

**Kernersville Little League**  
**Safety Plan Manual**  
**2010 Season**

*Play Hard – Play Positive – Play Safe*



# *Table of Contents*

Safety Mission Statement .....1

Introduction .....2

Safety Officer on File with Little League International .....3

Printing, Distribution and Posting of Safety Plan.....3

Emergency Contact Information and Reporting/Tracking .....3

Volunteers and Hired Workers Background Checks .....4

Fundamentals Training .....5

First Aid Training.....5

Field Hazards and Game Preliminaries .....6

Facility Survey.....6

Concession Stand Safety Rules.....6

Equipment Safety Rules .....7

Incident and Injury Tracking .....7

First Aid Kit At All Games and Practices .....8

Communicable Disease Procedures.....8

Little League Rule Enforcement.....8

Conduct Code .....9

Safety Code .....10

Conditioning and Stretching .....12

Hydration.....12

Weather .....13

Equipment Shed .....14

Machinery .....14

Field and Equipment Safety Checklists.....15

## Attachments

- Local Rules for 2010
- Little League Volunteer Application for 2010
- Little League Medical Release Form
- A Safety's Awareness Program's Incident/Injury Tracking Report

# *Safety Mission Statement*

## *“Safety is Everyone’s Responsibility”*

Kernersville Little League’s highest priority is for the safety of our kids. Prevention is the key to reducing accidents. At Kernersville Little League we are committed to encouraging and providing a safe environment. In order to succeed we need your commitment to become our *Safety Advocates* for Kernersville Little League

Kernersville Little League is actively participating in Little League’s A Safety Awareness Program (ASAP), whose mission is “to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League Baseball.”

The purpose of this manual is to provide important safety information to Kernersville Little League. While specifically written for Managers and Coaches, the information contained in this document can be a useful resource for all participants of Kernersville Little League. Please take the time to review this manual in its entirety.

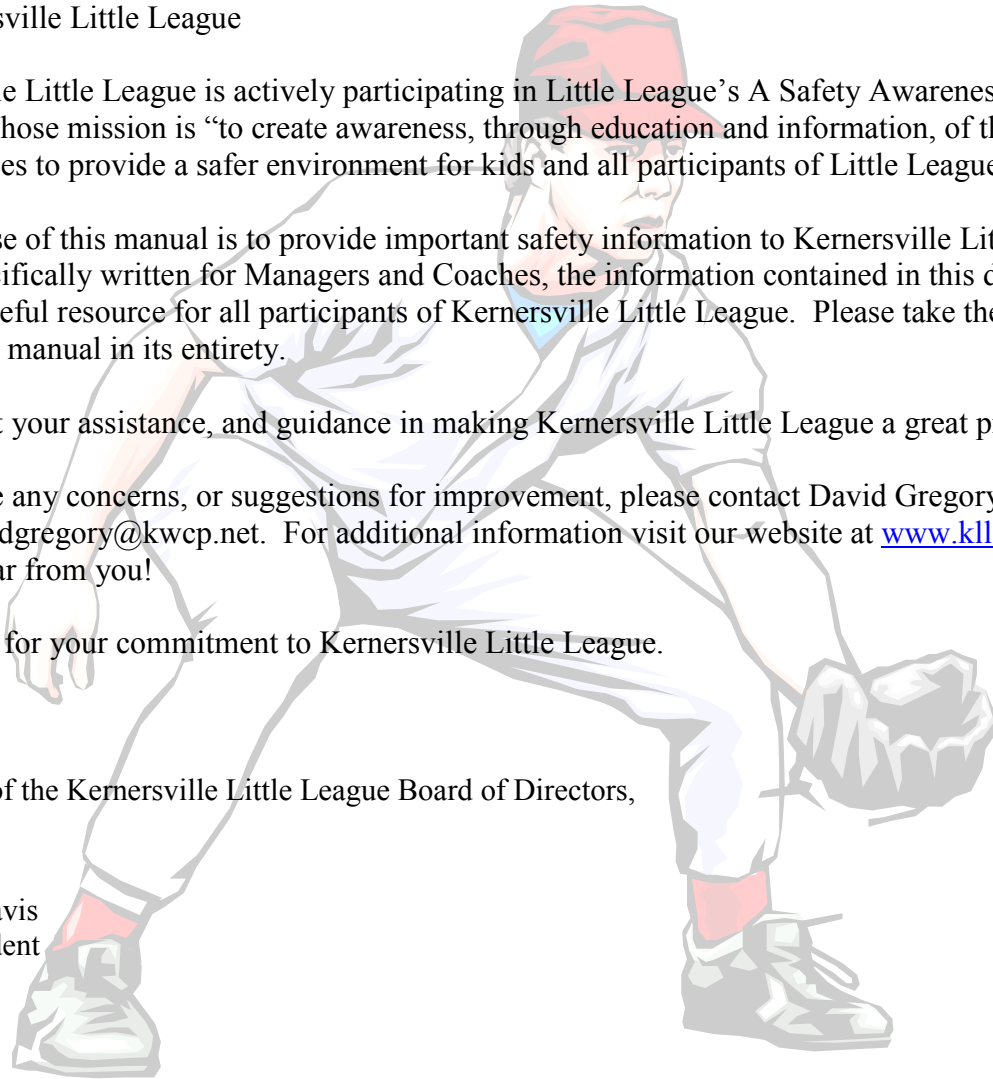
We request your assistance, and guidance in making Kernersville Little League a great program.

If you have any concerns, or suggestions for improvement, please contact David Gregory, Safety Officer, at [dgregory@kwcp.net](mailto:dgregory@kwcp.net). For additional information visit our website at [www.kll.org](http://www.kll.org). We want to hear from you!

Thank you for your commitment to Kernersville Little League.

On behalf of the Kernersville Little League Board of Directors,

Michael Davis  
KLL President



# Introduction

**ASAP - What is it?** In 1995, ASAP (A Safety Awareness Program) was introduced with the goal of re-emphasizing the position of Safety Officer “to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League Baseball”. This manual is offered as a tool to place some important information at manager and coach’s fingertips.

## Some Important Do’s and Don’ts

### Do...

- Reassure and aid children who are injured, frightened, or lost
- Provide, or assist in obtaining, medical attention for those who require it.
- Know your limitations.
- Carry your first-aid kit to all games and practices
- Keep your Safety Manual with your first-aid kit.
- Assist those who require medical attention - and when administering aid, remember to...
  1. **LOOK** for signs of injury (*Blood, Black-and-blue deformity of joint etc.*).
  2. **LISTEN** to the injured describe what happened and what hurts if conscious. Before questioning, you may have to calm and soothe an excited child.
  3. **FEEL** gently and carefully the injured area for signs of swelling, or grating of broken bone.
- Have your players’ Medical Release Forms (found in Safety Manual) with you at all games and practices.
- Make arrangements to have a cellular phone available when your game or practice is at a facility that does not have any public phones.

## Some Important Do’s and Don’ts

### Don’t...

- Administer any medications
- Provide any food or beverages (other than water)
- Hesitate in giving aid when needed
- Be afraid to ask for help if you’re not sure of the proper procedures (i.e., CPR, etc.)
- Transport injured individuals except in extreme emergencies
- Leave an unattended child at a practice or game
- Hesitate to report any present or potential safety hazard to the Safety Officer immediately.

# Safety Officer Contact Information on file with Little League International

The adherence to and enforcement of this Safety Plan is the responsibility of the League's Safety Officer. The Safety Officer's contact information is on file with Little League International and can be found below:

Safety Officer Contact Information	
Safety Officer Name	David Gregory
Mailing Address	PO Box 773, Kernersville, NC 27284
Phone Number	336-971-4671
Email Address	dgregory@kwcp.net

## Printing, Distribution and Posting of Safety Plan

This Safety Plan is printed and distributed annually to all volunteers and posted in appropriate places including the concession stand and equipment building.

## Emergency Contact Information and Reporting/Tracking

Emergency and Key Officials Contact information can be found below.

Emergency Contact Information		
Contact Type	Contact	Phone Number
Fire Department	Piney Grove Fire Department	336-993-5755
Police Department	Kernersville Police Department	336-996-3177
Sheriff's Department	Forsyth County Sheriff's Department	336-917-7001
Highway Patrol	N.C. State Highway Patrol	800-233-3151
Carolina Poison Center	Carolinas Poison Center	800-848-6946
Local Hospital	Wake Forest University Baptist Medical Center	336-716-0830
Insurance	Little League Claims Office	570-327-1674
All Emergencies		911

Note that there are one touch buttons on the security pads located in the board room, concession stand, and equipment room that will dispatch emergency services when pressed.

<b>Board Of Directors Contact Information</b>			
<b>Board Position</b>	<b>Name</b>	<b>Home Phone Number</b>	<b>Cell Phone Number</b>
President	Michael Davis	992-0949	
Vice President	Bubba Smith	993-0402	575-3751
Secretary	Andy Parker	992-9710	391-0127
Treasurer	Brad Rogers	993-6370	402-4319
Player Agent - Baseball	Michael O'Byrne	996-6144	577-0496
Player Agent – Softball	Amy Andrews	993-5995	
Safety Officer	David Gregory	754-3240	971-4671
League Information Officer	Ashley Lawson	992-0384	972-0525
Umpire in Chief	John Joyce	497-3088	410-598-3934
VP Jr/Sr/Big League Baseball	David Kimball	996-8620	
VP Major Baseball	Pat McGinnis	293-6744	970-1551
VP Minor Baseball	Jeff Papalia	595-8744	406-3624
VP Machine Pitch Baseball	Chip Campbell	442-5827	442-5827
VP Soft Ball	Rebeckia Fuller	992-0618	423-9749
VP T Ball	Frank Tiano	993-6942	655-8382
VP Sponsors/Signs	Jim Babcock	993-9642	462-1775
VP Fundraising	Kristen Puckett	595-3877	409-5888
Concession Director	Don Williams		409-3270
Team Mom Director	Tammy Bennett	908-0734	908-0734
Equipment/Uniform Director	Paula Kimball	996-8620	978-8594
Coach/Volunteer Coordinator	Doug Massey	403-1332	403-1332
Field Maintenance Director	Tim Melton	306-5884	423-4949

## **Volunteers and Hired Workers Background Checks**

Any person providing regular service to the league and/or that have repetitive access to or contact with players must fill out a current year Volunteer Application form available online at [www.kll.org](http://www.kll.org) or [www.littleleague.org](http://www.littleleague.org), and provide a government issued photo identification to verify their identity. The League must at a minimum conduct a search of the Department of Justice's nationwide sex offender registry, using Volunteer Application Forms, on all applicable volunteers. Optionally, the League may also conduct a nationwide criminal background check using such services as LexisNexis Screening solutions. All such background checks will be conducted on all such people prior to providing services or gaining repetitive access or contact. Anyone refusing to fill out the Volunteer Application is ineligible to be even a league member. The president of the League must retain these confidential forms for the year of service.

A copy of the current year Volunteer Application is attached to this Safety Plan.

# Fundamentals Training

At least one Manager or Coach from each team must participate annually in the Little League Fundamentals training. Renewal training must occur once every three years.

The Fundamentals Training will include:

- Stretching and Warm Up procedures
- Rules regarding proper equipment
- Playing rules regarding safety – sliding, obstruction, slide or avoidance rules, pitch count
- Official Rules and other local rules
- Pitching, batting and fielding drills
- Sportsmanship
- Selection of players, managers and coaches for all star / tournament play.

Proper documentation of the date, location and attendance of each Fundamentals Training Course will be maintained by the League's Safety Officer, in order to ensure adherence to this policy. It is expected that Fundamentals Training will be different and specific for baseball vs softball, and appropriate to the division of play, and age and skill level of the players involved.

## First Aid Training

At least one Manager or Coach from each team must participate annually in the Little League First Aid training. Renewal training must occur once every three years.

The First Aid Training will include:

- Assessment of Injuries
- Triage
- Emergency Management
- Player Recovery
- First Aid techniques for contusions, cuts, abrasions, communicable diseases, muscle pulls and strains, over use and repetitive injuries, sprains, fractures, injuries to small joints, face, teeth or eyes; insect bites and stings; and heat illness.

Proper documentation of the date, location and attendance of each First Aid Training Course will be maintained by the League's Safety Officer, in order to ensure adherence to this policy.

Doctors, LRNs, LPNs, and paramedics are not required to attend these courses but may be used as instructors.

# Field Hazards and Game Preliminaries

All managers, and/or coaches and/or umpires are required to walk the entire field to identify any safety hazards and ensure that the field is safe prior to use for games or practices. Any hazards (rocks, holes, broken glass etc.) should be eliminated prior to start of play and reported to the safety officer within 24 hours. The Safety Officer is responsible for tracking and documenting all facility safety hazards and issues.

## Facility Survey

The Safety Officer will submit an annual Little League International Facility Survey either in hardcopy or online at <http://facilitiesurvey.musco.com>.

## Concession Stand Safety Rules

Kernersville Little League Little League requires all concession managers to operate the snack bar in accordance with the laws of the State of North Carolina and Forsyth County. Manuals describing safe food handling and procedures are available from Forsyth County. The concession manager will be trained in safe food handling/prep and procedures. These materials will be posted and available to all concessions workers. Below is a list of the safety rules for the concession stand; however the list is not all inclusive.

1. All volunteers must be over age 13, and are under the direct supervision of the Kernersville Concessions staff – adults, age 18. All volunteers are to be familiar with the following safe food handling guidelines. All volunteers under 14 must not prepare food
2. The menu will be simple with potentially hazardous foods kept to a minimum
3. Food covered at all times and fans on to prevent insects from resting on food.
4. Inspect cooking equipment before use and report damage to Concession Manager.
5. Propane tanks will be shut off at the grill and tank after use
6. Cooking grease will be stored safely in containers away from open flames
7. Cleaning chemicals must be stored in a locked cabinet.
8. Certified fire extinguisher suitable for grease fires must be placed in plain sight at all times
9. All concession stand workers are to be instructed on the use of fire extinguishers by fire department personal
10. All concession stand workers are to attend first aid training or a training session in the Heimlich maneuver
11. Concession stand main entrance door will not be locked or blocked while people are inside
12. Utensils washed and put away at the end of the days games

13. Concession stand workers must wash hands each time to the rest room and after handling foreign objects
14. The concession manager must have food service related employment and be trained in safe food handling and preparation procedures.

## Equipment Safety Rules

The equipment manager shall inspect all equipment before the start of first practice or game. The equipment once distributed by the equipment manager to the various managers or coaches becomes the responsibility of that manager or coach. They should inspect the equipment before each game and practice. If damage is discovered, the damaged equipment is to be taken out of service and equipment manager notified. Damaged equipment is to be either fixed or destroyed to prevent future use. Many kids bring their own equipment. The manager or coach should make sure that that equipment meets all the requirements outlined in the safety manual.

## Incident and Injury Tracking

All accidents and injuries shall be reported to the league safety officer within 24 hours. After notification the safety officer will notify the league President in which all information will be recorded and the proper forms completed and mailed to the insurance representative. If the safety officer is unavailable, the league President is to be notified of the accident or injury. If the league President or safety officer cannot be located on the facility grounds, any board member can be notified of the accident or injury. The Safety Officer will also report and track near misses in an attempt to evaluate practices and avoid future injuries.

*What to report* - An incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the Safety Officer. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest.

*How to make the report* - reporting incidents can come in a variety of forms. Most typically, they are telephone conversations. At a minimum, the following information must be provided:

- The name and phone number of the individual involved
- The date, time, and location of the incident
- As detailed a description of the incident as possible
- The preliminary estimation of the extent of any injuries
- The name and phone number of the person reporting the incident.
- **Complete the Accident Notification form and place in Safety Officer's mailbox located in the KLL boardroom.**

*Safety Officer's Responsibilities* - Within 48 hours of receiving the incident report, 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 Kernersville Little League's insurance coverage and the provisions for submitting any claims. If the extent of the injuries are 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) to check if any other assistance is necessary in areas such as submission of insurance forms, etc. until such time as the incident is considered "close" (i.e., no further claims are expected and/or the individual is participating in the league again.)

## **First Aid Kit At All Games and Practices**

First Aid kits will be located at the concession stand, board room and TRS field. First Aid kits will also be assigned and distributed to each team at the equipment hand-out. First-Aid Kits and Mobile Phones are required at each game and practice. If additional first-aid supplies are needed please contact the Safety Officer or [www.kll.org](http://www.kll.org). These First-Aid Kits are the property of Kernersville Little League, and as such need to be cared for and returned with the equipment.

## **Communicable Disease Procedures**

1. Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the athlete may continue.
2. Routinely use gloves to prevent mucous membrane exposure when contact with blood or other body fluids is anticipated (provided in first-aid kit).
3. Immediately wash hands and other skin surface if contaminated with blood.
4. Clean all blood contaminated surfaces and equipment.
5. Managers, coaches, and volunteers with open wounds should refrain from all direct contact until the condition is resolved.
6. Follow accepted guidelines in the immediate control of bleeding and disposal when handling bloody dressings, mouth guards and other articles containing body fluids.

## **Little League Rule Enforcement**

All Little League rules and regulations will be strictly adhered to and enforced. These rules include those pertaining to equipment. Managers and Umpires will ensure that all players have required equipment at all times (including practices and warm ups). All fields will use disengageable bases as required. Managers and Coaches are specifically not allowed to warm up pitchers or otherwise be located behind home plate during pitching or hitting.

# CONDUCT CODE

The Board of Directors has mandated the following code of conduct. This code of conduct must be followed at all times.

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

1. Touch, push, shove, strike, or otherwise threaten (physically or verbally) any other individual.
2. Exhibit un-sportsman-like conduct including the throwing of gloves, helmets, hats, bats, balls, or any other object.
3. Use or cause the use of unnecessarily rough tactics in the play of a game against opposing players.
4. Use profane, obscene or vulgar language.
5. Exhibit physical contact of a sexual or affectionate nature.
6. Appear anywhere in the facility while in an intoxicated state.
7. Gamble on any play or game.
8. Use tobacco (smoking or chewing) on the playing field or in the dugout. Smoking will be permitted in designated areas away from the dugouts.
9. Speak disrespectfully to any other manager, coach, player, official, spectator or board member.
10. Tamper or manipulate any league documents including, but not limited to, player rosters, game and tournament schedules, all-star affidavits, and scorebooks.
11. Challenge any umpires authority.

This conduct shall be maintained on any field or in any facility in which the team represents the League including all-star and championship play.

The Board of Directors will review all infractions of the Conduct Code. Depending on the seriousness or frequency of the infraction, the board may assess additional disciplinary action up to and including expulsion from the league.

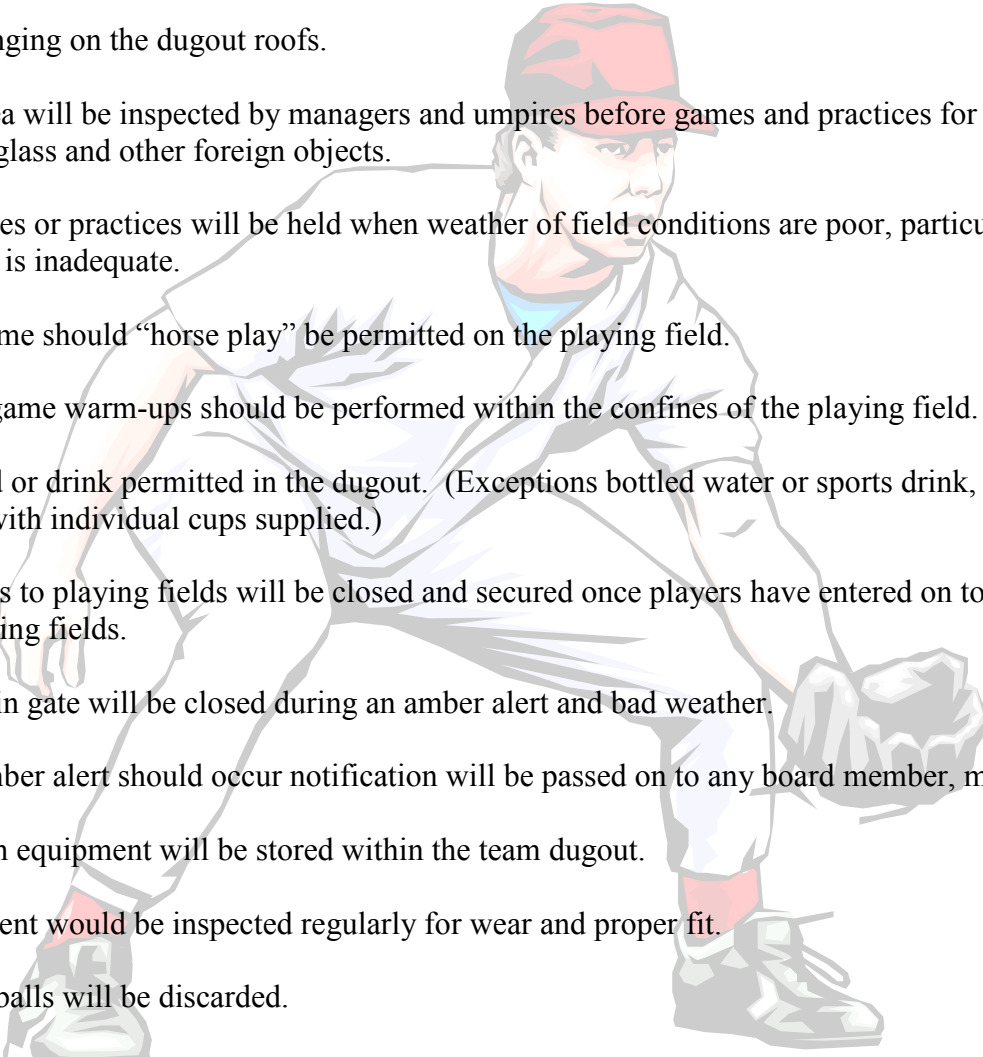
# Safety Code

## Dedicated to Injury Prevention

The Board of Directors has mandated the following safety code.

1. Only league approved managers or coaches are allowed to practice teams.
2. Only league approved managers or coaches will supervise batting cages.
3. Only players, managers, coaches and umpires are permitted on the playing field or in the dugout during games.
4. Bats and loose equipment are to be kept off the field of play by a designated coach or player.
5. Managers and coaches will only use official Little League balls supplied by the league
6. Managers and coaches will never leave an unattended child at a practice or game.
7. Managers and coaches will make arrangements to have a cellular phone available at games and practices.
8. No medication will be administered at the facility unless done directly by the player's parents or emergency personnel.
9. No smoking within twenty feet of the dugouts.
10. During games and practice, players should be alert and well rested.
11. Batters must wear approved helmets that bear the NOCSAE seal during batting practice and games.
12. No head first slides unless runner is returning to a base.
13. Parents of players who wear glasses are encouraged to provide safety glasses for their children.
14. Parents of players who wear braces are encouraged to provide a mouth guard for their children.
15. All male players will wear athletic supporters or cups during games. Catchers must wear a cup.
16. Female catchers must wear long or short model chest protectors.
17. All catchers, during practice, pitcher warm up and games, must wear equipment that meets all Little League specifications including but not limited to chest protector with neck guard, dangling throat protector, shin guards, mask and catchers helmet.
18. All Little League rules (including proper equipment) will be enforced by umpires and managers.
19. Catchers must wear a catcher's mitt of any shape, size or weight consistent with protecting the hand.
20. Players will not wear any jewelry or other metallic items during practice or games. (Exceptions: medical alert type jewelry)

21. No playing in the parking lots and construction areas.
22. No playing around or on lawn equipment, machinery at any time.
23. Must be at least 16 years of age to operate lawn equipment or facility machinery.
24. Players should not swing bats or throw balls at any time within the walkways and common areas of the complex.
25. No throwing rocks or climbing trees within the complex.
26. No swinging on the dugout roofs.
27. Play area will be inspected by managers and umpires before games and practices for holes, damage, stones, glass and other foreign objects.
28. No games or practices will be held when weather of field conditions are poor, particularly when lighting is inadequate.
29. At no time should “horse play” be permitted on the playing field.
30. All pregame warm-ups should be performed within the confines of the playing field.
31. No food or drink permitted in the dugout. (Exceptions bottled water or sports drink, water from a cooler with individual cups supplied.)
32. All gates to playing fields will be closed and secured once players have entered on to or exited off the playing fields.
33. The main gate will be closed during an amber alert and bad weather.
34. If an amber alert should occur notification will be passed on to any board member, manager, coach.
35. All team equipment will be stored within the team dugout.
36. Equipment would be inspected regularly for wear and proper fit.
37. Frayed balls will be discarded.
38. Speed limit is 5 mph inside the complex.
39. No alcohol or drugs allowed on the premises at anytime.
40. Pets are permitted provided they are on a leash.
41. Fiber mesh to be placed on all backstops within the complex to prevent children from placing hands inside the fence during games or practice.



# CONDITIONING AND STRETCHING

Conditioning is a very important part in the prevention of accidents. Studies have shown that stretching and contracting of muscles before an athletic event improves general control of movements, coordination and alertness. Conditioning and stretching also help develop the strength and stamina needed for the average player to compete with minimum accident exposure.

The purpose for conditioning and stretching is to improve the flexibility of various muscle groups and to prevent the tearing of the muscle due to overexertion. Never force a muscle group during stretching but rather in a gradual manner to encourage looseness and flexibility.

Areas to stretch before an athletic event: neck, back, arms, thighs, legs, and calves.

Hold the stretch for at least 10 seconds.

Don't bounce while stretching

Calisthenics should also be an important part of pre-game warm up. This is another way to stretch the muscle group as well as increasing the heart rate.

## HYDRATION

In the summer months we usually think of dehydration. It does not matter if it is January or July, children must be encouraged to drink fluids even when they do not feel thirsty. As coaches, we must remember that when children become physically active, their muscles generate heat thereby increasing their body temperature. As these temperatures rise, the cooling mechanism – sweat – kicks in. When sweat evaporates, the body is cooled. If these fluids are not replaced, children can become overheated.

Managers and coaches should schedule water breaks every 30 minutes during practices on hot days, and should encourage fluid intake between every inning. Water is an excellent fluid, however, sports drinks and fruit juices can encourage children to drink more during events. When offering sports drinks and fruit juices, be careful of the carbohydrate level. These drinks should contain between 6 and 8 percent carbohydrates that is (15 to 18 grams per cup). If the concentrations are higher, then the sports drink or juice should be diluted with water on a 1 to 1 ratio. If drinks are high in carbohydrates, they may cause stomach cramps, nausea and diarrhea when the child becomes active. Caffeine contained in tea, coffee, and colas should also be avoided because it can dehydrate the body further.

# WEATHER

These are the steps to take to determine to delay or stop practice or play.

## **Rain**

If it begins to rain the manager or coach should evaluate the strength and direction of the storm and evaluate the playing field as it becomes more saturated with water. If the playing conditions become unsafe, stop the practice. In a game situation, consult with the other coach and umpire to formulate a decision.

## **Lightning**

If you can see, hear or feel a thunderstorm, suspend all play immediately. Stay away from metal objects. Don't hold metal bats. We cannot resume play until there is no lightning in the ten (10) mile zone for a half hour. Note that players, coaches and parents must go to covered areas.

No place is absolutely safe from the lightning threat, but some places are safer than others. Large enclosed shelters (substantially constructed buildings) are the safest (like our snack bar or the KLL boardroom). For the majority of participants, the best area for them to seek shelter is in a fully enclosed metal vehicle with the windows rolled up. If you are stranded in an open area and cannot get to shelter in a car, put your feet together, crouch down, and put your hands over your ears (to try and prevent eardrum damage).

Avoid high places and open fields, isolated trees, picnic shelters, dugouts, flagpoles, light poles, bleachers (metal or wood), metal fences.

## **Temperature**

If the temperature is below 45 degrees F there will be no practices or Games.

When the fields are cleared due to weather, a decision whether play can be resumed will be determined as soon as possible. If it is determined that play cannot be resumed within an hour, the game will not be continued. If the game is "official", then the game is over. If not official or tied, then it will be suspended and played at a later date in accordance with Little League rules.

## **First Aid to a Lightning Victim**

Typically, the lightning victim exhibits similar symptoms as that of someone suffering from a heart attack. In addition to calling 911, the rescuer should consider the following:

- ✓ The first tenet of emergency care is "make no more casualties". If the victim is in a high risk area (open field, isolated tree, etc.) the rescuer should determine if movement from that area is necessary - lightning can and does strike the same place twice. If the rescuer is at risk, and movement of the victim is a viable option, it should be done.
- ✓ If the victim is not breathing, start mouth to mouth resuscitation. If it is decided to move the victim, give a few quick breaths prior to moving them.
- ✓ Determine if the victim has a pulse. If no pulse is detected, start cardiac compressions as well.

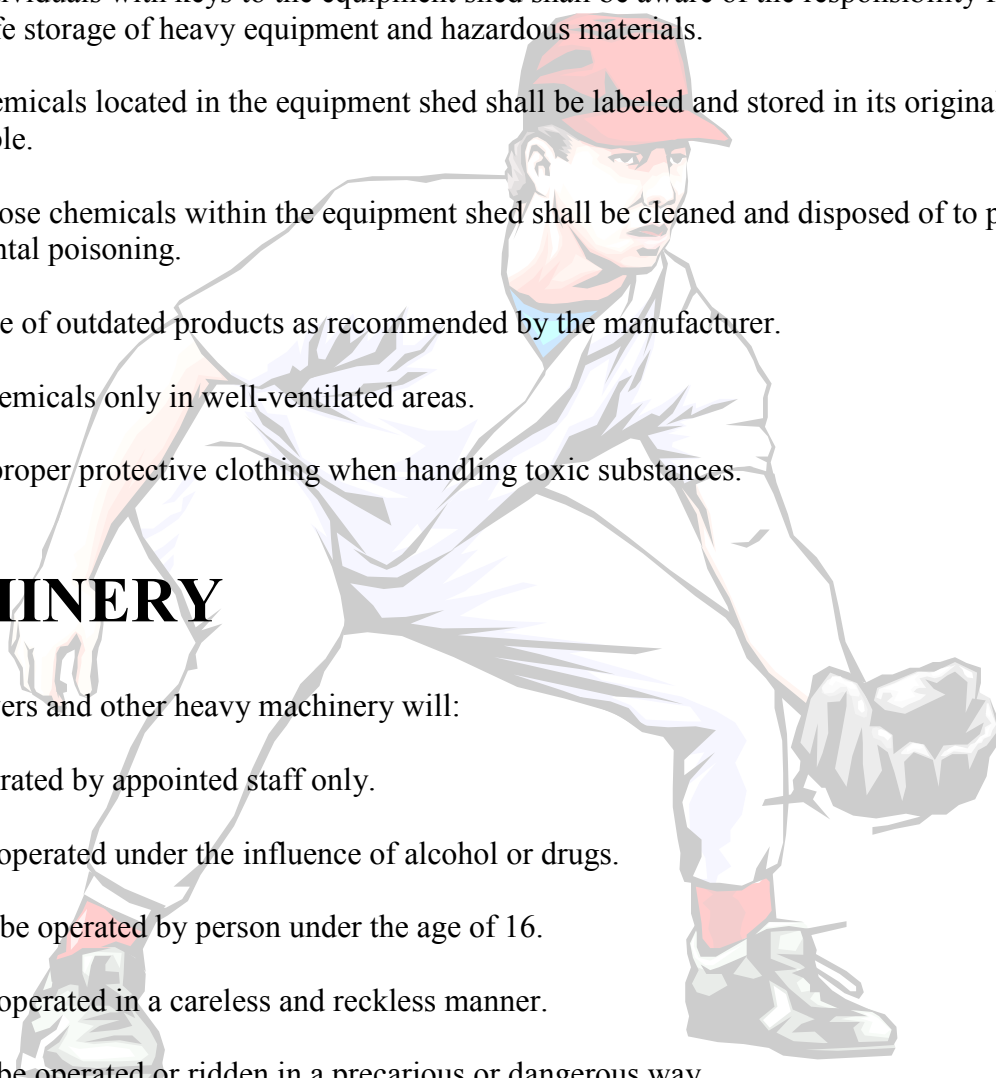
# EQUIPMENT SHED

1. Keys to the equipment shall be issued by the league president.
2. Keys shall be returned to the league president once someone ceases to have responsibilities for the equipment shed.
3. Equipment shed shall be locked if no games are in session.
4. All individuals with keys to the equipment shed shall be aware of the responsibility for the orderly and safe storage of heavy equipment and hazardous materials.
5. All chemicals located in the equipment shed shall be labeled and stored in its original container if available.
6. Any loose chemicals within the equipment shed shall be cleaned and disposed of to prevent accidental poisoning.
7. Dispose of outdated products as recommended by the manufacturer.
8. Use chemicals only in well-ventilated areas.
9. Wear proper protective clothing when handling toxic substances.

# MACHINERY

Tractors, mowers and other heavy machinery will:

1. Be operated by appointed staff only.
2. Never operated under the influence of alcohol or drugs.
3. Not to be operated by person under the age of 16.
4. Never operated in a careless and reckless manner.
5. Never be operated or ridden in a precarious or dangerous way.



# Field Safety Checklist

All managers, umpires, and coaches are responsible for checking field safety conditions before each game

Field Name \_\_\_\_\_

Repairs needed? \_\_\_\_\_

**Field Condition** (Yes/No)

Backstop repair \_\_\_\_\_

Home Plate repair \_\_\_\_\_

Bases (secure) \_\_\_\_\_

Bases (condition) \_\_\_\_\_

Pitchers mound \_\_\_\_\_

Batters box level \_\_\_\_\_

Batters box marked \_\_\_\_\_

Grass surface even \_\_\_\_\_

Infield fence repair \_\_\_\_\_

Outfield fence repair \_\_\_\_\_

Foul lines marked \_\_\_\_\_

Coaches' boxes marked \_\_\_\_\_

Dirt needed \_\_\_\_\_

Field free of debris \_\_\_\_\_

**Dugouts** (Yes/No) **Spectator Areas** (Yes/No)

Repairs needed? \_\_\_\_\_ Repairs needed? \_\_\_\_\_

Fencing needs repair \_\_\_\_\_ Trash cans \_\_\_\_\_

Benches \_\_\_\_\_ Protective screens \_\_\_\_\_

Clean up needed \_\_\_\_\_ Free of debris \_\_\_\_\_

# Equipment Safety Checklist

All managers, umpires, and coaches are responsible for checking equipment safety conditions before each game.

**Safety Equipment** (Yes/No)

Repairs needed? \_\_\_\_\_

First aid kits each team \_\_\_\_\_

Medical release forms \_\_\_\_\_

Accident report forms \_\_\_\_\_

Safety manual \_\_\_\_\_

Cell phone \_\_\_\_\_

**Catcher's Equipment** (Yes/No)

Repairs needed? \_\_\_\_\_

Shin guards ok \_\_\_\_\_

Helmets ok \_\_\_\_\_

Face masks ok \_\_\_\_\_

Throat protector ok \_\_\_\_\_

Chest protector \_\_\_\_\_

Catchers mitts \_\_\_\_\_

**Players Equipment** (Yes/No)

Repairs needed? \_\_\_\_\_

Batting helmets ok \_\_\_\_\_

Bats inspected \_\_\_\_\_

Shoes checked \_\_\_\_\_

Uniforms checked \_\_\_\_\_

All jewelry removed \_\_\_\_\_

## Play Ball – Guidelines

### Before the Game

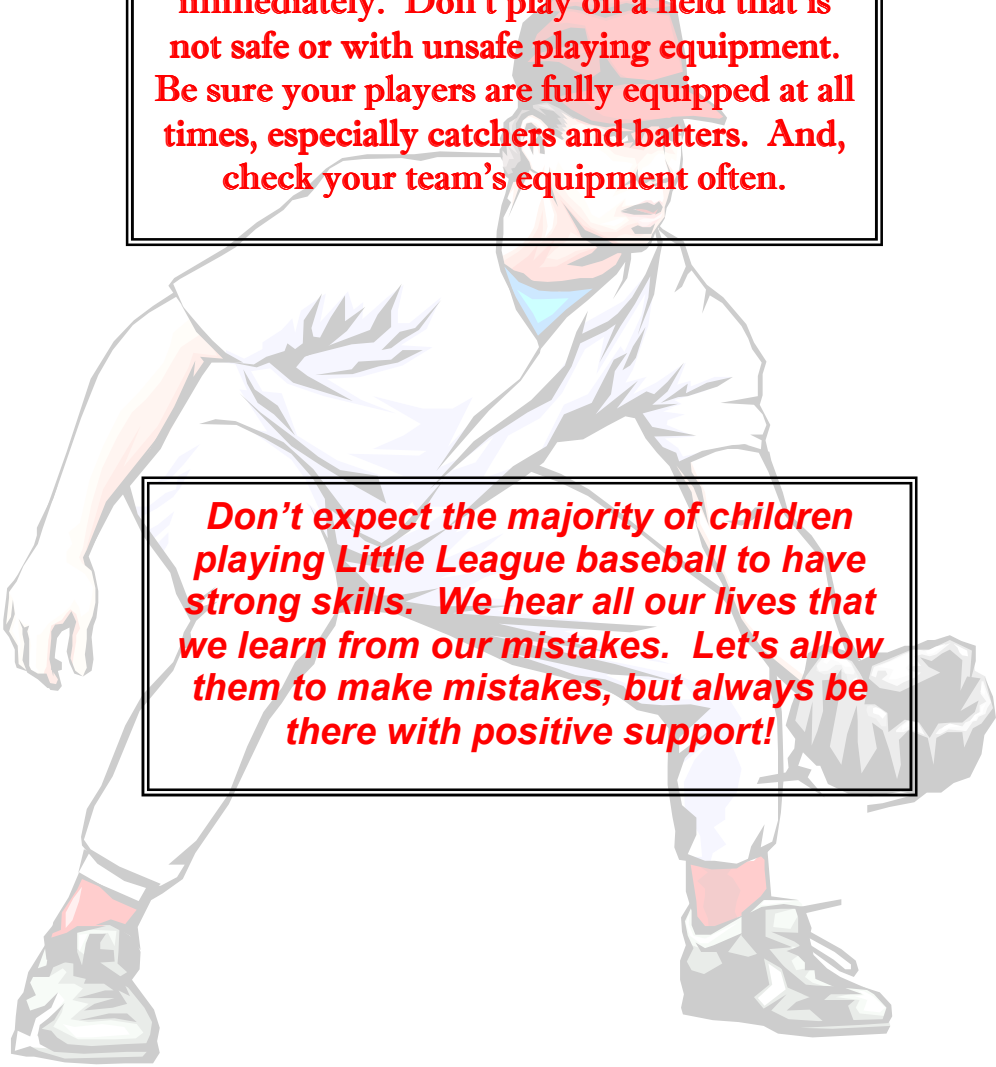
*Umpires and Coaches meeting at the plate*

1. Every one thinks **SAFETY FIRST!**
2. Introductions
3. Lineup cards exchanged
4. Local ground rules discussed
5. Discuss unsportsmanlike conduct
6. Discuss innings pitched rule
7. Discuss calling game situations
8. Check of field for safety
9. Discuss legal pitching motions/warnings
10. Get two game balls from home team
11. Make sure no jewelry rule observed
12. Make sure proper uniforms are worn
13. Umpires check for damaged equipment
14. Make sure games start on time
15. Check that catcher is wearing cup (boys)

### During the Game

*Umpires and Coaches*

1. Everyone thinks **SAFETY FIRST!**
2. Make sure catchers are wearing proper equipment
3. Continue to monitor field for safety and playability
4. Pitchers warming up should have a spotter who must wear a catcher's mask/throat guard
5. Keep game moving-7 warm-up pitches between innings
6. Make audible calls, with clear signals.
7. Umpires must be in position to make the call
8. No arguing of *any* call made by the umpires, especially judgment calls.
9. Managers are responsible for keeping fans on their best behavior



**Remember, safety is everyone's job. Prevention is the key to reducing accidents. Report all hazardous conditions to the Safety Officer or another Board member immediately. Don't play on a field that is not safe or with unsafe playing equipment. Be sure your players are fully equipped at all times, especially catchers and batters. And, check your team's equipment often.**

***Don't expect the majority of children playing Little League baseball to have strong skills. We hear all our lives that we learn from our mistakes. Let's allow them to make mistakes, but always be there with positive support!***

**Play Hard – Play Positive – Play Safe**



## **2010 Local Rules**

## Kernersville Little League **2010** Local Rules and Policies

### General Local Rules

1. The home team manager has the responsibility to submit the game record to the boardroom within 24 hours. Managers that fail to submit a Game Record are Not Eligible to participate in their next game.
2. Protest must be submitted in writing in accordance with 4.19(e) and accompanied by a \$25.00 filing fee. The filing fee will be refunded if the decision of the Protest Committee results in favor of the Manager. Any other decision results in forfeiture of filing fee.
3. In the Minor and Machine Pitch division, a courtesy runner **must** be used to run for the catcher of record provided there are two outs in the inning. The courtesy runner shall be the player who made the second out. The Pitcher of record may not be used as a courtesy runner. If the Pitcher of record made the second out the player who made the first out shall be the runner.
4. **Teams are limited to three practice session per week during the pre-season. Teams are limited to two practice session per week after the games begin.** No Practice may last more than two hours. Weeks are defined as Sunday through Saturday.
5. Any practice scheduled by the Manager at a facility where charges to the player or parents are involved will be considered optional with no penalties. Managers are NOT permitted to charge parents a fee when using off site facilities.
6. A PRACTICE is a gathering of more than (4) players from the same team. A PRACTICE GAME is counted as a regular practice. The use of batting cages and rotating players in small numbers at different time intervals will count as a team practice.
7. **A continuous batting order shall be utilized by all divisions (pending inter-league rules). No special pinch runner is allowed with continuous batting orders.**
8. The home team shall occupy the Third Base dugout.
9. All Managers must provide a \$75.00 deposit to be used as collateral for equipment. Checks will be destroyed at end of season when equipment is returned.
10. Every Manager is required to have a copy of the Local Rules and Little League Rule book at all times while participating in games.
11. Pool play will be utilized at the Jr / Sr level for both baseball and softball. The Player Agent for both divisions will be responsible for maintaining the list of pool players.
12. Rainouts and suspended games will be made up the next available make up day. Sunday and Wednesday are the league make up days. Unless directed otherwise by the umpire in chief. ( Kevin Corlett)
13. Any team that fails to report for concession stand duty with a minimum of 4 (2 adults) workers will result in the suspension of the Manager for the next TWO games.

## Pitching Rules for 2010 Season (Baseball)

Kernersville Little League will be following Regulation VI Option 2 pitching rules. The changes are listed below and take effect January 1 2010. Listed below are the highlights of the option we have chosen. Manager must learn and be knowledgeable of the Green Rule Book in addition to the items listed below.

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 rest must be observed.

If a player pitches 1-20 pitches in a day, no (0) calendar days of rest is required.

### Pitches allowed per game based on age

League age 17-18	105 pitches per day
League age 13-16	95 pitches per day
League age 11-12	85 pitches per day
League age 9-10	75 pitches per day
League age 7-8	50 pitches per day

A pitcher once removed from the mound cannot return as pitcher in the Major and Minor Division

Junior, Senior and Big League Division ONLY: A pitcher remaining in the game, can return as a pitcher anytime in the remainder of the game, but only once per game.

**Note: A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of the day. Therefore if a player remains at 40 pitches or below the player may be moved to the position of catcher.**

**League ages will be determined by the Little League Age Chart published each year for all divisions.**

**Tee-Ball 5 and 6 Year Olds**

1. Defensive players must change position each inning. No Player may play the same position more than one inning in the game. No scores or standings are to be kept.
2. Games are to be 3 innings
3. No catcher position and everyone plays defense.
4. All players must play in the infield at least one inning per game.
5. Runners may not advance on overthrows.
6. When an out is made, the runner must return to the bench. However, batting through the lineup is still in effect even if 3 or more outs are made.
7. **All batters will be given 4 pitches to hit. In the event that a fair ball is not hit, the tee will be used.**
8. Every player bats each inning. Each player will always bat behind the same person each game. The batting order will remain the same the entire season unless a child is absent. If a child comes late they will be placed in their proper batting order.
9. A Rotating lineup will be in effect. Example; 1<sup>st</sup> inning 1-12  
2<sup>nd</sup> inning 2-1  
3<sup>rd</sup> inning 3-2  
Next game; 1<sup>st</sup> inning 4-3 and so on

**Machine Pitch Baseball Age 6, 7, and 8**

1. No Player may play a single position more than two innings in a game.
2. All players must play a minimum of two innings in the infield every game.
3. Batters may receive up to four pitches to hit a fair ball. The batter is out after receiving 4 pitches or 3 strikes. The batter can foul an unlimited number of foul balls. Batter may not bunt.
4. No new inning may start after 1 hour and 45 minutes. Games that are tied after 6 innings or past time limit will remain as ties and not be completed.
5. **No player will sit two consecutive innings.**

6. Play will stop when an infielder has control of the ball in the infield and is not attempting to make a play on a runner. Note: Control means the ball is in his glove or hand and the fielder is within the infield and in fair territory (within the foul lines).
7. A maximum of 10 defensive players are allowed on defense.
8. If the machine operator or machine is accidentally hit by a ball, the ball is alive unless it rolls foul prior to passing 1<sup>st</sup> or 3<sup>rd</sup> base. If the ball rolls foul it will not be counted as pitch and the batter will return to the batter's box.
9. The child pitcher must remain behind the pitching machine until the ball is hit.
10. A runner more than halfway between bases will be permitted to advance to the next base. If the runner is less than halfway, the runner must return to the previous base unless it is occupied. The lead runner's position will determine all runners behind him.
11. Two defensive coaches will be allowed on the field.
12. The coach or manager on the pitching machine is the umpire for the entire field.  
**(No Umpire provided)**
13. Seven year olds MUST play in this division. Eight year olds not drafted into minors must play in this division.
14. Six year olds may try out for this division.
15. Standings and score will be kept. Home team is responsible for turning in game reports.

**Parents who sign up their children for this division understand that their child may not be drafted and will be sent back to Tee ball. Parents must pay the Machine pitch division fee and refunds will not be granted for kids who are not drafted.**

### **Minor Baseball Age 8, 9, and 10**

1. No new innings may start after 1 hour and 45 minutes. Tie games, suspended games, or rainouts will be scheduled on the next available makeup day.
2. All 9 year olds must play in this division. Ten year olds not drafted into the MAJORS must play in this division.
3. Little League Rule Book covers all other areas.
4. **No Player will sit two consecutive innings.**
5. Eight year olds may tryout for this division. Parents who sign their children up for this division understand that a child may not be drafted and will be sent back to Machine pitch. Parents must pay the Minor division fee and refund will not be granted for kids who are not drafted.
6. There will be a 5 run per inning rule in affect.

## Major Baseball Age 10, 11, and 12

1. No inning may start after 1 hour and 45 minutes. Tie games, suspended games, or rainouts will be scheduled the next available makeup day.
2. Player's league age 10 may tryout for this division.
3. **10 year olds who try out for the Major Division will be eligible for the Major division the entire year. There will be no hold down letters. If a 10 year old does not wish to play in the Major Division they must remove their name prior to the Major Division tryouts. Any 10 year old that participates in the Major Division tryout will be ineligible for All Stars for that season if they refuse to be called up to the Major Division at any time during the season.**
4. **No Player will sit two consecutive innings.**
5. Little League Rule Book covers all other areas.
6. Ten year olds who try out for this division are not guaranteed to be drafted and will have to return to minor division if not selected.
7. All 11 and 12 year old players **MUST** be drafted in this division.

### JR / SR Baseball

1. No inning may start after 2 hours and 45 minutes. Tie games, suspended games, or rainouts will be scheduled the next available day.
2. Little League Rule Book covers all other areas.

Note: Interleague Rules may apply for JR & SR baseball when Interleague games are played.

### Draft Procedures

In 2009 Plan A (Method for existing League) will be used in the Major division and higher for both Baseball and Softball. In Minors and lower division Plan A (Method in first year operation) will be used.

In 2010 Plan A (Method in first year operation will be used in ALL division of play. Re Draft)

The Little League Operation Manual has detailed explanations of both methods.

### Highlights of Plan A Method of first year operation draft.

1. No coaches of record protection at any level. Only the Manager's child protected based on age chart provided by Little League
2. Coaches of record may NOT be named until after team selections
3. Siblings must be drafted in back to back rounds.
4. No Sponsor protections. If you draft a sponsor's child you MUST take the sponsorship. This could result in a manager changing sponsors even after having the same sponsor for numerous seasons.
5. Prior Season record does not determine draft order. Teams will randomly draw numbers. Example: With 8 teams - Draft order would be 1-8, 8-1, 1-8 until rosters are full.
6. Trades are not allowed until after the draft is completed.
7. Siblings will be drafted in back to back rounds.
8. Managers children at the minor division and below will be selected in the 5<sup>th</sup> round (and 6<sup>th</sup> if there are siblings). Major division manager's children will be drafted depending on age.

12 year olds-3<sup>rd</sup> round  
11 year olds-4<sup>th</sup> round  
10 year olds-5<sup>th</sup> round  
Siblings will still be drafted back to back.

