week and Saturday (3 events per week); start 2 games on 22 Mar
 - Games Tues, Thurs and Saturday on Field C/D
 - 15-17 game season plus tournament
 - # of teams: 6
- **Minor B**
 - 1-2 Games and 1-2 practice per week (4 events per week); start two games on 22 Mar
 - Games Mon, Wed and Saturday on Field C/D
 - 15-17 game season
 - # of teams: 6
- **Minor A**
 - 2 games and 1 practice per week
 - Games during the week and Saturday on Field C
 - 20+ game season plus tournament
 - # of teams: 6
- **Intermediate (50/70)**
 - 2 games and 2 practices per week
 - Games during the week and Saturday on Field A
 - 20+ game season plus tournament
 - # of teams: 6
- **Juniors**
 - 2 games and 2 practices per week
 - Games during the week and Saturday on Junior's Field
 - 20+ game season
 - # of teams: 4

PCLL

Cages 1&2 - Spring 2020						Cages 3&4 - Spring 2020					
	Mon	Tues	Wed	Thur	Fri		Mon	Tues	Wed	Thur	Fri
	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan		27-Jan	28-Jan	29-Jan	30-Jan	31-Jan
5:00	Softball	Minor B	Minor A	Minor B	Coach Pitch	5:00	Minor B	Minor C	Minor C	Softball	Minor C
5:30						Minor B					
6:00	Softball	Coach Pitch	Minor A	Minor B	Minor B	6:00	Minor B	Minor A	Majors	Softball	Minor A
6:30						Minor B					
7:00	Minor A	Majors	Majors	Majors	Minor A	7:00	Minor A	Minor A	Majors	Juniors	Juniors
7:30						Minor A					
8:00	Open	Open	Open	Open	Open	8:00	Open	Open	Open	Open	Open
8:30						Open					
	Mon	Tues	Wed	Thur	Fri		Mon	Tues	Wed	Thur	Fri
	3-Feb	4-Feb	5-Feb	6-Feb	7-Feb		3-Feb	4-Feb	5-Feb	6-Feb	7-Feb
5:00	Softball	Minor B	Minor A	Raines	Coach Pitch: Rising & Tollberg	5:00	Minor B	Doyle & Wofford	Lafond & Ocho	Softball	Greco & Tollberg
5:30						Minor B					
6:00	Softball	Coach Pitch: Britten & Lavisky	Sentlingar	Minor B	Ringhoff	6:00	Minor B	Criswell	Majors	Softball	Richards
6:30						Minor B					
7:00	Watts	Hageman	Majors	Intermediate	Minor A	7:00	Minor A	Richards	Majors	Thompson	Juniors
7:30						Minor A					
8:00	Open	Open	Open	Open	Open	8:00	Open	Open	Open	Open	Open
8:30						Open					
	Mon	Tues	Wed	Thur	Fri		Mon	Tues	Wed	Thur	Fri
	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb		10-Feb	11-Feb	12-Feb	13-Feb	14-Feb
5:00	Softball	Fischetti	Minor A	Raines	Coach Pitch: Lavisky & Rising	5:00	Geise	Fontana & Greco	Lafond & Ocho	Softball	Wofford & Doyle
5:30						Geise					
6:00	Softball	Coach Pitch: Valdes & Britten	Watts	Richards	Ringhoff	6:00	Minor B	Richards	Majors	Softball	Criswell
6:30						Minor B					
7:00	Minor A	Hageman	Majors	Intermediate	Minor A	7:00	Minor A	Minor A	Majors	Juniors	Juniors
7:30						Minor A					
8:00	Open	Open	Open	Open	Open	8:00	Open	Open	Open	Open	Open
8:30						Open					

Field A - Spring 2020

	Intermediate	Valenti	Kin					
	Majors	Hageman	Daigle	Cain				
	Minor C	Doyle	Fontana	Greco	Lafond	Ochotorena	Tollberg	
	Coach Pitch	Britten	Lavisky	Rising	Tollberg	Valdes		
	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	1-Feb	2-Feb	
4:00						9:00	Intermediate Practice	Majors Practice
4:30						9:30		
5:00						10:00		
5:30	Majors Practice	Kin	Valenti	Hageman	Cain	10:30	Hageman	Intermediate Practice
6:00						11:00		
6:30						11:30		
7:00	Valenti	Majors Practice	Daigle	Kin	Majors Practice	12:00	PCA	Cain
7:30						12:30		
8:00						1:00		
8:30						1:30	PCA	Kin
9:00						2:00		
9:30						2:30		
						3:00	PCA	Daigle
						3:30		
						4:00		
						4:30		
	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
	3-Feb	4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	
4:00						Field Day	Majors Practice	
4:30								9:30
5:00	Minor C Practice	Doyle	Greco	Wofford	Minor C Practice			10:00
5:30							10:30	
6:00	Minor C Practice	Kin	Valenti	Hageman	Cain		11:00	Intermediate Practice
6:30							11:30	
7:00	Valenti	Cain	Daigle	Kin	Majors Practice		12:00	Majors Practice
7:30							12:30	
8:00							1:00	
8:30						1:30	Majors Practice	Kin
9:00						2:00		
9:30						2:30		
						3:00	Intermediate Practice	Daigle
						3:30		
						4:00		



Little League® Volunteer Application - 2020

Do not use forms from past years. Use extra paper to complete if additional space is required.

This volunteer application should only be used if a league is manually entering information into JDP or an outside background check provider that meet the standards of Little League Regulation 1(c)(8). THIS FORM SHOULD NOT BE COMPLETED IF A LEAGUE IS UTILIZING THE JDP QUICKAPP. Visit LittleLeague.org/localBGcheck for more information.

A COPY OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION MUST BE ATTACHED TO COMPLETE THIS APPLICATION.

Name: _____ Date: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Social Security # (required): _____
 Cell Phone: _____ Business Phone: _____
 Home Phone: _____ E-mail Address: _____
 Date of Birth: _____
 Occupation: _____
 Employer: _____
 Address: _____
 Special professional training, skills, hobbies: _____
 Community affiliations (Clubs, Service Organizations, etc.): _____
 Previous volunteer experience (including location, youth level and year): _____

1. Do you have children in the program? Yes No
If yes, list full name and what level? _____
2. Special Certification (CPR, Medical, etc.)? Yes No If yes, list: _____
3. Do you have a valid driver's license? Yes No
Driver's License #: _____ State: _____
4. Have you ever been charged with, convicted of, (plead no contest, or guilty to any crime(s) involving or against a minor or of a sexual nature? Yes No
If yes, describe each in full: _____
(Volunteer answer to Question 4, if the local league must contact the Little League International Security Manager.)
5. Have you ever been convicted of or plead no contest or guilty to any crime(s) Yes No
If yes, describe each in full: _____
(Answering yes to question 5, does not automatically disqualify you as a volunteer.)
6. Do you have any criminal charges pending against you regarding any crime(s)? Yes No
If yes, describe each in full: _____
(Answering yes to question 6, does not automatically disqualify you as a volunteer.)
7. Have you ever been refused participation in any other youth program? Yes No
If yes, explain: _____

In which of the following would you like to participate? (check one or more)

- League Official Umpire Manager Concession Stand
 Coach Field Maintenance Scorekeeper Other _____

Please list three references, at least one of which has knowledge of your participation as a volunteer in a youth program:

Name/Phone: _____

I HEREBY WARRANT THAT I AM NOT A SUBJECT OF A PROTECTIVE ORDER OR RESTRICTION BY ANY COURT OF RECORD IN ANY STATE OR FEDERAL COURT, OR ANY OTHER GOVERNMENT AGENCY, AND I AM NOT A SUBJECT OF A PROTECTIVE ORDER OR RESTRICTION BY ANY COURT OF RECORD IN ANY STATE OR FEDERAL COURT, OR ANY OTHER GOVERNMENT AGENCY, AND I AM NOT A SUBJECT OF A PROTECTIVE ORDER OR RESTRICTION BY ANY COURT OF RECORD IN ANY STATE OR FEDERAL COURT, OR ANY OTHER GOVERNMENT AGENCY.

IN ACCEPTING OF THIS POSITION, I give permission for the Little League organization to conduct background checks on me and as long as I continue to be active with the organization, which may include a review of sex offender registries, records which contain name only searches which may result in a report being generated that may or may not be me, child abuse and criminal history records. I understand that, if approved, my position is conditional upon the league receiving no inappropriate information on my background. I hereby release and agree to hold harmless from liability the local Little League, Little League Baseball, Incorporated, the officers, employees and volunteers thereof, or any other person or organization that may provide such information. I also understand that, regardless of previous appearances, Little League is not obligated to appoint me to a volunteer position. If approved, I understand that, prior to the expiration of my term, I am subject to suspension by the President, as directed by the Board of Directors for violation of Little League policies or rules.

Applicant Signature: _____ Date: _____

If Minor/Parent Signature: _____ Date: _____

Applicant Name (please print or type): _____

NOTE: The local Little League and Little League Baseball, Incorporated will not discriminate against any person on the basis of race, creed, color, national origin, marital status, gender, sexual orientation or disability.

LOCAL LEAGUE USE ONLY:

Background check completed by league officer: _____

on: _____

System(s) used for background check (minimum of one must be checked):

Regulation 1(c)(8) Mandates all checks include criminal records and sex offender registry records

- * JDP Sex Offender Registry Data and National Criminal Records check, as mandated in the current season's official regulations

*It must be advised that if you use JDP and there is a name search in the system which only name search checks can be performed you should verify with the JDP that they will receive a letter or email regarding the JDP. You should verify with the JDP that they will not be using other data regarding all the names which are checked with the JDP, as JDP has no access to the JDP database.

Only attach to this application copies of background check reports that need review of this application.

LITTLE LEAGUE BASEBALL® & SOFTBALL NATIONAL FACILITY SURVEY

2019



League Name: Palma Ceia Little League

District #: 6

ID #: _____

(if needed) ID #: _____

(if needed) ID #: _____

City: Tampa State: FL

President: Matt Watts Safety Officer: Michelle Zimmerman

Address: 3603 E Royal Palm Cir Address: 7111S Wall St.

Address: _____ Address: _____

City: Tampa City: Tampa

State: Florida ZIP: 33629 State: FL ZIP: 33616

Phone (work): 813-228-6400 Phone (work): (813)463-1267

_____ Phone (home): _____ Phone (home): _____

Phone (cell): 813-464-0145 Phone (cell): (813)220-0614

Email: mattw@pctl.org Email: michellez@pctl.org

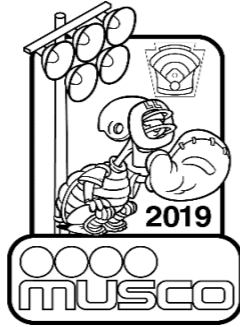
PLANNING TOOL FOR FUTURE LEAGUE NEEDS

What are league's plans for improvements?	Indicate number of fields in boxes below.		
	Next 12 mons.	1-2 yrs.	2+ yrs.
a. New fields			
b. Basepath/infield			
c. Bases	5		
d. Scoreboards	5		
e. Pressbox	5		
f. Concession stand			
g. Restrooms	2		
h. Field lighting			
i. Warning track	5		
j. Bleachers	5		
k. Fencing			
l. Bull pens			
m. Dugouts	5		
n. Other (specify):	66		

SPECIFIC BALLFIELD QUESTIONS

• Please list all fields by name.

<p>Field Identification (List your ballfields 1-20) Use additional forms if more than 20 fields.</p>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
<div style="text-align: center;"> <p>ASAP - A Safety Awareness Program Limited Edition 10-year Pin Collection</p> </div> <p>This survey can assist in finding areas of focus for your safety plan. During your annual field inspections, please complete this form and return along with your qualified safety plan. In return, we'll send you the 2019 Disney® character collector's pin shown at right featuring Backstop behind home plate. Or enter data on the ASAP online site through the Little League Data Center.</p>	Name: Field A	Name: Field B / Softball	Name: Field C	Name: Field D	Name: Junior/Senior	Name: T-Ball	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:



Please answer the following questions for each field:	Field #	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
--	----------------	---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----

GENERAL INVENTORY (For the following questions, if the answer is "No" please leave the space blank.)

1. How many cars can park in designated parking areas?	None																					
	1-50																					
	51-100																					
	101 or more	X	X	X	X	X	X															
2. How many people can your bleachers seat?	None/NA																					
	1-100	X	X	X	X	X	X															
	101-300					X																
	301-500																					
	501 or more																					
3. What material is used for bleachers?	Wood	X	X	X	X	X	X															
	Metal	X	X	X	X	X	X															
	Other																					
4. Metal bleachers: Ground wire attached to ground rod?	Yes																					
5. Wood bleachers: Are inspected annually for safety?	Yes																					
6. Is a safety railing at the top/back of bleachers?	Yes																					
7. Is a handrail up the sides of bleachers?	Yes																					
8. Is telephone service available?	Permanent																					
	Cellular	X	X	X	X	X	X															
9. Is a public address system available?	Permanent	X	X	X	X	X																
	Portable																					
10. Is there a press box?	Yes	X	X	X	X	X																
11. Is there a scoreboard?	Yes	X	X	X	X	X																
12. Adequate bathroom facilities available?	Yes	X	X	X	X	X	X															
13. Permanent concession stands?	Yes	X	X	X	X	X	X															
14. Mobile concession stands?	Yes																					

	Field #	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
FACILITY MANAGEMENT																					
40. Which fields have the following limitations:																					
a. Amount of time for practice?	Yes	X				X	X														
b. Number of teams or games?	Yes					X	X														
c. Scheduling and/or timing?	Yes					X	X														
41. Who owns the field?																					
	Municipal	X	X	X	X	X	X														
	School																				
	League																				
42. Who is responsible for operational energy costs?																					
	Municipal	X	X	X	X	X	X														
	School																				
	League																				
43. Who is responsible for operational maintenance?																					
	Municipal	X	X	X	X	X															
	School																				
	League	X	X	X	X	X	X														
44. Who is responsible for purchasing improvements for the field - ie bleachers, fences, lights?																					
	Municipal																				
	School																				
	League	X	X	X	X	X	X														
	Other																				
45. What divisions of baseball play on each field?																					
	T-Ball & Minor	X	X	X	X		X														
	Major	X																			
	Jr., Sr. & Big						X														
	Challenger						X														
	50 – 70	X																			
46. What divisions of softball play on each field?																					
	T-Ball & Minor		X																		
	Major		X																		
	Jr., Sr. & Big		X																		
	Challenger																				
47. Do you plan to host tournaments on this field?																					
	Yes	X	X	X	X	X															

FIELD DIMENSION DATA

Please complete for each field. Use additional space if necessary.

Field No.	Height of outfield fence	Distance from home plate to:				Foul territory distance from:					
		Outfield fence			Back stop	Left field line to fence at:			Right field line to fence at:		
		Left	Center	Right		Home	3rd	Outfield foul pole	Home	1st	Outfield foul pole
1	6	210	210	210	26	26	26	10	26	26	4.5
2	6	200	200	200	25	25	25	10	25	25	10
3	6	185	185	185	12	12	12	12	12	12	12
4	6	205	205	205	20	20	20	10	20	20	10
5	6	335	335	335	29	29	35	20	29	35	20
6	6	73	0	0	16	16	10	16	16	10	16
7											
8											
9											
10											
11											
12											
13											
14											
15											
16											
17											
18											
19											
20											

Mailing address: Little League International

PO Box 3485
Williamsport, PA 17701

Shipping address: Little League International
539 US Route 15 Hwy.
South Williamsport, PA 17702

Accident Reporting and Tracking:

An incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid **must be reported to the league Safety Officer within 48 hours of incident.** This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest. The league Safety Officer will log all reported incidents and track as noted below.

How to Make a Report:

The League will provide hardcopy printouts of the Incident / Injury Tracking Report with all First Aid kits that are provided to every Team as part of the standard issue equipment. This will allow teams to have the form with them when traveling to other towns. In addition, copies of this form will be kept in the concession stand and equipment shed at the Ryan Land Fields.

A coach or league official must complete an incident/injury tracking report as soon as possible after the incident occurs and notify the league Safety Officer via telephone or email of the incident. The coach or official may either deliver the form to the Safety Officer or leave the form in the PCLL mailbox so that he can receive this information in a timely manner.

Within 2 days following the incident, the Safety Officer will contact the injured party or the party's parents and:

- (1) Verify the information received;
- (2) Obtain any other information deemed necessary;
- (3) Check on the status of the injured party; and
- (4) In the event that the injured party required other medical treatment (i.e., Emergency Room visit, doctor's visit, etc.) will advise the parent or guardian of the PCLL's insurance coverage and the provisions for submitting any claims.

If the extent of the injuries is more than minor in nature, the Safety Officer shall periodically call the injured party to:

- (1) Check on the status of any injuries, and
- (2) Determine if any other assistance is necessary in areas such as submission of insurance forms, etc. The Safety Officer will continue this process until such time as the incident is considered "closed" (i.e., no further claims are expected and/or the individual is participating in the league again). An Accident Notification Form will be generated and sent to Little League Headquarters in Williamsport (Attention: Dan Kirby, Risk Management Department) and reported to the District Safety Officer when required. All incidents, accidents, and safety violations should be reported to the Safety Officer within 48 hours of the incident. Timely reporting of safety violations is a key factor in promptly dealing with safety issues including preventative measures or corrections that may protect a child from harm in the future.

Lanyard / Background Checked Individuals 2020: 98 Total (+/-)

First	Last
Jeremy	Barnes
Evan	Batoff
Michael	Benitez
Paul	Blaylock
Brian	Bozsoki
Christopher	Brewer
Jeffrey	Bridge
Levi	Bristow
lance	brown
Narja	Campbell
Jonathan	Cannaday
Renee	Chang
Boyd	Chapin
Robert	Chapman
Juan	Cisneros
David	Compton
Thomas	Compton
Ryan	Corbett
Ryan	Criswell
Raul	Cruz
Scott	Daigle
Darrell	Dirks
Thomas	Doyle
DANIEL	FISCHETTI
Ryan	Fitzpatrick
Joshua	Fogg
Carlos	Font
Adam	Fontana
Jason	Fowler
Brendan	Fuller
Joshua	Geise
Bryan	Grabon

First	Last
Kyle	Greco
Stephen	Hachey
Morton	Hanlon
Robert	Henderson
Thomas	Iarossi
Michael	Johnson
Carl	Jorgensen
Stephen	Kin
gilit	kontny
Steven	Lafond
Benjamin	LaMonte
Matthew	Lavisky
Jae	Lee
Ryan	Lee
Christopher	Lewis
GREGORY	LIEB
Jason	Margolin
Gregory	McDonell
Alfred	Medina
Richard	Mize
James	Moorhead
Christopher	Newton
Ryan	Nugent
Erik	Nutter
matt	obrien
Megan	Ochotorena
Eric	Ochotorena
Todd	Oliver
pavan	pancholy
Robert	Parsons
Jonathan	Pearce
Erik	Raines

First	Last
Kevin	Richards
Daniel	Ringhoff
Clay	Rising
Eric	Rockey
Sergio	Rojas
EMORY	ROONEY
Jeffrey	Satin
Charles	Schreiner IV
Steven	Sentlingar
SAMUEL	SHAUGER
Erion	Shtylla
Benjamin	Stephens
Sean	Stone
Walker	Tanner
Jacob	Thompson
John	Thresher
Brian	Tollberg
Jacob	Tune
Brandy	Tune
Jody	Valdes
Joseph	Valenti
Andrew	Vasquez
Thomas	Vetromile
Andrew	Warren
michael	watson
Michelle	Watson
Matthew	Watts
Joel	Williams
Jason	Wofford
Timothy	Yates
Jason	Yates
Daniel	Zell
Katrina	Zell

