

2022 SAFETY PLAN INFORMATION

**Rincon Valley Little League's
commitment to safety;**

**Our league will annually publish a current
Safety Plan. This plan is distributed to
every manager, coach and parent
volunteer before any practices or games
take place.**

Our Safety Officer is: Brandon Palmer

can be reached at 707-695-8907

or through email at: Safety@rvll.net



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OUR MISSION STATEMENT

Little League is a Non-profit Organization run by Volunteers of our community who are committed to the children and their families in our community to implant firmly the ideals of good sportsmanship, honesty, loyalty, courage and respect for one another and authority, so that they may be well adjusted, stronger and happier children and will grow to become good, decent, healthy, and trustworthy citizens. We will provide an opportunity for our community's children to learn the game of Baseball in a *safe and friendly environment*.



SAFETY PROGRAM MISSION

The mission of our league's safety program is to maintain a high degree of safety awareness to ensure our league is safe for the players. In addition, this document communicates what is expected from all Coaches, Players, Volunteers and Parents. It is the policy of our league to provide an environment in which the risk of injury is reduced to the lowest possible level by the application of our published safety code. Behavior in violation of the safety code will be treated as misconduct and may result in the application of appropriate corrective action up to and including dismissal.

Little League Policy and CA District 35

One of the reasons for Little Leagues' wide acceptance and phenomenal growth is that it fills an important need in our free society. As our program expands, it takes, more and more, a major part in the development of young people. It instills confidence and an understanding of fair play and the rights of other people.

Many of our younger children may develop slower than others and are given an opportunity not only to develop their playing skill but to learn what competition and sportsmanship are all about. All who take part in our program are encouraged to develop a high moral code along with their improvement in physical skills and coordination. These high aims are more for the benefit of the great majority of children rather than the few who would otherwise come to the top in any competitive athletic endeavor.



You can never eliminate all of the possible injuries, however having a plan and using preventive safety precautions increase the odds for injury-free involvement in baseball.

Four “E’s” of Safety

EDUCATION refers to the important matter of including suitable safety precautions in instructions, training, communications, drill work and follow-up.

EQUIPMENT applies to the safe upkeep and use of physical property, fields, personal protective equipment, bleachers, bats, balls, etc.

ENTHUSIASM is the key to selling this important ingredient called safety, which can prevent painful and disabling accidents.

ENFORCEMENT should be applied more as an incentive for skillful ball playing rather than as disciplinary action. Far better results can be obtained by praise and recognition than by forcing players into line. Tactful guidance must be backed by firmness and justly used discipline.

DEFINING AND UNDERSTANDING TERMS IN THIS DOCUMENT

ACCIDENT is a sudden, undesirable and unplanned occurrence often resulting in bodily injury, disability and/or property damage.

ACCIDENT CAUSE is an unsafe condition, situation or act that may result directly in or contribute to the occurrence of an accident.

CORRECTIVE ACTION is the positive steps or measures taken to eliminate, or at least minimize, an accident cause.

HAZARD refers to a condition or a situation that could cause an accident.

INJURY is the physical harm or damage often resulting from an accident.

INSURANCE CLAIM refers to the right of a parent, as in the case of accident insurance to have eligible medical expenses resulting from an accidental injury connected with a game or scheduled practice paid by the appropriate insurance company

TYPE OF ACCIDENT is a phrase used to describe an unintentional, sudden incident that can be identified so effective countermeasures may be taken. Examples are: struck by, tripped, fell, collided with, caught between, etc.

AN UNSAFE ACT refers to unintentional human failure or lack of skill that can lead to an accident. It is one of the two general accident causes, the other being an unsafe condition.

AN UNSAFE CONDITION is an abnormal or faulty situation or condition which may cause an accident. Its presence, particularly when an unsafe act is committed, may result in an accident.



It is recognized that the area personnel and facilities available for the operation of a Little League will dictate the structure of an effective safety program. These safety guidelines are presented as a goal toward which the Adults who administer a league can work. The effectiveness of their efforts to prevent accidents will be measured more by their sincerity of purpose than by the amount of money and preponderance of volunteer effort at their disposal.

FIRST AID

First aid is an important part of any safety program. Like insurance coverage, it is a form of protection that must be available in case of an emergency involving any injury.

Definition

First aid is the immediate, necessary, temporary, emergency care given for injuries. First-Aid means exactly what the term implies -- it is the first care given to a victim. It is usually performed by the first person on the scene and continued until professional medical help arrives.

At no time should anyone administering First-Aid go beyond his or her capabilities

Selection and Qualifications of First Aiders

At least one coach per team will receive first aid training prior to the start of the season. It is impractical to have a completely trained and experienced first aid person on duty at all times. However, our league will make every effort to have several alternate first aid trained persons available. These persons will be trained in the basic requirements of first aid treatment, and their duties will keep them at the league's fields.

Ideally, this training should be from an accredited agency such as the American Red Cross. The alternative is to have first aid trained individuals briefly and specifically for this purpose by a medical doctor or a registered nurse who is familiar with Little League operations. Minimum first aid training should include the handling of extreme emergencies such as the usage of mouth-to-mouth resuscitation and external cardiac massage.

Know your limits!

The average response time on **9-1-1** calls is 5-7 minutes. En-route Paramedics are in constant communication with the local hospital at all



times preparing them for whatever emergency action might need to be taken. You cannot do this. Therefore, do not attempt to transport a victim to a hospital. Perform whatever First Aid you can and wait for the paramedics to arrive.

First Aid-Kits

First Aid Kits will be furnished to each team at the beginning of the season.

The League's Safety Officer's name and phone number are taped on the inside lid of all First-Aid Kits. Keep the necessary change inside the First-Aid Kit for emergency telephone calls. The First Aid Kit will become part of the Team's equipment package and shall be taken to all practices, batting cage practices, games (whether season or post-season) and any other Little League event where children's safety is at risk.

Inventory your kit weekly. To **replenish materials** in the Team First Aid Kit, the Manager, designated coaches or the appointed Team Safety Officer must contact the League's Safety Officer.

First Aid Kits and this Safety Manual must be turned in at the end of the season along with your equipment package.

The First Aid Kit following items:

5 Instant Ice Packs	2 Plastic Bags for Ice
6 Antiseptic Wipes	2 Large Bandages 2"x4"
2 Large Non-stick Bandages	20 Band-Aids 1"x3"
2 Sterile Gauze Pads	1 Cloth Athletic Tape
2 Eye Pads	1 Scissors
1 Roll of Gauze	1 Tweezers
1 Pair of Latex Gloves	

Good Samaritan Laws

There are laws to protect you when you help someone in an emergency situation. The **"Good Samaritan Laws" give legal protection** to people who provide emergency care to ill or injured persons. When citizens respond to an emergency and act as a *reasonable* and *prudent* person would under the same conditions, Good Samaritan immunity generally prevails. This legal immunity protects you, as a rescuer, from being sued and found financially responsible for the victim's injury. For example, a reasonable and prudent person would –

- Move a victim only if the victim's life was endangered.
- Ask a conscious victim for permission before giving care.
- Check the victim for life-threatening emergencies before providing further care.
- Summon professional help to the scene by calling **9-1-1**.



- Continue to provide care until more highly trained personnel arrive.

Good Samaritan laws were developed to encourage people to help others in emergency situations. They require that the “Good Samaritan” use common sense and a reasonable level of skill, not to exceed the scope of the individual’s training in emergency situations. They assume each person would do his or her best to save a life or prevent further injury. People are rarely sued for helping in an emergency. However, the existence of Good Samaritan laws does not mean that someone cannot sue. In rare cases, courts have ruled that these laws do not apply in cases when an individual rescuer’s response was grossly or willfully negligent or reckless or when the rescuer abandoned the victim after initiating care.

Every manager needs a gallon size Ziploc bag. With 2 sets of gloves and paper towels. Only to be used if there is blood or open wounds. Once the first aid has been given please put gloves and paper towels in the Ziploc bag and dispose. This will protect everyone.

Permission to Give Care

If the victim is conscious, you must have his/her permission before giving first-aid. To get permission you *must* tell the victim who you are, how much training you have, and how you plan to help. Only then can a conscious victim give you permission to give care. Do not give care to a conscious victim who refuses your offer to give care. If the conscious victim is an infant or child, permission to give care should be obtained from a supervising adult when one is available. If the condition is serious, permission is implied if a supervising adult is not present.

Permission is also implied if a victim is unconscious or unable to respond. This means that you can assume that, if the person could respond, he or she would agree to care.

Treatment At Site -

Do . . .

- **Access** the injury. If the victim is conscious, find out what happened, where it hurts, watch for shock.
- **Know** your limitations.
- **Call** 9-1-1 immediately if a person is unconscious or seriously injured.
- **Look** for signs of *injury (blood, black-and-blue, deformity of joint etc.)*



- **Listen** to the injured player describe what happened and what hurts if conscious. Before questioning, you may have to calm and soothe an excited child.
- **Feel** gently and carefully the injured area for signs of swelling or grating of broken bone.
- **Talk** to your team afterwards about the situation if it involves them. Often players are upset and worried when another player is injured. They need to feel safe and understand why the injury occurred.

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 Procedure, (i.e., CPR, etc.)
- **Transport** injured individuals except in extreme emergencies.

Emergency Medical Releases:

Insurance riders are needed if any practices, games or events involving baseball, on or off our complex take place, before or after the regularly scheduled season, and "All Star" postseason. Insurance riders are also necessary if non-Little League teams practice, play games, or hold tournaments at the League's facility.

***SAFETY FIRST!
BE ALERT!
CHECK PLAYING FIELD FOR HAZARDS
PLAYERS MUST WEAR PROPER EQUIPMENT
ENSURE EQUIPMENT IS IN GOOD SHAPE
MAINTAIN CONTROL OF THE SITUATION
MAINTAIN DISCIPLINE
BE ORGANIZED
KNOW PLAYERS' LIMITS
AND DON'T EXCEED THEM
MAKE IT FUN!***

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



9-1-1 EMERGENCY NUMBER

The most important help that you can provide to a victim who is seriously injured is to call for professional medical help. Make the call quickly, preferably from a cell phone near the injured person. If this is not possible, send someone else to make the call from a nearby telephone. Be sure that you or another caller follows these steps.

1. First Dial **9-1-1**.
2. Give the dispatcher the necessary information. Answer any questions that he or she might ask. Most dispatchers will ask:
3. The exact location or address of the emergency. Include the name of the city or town, nearby intersections, landmarks, etc.
4. The telephone number from which the call is being made.
5. The caller's name.
6. What happened - for example, a baseball related injury, bicycle accident, fire, fall, etc.
7. How many people are involved?
8. The condition of the injured person - for example, unconsciousness, chest pains, or severe bleeding.
9. What help (first aid) is being given.
10. Do not hang up until the dispatcher hangs up. The EMS dispatcher may be able to tell you how to best care for the victim.
11. Continue to care for the victim till professional help arrives.
12. Appoint somebody to go to the street and look for the **ambulance** and **fire engine** and flag them down if necessary. This saves valuable time. Remember, every minute counts.

When to call - *If you have any doubt at all, call 9-1-1 and request paramedics.*

If the injured person is unconscious, call **9-1-1** immediately. Sometimes a conscious victim will tell you not to call an ambulance, and you may not be sure what to do. Call **9-1-1** anyway and request paramedics if the victim -

- Is or becomes unconscious.
- Has trouble breathing or is breathing in a strange way.
- Has chest pain or pressure.
- Is bleeding severely.
- Has pressure or pain in the abdomen that does not go away.
- Is there vomiting or passing blood?
- Has seizures, a severe headache, or slurred speech.
- Appears to have been poisoned.
- Has injuries to the head, neck or back.
- Has possible broken bones?



Calls from cell phones to 911 go to an area California Highway Patrol (CHP) dispatch center. The Dispatchers there then transfer callers to the right agency based on where the caller says is and the type of emergency, so be clear that you have a medical emergency.

Also Call 9-1-1 for any of these situations:

- Fire or explosion
- Downed electrical wires
- Swiftly moving or rapidly rising water
- Presence of poisonous gas
- Vehicle Collisions
- Vehicle/Bicycle Collisions
- Victims who cannot be moved easily

When treating an injury, remember:

Protection

Rest

Ice

Compression

Elevation

Support

Each coach will have with them at each practice and game a copy of each player's medical release form which contains emergency phone numbers, doctor and hospital information.

Notification of Family

It is extremely important that, as soon as provision has been made for the care of injured or ill people who require outside treatment, their family be notified as soon as possible.

Follow-Up on First Aid Cases

1. A thorough investigation will be made to find the cause(s) of an accident and action started to prevent reoccurrence.
2. An insurance claim should be filed when outside medical attention is required. Do not wait for medical bills to arrive. They can be submitted as they become available. They must be identified by including the person's name, league name and number, date of injury, and city and state of residence. Bills should be itemized to show dates and type of treatments.
3. Any player under the care of a doctor is required to bring a note from the doctor to the manager releasing the player to play ball before being allowed to return to the lineup.



Law Enforcement Emergency Numbers

911 or 707-576-1371



Fire and EMS Emergency Numbers

911 or 707-576-1365



Local Hospital Numbers

SR Memorial

707-546-3210

Sutter Medical Center

707-576-4000

Kaiser Permanente

800-464-4000



HANDS-ONLY CPR

FOR WITNESSED SUDDEN COLLAPSE



1. CHECK and CALL

1. **CHECK** the scene, then **CHECK** the person.
2. Tap on the shoulder and shout, "Are you okay?" and quickly look for breathing.
3. CALL 9-1-1 if no response.
4. If unresponsive and not breathing, BEGIN CHEST COMPRESSIONS.

TIPS:

- Whenever possible use disposable gloves when giving care.
- Occasional gasps are not breathing.



2. GIVE CHEST COMPRESSIONS

1. Place the heel of one hand on the center of the chest.
2. Place the heel of the other hand on top of the first hand, lacing your fingers together.
3. Keep your arms straight, position your shoulders directly over your hands.
4. Push hard, push fast.
 - Compress the chest at least 2 inches.
 - Compress at least 100 times per minute.
 - Let the chest rise completely before pushing down again.
5. Continue chest compressions.



3. DO NOT STOP

Except in one of these situations:

- You see an obvious sign of life (breathing).
- Another trained responder arrives and takes over.
- EMS personnel arrive and take over.
- You are too exhausted to continue.
- An AED is ready to use.
- The scene becomes unsafe.



AUTOMATED EXTERNAL DEFIBRILLATOR

If an AED is available:

1. Turn on AED.
2. Wipe chest dry.
3. Attach the pads.
4. Plug in connector, if necessary.
5. Make sure no one is touching the individual.
6. Push the "Analyze" button, if necessary.
7. If a shock is advised, push the "Shock" button.
8. Perform compressions and follow AED prompts.

Go to redcross.org or call your chapter to sign up for training in full CPR, First Aid, Babysitter's Training, Pet First Aid and much more.

Developed with the support of the American Red Cross Badger Chapter.

FIRST AID FOR CHOKING



You must act if there are any signs that a person can't speak, breathe or cough.

SIGNS

- Universal choking sign
- Person cannot breathe, cough or speak
- Person makes high pitched sounds when breathing
- Lips and finger nails may become blue

Ask, "Are you choking?" If the person gestures yes, stand behind the person, wrapping your arms around the person's waist.



Make a fist with one hand



hold it with the other hand against the person's abdomen



between the navel and lower end of breast bone

Provide quick, upward and inward abdominal thrusts (Heimlich maneuver) until the food or object is forced out.

If the person becomes unresponsive,

- Call 911 or local EMS
Telephone _____
- Return to the person
- Lay the person flat on his or her back
- Open his or her mouth
- Remove the object if you see it



- If the object is not seen:
- Tilt his or her head back
 - Begin CPR
 - Look for the object each time you open the airway



- Continue rescue breaths and chest compressions until rescue personnel arrive.



COMMUNICABLE DISEASE PROCEDURES

While the risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate. (Any blood on the uniform must be covered, tape is the simplest method)
2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood or other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes. (If there is blood on the dirt, remove and dispose. If it is on the grass, clean it up)
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles containing body fluids.

Every manager needs a gallon size ziploc bag. With 2 sets of gloves and paper towels. Only to be used if there is blood or open wounds. Once the first aid has been given please put gloves and paper towels. In the Ziploc bag and dispose. This will protect everyone.



COVID-19 Guidelines

The health and safety of our players, coaches, volunteers and other League participants is of the highest importance to Rincon Valley Little League. In preparing this response plan relating to COVID-19, we reviewed the Sonoma County Guidance for Youth Sports and Extracurricular Activities (the “Guidance”) recognizing that baseball is an outdoor sport that is not high risk.

County Recommendations. As stated in the Guidance, COVID-19 vaccination is recommended for participants who are old enough to be eligible for vaccination, as well as coaches, staff and volunteers. Per the Guidance, participants and families are reminded that “COVID-19 often spreads off-the-field, especially in situations when groups let their guard down and eat or socialize together with their masks off (post-game parties, locker rooms, carpools).” For transportation and other recommendations, please see the Guidance.

Pre-arrival Health Assessment

- *If you or your child are experiencing any symptoms (other than those associated with seasonal allergies or other known non-Covid reasons.)*

DO NOT COME TO ANY RVLL EVENT!

- *Symptoms may include but are not limited to;*
 - *Fever or chills*
 - *Cough*
 - *Shortness of breath or difficulty breathing*
 - *Fatigue*
 - *Muscle or body aches*
 - *Headache*
 - *New loss of taste or smell*
 - *Sore throat*
 - *Congestion or runny nose*
 - *Nausea or vomiting*
 - *Diarrhea*

Use the following CDC quarantine guidelines if you have tested positive or are experiencing any of the symptoms as described above. Contact the RVLL Safety Officer, Brandon Palmer, safety@rvll.net for further information



Requirements.

1. No player who is ill or experiencing COVID-19 symptoms (other than those related to allergies or other known non-Covid reasons) may attend practices, games or other team events until the player is symptom-free.
2. No player who receives a positive COVID test result may attend practices, games or other team events until one of the following two conditions is satisfied:
 - a. 5 days have passed from the time of the positive test result or when symptoms began, whichever came first, and the player has received a negative Antigen test result; OR
 - b. 10 days have passed from the time of the positive test result or when symptoms began, whichever came first.

If a player tests positive, parents should notify the Rincon Valley Little League Covid Response Team at safety@rvll.net.

The Covid Response Team will notify the Team(s) in the event a Coach/Volunteer/Player tests positive for informational purposes only.

3. Individuals working inside at an RVLL event shall wear masks, including, for example, working at the Snack Shack, regardless of vaccination status.

*This document is subject to change based on current CDC, State of California, and Sonoma County Department of Health guidelines.

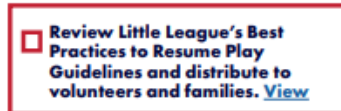
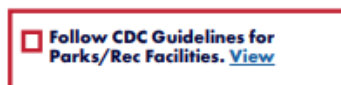


Other COVID-19 Resources

As your local league considers returning to play, keep these resources in mind:



If all checked above, move on to the criteria below.

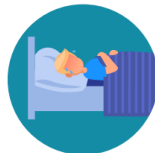


When all boxes are checked –

Play Ball!

More information and resources are available at [LittleLeague.org/Coronavirus](#).

STAY SAFE ON AND OFF THE FIELD



Stay home if you are sick.



Bring your own equipment and gear (if possible)



Cover your coughs and sneezes with a tissue or your elbow.



Wash your hands or use sanitizer before and after events and sharing equipment.



Tell a coach or staff member if you don't feel well.





Rincon Valley Little League



Board of Directors			
Board Position	Email	Name	Phone
President	president@rvll.net	Chad Moll	707-481-9472
Vice President	vp@rvll.net	Al Rubio	707-495-4399
Secretary	secretary@rvll.net	Tim Bertini	707-888-5595
Treasurer	treasurer@rvll.net	Scott McIntosh	707-975-8166
Player Agent	playeragent@rvll.net	Mark Douglas	707-217-7643
(CIC) Commissioner in Charge	cic@rvll.net	Tyler Suacci	707-321-2201
Safety Officer	safety@rvll.net	Brandon Palmer	707-695-8907
Snack Shack Supervisor	snackshack@rvll.net	Chris Miller	650-636-6500
Equipment Manager	equipment@rvll.net	Jason Thom	707-490-6391
Uniform Manager	uniforms@rvll.net	Mat Tamba	707-529-9479
(UIC) Umpire in Charge	umpires@rvll.net	Michael Herfurth	707-481-3846
(UIC) Umpire in Charge Asst.	umpires2@rvll.net	Marshall Bluestone	707-486-6239
Fields and Facilities	fieldsandfacilities@rvll.net	John Caster	707-548-5659
Fields and Facilities Assistant	fieldsandfacilitiesassistant@rvll.net	Will Browning	
Signs / Sponsors	signssponsors@rvll.net	Gabriel Dunton	707-228-6081
Signs / Sponsors Assistant	signssponsorsassistant@rvll.net	Adam Lewis	415-203-0485
Upper Division Commissioner	upperdivisioncommissioner@rvll.net	Mike Resch	707-885-6080
Majors Commissioner	majorscommissioner@rvll.net	Josh Ludtke	707-888-8096
Minors Commissioner	minorscommissioner@rvll.net	Eric Butterfield	415-317-4658
Farms Commissioner	farmscommissioner@rvll.net	Derrek Shurter	707-529-2416
Peanuts Commissioner	peanutscommissioner@rvll.net	Chad Barbieri	415-713-1900
T-Ball Commissioner	tballcommissioner@rvll.net	Scott Blackney	707-490-2709
ASD\Player Development	playerdevelopment@rvll.net	Derek Huntington	707-583-9355
Booster Committee President	boosters@rvll.net	Jon Graves	707-953-1380
League Accountant	anita@agraziano.com	Anita Graziano	707-888-0173



Concussions in Youth Athletes

The California law is found under the California Education Code (Cal. Educ. Code Section 35179.1 (c)(6), known as the 1998 California High School Coaching Education and Training Program) requires that coaches be certified in CPR and first aid and have a basic understanding of the signs and symptoms of concussions and the appropriate response to concussions. The California law can be found at sections 38131(6) and 49475 of the Education Code. (Cal. Educ. Code § 38131(6)). §67453(b) (Cal. Educ. Code) requires adoption and implementation of guidelines to prevent, assess, and treat sports-related concussions.

The California law provides that if a school district, charter school or private school offers an athletic program, any athlete who is suspected of sustaining a concussion must be removed immediately from the activity for the rest of the day. The student is not permitted to return to activity until cleared in writing by a healthcare professional. Parents/guardians of any student wishing to participate in an athletic activity are required to annually sign a concussion information sheet before the student can participate. An athletic program is required to adopt and implement guidelines to prevent, assess and treat sports-related concussions. This law also applies to recreational activities taking place on school owned grounds which are not sponsored or part of school run activities.

The official versions of sections 38131(6), 35179.1, 49475, and 67453 are currently available online at:

http://leginfo.ca.gov/faces/codes_displaySection.xhtml?lawCode=EDC&ionNum=38131.

http://leginfo.ca.gov/faces/codes_displaySection.xhtml?lawCode=EDC&ionNum=35179.1.

http://leginfo.ca.gov/faces/codes_displaySection.xhtml?lawCode=EDC&ionNum=49475.

http://leginfo.ca.gov/faces/codes_displaySection.xhtml?lawCode=EDC&ionNum=67453.

We can help athletes stay active and healthy by knowing the facts about concussion and when it is safe for athletes to return to play.

Concussion training will help to

- Understand a concussion and potential consequences of this injury
- Recognize concussion signs and symptoms and how to respond
- Learn steps for returning to play after a concussion
- Focus on prevention and preparedness to help keep athletes safe

Concussion training and education for Coaches, Parents, Athletes, and Sports Officials can be found at:

<https://www.cdc.gov/headsup/youthsports/training/index.html>



A Fact Sheet for ATHLETES

CONCUSSION FACTS

A concussion is a brain injury that affects how your brain works.

- A concussion is caused by a bump, blow, or jolt to the head or body.
- A concussion can happen even if you haven't been knocked out.
- If you think you have a concussion, you should not return to play on the day of the injury and not until a health care professional says you are OK to return to play.

CONCUSSION SIGNS AND SYMPTOMS

Concussion symptoms differ with each person and with each injury, and they may not be noticeable for hours or days. Common symptoms include:

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or "down"
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

During recovery, exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- **DON'T HIDE IT. REPORT IT.** Ignoring your symptoms and trying to "tough it out" often makes symptoms worse. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. Don't let anyone pressure you into continuing to practice or play with a concussion.
- **GET CHECKED OUT.** Only a health care professional can tell if you have a concussion and when it's OK to return to play. Sports have injury timeouts and player substitutions so that you can get checked out and the team can perform at its best. The sooner you get checked out, the sooner you may be able to safely return to play.
- **TAKE CARE OF YOUR BRAIN.** A concussion can affect your ability to do schoolwork and other activities. Most athletes with a concussion get better and return to sports, but it is important to rest and give your brain time to heal. A repeat concussion that occurs while your brain is still healing can cause long-term problems that may change your life forever.

HOW CAN I HELP PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

It's better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.



Rincon Valley Little League Concussion Prevention, Treatment and Management Policy

The Legislature enacted a law which requires youth sports organizations to adopt a policy concerning the prevention and treatment of injuries to the head which may occur during a youth's participation in competitive sports, including, without limitation, a concussion of the brain.

A concussion is a brain injury that results from a bump, blow or jolt to the head or body which causes the brain to move rapidly in the skull and which disrupts normal brain function. The Centers for Disease Control and Prevention of the United States Department of Health and Human Services estimates that as many as 3.8 million concussions occur each year in the United States which are related to participation in sports and other recreational activities. Athletes who continue to participate in an athletic activity while suffering from a concussion or suffering from the symptoms of an injury to the head are at greater risk for catastrophic injury to the brain or even death. Ensuring that a Little League player who sustains or is suspected of sustaining a concussion or other injury to the head receives appropriate medical care before returning to baseball activity will significantly reduce the child's risk of sustaining greater injury in the future.

THEREFORE, Rincon Valley Little League hereby adopts the following policy for purposes of prevention, treatment, and management of injuries to the head that may occur during a player's participation in the Little League program, including, without limitation, a concussion of the brain:

1. Prior to a team's first practice each season, every manager, coach, and adult assistant shall:

a) Familiarize themselves with the CDC publication "Heads Up – Concussion in Youth Sports – A Fact Sheet for Coaches". This publication will be provided to all such individuals by the League Safety Officer or other Board members; and,

b) Complete the CDC on-line training course at:

<https://www.train.org/cdctrain/course/1089818/>

A copy of the Certificate of Completion for each of the above individuals shall be submitted to the League Safety Officer.

2. If a Little League player sustains, or is suspected of sustaining, an injury to the head while participating in any Little League game or even the player must:

a. Be immediately removed from the game or event; and

b. May only return to Little League activity if the parent or legal guardian of the player provides a signed statement from a provider of health care indicating that the youth is medically cleared for Little League participation and the date on which the player may return to participation.

3. The Little League player and his or her parent or legal guardian must sign the statement below acknowledging that they have read and understand the terms and conditions of the policy and agree to be bound by the policy.

Rincon Valley Little League Concussion Prevention, Management and Treatment Policy

Player and Parental Acknowledgement

We, the undersigned, acknowledge that we have been provided with a copy of the Rincon Valley Little League Concussion Prevention, Management and Treatment Policy, and that we have read and understand the policy, or it has been read to us and we understand the same. We hereby agree to follow all procedures set forth in said Policy at all times during which our son or daughter participates in Little League activities and events.

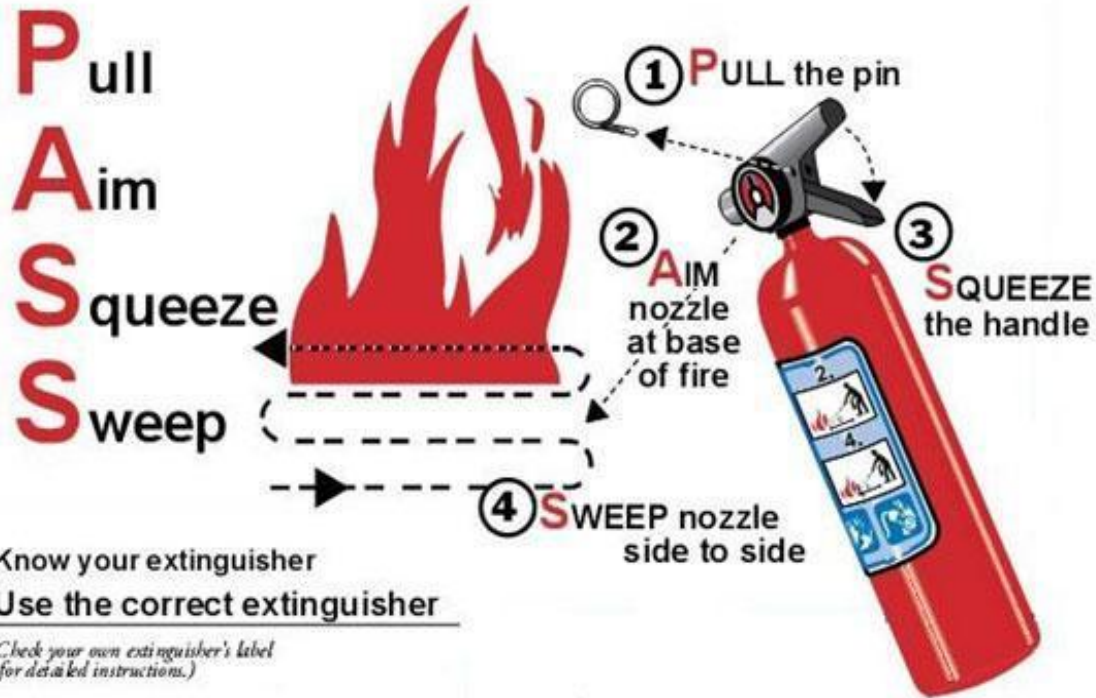
Dated: _____
Player

Dated: _____
Parent/Legal Guardian Parent/Legal Guardian

LEAGUE USE: Division: _____ Team: _____

FIRE SAFETY

To operate an extinguisher:



Date Serviced 2/2022

Location- Snack Bar

Date Serviced 2/2022

Location- 50/70 Score Booth

Date Serviced 2/2022

Location- Peanuts Score Booth

Date Serviced 2/2022

Location- Minors Score Booth

Date Serviced 2/2022

Location- Fields/Facility Closet

Date Serviced 2/2022

Location- Majors Score Booth

Date Serviced 2/2022

Location- Umpire Room

Date Serviced 2/2022

Location- Farms Score Booth



DRUG AWARENESS

A drug is any substance that alters the body's chemistry. Drug abuse and addiction can happen to anyone, at any age. Drug abuse does not respect the age of its victim.

National Statistics indicate that Alcohol is one of the most widely used drug substances in the world. Alcohol use and binge drinking among our nation's youth is a major public health problem.

Additionally, the numbers of youth experimenting and using illicit drugs is increasing. The non-medical use of prescription drugs among youth is on a steady incline.

Coaches and parents should be alert to the warning signs of warning signs for youth *:

1. Drop in academic performance
2. Lack of interest in personal appearance
3. Withdrawal, isolation, depression, fatigue
4. Aggressive, rebellious behavior
5. Hostility and lack of cooperativeness
6. Deteriorating relationships with family
7. Change in friends
8. Loss of interest in hobbies and/or sports
9. Change in eating/sleeping habits
10. Evidence of drugs or drug paraphernalia (e.g., needles, pipes, papers, lighters).
11. Physical changes (e.g., runny nose not from cold, red eyes, coughing, wheezing, bruises, needle marks)

SOURCE D.A.R.E



LEAGUE SAFETY CODE

The Board of Directors of our Little League has mandated the following **Safety Code**. All managers and coaches will read this **Safety Code** and then discuss it with the players on their team.

- Responsibility for safety procedures belongs to every adult member of our Little League.
- Each player, manager, designated coach, umpire, team safety officer shall use proper reasoning and care to prevent injury to him/herself and to others.
- Only league approved managers and/or coaches are allowed to practice teams.
- Only league-approved managers and/or coaches will supervise batting Cages.
- Arrangement should be made in advance of all games and practices for emergency medical services.
- Managers, designated coaches and umpires will have mandatory training in First Aid.
- First-aid kits are issued to each team manager during the pre-season and additional kits will be located at each Snack Bar.
- No games or practices will be held when weather or field conditions are poor, particularly when lighting is inadequate.
- Play area will be inspected before games and practices for holes, damage, stones, glass and other foreign objects.
- Team equipment should be stored within the team dugout or behind screens, and not within the area defined by the umpires as "in play." No bat handle will be hung on the inside or outside of the screens that face the field of play.
- Only players, managers, coaches and umpires are permitted on the playing field or in the dugout during games and practice sessions.



Rincon Valley Little League



- Shoes with metal spikes or cleats are **not** permitted, except at the 50/70 Baseball and above. Shoes with molded cleats are permissible.
- Disengage-able bases are mandatory for ALL league fields.
- Players will not wear watches, rings, pins, jewelry or other metallic items during practices or games. (Exception: Jewelry that alerts medical personnel to a specific condition is permissible and this must be taped in place.)
- No food or drink, at any time, in the dugouts. (Exception: bottled water, Gatorade and water from drinking fountains)
- All catchers must wear a mask, “dangling” type throat protector and catcher’s helmet during practice, pitcher warm-up, and games.
Note: Skullcaps are **not** permitted.
- Catchers must wear a catcher’s mitt (not a first baseman’s mitt or fielder’s glove) of any shape, size or weight consistent with protecting the hand.
- Managers and coaches will never leave an unattended child at a practice or game.
- No children under the age of 14 are permitted in the Snack Bar.
- Never hesitate to report any present or potential safety hazard to the Safety Officer immediately.
- Make arrangements to have a cellular phone available when a game or practice is at a facility that does not have public phones.
- **NO ALCOHOL OR DRUGS ALLOWED AT ANY OF OUR FACILITIES OR FIELDS, ANY TIME.**
- **No medication** will be taken at the facility unless administered directly by the child’s parent. This includes aspirin and Tylenol.
- No playing in the parking lots at any time.
- No playing on and around lawn equipment, machinery at any time.
- **NO SMOKING OR TOBACCO PRODUCTS ALLOWED AT ANY OF OUR FACILITIES OR FIELDS.**



Rincon Valley Little League



- All pre-game warm-ups will be performed within the confines of the playing field and not within areas frequented by spectators.
- No hitting hardballs against the fences. Wiffle balls only may be used for this purpose of soft toss.
- No climbing fences.
- Players will stay inside the dugout during the game and not sit or stand in the door opening. Managers and coaches will stay in the dugout or entirely behind the screen if available. **No one will sit on buckets or squat at the doorway.**
- Pets must be on a leash if allowed.
- Observe all posted signs.
- Players and spectators should be alert at all times for foul balls and errant throws.
- All gates to the fields must remain closed at all times. After players have entered or left the playing field, gates should be closed and secured.
- Bicycle helmets must be worn at all times when riding bicycles on the premises as well as to and from the premises.
- Use crosswalks when crossing roadways. Always be alert for traffic.
- There is no running allowed in the bleachers.
- Adults will not allow the players to carry team equipment bags.
- Youth umpires under age 18 will be required to wear a mask with a throat guard while behind the plate.
- Spotters must wear a helmet.





SAFETY RESPONSIBILITIES

The President:

The President of our league is responsible for ensuring that the policies and regulations of the League's Safety Officer are carried out by the entire membership to the best of his abilities.

Safety Officer:

The main responsibility of the Safety Officer is to develop and implement our League's safety program. The Safety Officer is the link between the Board of Directors of our Little League and its managers, coaches, umpires, team safety officers, players, spectators, and any other third parties on the complex in regards to safety matters, rules and regulations.

The Safety Officer's responsibilities include:

Coordinate with the Team Safety Officers to provide the safest environment possible for all.

- Preparing and updating the League's Safety Plan/ Facility Safety Survey
- Assisting parents and individuals with insurance claims and will act as the liaison between the insurance company and the parents and individuals.
- Explaining insurance benefits to claimants and assisting them with filing the correct paperwork.
- Keeping the First Aid Log. This log will list where accidents and injuries are occurring, to whom, in which divisions (senior, major, minor, tee ball), at what times, under what supervision.
- Correlating and summarizing the data in the First-Aid Log to determine proper accident prevention in the future.
- Ensuring that each team receives its Safety Manual and its First-Aid Kit at the beginning of the season.
- Installing First-Aid Kits in all concession stands and the clubhouse and re-stocking the kits as needed.
- Make Little League's "no tolerance with child abuse" clear to all.
- Inspecting concession stands and checking fire extinguishers.
- Instructing Snack Bar workers on the use of fire extinguishers.
- Checking fields with the Field Managers and listing areas needing attention.
- Scheduling and attending First-Aid Clinics and CPR training classes for managers, designated coaches, umpires, player agents and team safety officers during the pre-season.
- Demonstrate the use and location of the AED



- Creating and maintaining all signs on the fields and facilities including No Parking signs, No Smoking signs, No Pets Allowed, cautionary signs
- Acting immediately in resolving unsafe or hazardous conditions once a situation has been brought to his/her attention.
- Making spot checks at practices and games to make sure all managers have their First-Aid Kits and Safety Manuals.
- Tracking all injuries and near misses in order to identify injury trends.
- Visiting other leagues to allow a fresh perspective on safety.
- Making sure that safety is a monthly Board Meeting topic, and allowing experienced people to share ideas on improving safety.

The League Members:

The League Members will adhere to and carry out the policies as set forth in this safety manual.

The League Information Officer:

The League Information Officer is responsible for maintaining the website and updating the safety information on a weekly basis.

The League Player Agent:

The League Player Agent is responsible for the collection of player registration, manager and coach data. The Player Agent will submit the data to Little League Data Center at www.littleleague.org.

Managers and Coaches:

The Manager is a person appointed by the president to be responsible for the team's actions on the field, and to represent the team in communications with the umpire and the opposing team.

- (a) The Manager will always be responsible for the team's conduct, observance of the official rules and deference to the umpires. Remember coaches are Role Models.
- (b) The Manager is also responsible for the safety of his players. He/She is also ultimately responsible for the actions of designated coaches and the Team Safety Officer (**TSO**).
- (c) If a Manager leaves the field, that Manager will designate a Coach as a substitute and such Substitute Manager shall have the duties, rights and responsibilities of the Manager.



Pre-Season:

Managers will:

- Take possession of the current *Safety Manual* and the supplied *First-Aid Kit*.
- Appoint a *Team Safety Officer (TSO)*.
- The **TSO** must be able to be present at all games and must own or have access to a **cell phone** for emergencies if games or practices take place off the main complex.
- Attend a **mandatory training session on First Aid** given by the League with his/her designated coaches and TSO.
- Have a team meeting to discuss Little League philosophy and *safety issues*.
- Cover the basics of *safe play* with his/her team before starting the first practice.
- **Teach players the fundamentals** of the game while advocating safety.
- Teach players how to *slide* before the season starts. A coach coordinator can be available to teach these fundamentals if the Manager or designated coaches do not know them.
- Notify parents that if a child is injured or ill, he or she cannot return to practice unless they have a note from their doctor. This **medical release** protects you if that child should become further injured or ill. **There are no exceptions to this rule.**
- Encourage players to bring *water bottles* to practices and games.
- Tell parents to bring **sunscreen** for themselves and their child.
- Encourage your players to wear mouth protection.

Season Play:

Managers will:

- Work closely with the Team Safety Officer to make sure *equipment* is in first-rate working order.
- Make sure that *telephone access* is available at all activities including practices. It is suggested that a *cellular phone* always be on hand.
- Not expect more from their players than what the players are capable of.
- Teach the **fundamentals** of the game to players.
 - (a) Catching fly balls
 - (b) Sliding correctly
 - (c) Proper fielding of ground balls
 - (d) Simple pitching motion for balance
- Be open to ideas, suggestions or help.



- Enforcing that **prevention** is the key to reducing accidents to a minimum.
- Have players wear sliding pads if they have cuts or scrapes on their legs.
- Always have a First-Aid Kit and Safety Manual on hand.
- Use common sense.

Pre-Game and Practice:

Managers will:

- Make sure that players are healthy, rested and alert.
- Make sure that players returning from being injured have a medical release form signed by their doctor. Otherwise, they can't play.
- Make sure players are wearing the proper uniform and catchers are wearing a cup.
- Make sure that the equipment is in good working order and is safe.
- Agree with the opposing manager on the fitness of the playing field. In the event that the two managers cannot agree, a duly delegated representative shall make the determination.
- Enforce the rule that no bats and balls are permitted on the field until all players have done their proper stretching.

- | | | |
|-----------------|---------------|---------------|
| 1. Calf muscles | 2. Hamstrings | 3. Quadriceps |
| 4. Groin. | 5. Back | |

6. Shoulders

- | | | |
|-------------------|------------------|---------|
| 7. Elbow/forearm. | 8. Arm shake out | 9. Neck |
|-------------------|------------------|---------|

Then have players do a light jog around the field before starting throwing warm-ups that should follow this order.

- Light tosses a short distance.
- Light tosses medium distance.
- Light tosses a large distance.
- Medium tosses medium distance.
- Regular tosses medium distance.
- Field ground balls.
- Field pop flies

During the Game

Managers will:

- Make sure that players carry all gloves and other equipment off the field and to the dugout when their team is up at bat.
- No equipment shall be left lying on the field, either in fair or foul territory.
- Keep players **alert**.



- Maintain **discipline** at all times.
- Be **organized**.
- Keep players and substitutes sitting on the team's bench or in the dugout unless participating in the game or preparing to enter the game.
- Make sure catchers are wearing the **proper equipment**.
- Encourage everyone to think **Safety First**.
- Observe the "**no on-deck**" rule for batters and keep players behind the screens at all times. No player should handle a bat in the dugouts at any time.
- Keep player's off fences.
- Keep players out of the bullpen unless they are pitcher and catcher in the proper gear getting warmed up to enter the game.
- Get players to **drink** often so they do not dehydrate.
- Do not play any children that are ill or injured.
- Attend to children that become injured in a game.
- Not lose focus by engaging in conversation with parents and passersby.

If a Manager has not appointed a Team Safety Officer then he or she must assume those responsibilities.

Post-Game

Managers will:

- Do cool down exercises with the players.
 1. Stretching as noted above.
 2. Light jog
 3. Those who throw regularly (pitchers and catchers) should ice their shoulders and elbows.
 4. Catchers should ice their knees.
- Not leave the field until every team member has been picked up by a known family member or designated driver.
- **Notify parents if their child has been injured no matter how small or insignificant the injury is. There are no exceptions to this rule.** This protects you, Little League Baseball, Incorporated and our local league.
- Discuss any safety problems with the Team Safety Officer that occurred before, during or after the game.
- If there was an injury, make sure an accident report was filled out and given to the League Safety Officer.
- Return the field to its pre-game condition, per League policy.

If a manager knowingly disregards safety, he/she will come before the League's Board of Directors to explain his or her conduct.



Pre-Season Training Dates

Safety Officer Training

One of the responsibilities of the District 35 Safety Officer is to conduct a Safety Officer Training Seminar. This training seminar is intended to train the League Safety Officers in how to keep their leagues safe and how to prepare the ASAP Safety Plan. All League Safety Officers are required to attend this training.

The D35 Safety Officer Training is scheduled for:
January 12th, 2022

First Aid Training

It is the responsibility of the league Safety Officer to train all Managers and Coaches, as well as any volunteers who are determined by the individual leagues in how to provide first aid to injured individuals.

The League First Aid Training is scheduled for:
January 25th, 2022

Coaching Fundamentals Training

Each league is required to train Managers and Coaches in the fundamentals of baseball. The purpose of this training is to establish proper baseball techniques through Coaching while advocating safety.

The Fundamentals Training is scheduled for:
Date to be determined with Ron Wotus, SF Giants (retired)









Basic Batting Cage Guidelines

1. Adult supervision is required at all times when the batting cage is in use.
2. If a pitching machine is used to deliver the balls, the pitching machine must be operated by an adult.
3. The pitching machine should be turned off when retrieving balls in the cage.
4. When using a pitching machine making sure the ground is level and the pitching machines legs are properly stabilized.
5. Only one batter and one pitcher/pitching machine operator are allowed in the cage at a time.
6. “Practice Swings” immediately outside the cage **should not be permitted**.
7. The pitcher/pitching machine operator must use an “L” fence protector.
8. Lock/secure the batting cage at all times when not being used by the league.
9. Enforce approved helmet use for everyone in the batting cage; hitters and pitchers.
(Recommended for adults operating the pitching machine as well)
10. Place a second fence or barrier around the batting cage at a safe distance to keep people from being struck by balls hit into the netting, causing the netting to flare out.



HAVE YOU:

-  **Walked field for debris/foreign objects**
-  **Inspected helmets, bats, catchers' gear**
-  **Made sure a First Aid kit is available**
-  **Checked conditions of fences, backstops, bases and warning track**
-  **Made sure a working telephone is available**
-  **Held a warm-up drill**



Umpires

Pre-Game

Before a game starts, the umpire shall:

- Check equipment in dugouts of both teams, equipment that does not meet specifications must be removed from the game.
- Make sure catchers are wearing helmets when warming up pitchers.
- Run hands along bats to make sure there are no splinters.
- Make sure that bats have grips.
- Make sure there are foam inserts in helmets and that helmets meet Little League **NOCSAE** specifications and have the Little League's seal of approval.
- Inspect helmets for cracks.
- Walk the field for hazards and obstructions (e.g. rocks and glass).
- Check players to see if they are wearing jewelry.
- Check players to see if they are wearing metal cleats.



During the Game:

During the game the umpire shall:

- Govern the game as mandated by Little League rules and regulations.
- Check baseballs for discoloration and nicks and declare a ball unfit for use if it exhibits these traits.
- Act as the sole judge as to whether and when play shall be suspended or terminated during a game because of unsuitable weather conditions or the unfit condition of the playing field; as to whether and when play shall be resumed after such suspension; and as to whether and when a game shall be terminated after such suspension.
- Act as the sole judge as to whether and when play shall be suspended or terminated during a game because of low visibility due to atmospheric conditions or darkness.
- Enforce the rule that no spectators shall be allowed on the field during the game.
- Make sure catchers are wearing the proper equipment.
- Continue to monitor the field for safety and playability.
- Make the calls loud and clear, signaling each call properly.
- Make sure players and spectators keep their fingers out of the fencing.

Post-Game:

After a game, the umpire shall:



- Report any unsafe situations to the League Safety Officer by telephone and in writing.

League Field Supervisor:

The **Field Supervisor** is responsible to ensure the fields and structures used by the League meet the safety requirements as set forth in this manual. (Adult Game Coordinator 9.03d)

League Equipment Officer:

The **League Equipment Officer** is responsible to get damaged equipment repaired or replaced as reported. This replacement will happen in a timely manner. The Equipment Manager will also exchange equipment if it doesn't fit properly.

Team Safety Officer (TSO):

The **TSO** is a **Role model** to younger children, **Defender** of safety, **Liaison** between the team and the League Safety Officer, **Hero** when taking safety seriously prevents injuries.

Pre-Season

In the pre-season, the TSO must:

- *Acquire this Safety Manual* from the team manager and read it.
- Call the League Safety Officer and *introduce yourself*.
- Attend the *Emergency Medical Clinic* with your team manager.
- Have parents fill out *Emergency Medical Treatment Consent and*
- *Contact forms* and return them to you. (photocopy sample in the appendix)
- *Inspect the equipment* when the Equipment Manager issues it to your team and replace any equipment that looks unsafe.
- Get to *know the players* on your team.
- Talk to parents, confidentially, and inquire if their child suffers from allergies, asthma, heart conditions, past injuries, ADD, ADHD, a communicable disease such as hepatitis, HIV, AIDS, etc. Fill out a *medical history form* on each child (see sample in appendix)
- Find out if a child is taking any kind of *medication*.
- *Report your findings* in a written summary and submit it to the League Safety Officer.
- Safety Officer for his/her records.

During the Season

During the season, the **TSO** will:

- Keep a *Safety Log* of all injuries that occur on his or her team.
- *Report weekly* as part of a Safety Committee to the League Safety Officer even if nothing is wrong.
- *Inspect players' equipment* for cracks and broken straps on a routine basis.
- Have a *five-minute safety meeting* with the team each week.



- *Communicate* any safety infractions to the League Safety Officer or any other Board Member.
- Have parents fill out “*driving permission slips*” if transporting a child to a game or practice is necessary.
- Help managers and designated coaches *give First-Aid* if needed.
- Act as a *conduit* between parents, managers, the League Safety Officer and the kids.
- Fill out *accident reports* if an injury occurs, Report an *injury* to the League Safety Officer within 24 hours of the occurrence.
- Track the *First-Aid Kit inventory* and ask the League Safety Officer for replacements when needed.

Pre-Game

Before the game starts the TSO will:

- Make sure that this *Safety Manual* and the *First-Aid Kit* are present.
- Maintain a copy of the current Safety Manual.
- Greet the players as they arrive and *make sure everyone is feeling alright*.
- Watch the players when they stretch and do *warm up exercises* for signs of stress or injury.
- *Check equipment* for cracks and broken straps.
- *Walk the field and remove* broken glass and other hazardous materials.
- *Be ready to go into action if anyone should get hurt*.

During the Game

During the game the TSO will:

- *Watch players* to see that they are alert at all times.
- In case of injury, *help the team manager* treat the child until professional help arrives.
- Act as the *conduit* between the League Safety Officer, the team manager, the child and his or her parents.

Post-Game

After the game the TSO will:

- *Record* any safety infractions or injuries in his/her *Safety Log*.
- *Report any injuries* to the League Safety Officer within 12 hours of the occurrence.
- Fill out an accident investigation report (*see appendix*) and send a copy to the League Safety Officer if there is an injury requiring medical attention.
- *Assist parents* if a child must go to a hospital or to see a doctor.
- Provide *insurance documentation* to the hospital if necessary (Claim form is in the appendix with all necessary insurance information).



- Follow-up with parents to make sure the child is all right.

If a Manager has not appointed a Team Safety Officer then he or she must assume those responsibilities.

Post-Season Play

All Star Play:

Everybody's responsibilities remain the same throughout the postseason. This includes TOC and All Stars.

CONDITIONING & STRETCHING

Conditioning is an intricate part of *accident prevention*. Extensive studies on the effect of conditioning, commonly known as “warm-up,” have demonstrated that:

- The *stretching* and *contracting* of muscles just before an athletic activity improves general control of movements, coordination and alertness.
- Such drills also help develop the *strength* and *stamina* needed by the average youngster to compete with minimum accident exposure.

The purpose of stretching is to increase *flexibility* within the various muscle groups and prevent tearing from *overexertion*.

Stretching should never be done forcefully, but rather in a gradual manner to encourage looseness and flexibility.

Hints on Stretching

- Stretch necks, backs, arms, thighs, legs and calves.
- Don't ask the child to stretch more than he or she is capable of.
- Hold the stretch for at least 10 seconds.
- Don't allow bouncing while stretching. This tears down the muscle rather than stretching it.
- Have one of the players lead the stretching exercises.

Hints on Calisthenics

- Repetitions of at least 10.
- Have kids synchronize their movements.
- Vary upper body with lower body.
- Keep the pace up for a good cardiovascular workout.



What They Are Saying About Little League's Pitch Count Regulation...

"This is one of the most important injury-prevention steps ever initiated in youth baseball by the leader in youth baseball. It is certain to serve as the youth sports injury prevention cornerstone and the inspiration for other youth organizations to take the initiative to get serious about injury prevention in youth sports." – Dr. James Andrews, medical director and the world's foremost authority on pitching injuries at the American Sports Medicine Institute

"We, as scouts, like fresh arms and cringe when we hear of players throwing 100-plus pitches. You can teach players with fresh arms and mold them. Older players, or players who have thrown a lot, simply don't adapt well to change and have a greater chance of being injured." – Jimmy Lester, scout for the Pittsburgh Pirates

"Following the pitch count rule made our managers teach the fundamentals and start to develop more pitching at a younger age." – Jeff Keller, manager of the 2007 Northwest U.S. Champion Murrayhill (Ore.) Little League team

"It's too early to see kids having elbow and shoulder surgery at 17 and 18 years old. I vote for doing the best we can to take care of them, and that's why I support this program." – Mike Mussina, Major League Baseball pitcher

"By the time (the Marlins) sign a player, I've done extensive medical background work. A lot of guys have already had specific problems with their arms because coaches don't seem to realize that there are only a certain number of throws a player has in him." – Matt Anderson, scout for the Florida Marlins

"Naturally, this rule will make coaches develop more pitching. I've said all along, a pitcher's arm has a certain number of throws in it before it gives out. Little League is for fun no matter how you look at it. It's not about throwing a player's arm away to win a game." – Randy Morris, manager of the 2006 Little League Baseball World Championship team, Columbus (Ga.) Little League

"I think Little League going to a pitch count is awesome. I think since players in pro baseball are on pitch counts, that tells you something. Teams want their pitchers to be healthy and have something left. I can't imagine a Little League coach's argument against that." – Dale Murphy, former Major League player

"Over the course of the regular season and into tournament play is when you will see the benefits of counting a player's pitches. By keeping pitch numbers down in April and May, these players will be better pitchers in June and July." – Jamie Reed, athletic trainer for the Texas Rangers

"Little League has a rich history of pioneering baseball safety innovations. As the world's largest organized youth sports program, Little League is proud to take a leadership position in youth sports safety." – Stephen D. Keener, president and chief executive officer, Little League Baseball



PITCH COUNT

Pitch count does matter.

Every year, at our annual First-Aid clinic, we provide warnings to our future managers and coaches about pitching injuries and how to prevent them.

A child cannot be expected to perform like an adult!

Little League managers and coaches are usually quick to teach their pitchers how to get movement on the ball. Unfortunately, the technique that older players use is not appropriate for children thirteen (13) years and younger. The snapping of the arm used to develop this technique will most probably lead to serious injuries to the child as he/she matures. Arm stress during the acceleration phase of throwing affects both the inside and the outside of the growing elbow. On the inside, the structures are subjected to distraction forces, causing them to pull apart. On the outside, the forces are compressive in nature with different and potentially more serious consequences. The key structures on the inside (or medial) aspect of the elbow include the tendons of the muscles that allow the wrist to flex and the growth plate of the medial epicondyle ("Knobby" bone on the inside of the elbow). The forces generated during throwing can cause this growth plate to pull away (avulse) from the main bone. If the distance between the growth plate and main bone is great enough, surgery is the only option to fix it. This growth plate does not fully adhere to the main bone until age 15! Similarly, on the outside of the elbow the two bony surfaces can be damaged by compressive forces during throwing. This scenario can lead to a condition called Avascular Necrosis or Bone Cell Death as a result of compromise of the local blood flow to that area. This disorder is permanent and often leads to fragments of the bone breaking away (loose bodies), which float in the joint and can cause early arthritis. This loss of elbow motion and function often precludes further participation.

Studies have demonstrated that curveballs cause most problems at the inside of the elbow due to the sudden contractive forces of the wrist musculature. Fastballs, on the other hand, place more force at the outside of the elbow. Sidearm delivery, in one study, led to elbow injuries in 74% of pitchers compared with 27% in pitchers with a vertical delivery style. The American Sports Medicine Institute has completed a study funded by USA Baseball that evaluated pitch counts in skeletally immature athletes as they relate to both elbow and shoulder injuries.



DATA HAS SHOWN THE FOLLOWING:

- A significantly higher risk of **elbow** injury occurred after pitchers reached 50 pitches/outing.
- A significantly higher risk of **shoulder** injury occurred after pitchers reached 75 pitches/outing.
- In one season, a **total of 450 pitches or more** led to cumulative injury to the elbow and the shoulder.
- The mechanics, whether good or bad, **did not** lead to an increased incidence of arm injuries.
- The preliminary data suggest that throwing curveballs increases risk of injury to the shoulder more so than the elbow; however, subset analysis is being undertaken to investigate whether or not the older children were the pitchers throwing the curve.
- The pitchers who limited their pitching repertoire to the fastball and change-up had the lowest rate of injury to their throwing arm.
- A slider increased the risk of **both elbow and shoulder** problems.



Proper HYDRATION

Good *nutrition* is important for children. Sometimes, the most important nutrient children need is *water* – especially when they’re physically active. When children are physically active, their muscles generate *heat* thereby increasing their *body temperature*. As their body temperature rises, their cooling mechanism - sweat – kicks in. When sweat evaporates, the body is cooled.

The California Climate reaches the 100’s during our season. Unfortunately, children get hotter than adults during physical activity and their body’s cooling mechanism is not as efficient as adults. If fluids aren’t replaced, children can become **overheated**.

We usually think about **dehydration** only in the summer months when hot temperatures shorten the time it takes for children to become overheated. But keeping children well hydrated is just as important in the winter months.

Additional clothing worn in the colder weather makes it difficult for sweat to evaporate, so the body does not cool as quickly. It does not matter if it’s January or July, thirst is not an indicator of fluid needs. Therefore, **children must be encouraged to drink fluids even when they don’t feel thirsty**. Managers and coaches should schedule drink breaks every 15 to 30 minutes during practices on hot days, and should encourage players to drink between every inning.

During any activity water is an excellent fluid to keep the body well hydrated. It’s economical too! Offering flavored fluids like sport drinks or fruit juice can help encourage children to drink. Sports drinks should contain between 6 and 8 percent carbohydrates (15 to 18 grams of carbohydrates per cup) or less. If the carbohydrate levels are higher, the sports drink should be diluted with water. Fruit juice should also be diluted (1 cup juice to 1 cup water). Beverages high in carbohydrates like undiluted fruit juice may cause stomach cramps, nausea and diarrhea when the child becomes active.

Caffeinated beverages (tea, coffee, Colas) should be avoided because they are diuretics and can dehydrate the body further. **Avoid carbonated drinks**, which can cause gastrointestinal distress and may decrease fluid volume.

Managers and Coaches should look to their players’ future and make an effort to protect their elbows against the tragedy of Avascular Necrosis.

Dehydration signs: Fatigue, flushed skin, light-headed
What to do: Stop exercising, get out of sun, drink
Severe signs: Muscle spasms, clumsiness, delirium

Before: Drink 8 oz. immediately before exercise
During: Drink at least 4 oz. every 20 minutes
After: Drink 16 oz. for every pound of weight lost



COMMON SENSE

Playing safe boils down to using common sense.

For instance, if you witnessed a strange person walking around any of our facilities who looked like he/she didn't belong there you would report the incident to a Board Member.

There will always be a Board Member on site (*see the telephone number list in the beginning of this manual to identify them or check the display cases outside the clubhouse*).

The Board Member, after hearing your concerns, would investigate the matter and have the person in question removed before anything could happen if, indeed, that person did not belong there.

Another example of common sense

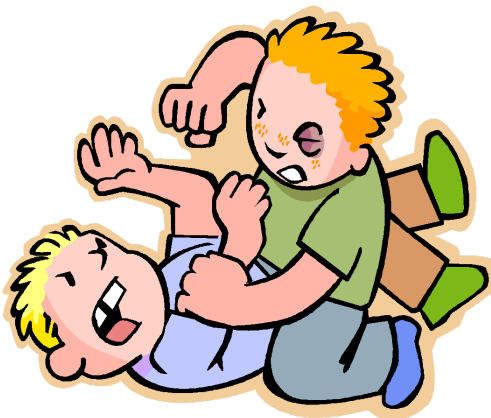
You witness kids throwing rocks or batting rocks on the complex. They are having fun but are unknowingly endangering others. Don't just walk on by figuring that someone else will deal with the situation. Stop and explain to the kids what they are doing wrong and ask them to stop.

Webster's Dictionary definition of common sense

Native good judgment; sound ordinary sense.

In other words, to use **common sense** is to realize the obvious.

Therefore, ***if you witness something that is not safe, do something about it!***
And encourage all volunteers and parents to do the same.





EQUIPMENT

The Equipment Officer is an elected Board Member and is responsible for purchasing and distributing equipment to the individual teams. This equipment is checked and tested when it is issued but it is the Manager's responsibility to maintain it. Managers should inspect equipment before each game and each practice.



The Equipment Officer will promptly replace damaged and ill-fitting equipment. Furthermore, kids like to bring their own gear. This equipment can only be used if it meets the requirements as outlined in this Safety Manual and the Official Little League Rule Book.

At the end of the season, all equipment must be returned to the Equipment Officer. First-Aid kits and Safety Manuals must be turned in with the equipment.

Each team, at all times in the dugout, shall have six (6)(seven for 50/70 and above) protective helmets, which must meet NOCSAE specifications and standards. These helmets will be provided by the League at the beginning of the season. If players decide to use their own helmets, they must meet NOCSAE specifications and standards.

- All helmets must meet the NOCASE safety standard.



- The warning label and seal must be on the helmet.

WARNING: DO NOT USE THIS HELMET IF THE SHELL IS CRACKED OR DEFORMED; OR IF THE INTERIOR PADDING IS DETERIORATED. SEVERE HEAD OR NECK INJURY, INCLUDING PARALYSIS OR DEATH MAY OCCUR TO YOU DESPITE USING THIS HELMET. NO HELMET CAN PREVENT ALL HEAD INJURIES OR ANY NECK INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN BASEBALL OR SOFTBALL.

- Use of a helmet by the batter and all base runners is mandatory.
- Use of a helmet by a player base coach is mandatory.



Rincon Valley Little League



- Use of a helmet by an adult base coach is recommended
- Make sure helmets fit.
- All male players must wear athletic supporters.
- Male catchers must wear the metal, fiber or plastic type cup.
- All catchers must wear chest protectors with neck collar, throat guard, shin guards and catcher's helmet, all of which must meet Little League specifications and standards.
- All catchers must wear a mask, "dangling" type throat protector and catcher's helmet during practice, pitcher warm-up, and games. **NOTE:** Skullcaps are not permitted.
- It is recommended all female catchers wear Jill pad or a female cup.
- If the gripping tape on a bat becomes unraveled, the bat must not be used until it is repaired.
- Bats with dents, or that are fractured in any way, must be discarded.
- All bats must meet Little League specifications and on the Little League approved bat list. (see rule 1.10)
- Make sure that the equipment issued to you is appropriate for the age and size of the kids on your team. If it is not, get replacements from the Equipment Officer.
- Make sure that players respect the equipment that is issued.
- Replace all questionable equipment **immediately** by notifying the Equipment Officer.
- Encourage face guards on batting helmets and use of mouth guards for players, esp. infielders.
- Encourage all adults to sign up for Little League E-News
- Recognize and encourage safety efforts from players; ie: safety suggestion box



WEATHER

Most of our days in the Bay Area are warm and sunny but there are those days when the weather turns bad and creates ***unsafe weather conditions***.

Rain:

If it begins to rain:

1. Evaluate the strength of the rain. Is it a light drizzle or is it pouring?
2. Determine the direction the storm is moving.
3. Evaluate the playing field as it becomes more and more saturated.
4. Stop practice if the playing conditions become unsafe -- use common sense. If playing a game, consult with the other manager and the umpire to formulate a decision.

Lightning:

The average lightning stroke is 5-6 miles long with up to 30 million volts at 100,000 amps flow in less than a tenth of a second. The average thunderstorm is 6-10 miles wide and moves at a rate of 25 miles per hour.

Once the leading edge of a thunderstorm approaches to within 10 miles, you are at immediate risk due to the possibility of lightning strokes coming from the storm's overhanging anvil cloud. ***This fact is the reason that many lightning deaths and injuries occur with clear skies overhead.***

On average, the thunder from a lightning stroke can only be heard over a distance of 3-4 miles, depending on terrain, humidity and background noise around you. By the time you can hear the thunder, the storm has already approached to within 3-4 miles!

The sudden cold wind that many people use to gauge the approach of a thunderstorm is the result of downdrafts and usually extends less than 3 miles from the storm's leading edge. By the time you feel the wind, the storm can be less than 3 miles away!

If you can HEAR, SEE OR FEEL a THUNDERSTORM:

1. ***Suspend all games and practices immediately.***
2. Stay away from metal including fencing and bleachers.
3. Do not hold metal bats.
4. Get players to walk, not run to their parent's or designated driver's cars and wait for your decision on whether or not to continue the game or practice.



Hot Weather:

Precautions must be taken in order to make sure the players on your team do not ***dehydrate*** or ***hyperventilate***.

1. Suggest players take drinks of water when coming on and going off the field between innings. (*Drinking fountains are located in all dugouts*)
2. If a player looks distressed while standing in the hot sun, substitute that player and get him/her into the shade of the dugout A.S.A.P.
3. **If a player should collapse as a result of heat exhaustion, call 9-1-1 immediately.**

Get the player to drink water and use the instant ice bags supplied in your First-Aid Kit to cool him/her down until the emergency medical team arrives. (*See section on Hydration*)

Ultra-Violet Ray Exposure:

This kind of exposure increases an athlete's risk of developing a specific type of skin cancer known as ***melanoma***.

The American Academy of Dermatology estimates that children receive 80% of their lifetime sun exposure by the time that they are 18 years old.

Therefore, the League recommends the use of sunscreen with a SPF (sun protection factor) of at least 15 as a means of protection from damaging ultraviolet light.



EVACUATION PLAN

Severe storms, lightning, earthquakes and fire are all possible in Northern California. For this reason, the League must have an ***evacuation plan***.

- At that time all players will return to the dugout and wait for their parents to come and get them.
- If a player's parent is not attending the game, the Manager will take responsibility for evacuating that child.
- Once parents have obtained their children, they will proceed to their cars in a calm and orderly manner.
- Once outside the parking lots, drivers will observe the posted speed limits.

Earthquake Safety Tips

There are 7 major fault lines for Northern California. As we know, you do not have to be directly on a fault line to be impacted by seismic activity. We are all used to the tremors, shakes and after-shocks at home, work and school. Recapping A little knowledge and a few precautionary measures can enormously increase chances of surviving an earthquake - or any other type of hazard. Education and preparedness are key.

Before any Earthquake Activity:

Learn how to survive during the ground motion. Most earthquakes are over in seconds so knowing what to do instinctively is very important.

During a practice talk to your players about earthquake safety: 1) the actions that should be taken by the team when an earthquake occurs, 2) the safe places on a field to go 3) how to gather after the earthquake.



During the Earthquake:

If you are indoors, stay there and move to a safe location in the room such as under a strong desk, a strong table, or along an interior wall. Protect yourself from falling objects and be located near the structural strong points of the room. These should be marked inside all league properties. Avoid taking cover near windows, large mirrors, hanging objects, heavy furniture, heavy appliances or fireplaces. If you are in the snack shack, actively cooking, turn off the stove, fryers and take cover.

If you are on the playing field, immediately move to an open area where falling objects are unlikely to strike you. Move away from places to avoid such as inside the dugouts, buildings, near fences and backstops, power lines, and move away from trees.

If you are driving, slow down and stop on the side of the road. Stay in your car and avoid stopping on or under bridges and overpasses, or under power lines, trees or large signs.

After the Earthquake:

Check for injuries; attend to injuries if needed, help ensure the safety of people around you.

Check for damage. If you smell or hear a gas leak, get everyone outside and open windows and doors. Report any leak to the fire department. If the building is badly damaged or you smell gas, leave it. If you can do it safely, turn off the gas at the meter.

***REMEMBER, IF A MANAGER HAS NOT
APPOINTED A TEAM SAFETY OFFICER
THEN HE OR SHE MUST ASSUME THOSE
RESPONSIBILITIES.***



MACHINERY

Tractors, mowers and any other heavy machinery will:

- ❑ Be operated by appointed staff only.
- ❑ Never be operated under the influence of alcohol or drugs (including medication)
- ❑ Not be operated by any person under the age of 16.
- ❑ Never be operated in a reckless or careless manner.
- ❑ Be stored appropriately when not in use with the brakes in the on position, the blades retracted, the ignition locked and the keys removed.
- ❑ Never be operated or ridden in a precarious or dangerous way (i.e. riding on the fenders of a tractor).
- ❑ Never left outside the tool sheds or appointed garages if not in use.
- ❑ Should have a fire extinguisher in or close to the storage building



GENERAL FACILITY

- ❑ All bleachers will be grounded, if metal, and have safety rails.
- ❑ All dugouts will have bat racks.
- ❑ The backstops will always be padded and painted green for the safety of the catcher.
- ❑ The dugouts will be clean and free of debris at all times.
- ❑ Dugouts and bleachers will be free of protruding nails and wood splinters.
- ❑ Hazardous Areas are marked
- ❑ Home plate, batter's box, bases and the area around the pitcher's mound will be checked periodically for tripping and stumbling hazards.
- ❑ Materials used to mark the field will consist of a non-irritating white pigment (no lime).
- ❑ Chain-link fences will be checked regularly for holes, sharp edges, and loose edges and will be repaired or replaced accordingly.
- ❑ After all games, Managers will volunteer parents to pick up trash and other materials that could lead to accidents at the field and surrounding areas
- ❑ Warning tracks will be of a separate material that the outfield is composed of to provide safety to outfielders.
- ❑ Use of fencing or overhead screen materials will be placed as much as practicable, to protect spectators from foul balls
- ❑ Speed reduction devices will be placed in areas to control the flow and speed of vehicles entering the park.



SNACK BAR SAFETY

- ALL CONCESSION STANDS NEED A HEALTH PERMIT
- No person under the age of fourteen will be allowed behind the counter in the concession stands
- Cooking equipment will be inspected periodically and repaired or replaced
- Propane tanks will be turned off at the grill and at the tank after use
- Food not purchased by the League to sell in its concession stands will not be cooked, prepared, or sold in the concession stands
- Cooking grease if used will be stored safely in containers away from open flames
- Cleaning chemicals must be stored in a locked container
- A Certified Fire Extinguisher suitable for grease fires must be placed in plain sight at all times
- All Snack Bar workers are to be instructed on the use of fire extinguishers
- A fully stocked First Aid Kit will be placed in each Snack Bar

Concession Stand Tips

Requirement 9

12 Steps to Safe and Sanitary

Food Service Events: The

following information is

intended to help you run a

healthful concession stand.

Following these simple

guidelines will help minimize

the risk of foodborne illness.

This information was provided

by District Administrator

George Glick, and is excerpted

from "Food Safety Hints" by

the Fort Wayne-Allen County,

Ind., Department of Health.

1. Menu.

Keep your menu simple, and keep

potentially hazardous foods (meats, eggs,

dairy products, protein salads, cut fruits

and vegetables, etc.) to a minimum.

Avoid using precooked foods or

refrigerators. Use only foods from approved

sources, avoiding foods that have been

prepared at home. Complete control over

your food, from source to service, is the

key to safe, sanitary food service.

2. Cooking.

Use a food thermometer to check on

cooking and holding temperatures of

potentially hazardous foods. All

potentially hazardous foods should be

kept at 41° F or below (if cold) or

140° F or above (if hot). Ground beef

and ground pork products should be

cooked to an internal temperature of

155° F; poultry parts should be cooked

to 165° F. Most foodborne illnesses

from temporary events can be traced

back to lapses in temperature control.

3. Reheating.

Rapidly reheat potentially hazardous

foods to 165° F. Do not attempt to heat

foods in crock pots, steam tables, over

sterno units or other holding devices.

Slow-cooking mechanisms may

activate bacteria and never reach

killing temperatures.

4. Cooling and Cold Storage.

Foods that require refrigeration must

be cooled to 41° F as quickly as possible

and held at that temperature until ready

to serve. To cool foods down quickly,

use an ice water bath (50% ice to 40%

water), stirring the product frequently,

or place the food in shallow pans no

more than 4 inches in depth and

refrigerate. Pans should not be stored

one atop the other and lids should be

off or ajar until the food is completely

cooled. Check temperature periodically

to see if the food is cooling properly.

Allowing hazardous foods to remain

unrefrigerated for too long has been the

number ONE cause of foodborne illness.

5. Hand Washing.

Frequent and thorough hand washing

remains the first line of defense in

preventing foodborne disease. The

use of disposable gloves can provide an

additional barrier to contamination, but

they are no substitute for hand washing!

6. Health and Hygiene.

Only healthy workers should prepare

and serve food. Anyone who shows

symptoms of disease (colds, nausea,

fever, vomiting, diarrhea, jaundice, etc.)

or who has open sores or infected cuts

on the hands should not be allowed

in the food concession area. Workers

should wear clean outer garments and

should not smoke in the concession

area. The use of hair restraints is

recommended to prevent hair ending

up in food products.

7. Food Handling.

Avoid hand contact with raw, ready-

-to-eat foods and food contact surfaces.

Use an acceptable dispensing utensil

to serve food. Touching food with bare

hands can transfer germs to food.

8. Dishwashing.

Use disposable utensils for food service.

Keep your hands away from food contact

surfaces, and never reuse disposable

dishware. Wash in a four-step process:

1. Washing in hot soapy water.

2. Rinsing in clean water.

3. Chemical or heat sanitizing, and

4. Air drying.

9. Ice.

Ice used to cool cans/bottles should

not be used in cup beverages and should

be stored separately. Use a scoop to

dispense ice; never use the hands. Ice

can become contaminated with bacteria

and viruses and cause foodborne illness.

10. Wiping Cloths.

Rinse and store your wiping cloths in

a bucket of sanitizer (example: 1 gallon

of water and 1/2 teaspoon of chlorine

bleach). Change the solution every

two hours. Well sanitized work surfaces

prevent cross-contamination and

discourage flies.

11. Insect Control and White.

Keep foods covered to protect them

from insects. Store pesticides away

from foods. Place garbage and paper

wastes in a refuse container with a tight-

firing lid. Dispose of wastewater in an

approved method (do not dump it

outside). All water used should be

potable water from an approved source.

12. Food Storage and Cleanliness.

Keep foods stored off the floor at least

six inches. After your event is finished,

clean the concession area and discard

unsalable food.

13. Set a Minimum Worker Age.

Leagues should set a minimum age for

workers or to be in the stand, in many

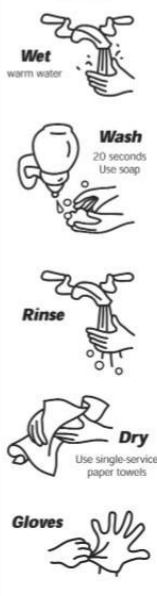
states this is 16 or 18, due to potential

hazards with various equipment.

Safety plans must be postmarked
no later than May 31st.

Volunteers Must Wash Hands

HOW



WHEN

Wash your hands before you
prepare food or as often as needed.

Wash after you:

- ▶ use the toilet
- ▶ touch uncooked meat, poultry, fish or eggs or other potentially hazardous foods
- ▶ interrupt working with food (such as answering the phone, opening a door or drawer)
- ▶ eat, smoke or chew gum
- ▶ touch soiled plates, utensils or equipment
- ▶ take out trash
- ▶ touch your nose, mouth, or any part of your body
- ▶ sneeze or cough

Do not touch ready-to-eat
foods with your bare hands.

Use gloves, tongs, deli tissue or other serving utensils.
Remove all jewelry, nail polish or false nails unless you wear gloves.

Wear gloves.

when you have a cut or sore on your hand
when you can't remove your jewelry

If you wear gloves:

- ▶ wash your hands before you put on new gloves

Change them:

- ▶ as often as you wash your hands
- ▶ when they are torn or soiled

Developed by UMass Extension Nutrition Education Program with
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Department of Agriculture Cooperative. UMass Extension
provides equal opportunity in programs and employment.





ACCIDENT REPORTING PROCEDURE

What to report -

An incident that causes any player, manager, coach, umpires, or volunteer to receive medical treatment and/or first aid must be reported to the League's Safety Officer. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury.

When to report -

All such incidents described above must be reported to the League's Safety Officer within 24 hours of the incident.

The League's Safety Officer, Brandon Palmer, can be reached at the following:

Phone: 707-695-8907

Email: Safety@rvll.net

The League's Safety Officer's contact information will be posted at all times on the main message board outside the clubhouse.

How to make a 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.

Team Safety Officer's Responsibility -

The TSO will fill out the **Incident/Injury Tracking** and submit it to the League's Safety Officer ***within 24 hours of the incident***. If the team does not have a safety officer then the Team Manager will be responsible for filling out the form and turning it into the League's Safety Officer. Accidents occurring outside the team (i.e., spectator injuries, and third-party injuries) shall be handled directly by the League's Safety Officer.



League Safety Officer's Responsibilities -

Within 24 hours of receiving the *Accident Investigation Form*, the League's Safety Officer will contact the injured party or the party's parents and;

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

If the extent the injuries are more than minor in nature, the League's Safety Officer shall:

- Periodically call the injured party to check on the status of any injuries, and
- Check if any other assistance is necessary in areas such as submission of insurance forms, etc., 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).
- Review and complete where necessary the Incident/Injury Tracking form and route to the appropriate officials.



INSURANCE POLICIES

Little League accident insurance covers only those activities approved or sanctioned by Little League Baseball, Incorporated.

Little League (Majors), Minor League and Tee Ball participants shall not participate as a Little League (Majors), Minor League and Tee Ball team in games with other teams of other programs or in tournaments except those authorized by Little League Baseball, Incorporated.

Little League (Majors), Minor League and Tee Ball participants may participate in other programs during the Little League (Majors), Minor League and Tee Ball regular season and tournament provided such participation does not disrupt the Little League (Majors), Minor League and Tee Ball season or tournament team. Unless expressly authorized by the Board of Directors, games played for any purpose other than to establish a League champion or as part of the International Tournament are prohibited. (See IX - Special Games, pg. 15 in the Rule Book for further clarification)

Little League Insurance Policy is designed to supplement a parent's existing family policy.

Explanation of Coverage:

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 a 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 and Softball 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 claimants 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:
 - (a) 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 any one 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.
 - (b) If the Insured incurs Injury, to sound, natural teeth and necessary treatment requires treatment for that Injury be postponed to some 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.

FILING A CLAIM

When filing a claim, (forms available on-line at www.littleleague.org or from your league safety officer) all medical costs should be fully itemized. If no other insurance is in effect, a letter from the parent's/guardian's or claimant's employer explaining the lack of Group or Employer insurance must accompany a claim form.

On *dental claims*, it will be necessary to fill out a Major Medical Form, as well as a Dental Form; then submit them to the insurance company of the claimant, or parent(s)/guardian(s), if claimant is a minor. "Accident damage to whole, sound, normal teeth as a direct result of an accident" must be stated on the form and bills. Forward a copy of the insurance company's response to Little League Headquarters. Include the claimant's name, League ID, and year of the injury on the form.

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.

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.

Claims must be filed with the League's Safety Officer. He/she forwards them to

Little League Baseball, Incorporated,
PO Box 3485,
Williamsport, PA, 17701.

Accident Claim Contact Numbers: Phone: 570-327-1674 Fax: 570-326-9280



The League's Safety Officer will send a copy of the claim to the D35 Safety Officer Jeff May at 775-771-6963 Email: jeffmay@sbcglobal.net

Contact the League's Safety Officer for more information.

Safe Sport Act – Child Protection Program

Background Checks

For many years, Little League® has led the way among youth sports organizations in assisting local leagues to keep child sex offenders out of the program.

Little League was the first national youth baseball/softball program to mandate a check of the applicable sex offender registry. Additionally, Little League provides each local Little League with 125 free checks of a national criminal database. More information on that program can be found here: <https://www.littleleague.org/player-safety/child-protection-program/>

But background checks themselves can only identify those who have already been convicted of crimes. That is why Little League also provides advice – based on information from the FBI and the National Center for Missing and Exploited Children (NCMEC) – on identifying a potential child sex offender.

Reporting Abuse

The “Protecting Young Victims from Sexual Abuse and Safe Sport Act of 2017” mandates that all amateur sports organizations, which participate in an interstate or international amateur athletic competition and whose membership includes any adult who is in regular contact with an amateur athlete who is a minor must report suspected child abuse, including sexual abuse, within 24 hours to law enforcement.

U.S. Federal Law

The “Protecting Young Victims from Sexual Abuse and Safe Sport Act of 2017” mandates that all amateur sports organizations, which participate in an interstate or international amateur athletic competition and whose membership includes any adult who is in regular contact with an amateur athlete who is a minor must report suspected child abuse, including sexual abuse, within 24 hours to law enforcement. According to federal law:

- An individual who is required, but fails, to report suspected child sexual abuse is subject to criminal penalties.



- If an individual suspects a case of abuse within their league, they should report it to the appropriate child services organization and/or local law enforcement as well as their League President and District Administrator.

State of California Law

Bus. & Prof. Code §18900

A “community youth athletic program” must provide written notice to the parent or guardian of a youth participating in the program regarding the program’s policies relating to criminal background checks for volunteers and hired coaches in the program. If criminal background checks are obtained for hired or volunteer coaches, the written notice shall contain both of the following: (A) a statement regarding whether the criminal background check includes state and federal criminal history information and whether the program obtains subsequent arrest notification for those individuals and (B) contact information regarding where the parent or guardian of a child participating in a “community youth athletic program” can obtain additional information about the program’s background check policy, such as the entity providing the criminal background check or the nature of the type of offenses the program searched. Written notice is satisfied by a posting on the “community youth athletic programs” website. A “community youth athletic program” is defined as an organization that: (A) has a primary purpose of the promotion or provision of athletic activities for youth under 18 years of age and (B) has adult employees who have supervisory or disciplinary power of children.

The text of Bus. & Prof. Code § 18900 can be viewed online at:

http://leginfo.legislature.ca.gov/faces/codes_displayText.xhtml?lawCode=BPC&division=8.&title=&part=&chapter=2.7.&article=

Who is required to report? All individuals are required to report abuse. Any individual who fails to report suspected child sexual abuse is subject to criminal penalties.

Who is permitted to report? According to “The Protecting Young Victims from Sexual Abuse and Safe Sport Act of 2017” any individual who suspects a case of



abuse within their league, they should report it to the appropriate child services organization and/or local law enforcement as well as, their League President and District Administrator

What is the standard for reporting? The circumstances under which a mandatory reporter is required to report vary by state. The DHHS summarizes two typical reporting standards, for both mandatory and permissive reporters: (1) “the reporter, in his or her official capacity, *suspects* or *has reasons to believe* that a child has been abused or neglected”; and (2) the reporter has knowledge of, or observes a child being subjected to, conditions that would reasonably result in harm to the child.” Again, work with your attorney to determine when you are required to or should make a report to a state agency.

Is the communication privileged? Some states identify when a communication is privileged, i.e., there is a right to maintain a confidential communication between a professional and their client or patient. However, this privilege is greatly restricted for mandatory reporters. For instance, states commonly provide that the physician-patient privilege is superseded by the requirement to report child abuse.

Will the report be anonymous? Most states permit anonymous reports.

Will the reporter’s identity be disclosed? If a reporter does disclose his/her identity, many states protect the identity of the reporter from disclosure to the alleged perpetrator. In some cases, however, a reporter’s identity may be released (i.e., by court order or by waiver and/or consent).

We also encourage parents and volunteers to read more about abuse and neglect, familiarize themselves with the resources available to report abuse, and learn about the counseling and referral services that are available.

Additional Resources

To read more about **mandatory reporting**, with a summary of **state reporting laws**,

visit: http://www.childwelfare.gov/systemwide/laws_policies/statutes/manda.cfm

For **state (toll-free) child abuse reporting numbers**,

visit: <https://www.childwelfare.gov/contact/>

To search the **definitions** of child maltreatment by state,

visit: http://www.childwelfare.gov/systemwide/laws_policies/state/

For **crisis assistance, counseling, and referral services**:

Childhelp is a national organization that provides crisis assistance and other counseling and referral services. The Childhelp National Child Abuse Hotline is staffed 24 hours a day, 7 days a week, with professional crisis counselors. **All**



calls are anonymous. Contact them at 1.800.4.A.CHILD (1.800.422.4453), or visit <http://www.childhelp.org/>.

For **Abuse Awareness Training** for coaches and volunteers, please visit:
US Center for Safe Sport <https://uscenterforsafesport.org>
USA Baseball <https://www.usabaseball.com/about/safesport>

Finger-Print Background Check Program

As a Little League® volunteer in California, we want to share an important update regarding a new state law to protect children from sexual abuse in youth organizations, including Little League. California passed a new legislative bill, **Assembly Bill No.506**, that requires a fingerprint-based background check and child abuse and neglect reporting training for individuals who volunteer more than 16 hours a month or 32 hours a year; which, for Little League, includes coaches, managers, board members, umpires, etc.

The bill requires organizations to have policies to ensure that regular volunteers are reporting suspected incidents of child abuse. It also requires the presence of at least two mandated reporters when interacting with children. This law will go into effect statewide on January 1, 2022. Fortunately, Little League International has the **Child Protection Program** that must be followed by all Little League programs and volunteers are already considered mandated reporters due to the **SafeSport law enacted in 2018**.

What Leagues Need to Know:

The new background check requirement by the state is pursuant to **Section 1105.3**, which is a California Department of Justice State fingerprint check through **Live Scan locations**. This background check does not replace the required **Little League background check**, which is a search of the National Criminal database, National Sex Offender Registry, U.S. Center for SafeSport Centralized Disciplinary Database, and the Little League International Ineligible List. Local Little League volunteers must conduct training for child abuse and neglect reporting training. Leagues can utilize the USA Baseball training, which is free to all volunteers: **Abuse Awareness for Adults**.

What Leagues Need to Do:

A Little League-appointed board member must oversee the background check process for the league, including the new requirements under California law. Below is a breakdown of the California background check process which



includes the application process to acquire an Originating Agency Identifier (ORI) code:

- Complete the **California Department of Justice Application for Authorization Pursuant to Penal Code Section 11105.3** (Youth Organizations-Human Resource Agencies).
 - For this application, you will need your local Little League's proof of non-profit status. Local Little Leagues that cannot show proof of their non-profit status may incur additional fees.
- Mail the completed application to the California Department of Justice Applicant Information and Certification Program (address is listed on the application).
- Your league will receive an ORI code which will identify your organization when the volunteer completes the fingerprint process.
- The league must provide the ORI code to volunteers to complete the fingerprint process through **Live Scan**.

Leagues cannot request fingerprints until they receive the ORI code and authorization from the California Department of Justice.

What Volunteers Need to Know:

Volunteers will be required to go through this process for each league and/or other non-profit they volunteer for; therefore, it is strictly prohibited to share the fingerprint background check results with other local Little Leagues or other non-profits.

- Request an ORI number from the local Little League.
 - A league volunteer must use the correct ORI code for their local Little League.
- Select a **Live Scan location** to conduct the fingerprints.
- Complete the included form **8016- Request for Live Scan Services** either online or bring the completed form with you to the Live Scan location.

The fingerprint background check can cost from \$15 to \$70 depending on the Live Scan location. The local Little League volunteer would be responsible for the fingerprint background check cost.



IMMUNITY FROM LIABILITY

According to Boys & Girls Clubs of America, “Concern is often expressed over the potential for criminal or civil liability if a report of abuse is subsequently found to be unsubstantiated.” However, we want adults and Little Leaguers to understand that they shouldn’t be afraid to come forward in these cases, even if it isn’t required and even if there is a possibility of being wrong. All states provide ***immunity from liability*** to those who report suspected child abuse in “good faith.” At the same time, there are also rules in place to protect adults who prove to have been inappropriately accused.

Make Our Position Clear

Make adults and kids aware *that Little League Baseball and our local League will not tolerate child abuse, in any form.*

The Buddy System

It is an old maxim, but it is true: There is safety in numbers. Encourage kids to move about in *a group* of two or more children of similar age, whether an adult is present or not. This includes travel, leaving the field, or using the restroom areas. It is far more difficult to victimize a child if they are not alone.

Access

Controlling access to areas where children are present -- such as the dugout or restrooms -- protects them from harm by outsiders. It’s not easy to control the access of large outdoor facilities, but visitors could be directed to a central point within the facility. Individuals should not be allowed to wander through the area without the knowledge of the Managers, Coaches, Board Directors or any other Volunteer.

Lighting

Child sexual abuse is more likely to happen in the dark. The lighting of fields, parking lots and any and all indoor facilities where Little League functions are held should be bright enough so that participants can identify individuals as they approach, and observers can recognize abnormal situations.

Toilet Facilities

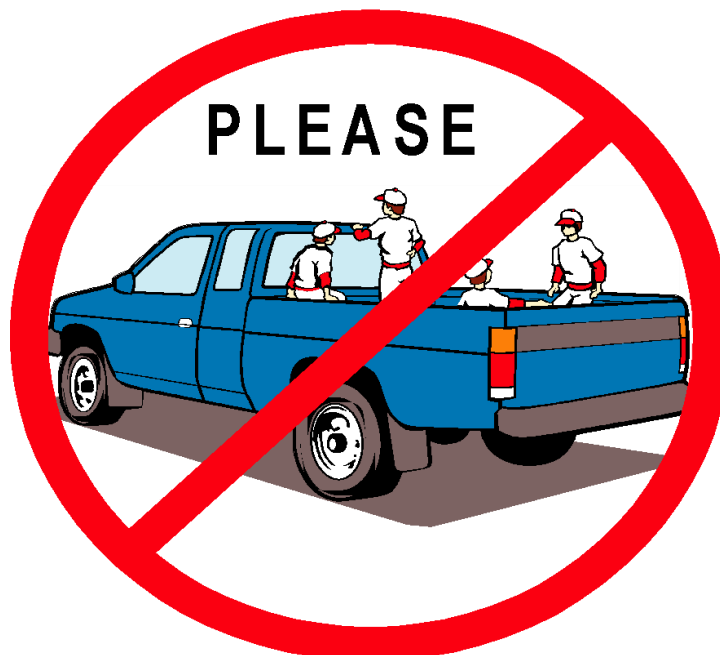
Generally speaking, Little Leaguers are capable of using toilet facilities on their own, so there should be no need for an adult to accompany a child into restroom areas. There can sometimes be special circumstances under which a child requires assistance to toilet facilities, for instance when the T-Ball and Challenge divisions, but there should still be adequate privacy for that child. Again, we can utilize the ***“buddy system”*** here.



TRANSPORTATION

Before any manager or designated coach can transport any child, other than his/her own, anywhere, he or she must:

- Have a valid California Driver's License and current liability insurance.
- Not carry more children in their vehicle than they have *seat belts* for.
- When transporting a child who ages are 5 & 6 that they placed within the CA approved child seat.
- Make sure that the vehicle is in good running order and that it would pass a *CHP vehicle safety inspection* if spontaneously given.
- Not drive in a *careless or reckless* manner.
- Not drive under the influence of *alcohol, drugs, or medication*.
- Obey all *traffic laws* and speed limits at all times.
- Never transport a child without returning him/her *to the point of origin*.



Keep'em Safe! Kids Aren't Cargo!



Forms

Table of Contents

(All forms can be found online at www.rvll.net/safety)

1. Safety Manual and First Aid Kits
2. Incident / Injury Tracking Report
3. Medical Release
4. AIG Accident Notification Form
5. Little League Volunteer Application Form
6. Little League “Basic” Volunteer Application Form
7. Little League Baseball Game Pitch Log
8. Little League Baseball Pitcher Eligibility Tracking Log



SAFETY MANUAL AND FIRST AID KITS

Each Manager, Coach, Player Agent, and League Official will be issued a Safety Manual and a First Aid Kit at the beginning of the season. The manager will acknowledge the receipt of both by signing in the space provided below when taking possession of these articles.

Five chemical ice packs of physical therapy quality will be issued to each team at the beginning of the season. Others are available at all times in the concession stands.

Each team dugout will have a First Aid Kit and a Safety Manual in plain sight at all times.

The Safety Manual will include phone numbers for all Board Directors, the League Code of Conduct, Do's and Don'ts of treating injured players.

The First Aid Kit will include the necessary items to treat an injured player until professional help arrives if need be.

(Detach Section below and return to the League Safety Officer)

I have received my 2022 League Safety Manual and my team First Aid Kit and will have them both present at all practices, batting cage practices, games (season games and post-season games) and any other event where team members could become injured or hurt. I realize it my responsibility to ensure that my First Kit is always properly stocked in coordination with my Safety Officer.

Print Manager's Name

Team Name / Division

Manager's Signature

Date



Rincon Valley Little League



For Local League Use Only

Activities/Reporting

A Safety Awareness Program's Incident/Injury Tracking Report

League Name: _____ League ID: ____ - ____ - ____ Incident Date: _____

Field Name/Location: _____ Incident Time: _____

Injured Person's Name: _____ Date of Birth: _____

Address: _____ Age: _____ Sex: ☐ Male ☐ Female

City: _____ State _____ ZIP: _____ Home Phone: () _____

Parent's Name (If Player): _____ Work Phone: () _____

Parents' Address (If Different): _____ City _____

Incident occurred while participating in:

- A.) ☐ Baseball ☐ Softball ☐ Challenger ☐ TAD
- B.) ☐ Challenger ☐ T-Ball ☐ Minor ☐ Major ☐ Intermediate (50/70)
- ☐ Junior ☐ Senior ☐ Big League
- C.) ☐ Tryout ☐ Practice ☐ Game ☐ Tournament ☐ Special Event
- ☐ Travel to ☐ Travel from ☐ Other (Describe): _____

Position/Role of person(s) involved in incident:

- D.) ☐ Batter ☐ Baserunner ☐ Pitcher ☐ Catcher ☐ First Base ☐ Second
- ☐ Third ☐ Short Stop ☐ Left Field ☐ Center Field ☐ Right Field ☐ Dugout
- ☐ Umpire ☐ Coach/Manager ☐ Spectator ☐ Volunteer ☐ Other: _____

Type of injury: _____

Was first aid required? ☐ Yes ☐ No If yes, what: _____

Was professional medical treatment required? ☐ Yes ☐ No If yes, what: _____

(If yes, the player must present a non-restrictive medical release prior to to being allowed in a game or practice.)

Type of incident and location:

- A.) On Primary Playing Field
- ☐ Base Path: ☐ Running or ☐ Sliding
- ☐ Hit by Ball: ☐ Pitched or ☐ Thrown or ☐ Batted
- ☐ Collision with: ☐ Player or ☐ Structure
- ☐ Grounds Defect
- ☐ Other: _____
- B.) Adjacent to Playing Field
- ☐ Seating Area
- ☐ Parking Area
- C.) Concession Area
- ☐ Volunteer Worker
- ☐ Customer/Bystander
- D.) Off Ball Field
- ☐ Travel:
- ☐ Car or ☐ Bike or
- ☐ Walking
- ☐ League Activity
- ☐ Other: _____

Please give a short description of incident: _____

Could this accident have been avoided? How: _____

This form is for local Little League use only (should not be sent to Little League International). This document should be used to evaluate potential safety hazards, unsafe practices and/or to contribute positive ideas in order to improve league safety. When an accident occurs, obtain as much information as possible. For all Accident claims or injuries that could become claims to any eligible participant under the Accident Insurance policy, please complete the Accident Notification Claim form available at http://www.littleleague.org/Assets/forms_pubs/asap/AccidentClaimForm.pdf and send to Little League International. For all other claims to non-eligible participants under the Accident policy or claims that may result in litigation, please fill out the General Liability Claim form available here: http://www.littleleague.org/Assets/forms_pubs/asap/GLClaimForm.pdf.

Prepared By/Position: _____ Phone Number: () _____

Signature: _____ Date: _____



Rincon Valley Little League



Little League® Baseball and Softball MEDICAL RELEASE



NOTE: To be carried by any Regular Season or Tournament Team Manager together with team roster or International Tournament affidavit.

Player: _____ Date of Birth: _____ Gender (M/F): _____

Parent (s)/Guardian Name: _____ Relationship: _____

Parent (s)/Guardian Name: _____ Relationship: _____

Player's Address: _____ City: _____ State/Country: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

PARENT OR LEGAL GUARDIAN AUTHORIZATION: _____ Email: _____

In case of emergency, if family physician cannot be reached, I hereby authorize my child to be treated by Certified Emergency Personnel. (i.e. EMT, First Responder, E.R. Physician)

Family Physician: _____ Phone: _____

Address: _____ City: _____ State/Country: _____

Hospital Preference: _____

Parent Insurance Co: _____ Policy No.: _____ Group ID#: _____

League Insurance Co: _____ Policy No.: _____ League/Group ID#: _____

If parent(s)/legal guardian cannot be reached in case of emergency, contact:

Name	Phone	Relationship to Player
------	-------	------------------------

Name	Phone	Relationship to Player
------	-------	------------------------

Please list any allergies/medical problems, including those requiring maintenance medication. (i.e. Diabetic, Asthma, Seizure Disorder)

Medical Diagnosis	Medication	Dosage	Frequency of Dosage

Date of last Tetanus Toxoid Booster: _____

The purpose of the above listed information is to ensure that medical personnel have details of any medical problem which may interfere with or alter treatment.

Mr./Mrs./Ms. _____
Authorized Parent/Guardian Signature _____ Date: _____

FOR LEAGUE USE ONLY:

League Name: _____ League ID: _____

Division: _____ Team: _____ Date: _____

WARNING: PROTECTIVE EQUIPMENT CANNOT PREVENT ALL INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN BASEBALL/SOFTBALL.
Little League does not limit participation in its activities on the basis of disability, race, color, creed, national origin, gender, sexual preference or religious preference.



Rincon Valley Little League



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

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	DATE OF BIRTH (MM/DD/YY)	Age
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: _____

☐ AM ☐ 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	<input type="checkbox"/> (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)	

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



Rincon Valley Little League



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? <input type="checkbox"/> Yes <input type="checkbox"/> 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 _____



Rincon Valley Little League



Little League® Volunteer Application – 2021

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 meets the standards of Little League Regulations 1(c)(9). 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.

All RED fields are required.

Name _____ Date _____
First Middle Name or Initial Last

Address _____

City _____ State _____ Zip _____

Social Security # (mandatory) _____

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 baseball/softball 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.)? If yes, list: _____ ☐ Yes ☐ No

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: _____
(If volunteer answered yes to Question 4, the local league must contact the Little League 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 programs and/or listed on the SafeSport Centralized Disciplinary Database or USA Baseball Ineligible List? ☐ Yes ☐ No

If yes, explain: _____

(If volunteer answered yes to Question 7, the local league must contact the Little League Security Manager.)

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 _____

IF YOU LIVE IN A STATE THAT REQUIRES A SEPARATE BACKGROUND CHECK BY LAW, PLEASE ATTACH A COPY OF THAT STATE'S BACKGROUND CHECK. FOR MORE INFORMATION ON STATE LAWS, VISIT OUR WEBSITE: LittleLeague.org/BackgroundCheck

AS A CONDITION OF VOLUNTEERING, I give permission for the Little League organization to conduct background check(s) on me now and as long as I continue to be active with the organization, which may include a review of sex offender registries (some of 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 appointed, 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 appointments, Little League is not obligated to appoint me to a volunteer position. If appointed, I understand that, prior to the expiration of my term, I am subject to suspension by the President and removal by the Board of Directors for violation of Little League policies or principles.

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):

Review the Little League Regulation 1(c)(9) for all background check requirements

☐ JDP (Includes review of the SafeSport Centralized Disciplinary and USA Baseball Ineligible List) *

OR

☐ National Criminal Database check ☐ SafeSport Centralized Disciplinary Database and/or USA Baseball Ineligible List Sex Offender

☐ National Sex Offender Registry

*Please be advised that if you use JDP and there is a name match in the few states where only name match searches can be performed you should notify volunteers that they will receive a letter or email directly from JDP in compliance with the Fair Credit Reporting Act containing information regarding the criminal records associated with the name, which may not necessarily be the league volunteer.

Only attach to this application copies of background check reports that reveal convictions of this application.

Last Updated: 10/24/2020

Little League® "Basic" Volunteer Application – 2021

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



This volunteer application can be used as a reference for leagues utilizing the JDP Quick App or for leagues that are using an outside background check provider that meets the standards of Little League Regulation 1(c)(9). Visit LittleLeague.org/localBGcheck for more information.

All RED fields are required.

Name _____ Date _____
First Middle Name or Initial Last

Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Work Phone _____ E-mail Address _____

Driver's License#: _____

1. 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: _____
(If volunteer answered yes to Question 1, the local league must contact the Little League Security Manager.)

2. 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 2, does not automatically disqualify you as a volunteer.)

3. 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 3, does not automatically disqualify you as a volunteer.)

4. Have you ever been refused participation in any other youth programs and/or listed on the SafeSport Centralized Disciplinary Database or USA Baseball Ineligible List? ☐ Yes ☐ No
If yes, explain: _____
(If volunteer answered yes to Question 4, the local league must contact the Little League Security Manager.)

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

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

A COPY OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION MUST BE ATTACHED TO COMPLETE THIS APPLICATION (NOT NECESSARY IF VOLUNTEER IS RETURNING).

Please provide updated information below if there are any changes from previous years or requesting a new position.

Occupation: _____

Employer: _____

Address: _____

Special professional training, skills, hobbies: _____

Special Certifications (CPR, Medical, etc.): _____

Special Affiliations (Clubs, Services Organizations, etc.): _____

Previous volunteer experience (including baseball/softball and years (s)): _____

LOCAL LEAGUE USE ONLY:

Background check completed by league officer _____ on _____

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

Review the Little League Regulation 1(c)(9) for all background check requirements

☐ JDP (Includes review of the SafeSport Centralized Disciplinary and USA Baseball Ineligible List) *

OR

☐ National Criminal Database check ☐ SafeSport Centralized Disciplinary Database and/or USA Baseball Ineligible List Sex Offender

☐ National Sex Offender Registry

*Please be advised that if you use JDP and there is a name match in the few states where only name match searches can be performed you should notify volunteers that they will receive a letter or email directly from JDP in compliance with the Fair Credit Reporting Act containing information regarding the criminal records associated with the name, which may not necessarily be the league volunteer.

Only attach to this application copies of background check reports that reveal convictions of this application.



Rincon Valley Little League



Little League Baseball® Game Pitch Log



Team _____ Opponent _____ Date _____

PITCHER'S NAME	UNIFORM NUMBER	LEAGUE AGE	CROSS OUT THE NUMBER AS THAT PITCH IS THROWN.																																							
			X	O	CIRCLE THE NUMBER FOR THE LAST PITCH THROWN IN EACH HALF-INNING.																																					
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35					
			36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70					
			71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105					
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35					
			36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70					
			71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105					
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35					
			36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70					
			71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105					
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35					
			36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70					
			71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105					
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35					
			36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70					
			71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105					
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35					
			36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70					
			71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105					
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35					
			36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70					
			71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105					
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			36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70					
			71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105					

Pitching eligibility varies by the league age of a pitcher, which is determined by the approved League Age Chart indicated within the Little League Rulebook in Appendix G and in accordance with Regulation VI.

Last Updated: 2/28/2018



Little League Baseball® Pitcher Eligibility Tracking Form

Division

Team_

[illegible]

Pitching eligibility varies by the league age of a pitcher, which is determined by the approved League Age Chart indicated within the Little League Rulebook in Appendix G and in accordance with Regulation VI.

*Note: Signatures may be optional as determined by the local league



LOCAL RULES

In Affect for the 2021-2022 Little League Year

Revision 21/22_B

Approved 3 FEB 2022

1. GOVERNING BYLAWS

1.1. LITTLE LEAGUE BASEBALL REGULATIONS RULES & DISCREPANCIES

Rincon Valley Little League (RVLL) operations are subject to the rules and regulations established by Little League Baseball, and are under the jurisdiction of the Rincon Valley Little League Charter and Board of Directors. Except as amended and/or supplemented by these Local Rules, the current edition of the Official Regulations and Playing Rules for all divisions of Little League Baseball shall be the final authority for the conduct of the Rincon Valley Little League. The Rincon Valley Little League Board retains the right to rule on any and all items contained herein that have either been unintentionally omitted, not clearly written, or do not coincide with Little League Rules and Regulations. All Managers and Board Members shall be provided access to these Local Rules.

1.2. VOLUNTEER ROLE DEFINITIONS & SELECTION PROCESS

1.2.1. RVLL General Membership is made up of volunteers, parents, and legal guardians, of players who meet the League's boundary criteria, which is governed by Little League Regulation II.

1.2.2. Background Checks: All volunteers, including anyone who may have direct contact with any player other than their own, will be required to undergo, and pass, one or more background checks, which may or may not include fingerprinting.

1.2.3. RVLL Board and Committee Members

1.2.3.1. A governing Board shall be elected each year by the RVLL general membership. Little League Baseball Policy dictates the following officers are required: President, Vice President, Secretary, Treasurer, Player Agent, Coaching Coordinator (also referred to as the Commissioner in Charge), and Safety Officer.

1.2.3.2. The Grievance Committee shall consist of: the President, Vice President, Secretary, Player Agent, Treasurer, Division Commissioner, Commissioner in Charge, Fields and Facilities, and two other RVLL Board Members selected by the President.

1.2.3.3. The All Star Selection Committee consists of: the President, Vice President, Player Agent, Secretary, Commissioner In Charge, and any Board Member the President deems necessary.

1.2.4. Managers: anyone 18 years of age or older and approved by the Board. The person is not required to have a child in the league, nor manage the team that their player is on. All RVLL Board members are allowed to manage a team, including the Player Agent, with the following exceptions:

1.2.4.1. The Player Agent cannot act as the Player Agent for any competitive division in which they are managing.

1.2.4.2. Division commissioners may not manage in the same division they commission, with the exception this is allowed in Upper Divisions (50/70, Juniors, Senior), which are governed by Interleague.

1.2.4.3. The Umpire in Charge (UIC) may act as a manager or coach in any Division, except for Farms and Minors.

1.2.4.3.1. All UIC managed, or coached, games must have two adult umpires.

1.2.5. Managers generally have at least two additional Coaches to facilitate team activities. No limits are set as to how many Coaches can help throughout the season, but there are limits for the dugout and playing field during a game. Coaches are held to the same standards as Managers, with the Manager ultimately being responsible for the conduct of his/her coaching staff as a whole.

1.2.6. Managers in the Farms and Minors Divisions have the option of naming a Primary Assistant. The result is that the child of the Primary Assistant is automatically assigned to the team roster. This is referred to as a 'hold down'. More information can be found in Section 1.5.2 regarding team formation.

1.3. SAFETY

1.3.1. Background Checks: All local Little Leagues are required to conduct background checks on Directors, Managers, Coaches and any other person, volunteer or hired worker, who provides service to the league

and/or have access to, or contact with, players or teams. Individuals subject to the background check may also be required to complete and submit a Little League Volunteer Application, a valid form of government identification, and/or submit to fingerprinting.

- 1.3.2. Player Safety: Managers and coaches must be constantly aware of what is going on during any baseball related activity. Player safety is the main priority for all managers. If a manager, or coach, violates any RVLL or Little League safety related rules, they may be held accountable and subject to a grievance review.

1.3.2.1. Medical Releases: The manager or coach must have their player's medical releases with them at all practices and games.

- 1.3.3. Notifications: The Division Commissioner and Safety Officer must be notified of: 1) All accidents requiring first aid and/or medical attention; and 2) All hazardous conditions at practices and games. In addition to notifying the Division Commissioner and the Safety Officer, it is the team manager's responsibility to prepare and submit a Little League Baseball Accident Notification Form within 24 hours of any incident and deliver that form to the Safety Officer.

- 1.3.4. Player Eligibility: With reference to players who miss time from baseball activities due to illness or injury please refer to Regulation III(d)(1-2) of the Official Regulations and Playing Rules for all divisions of Little League Baseball.

- 1.3.5. Concussion Awareness: All RVLL managers are required to watch and complete the online concussion safety training video posted on RVLL's website each season. The certificate of completion shall be sent to the Safety Officer.

1.4. CONDUCT

- 1.4.1. It is the responsibility of the manager to maintain a safe and positive environment for all players. Parents and players are to be notified by the manager that there is zero tolerance for:

- 1.4.1.1. Arguing with umpires or other game official
1.4.1.2. Engaging in offensive behavior

1.4.1.3. Unsportsmanlike conduct

1.4.1.4. Abusive, harmful, or unwarranted disruptions to the game

1.4.1.5. Throwing bats, helmets, gloves, or other equipment in anger

1.4.1.6. Using profane, obscene, or vulgar language

1.4.1.7. Verbal disrespect directed towards an umpire, game official, league official, player, manager, coach, or spectator

1.4.2. If an incident occurs, immediate ejection from the game, or other RVLL approved activity, may occur.

1.4.2.1. Any person ejected from a game will not be allowed to remain in the dugout or the spectator area and must immediately vacate the RVLL complex (including the parking area). Failure to do so in a timely manner without further argument or delay may result in forfeiture of the game.

1.4.2.2. Persons who are ejected from a game twice in any season are subject to a suspension for the remainder of the season. This individual may also lose their eligibility to participate in any post-season tournaments. In addition, the individual may be subject to a permanent expulsion from RVLL at the discretion of the Grievance Committee.

1.4.3. All ejections, as well as certain reports of improper conduct, will be followed up by a Grievance Committee review.

1.4.4. The RVLL Grievance Committee has the right, and discretion, to discipline any manager, coach, player, parent or spectator for any part of the season for any conduct violation.

1.4.4.1. Disciplinary actions may include, but are not limited to:

- Suspensions from future games or activities
- Physical bans from facilities
- Permanent ban from future participation in league activities

1.4.5. Field Decorum

1.4.5.1. Little League Baseball Regulation XIV(e) expressly prohibits the use of tobacco, alcoholic beverages, and any other controlled

substances, in any form, at the game site, on the playing field, benches and dugouts. In addition, players may not eat candy or food during the game. Managers must keep their players in the dugout at all times during the game, except to visit the drinking fountain or restroom.

1.4.5.2. Artificial noise makers of any kind are prohibited.

1.4.5.3. NO ALCOHOL OR TOBACCO USE IS ALLOWED IN THE PARK

1.4.5.4. Little League Baseball Rules 3.09, 3.17, and 4.06 regarding conduct within and about the RVLL facilities, including inside and outside the dugout, will apply.

1.5. BASEBALL ACTIVITIES

1.5.1. Divisions of play

1.5.1.1. The following divisions are established to facilitate regular season play:

1.5.1.1.1. Tee Ball and Peanuts, also referred to as the 'Lower Divisions', are purely instructional. No score is kept. Teams are formed by the Player Agent.

1.5.1.1.2. Rookie Division is also instructional. Score is kept, however results are not applied to team records or standings. There are no playoffs. Players are assigned to teams with assistance from Managers, Player Agent and Commissioner after a simplified assessment.

1.5.1.1.3. Farms, Minors and Majors, also referred to as the 'Middle Divisions'. Score is kept and players are drafted to form teams.

1.5.1.1.4. 50/70, Junior and Seniors, also referred to as the 'Upper Divisions'. Score is kept and players are drafted to form teams. Notably, these Divisions are subject to the Interleague Rules established by District 35.

1.5.1.2. RVLL divisions and player eligibility by league age are summarized in the table below, which follows the Little League Baseball Appendix G - Age Chart :

Age	T-Ball	Peanuts	Rookie ⁶	Farms	Minors	Majors	50/70	Juniors	Seniors	4	Yes	5	Yes
6	Yes	Yes ¹											
7	Yes	Yes ¹											
8	Yes	Yes	Yes ^{2,5}										
9	Yes	Yes ^{2,5}											
10	Yes	Yes	Yes ^{2,5}										
11	Yes	Yes	Yes ^{2,5}										
12	Yes	Yes											
13	Yes ³												
14	Yes	Yes ²	Yes ¹										
15	Yes	Yes ¹											
16	Yes ⁴	Yes											
17	Yes												

1: Parent must submit a written request to the RVLL Player Agent.

2: Player is eligible for the draft if the parent submits a written request to the RVLL Player Agent. 3: Dual Roster only; Parent must submit a written request to the RVLL Player Agent, if interested. 4: D35 Interleague Rules don't allow players to play some defensive positions.

5: Only eligible if the child played the preceding division at RVLL the previous year.

6: Rookie is the only division that a player may skip without RVLL Board approval.

1.5.1.3. For players new to RVLL, 10 year olds shall not be eligible for Majors, 9 year olds shall not be eligible for Minors and 8 year olds shall not be eligible for Farms. Exceptions will be considered and subject to case-by-case approval by the Board.

1.5.1.4. With the exception of Rookie, no player may skip a division without Board approval.

1.5.1.5. No player may be pulled up during the season without playing a minimum of 6 games in their initial division of play unless they are
age 11 and moving to Majors, or age 10 and moving to Minors.
Post season games and 'special games' (as defined in Section 1.5.6.7.1) count towards this minimum play rule.

1.5.1.6. Requests to play outside of the ages listed in the table (specifically, an older league-age player "playing down") will be considered by the Board.

1.5.2. Team formation and roster requirements by division

1.5.2.1. Assessments

1.5.2.1.1. All players league age 9 and older must be present for at least one assessment to be eligible to enter the draft pool.
Exception: A player who misses both assessments for reasons by which a majority of the Board deems legitimate, may still be eligible for the draft.

1.5.2.1.2. All players league age 8 are encouraged to attend assessments.

1.5.2.1.2.1. Any player league age 8 who requested to play in the Farms division must be present for assessments to be eligible to enter the draft pool.
Exception: A player who misses assessments for reasons by which a majority of the Board deems legitimate, may still be eligible for the draft.

1.5.2.1.3. Each candidate shall be given the opportunity to bat, field, throw, and run with players of the same league-age, in the presence of all managers, Primary Assistant, coaches and assistant coaches.

1.5.2.1.4. Managers and Primary Assistants are expected to attend all scheduled assessments in their respective divisions.

1.5.2.1.5. Managers are not permitted to talk to the players regarding their assessments.

1.5.2.1.6. Managers and Primary Assistants who intend to utilize the “hold-down” provisions as set forth in the Player Draft section below, must notify (in writing) the Player Agent or CIC no less than 48 hours prior to the pre-assessment managers meeting. Failure to do so may result in an invalid player hold down, which determination will be at the discretion of the Player Agent or CIC. If determined to be an invalid player hold down, that player will be entered into the draft pool, at the discretion of the Board.

1.5.2.2. Player Draft

1.5.2.2.1. Draft type is Plan B Alternate in Serpentine order with a random draw of numbers to determine draft order.

1.5.2.2.2. The draft will be administered by the Player Agent and in accordance with Little League Baseball Draft Methods. RVLL does not have “Property Players” and thus all players are placed into a common pool for draft purposes.

1.5.2.2.3. Majors Division teams will need to have a minimum of 1 12-year old, and a maximum of 12, 12-year olds, per team. Majors teams are not required to have an equal number of 12-year olds per team.

1.5.2.2.4. Due to the sensitive nature of the draft, the draft room will be open only to the Player Agent(s), President, Vice President, Secretary, CIC, Division Commissioner, Managers and Primary Assistants.

1.5.2.2.5. Manager Hold-Downs: manager’s child (as determined by the Player Agent) will, without exception, be placed according to their league age at, or before, the following

rounds:

--

Age	Majors	Minors	Farms
12	3 rd Round		
11	4 th Round	3 rd Round	
10	5 th Round	4 th Round	3 rd Round
9		5 th Round	4 th Round
8			5 th Round

1.5.2.2.6. If a Manager does not wish to “hold-down” their child, they must notify the player agent 7 days in advance of the draft, otherwise the player will be assigned per the rounds above.

1.5.2.2.7. There are no player hold-downs for coaches children in the Majors or Upper Divisions.

1.5.2.2.8. Minors and Farms Division Primary Assistant hold-down procedure:

1.5.2.2.8.1. The Minors and Farms Division managers may pre-select one coach (aka Primary Assistant) prior to the draft. The child of that coach will then be placed as the number 1 round selection for that team, in addition to the Manager’s child being placed in rounds 3, 4, or 5, as determined by the child’s age

1.5.2.2.8.2. The managers who pre-select a coach will draw for a draft number and be placed at the end of the draft order. Managers who do not pre-select a coach will draw a number to be at the beginning of the draft. The first round will start with Managers who do not have a Primary Assistant, then teams who do have a Primary Assistant will finish off the first round with their prescribed selections. The second round will

start and snake back with the Managers who do not have Primary Assistants and then eventually return to the Manager with Primary Assistants. The 3rd round will start with the last pick in the co-managed group and continue the snake order. The last round will start with the last pick in the co-managed group and snake to the coach in the first draft position, possibly following the same order as the second to last round, depending on roster size. The coach who is in the first draft position will also receive the last pick overall.

1.5.2.2.9. Any draft format that results in the team with the first overall pick not also receiving the last overall pick, will have the order of the last round reversed to match the order of the previous round. This ensures that the team with the first overall pick also has the final pick. This will be the case for any draft that has an odd number of rounds after the Primary Assistant hold-downs are applied. This applies to all divisions that conduct a player draft.

1.5.2.2.10. When there are two or more siblings in the draft and the first sibling is drafted by a Manager, that Manager automatically has the option to take the sibling as their next round pick. If the manager does not exercise that option, the second sibling is available to be drafted by any team.

1.5.2.2.11. The Manager and Primary Assistant may attend the draft. If one, or both, are unable to attend, then no more than two designated team representatives shall be present.

1.5.2.2.12. Prior to the beginning of the draft, the Player Agent will conduct a "Come Clean" session. This is an opportunity for all managers to disclose any information they may have on any player who (a) registered late (b) missed assessments, but still received Board Approval to play (c) has any information that if not disclosed would be considered an unfair advantage. If this number of players exceeds 9 players, those player's names will be thrown in a hat and drawn in an alternate method.

1.5.2.2.13. At the conclusion of the draft, and before leaving the RVLL sanctioned draft location, managers may trade players that were drafted in the same round, at the discretion of the Player Agent.

1.5.2.2.14. Player draft and selection order shall not be shared with anyone outside of the draft room.

1.5.2.3. Roster Size

1.5.2.3.1. Before each season, the number of rostered players per team will be established for a given division.

1.5.2.3.2. A team may not have less than the established number of rostered players at any time.

1.5.2.3.3. A team's roster size may increase by no more than one player during the season if, and or when, a replaced player returns from absence.

1.5.3. Player Replacement (Long Term)

1.5.3.1. If a team loses a player during the course of a season, the manager shall notify the Player Agent within 3 days. A manager who fails to report an injured, or ill, player to the Payer Agent within 3 days from the time of the incident (or notification by that player's guardian or care provider), may face review by the Board where disciplinary action may be levied.

1.5.3.2. For Farms, Minors, Majors and Upper Divisions, when it is known that a player is injured, or ill, and will miss 30 days from time of injury, a "permanent player" must be added to the roster within 7 days from notification.

1.5.3.3. To replace a player, the Player Agent will first add players from the "waitlist".

1.5.3.3.1. The waitlist is made up of those players who attempted to register once the registration period had closed.

1.5.3.3.2. Waitlist players are grouped by league age and placed in the order by which the registration payment was received, no exceptions. *[Example: the first player to register and pay in a given age group will be placed at the top of the list.]*

1.5.3.3.3. The Player Agent assigns waitlist players by league age, whereby a Majors team requires a 12 year old; Minors, 11 year old; and Farms, 9 or 10 year old.

1.5.3.4. If no waitlist players exist, the manager shall submit to the Player Agent a potential replacement player from one division below. The player needs to be of eligible age (as established in section 1.5.1) to play in the division of need. If a player has not been named by the team's manager within the designated period of time (7 days from notification), the Player Agent will make the selection.

1.5.3.5. Discretion in the selection process is required. Managers, under no circumstance, shall contact the prospective players' manager/coach, player or player's parents or legal guardian; only the Player Agent, or the Division Commissioner, is permitted to make contact with the player's parent or legal guardian. The Board will deal harshly with any manager who does not follow this procedure.

1.5.3.6. If a replacement player is selected to move up a division, and that player declines, that player shall be ineligible to move up into a higher division for the remainder of the season.

1.5.3.7. No player replacements shall be made when there are fewer than 5 games remaining in the regular season.

1.5.3.8. In the case the replaced player returns during the regular season, the Player Agent will make every attempt to return the player to their original rostered team, so long as the roster size limitations established herein are met. If the replaced player cannot be placed on their original roster, they may be placed at the top of the waitlist.

1.5.3.8.1. Upon return, the absent player must provide a release from their doctor, or medical provider, to both the Player Agent and Safety Officer prior to resuming any League sponsored activity.

1.5.4. Player Replacement (Short Term / Player Pool)

1.5.4.1. RVLL will utilize a “Player Pool” system when a team is unable to field 9 players for a given game.

1.5.4.2. A “Player Pool” is made up of players, which may be of varying skill levels, from other teams within the same division who have elected to play as temporary, replacement players. Players may elect to participate in the “Player Pool” at any point during the season. Players wishing to participate must notify the Player Agent with their respective contact information. The Player Agent shall keep the list of the names of these players in order to assign players as needed. Only the Player Agent has the ability to assign players from the Player Pool.

1.5.4.3. Pool-players must wear their regular team uniform.

1.5.4.4. Pool-players must bat last in the posted lineup.

1.5.4.5. Pool-players may play any position other than pitcher or catcher. 1.5.4.6.

Pool-players must play the entire game.

1.5.4.7. Managers may only request a pool-player when they can field fewer than 9 players for a given game.

1.5.4.8. Managers must notify the Player Agent should they choose to utilize a pool player. Once notified, the Player Agent will contact the player pool. Once contact is made and availability confirmed, the Player Agent will notify the manager of the pool player’s name and confirm that player will be at the place and time scheduled for that game. The manager may not choose their pool player.

1.5.4.9. In the event a pool player is requested, and that player arrives on time to the game, the manager must play the pool player, even if

the rostered player that was initially thought to be absent from that game shows up.

1.5.4.10. A pool player may be used for 1 game only. If additional games require replacement players, a separate request must be made to the Player Agent and the next player up in the player pool will be contacted. At no time will the manager attempt to contact a pool player to play in a game.

1.5.4.11. If a player shortage is realized whereby there's insufficient time for the Player Agent to assign a pool player, then the manager must locate the Board member on duty, who may be located by going to the snack-shack, who will then facilitate locating a player from a lower division to act as the replacement player. Under no circumstance may a manager approach a lower division manager or player directly.

1.5.5. Postseason

1.5.5.1. For Farms Division and above, a Division Champion will be determined by a playoff tournament, which format will be decided by the Board.

1.5.5.2. The Board will determine the number of teams that qualify for postseason play and will communicate that information to the managers before the start of the season.

1.5.5.3. Playoff seeding will be determined first by the best overall record, then head-to-head record, then least runs allowed, and then by coin toss.

1.5.5.4. The Majors Division Championship team will go on to represent RVLL in the Tournament of Champions (TOC) hosted by District 35.

1.5.5.5. Playoffs, and the TOC, can last up to two and a half weeks after the regular season ends. Managers must notify parents of this possibility and ask them to plan accordingly, if at all possible.

1.5.6. All Stars

1.5.6.1. The All Star Selection Committee maintains responsibility for, and decision rights to, the process outlined herein.

1.5.6.2. Managers wanting to manage an All Star team must contact the President and explain the reason(s) they, and their respective coaching staff, should be selected. The President will assemble a list of prospective managers and coaches and present the list of candidates to the Board for consideration.

1.5.6.3. The Board will select All Star Managers using the eligibility criteria per the Little League Baseball-Tournament Organization.

1.5.6.4. The Board retains the right to make disqualifications at their discretion.

1.5.6.5. All Star team announcements and practices may take place as early as May 15th, or as determined by the Board.

1.5.6.6. Teams, Age Groups and Roster Size

1.5.6.6.1. Senior Team: The Senior All Star team will be made up of players who are league age 13, 14, 15 or 16.

1.5.6.6.2. Junior Team: The Junior All Star team will be made up of players who are league age 13 or 14.

1.5.6.6.3. 50/70 (Intermediate) Team: The 50/70 (Intermediate) All Star team will be made up of players who are league age 13.

1.5.6.6.4. 11-12 year-old Team: The 11-12 year-old All Star team will be made up of players who are league age 12 and who played in the RVLL Majors Division during the regular season.

1.5.6.6.5. 10-11 year-old Team: The 10-11 year-old All Star team will be made up of players who are league age 11 and who

played in the RVLL Majors Division during the regular season.

1.5.6.6. 9-10 year-old Team: The 9-10 year-old All-Star team will be made up of players who are league age 9 or 10 and who played in the RVLL Majors or Minors division during the regular season.

1.5.6.6.7. Number of Players: The All Star manager working with the All Star Selection Committee will select the number of players that will be rostered on the team.

1.5.6.6.8. Per Little League Baseball-Tournament Organization, players may only be selected to one All Star team at a time.

1.5.6.7. Player Eligibility

1.5.6.7.1. To be eligible to participate on an All Star team a player must have played in at least 8-regular, or “special games,” during the season. [*Special Games are defined as any League sanctioned pre-season, Player’s Choice, or postseason tournament game, played against another RVLL league sanctioned team.*]

1.5.6.7.2. Age 13 players that also played at least 8-regular season games in the Juniors or Seniors division will be given the option to choose which age-appropriate All Star team they are eligible for (50/70, Juniors, or Seniors). This declaration must be made at least 48 hours before starting the All Star player selection process. If not declared, the player will be eligible for the 50/70 All Star team.

1.5.6.7.3. Age 14 players that also played at least 8-regular season games in the Seniors division will be given the option to choose which age-appropriate All Star team they are eligible for (Juniors or Seniors). This declaration must be made at least 48 hours before starting the All Star player selection process. If not declared, the player will be eligible for the Juniors All Star team.

1.5.6.8. Player Selection for 10-,11-, and 12-year-old Teams

1.5.6.8.1. Each division manager shall solicit the players on their team and identify those players interested in having their name placed on the All Star ballot.

1.5.6.8.2. All Star managers will nominate 9 players to be added to the All Star ballot.

1.5.6.8.3. Each division manager shall nominate players from their own team, not already nominated by the All Star Manager to be added to the All Star ballot.

1.5.6.8.4. Managers may nominate players from other teams within their division, if not nominated by their team's manager, to be placed on the All Star ballot.

1.5.6.8.5. Division managers will vote for 9 ballot nominees. The 9 nominees who receive the most votes will be rostered on their divisional All Star team.

1.5.6.8.6. No manager may vote for their own nominee.

1.5.6.8.7. No manager may vote for a player from their own team.

1.5.6.8.8. The All Star manager will select players from the All Star ballot for the remaining roster positions and present their selections to the All Star Selection Committee for approval.

1.5.6.8.9. Players who are league age 10, and played in the Majors division may be assigned automatically to the 9-10 All Star team if that player receives 75% of the votes from the managers in the Majors Division. If they fail to receive 75% of the votes, they will be put on the ballot of players being voted on by the Minors Division managers. Any remaining spots on the 9-10 All Star roster will be voted on by the Minors Division managers.

1.5.6.9. Player Selection for 50/70 Team

- 1.5.6.9.1. The following procedure will be used if there are four or more teams in the 50/70 and Juniors divisions (combined) during the Spring season. If there are less than four teams across the two divisions, then an alternate selection process will be used, the details of which will be shared by the Board before regular season play begins.
- 1.5.6.9.2. The division managers of the 50/70, Juniors and Seniors teams shall solicit the eligible players on their team, identify those players interested in having their name placed on the All Star ballot, and provide the list of names to the All Star Selection Committee
- 1.5.6.9.3. The 50/70 All Star manager will nominate 9 eligible players from the 50/70, Juniors, and/or Seniors divisions to be added to the All Star ballot.
- 1.5.6.9.4. The division managers of the 50/70 and Juniors teams shall nominate the eligible players from their own team, not already nominated by the All Star Manager to be added to the All Star ballot.
- 1.5.6.9.5. Managers may nominate eligible players from other teams within the 50/70 and Juniors divisions, if not nominated by their team's manager, to be placed on the All Star ballot.
- 1.5.6.9.6. The 50/70 All Star manager, along with the 50/70 and Juniors Division managers will each vote for 9 ballot nominees. The 9 nominees who receive the most votes will be rostered on their divisional All Star team.
- 1.5.6.9.7. No division manager may vote for their own nominee. However, the All Star manager may vote for their own nominees, unless they are also a division manager.
- 1.5.6.9.8. No division manager may vote for a player from their own team.

1.5.6.9.9. The All Star manager will select players from the All Star ballot for the remaining roster positions and present their selections to the All Star Selection Committee for approval.

1.5.6.10. Player Selection for Juniors Team

1.5.6.10.1. The following procedure will be used if there are four or more teams in the Juniors and Seniors divisions (combined) during the Spring season. If there are less than four teams across the two divisions, then an alternate selection process will be used, the details of which will be shared by the Board before regular season play begins.

1.5.6.10.2. The division managers of the Juniors and Seniors teams shall solicit the eligible players on their team, and identify those players interested in having their name placed on the All Star ballot, and provide the list of names to the All Star Selection Committee.

1.5.6.10.3. The Juniors All Star manager will nominate 9 eligible players from the Juniors and/or Seniors divisions to be added to the All Star ballot.

1.5.6.10.4. The division managers of the Juniors and Seniors teams shall nominate the eligible players from their own team , not already nominated by the All Star Manager to be added to the All Star ballot.to be on the All Star ballot.

1.5.6.10.5. Managers may nominate eligible players from other teams within the Juniors and Seniors divisions, if not nominated by their team's manager, to be placed on the All Star ballot.

1.5.6.10.6. The Juniors All Star manager, along with the Juniors and Seniors Division managers will each vote for 9 ballot nominees. The 9 nominees who receive the most votes will be rostered on their divisional All Star team.

1.5.6.10.7. No division manager may vote for their own nominee. The All Star manager may vote for their own nominees.

1.5.6.10.8. No division manager may vote for a player from their own team.

1.5.6.10.9. The All Star manager will select players from the All Star ballot for the remaining roster positions and present their selections to the All Star Selection Committee for approval.

1.5.6.11. Player Selection for Seniors Team

1.5.6.11.1. Due to the historically low volume of teams in the Seniors division, the selection process will be determined by The All Star Selection Committee prior to the start of the regular season game play. If there are four or more teams in the Seniors division for the Spring season, the selection process will follow the same rules as the process defined for the 12-year old team.

1.5.6.12. Player/Manager/Coach Ineligibility

1.5.6.12.1. A player who is suspended for any reason during the regular or postseason will be ineligible for All Star selection.

1.5.6.12.2. A manager or coach who is suspended for any reason during the regular or postseason, or who acts in a way (as voted on by the Board) deemed detrimental to the League, will be ineligible for All Star selection. [*Note: a rule violation, which results in a suspension (such as having a player pitch that is ineligible) will not automatically make the manager or coach ineligible.*]

1.5.6.12.3. Player Reinstatement: a player who wishes to be considered for reinstatement must write a letter to the Board President, stating why they feel they should be reinstated. The President will present the letter to the Board for review. If a majority of the Board agrees to hear the players appeal, the player will be required to make their case in person before the Grievance Committee. If a majority of the Grievance Committee agrees that the player should be reinstated, the player will be considered eligible

for All Star selection. *[Note: the player's parents may come to the Committee meeting, but the merits for reinstatement will be considered based on what the player presents.]*

1.5.6.12.4. Manager/coach Reinstatement: a manager or coach who wishes to be considered for reinstatement must state their case for reinstatement in writing with the President. The President will present the manager or coach's reasoning to the Board for review. If all members of the Board agree to hear the manager or coach's appeal, the manager or coach will be required to make their case in person before the Grievance Committee. The Grievance Committee will vote on the merits of whether the manager or coach should be reinstated. If all members of the Grievance Committee agree they should be eligible, the manager or coach will be reinstated and eligible for All Star selection. This vote must be unanimous.

1.5.6.13. Tryouts: When deemed necessary, the All Star Selection Committee may call for "tryouts" to assist in fielding the most competitive team.

1.5.6.14. Confidentiality and Oversight: The All Star selection process, along with the requisite meetings, are facilitated by the President of the Board with the assistance of the Player Agent. The selection results (number of votes, selection order, etc.), as well as manager deliberations about the prospective players, are strictly confidential.

1.5.6.15. Final Roster: The All Star Selection Committee will submit a final roster to the Board for final approval.

1.5.6.16. Player Notification: All Star Team Managers are asked to notify team members as soon as possible once the roster is deemed final by the Board.

1.5.6.17. All Star teams may practice prior to Board approval; however, Board approval is required before the District All Star tournament begins.

1.5.6.18. Roster Evolution: An All Star player from a team eliminated from competition may be rostered on another team still competing provided they meet all requirements of the Little League rulebook (Tournament Organization→Player Eligibility). This re-rostering will require board approval.

1.5.7. Players Choice Game

1.5.7.1. The Players Choice (PC) game is just as the name implies; players from each divisional team vote on who from their team will best represent them as a whole. *[Note: selection criteria is encouraged to be based on player attributes like, attitude, sportsmanship, and general skill level.]*

1.5.7.2. The Board will decide how many PC teams from each division will be formed. This will dictate how many players from each team will be selected. The Board will attempt to keep teams to 12-players or less in order to maximize playtime.

1.5.7.3. The manager, coach or team parent, will facilitate a secret vote, by which each player will vote for a predetermined number of teammates.

1.5.7.4. Managers do not vote for players.

1.5.7.5. Players may not vote for themselves.

1.5.7.6. Players who receive the majority of the votes will participate in that year's PC game.

1.5.7.7. Managers should rank players in the order of total votes received for selection and alternate purposes.

1.5.7.8. Players are not to be advised on where they ranked in the voting process, and no other information on the voting results are to be disclosed to any player or parent.

1.5.7.9. Division Commissioners will coordinate with managers on the voting deadline and how many players will need to be selected.

1.5.7.10. The PC game is usually played at the midpoint of the season, and traditionally coincides with Picnic Day, Hit-a-Thon, etc.

1.5.7.11. Managers will be offered the opportunity to manage a PC team, and will be based on their team's division standing to date. The PC team manager may invite managers or coaches from other teams who have players participating in the PC game.

1.5.7.12. Regular season rules will apply during the PC game.

1.5.7.13. It is best practice to file a Special Game form(s) with the District Administrator at least two-weeks prior to the games being played.

1.5.8. Practice

1.5.8.1. The Vice President of the Board maintains oversight of all practice related activities.

1.5.8.2. Practice field location, practice time, along with team name assignments, are selected during pre-season communications between the division commissioners and the division managers. Selection order may be determined by the manager's ability to promptly reply to the division commissioner on any pre-season related items. *[Note: example would be jersey size and number selection of the entire team.]*

1.5.8.3. Practices may not begin until expressly authorized by the division commissioner.

1.5.8.4. The use of the field for which each team is assigned is exclusive to that team, during the time slot that team signed up.

1.5.8.5. All practices must have adult supervision, and all safety rules must be adhered to.

1.5.8.6. Under no circumstance will a manager allow a team to practice on any unauthorized or unapproved premise. Failure to abide by this provision may result in disciplinary action by the Board.

- 1.5.8.7. A manager or coach looking to move, or otherwise change practice locations, no matter how temporary, must first receive approval from RVLL's Safety Commissioner.
- 1.5.8.8. No practices, or practice games, will be held at the RVLL facility with the exception of All Stars following the conclusion of the regular season.
- 1.5.8.9. Pre-season practice games are allowed with other RVLL teams in the same division. Practice games with Little League sanctioned teams outside RVLL are allowed with the submission of a Special Games Permit. No practice games, of any kind, are allowed with non-Little League sanctioned or 'travel' teams.
- 1.5.8.10. Do not wear RVLL jerseys during practice games per Little League Baseball Rules.
- 1.5.8.11. Practicing on Sundays in Little League is discouraged, with the notable exception of Board sanctioned programs such as Advanced Skills Development.
- 1.5.8.12. When two teams share the same practice field, the more senior division has priority for field location during the season. When the same division practices together, the locations at the field shall switch each week.
- 1.5.8.13. Practices held at all Rincon Valley Union School District (RVUSD) elementary schools shall not begin before 5:30 PM, no exception.
Managers will keep their players and equipment off of school grounds until the scheduled practice time. Failure to do so is a direct violation of our facility use permit and grounds for revocation.
- 1.5.8.14. Do not mow any grass area at any of the RVUSD practice field locations.
- 1.5.8.15. Do not contact RVUSD regarding mowing of the practice field locations.

1.5.9. Batting Complex

1.5.9.1. RVLL maintains a facility consisting of full-length batting cages, tee/toss stations and a throwing area. It is subject to the following rules and regulations:

1.5.9.1.1. The complex is closed until the regular season begins.

1.5.9.1.2. Batting cage hours of operation:

- 4:30 p.m - 9:00 p.m on weeknights
- 8:00 a.m - 9:00 p.m on Saturdays
- 9:00 a.m - 7:00 p.m on Sundays

1.5.9.1.3. Players may arrive and stretch early, but NO HITTING OF ANY KIND OUTSIDE OF THESE HOURS IS ALLOWED.

1.5.9.1.4. Each division has their own dedicated batting cage noted with a sign on each cage. During game days, the teams that are playing next have rights to the cages.

1.5.9.1.5. Additional weeknight time slots (for teams not playing that evening) will be released for signup, via Signup Genius or the equivalent. *[Note: if a conflict arises between a team who signed up for a practice slot and a team who has a game within 1-hour of the conflict, the team with the game will take priority over the other.]*

1.5.9.1.6. Players, managers and coaches are to follow all posted rules displayed at the batting complex.

1.5.9.1.7. No parents or players shall pitch to other players in the cages. Only managers, coaches and assistant coaches are permitted to pitch and be inside the caged / netted area.

1.6. RVLL Facility

The RVLL Facility refers to the complex of 5 baseball diamonds, multiple batting cages, maintenance equipment and outbuildings including but not limited to snack-shack, equipment sheds and scorebooths.

The facility is located at: 1377 Baird Road; Santa Rosa, CA; 95409.

The hours of operation are:

Facility

Monday through Friday: 4:00 p.m – 9:00 p.m

Saturday: 7:00 a.m – 9:00 p.m

Sunday: 9:00 a.m – 7:00 p.m

Batting Cages

Monday through Friday: 4:30 p.m – 9:00 p.m

Saturday: 8:00 a.m – 9:00 p.m

Sunday: 9:00 a.m – 7:00 p.m

2. GAME PLAY

2.1. PLAYER REQUIREMENTS / FORFEITS / RESCHEDULING / RAINOUTS 2.1.1.

Minimum Player Requirements

2.1.1.1. Teams in all divisions are allowed to start and play a game with a minimum of 8 players and 1 manager or coach.

2.1.1.2. In the case a game is started with only 8 players, the 9th spot in the lineup will be an automatic out each time it comes up in the batting order, with the exception of non-competitive divisions (Tee Ball Peanuts, and Rookie) where that spot may be skipped without penalty.

2.1.1.3. If the 9th player arrives after the start of the game, that player may enter the 9th spot of the batting order for the remainder of the game.

2.1.1.4. For a player injured during a game who represents the 9th player, refer to section 2.1.1.2., with the exception of Minors and Farms where the spot in the lineup may be skipped without penalty.

2.1.1.4.1. An injured player is allowed to remain in the dugout, but may not come out of the dugout to act as a base coach, or otherwise be involved in any aspect of the game.

2.1.2. Forfeited Games

2.1.2.1. Failure to place at least 8-players on the field by the scheduled game time will result in the home plate umpire calling the game, meaning no game will be played. In this situation the following will occur:

2.1.2.1.1. Both managers will contact the division commissioner within 24 hours of the scheduled game time.

2.1.2.1.2. The manager of the team unable to field the minimum number of players will provide the division commissioner with any pertinent information as to why the situation arose.

2.1.2.1.3. The division commissioner will present the case to the Board for review and consideration. If circumstances are found that all players involved were unable to play because of some unavoidable event or circumstance (i.e. school/religious function, family emergency, etc), then the Board retains the right to reschedule the game. The League Scheduler will reschedule the game to a date and time acceptable to the Board. The division commissioner will then give both teams no less than a 72-hour notice from the rescheduled game time.

2.1.2.1.4. If a game has been rescheduled and the team that caused the reschedule fails to field 9 players, it will be an automatic forfeit.

2.1.3. Rescheduled Games

2.1.3.1. Failing to field the minimum number of 8 players for a rescheduled game shall not be deemed a forfeit, but rather referred to the Board for review.

2.1.3.2. Games will follow the same time limit rules that were in effect for when the game was originally scheduled.

2.1.3.3. Pitching rules will follow the eligibility rules for the week and time the game is actually played, per Little League rules, not when the game was scheduled to be played.

2.1.4. Rainouts

2.1.4.1. Unless notified by the division commissioner, hotline, or website, teams must assume games will be played as scheduled. The playability of the fields is determined and updated by the Fields and Facilities Board Member.

2.1.4.2. If the game cannot be played, it will be rescheduled at the first available opportunity in the order of postponement.

2.1.4.2.1. Special Note: should play be interrupted by something man-made (i.e. sprinklers, mechanical failure, other) the game should be stopped and then be replayed starting from before the last pitch once the issue has been resolved. If the situation cannot be readily resolved and the game unable to be resumed within an acceptable period of time, the game should be suspended and completed at a later date.

2.2. UMPIRE AND GAME COORDINATOR

2.2.1. Before a game can begin in the Middle Divisions, it is a requirement that both a home plate and a field umpire be in attendance.

2.2.2. If both umpires are youth (less than 18 years of age) umpires, then a Game Coordinator (GC) must be present before the game can be played.

2.2.3. If only one umpire is present, the GC will serve as the second umpire.

2.2.4. If an assigned umpire does not show up for the game and there is no GC in attendance to fill in, the managers shall agree upon an umpire(s) for the game. If no umpire(s) can be found and or agreed upon, the managers of

both teams shall each either assign a rostered coach to fill in or share the umpire duties for the game between them.

2.2.5. Failure of an umpire to show up for the game will never be grounds for delaying the start, rescheduling, or replaying the game.

2.2.6. Failure of a GC to show up for their scheduled duties will result in the manager responsible for providing the GC being issued a 1 game suspension, which will be applied to that manager's next scheduled game. In addition to the suspension, the Board will take this infraction into consideration for future managerial or coaching roles.

2.2.7. If a GC fails to cover their assigned duty the Home Team manager is to notify the division commissioner and umpire in chief (UIC).

2.2.8. GC schedules will be assigned by the UIC throughout the season. If the manager is unable to serve as the GC, it will be the manager's responsibility to assign a qualified adult GC for their assigned shift that is prepared to serve as an umpire if needed.

2.2.9. Each manager/coach shall remain in their associated dugout at all times, including during the questioning of a call. The exceptions are standing in the coaches' box, as defined by the chalked line, relieving a pitcher, or tending to an injured player. Any manager/coach who walks out on the field, excluding the situations above, is subject to a potential 1 game suspension.

2.2.10. Roles of umpires and GCs defined below:

2.2.10.1. Umpires are in charge as soon as they step on the field and until stepping off the field.

2.2.10.2. RVLL expects managers to show a positive and respectful attitude toward all umpires and GCs at all times. Managers need to set the example for players and parents as to how all umpires should be treated. Per Little League Rule 9.01(g) umpires will suspend play until unruly spectators are removed.

2.2.10.3. Managers are to not speak directly with youth umpires under any condition.

- 2.2.10.4. If the manager disagrees with, or has questions around, a call made by the youth umpire, the manager must speak with the on field GC, who will then relay any questions or concerns around that call to the youth umpire.
- 2.2.10.5. The GC will be stationed on the field for the entire game and is the only person with whom a manager may talk to about a call made on the field.
- 2.2.10.6. The GC is only to convey the question from the manager to the youth umpire, and then to let the inquiring manager know what the youth umpire's decision is.
- 2.2.10.7. The GC is not to influence the call in question.
- 2.2.10.8. If a manager or coach fails to utilize the GC as outlined above, the GC has the authority to remove the manager or coach from the game per Little League Rule 9.03(d).
- 2.2.11. The Northern California Officials Association (NCOA) will provide 1-plate and 1-base umpire for all Senior, Junior and 50/70 division regular season home games.
- 2.2.12. RVLL will schedule a home plate and base umpire for all Major division games.
- 2.2.13. RVLL will schedule a home plate and base umpire for all Farms and Minors division games played on Saturday and Sundays.
- 2.2.14. All Farms and Minors division games played on weeknights will have an adult umpire scheduled by RVLL with the base umpire being designated by the home team, if no second umpire is present.
- 2.2.15. Any umpire calling a game from behind home plate is required to wear facial coverings and other protective baseball equipment at all times, until otherwise approved by the Board.
- 2.2.16. All constructive feedback regarding the performance of any umpire may be directed to the RVLL Umpire in Chief (UIC).

2.3. FIELD PREPARATION

2.3.1. The field of play is required to be in playable condition before a game can begin.

2.3.2. Field preparation is the responsibility of the home team. In case of back-to-back games the field prep crew of both home teams will be utilized.

2.3.3. Each team shall have several volunteers to help with field preparation throughout the season.

2.3.4. Each team shall designate one person to be the “Field-Prep” lead and be the point of contact for the team.

2.3.5. Field preparation should begin no later than 45 minutes before the scheduled game time and should be prepared before infield warm-ups begin.

2.3.6. If the home team fails to prepare the field of play, the visiting team will prepare the field. At the completion of the game, the visiting team manager or coach should notify the division commissioner, who will then notify the Board for further review. *[Note: weekend games may not allow for the full time in which to properly prepare the field. Make the field playable as quickly as possible to ensure the game starts by the scheduled start time.]*

2.3.7. Field Preparation Minimum Requirements:

2.3.7.1. Before the game:

- Pull tarps and place them outside the field of play
- Water all infield dirt areas except for the pitcher’s mound
- Rake level and compact the batter’s box
- Drag infield and rake baselines
 - String and chalk foul lines and batter’s boxes
 - Put all the equipment back into the appropriate shed

2.3.7.2. After the last scheduled game:

- Water all infield dirt areas except for the pitcher's mound
- Rake level and compact the batter's box
- Drag infield and rake baselines
 - Put all the equipment back into the appropriate shed
 - Place appropriate tarps on pitcher's mound and batter's box

2.3.8. Always water the dirt infield areas thoroughly before raking or dragging to minimize dust pollution.

2.3.9. Minors division and above, players may assist with their own field's preparation, so long as they are being supervised by an adult volunteer, manager or coach.

2.4. SCOREKEEPING

2.4.1. In all competitive divisions, two scorekeepers are required to be present before the game is allowed to begin.

2.4.2. The home team will be responsible for designating a score keeper who will score the game using the "official" / paper-scorebook. The home team is also responsible for providing a person to run the scoreboard.

2.4.3. The visiting team will be responsible for designating a score keeper who will score the game electronically using the iScore app, or similar. *[Note: an iPad, or similar electronic device, will be provided by RVLL and placed in each division's scorebooth before the first game of the day. Ensure the device is plugged in and charging after each use.]*

2.4.4. Teams are allowed to have more than one scorekeeper throughout the season; however, each team shall designate one person as the team's "official scorekeeper" who shall be the point person for their team.

2.5. GAME BALLS

2.5.1. Non-competitive divisions (Tee Ball, Peanuts, and Rookie) use a safety 'softie' ball. These balls will be made available to the managers and found at the field, or in the equipment shed.

- 2.5.2. Competitive divisions (Farms and up): a minimum of 4 game balls, which must be in “good condition,” are to be on the field of play prior to the start of the game. RVLL will supply game balls to the home plate umpire, who will bring the balls to the game. *[Note: After each game, return all remaining game balls to the umpire shack. These balls are repurposed for future RVLL activities.]*
- 2.5.3. Balls used in Farms, Minors, Majors and 50/70 divisions, must be marked with the “Little League” logo.
- 2.5.4. Balls used in the Juniors and Seniors divisions, must be marked with the “Seniors Little League” logo.
- 2.5.5. Balls hit out of the field of play should be collected and reused.
- 2.5.6. It is customary at RVLL that the home team manager give a treat-token to the person returning a game ball that ended out of the field of play.
Managers are encouraged to pick up several treat-tokens before each game from the snack shack by letting the person behind the counter know they’re being used for “foul ball” purposes. *[Note: managers will not have to pay for these treat-tokens and are provided by the League at no cost.]*
- 2.5.7. Home run balls may be given out, up to one per-player / per-season. If the manager wishes to give additional home run balls, they will do so at their own expense.

2.6. WARMUPS

- 2.6.1. Each team may take infield practice for a maximum of 10 minutes, provided there is enough time prior to the scheduled game’s start time.
- 2.6.1.1. The visiting team will take fielding practice first, followed immediately by the home team.
- 2.6.1.2. During each team’s infield practice time, the other team must be in their dugout.
[Note: an exception is made for pitchers warming up in the bullpen area. A helmeted safety player must accompany the pitcher and catcher in the bullpen area.]

2.7. OFFICIAL START TIME AND GAME LENGTH

2.7.1. Starting the Game

2.7.1.1. All efforts shall be made to start and finish all games on time to the published schedule.

2.7.1.2. An allowance of 10 minutes will be made only in cases where the home plate umpire is late.

2.7.1.3. On days when more than 1 game is scheduled on the same field, game time limits will be based on the scheduled start time for the first game of the day, regardless of the actual start time, otherwise, the official start time as determined by the home plate umpire, or GC if a youth umpire.

2.7.1.4. The home plate umpire will notify the scorekeeper of the official start time, who will note that time in the official scorebook.

2.7.1.5. In addition to noting the exact start time, a timer may be employed to clearly indicate how much time has elapsed since first pitch.

2.7.1.6. The GC will assume responsibility for establishing the official start time when a youth umpire is being used.

2.7.1.7. Field preparation and team infield practice will only be done when time allows.

2.7.1.8. Umpires and GCs are instructed to start games on time and in accordance to scheduled start times.

2.7.2. Ending the Game: The table below indicates game time limits (hour/minute) for when teams are not allowed to continue play. The game time limits are based from the official game start times as outlined in section 2.7.1.3.

<u>Division</u>	<u>No new inning after Do not exceed (stop game mid-inning)</u>
T-Ball	1:00 1:15
Peanuts	1:15 1:30
Rookie	1:15 1:30
Farms	<div>1:45</div> <div>2:00</div> <div>No Time Limit</div> <div>Not applicable</div>
Minors	
Majors	
50/70 and above	See interleague rules

2.7.3. Tie Games:

2.7.3.1. Majors and Minors division: if the game is tied after reaching the game time limit, or called for darkness, the game shall be continued. *[Note: managers shall notify the League Scheduler to schedule the continuation of the game.]*

2.7.3.2. Farms division: if the game is tied after reaching the game time limit, or called for darkness, the game will end in a tie.

2.7.4. Regulation Games: RVLL follows Little League Rule 4.10c to determine what constitutes a regulation game.

2.8. GROUND RULES

2.8.1. Ground rules applying to all fields at RVLL facility:

2.8.1.1. A batted ball which clears the fence or strikes the top of the fence and continues over the fence is considered a home run with the noted exceptions and clarifications by field below.

2.8.1.2. A ball that hits the top of a dugout is out of play.

2.8.1.3. The out of play area adjacent to the dugout is established by a line connecting the corner pole of the dugout to the nearest fence, generally at the extent of the gate in the fence. If there is no gate, a flag or equivalent will mark the location on the fence.

2.8.1.3.1. A ball that enters this area at any time is out of play.

2.8.1.3.2. Additionally, Managers are required to remain in this area.

2.8.2. Majors field rules:

2.8.2.1. A batted ball that hits any part of the scoreboard is considered in play.

2.8.2.2. A batted ball that strikes a flag on or around the scoreboard is considered a home run.

2.8.3. Farms, Minors and Multipurpose field rules:

2.8.3.1. A batted ball which strikes a tree in fair territory is considered a home run.

2.8.3.2. A batted ball that hits the scoreboard is considered a home run. **2.9.**

GENERAL RULES

2.9.1. Bats

RVLL follows Little League Rule 1.10 in determining if a bat is allowed to be played in a given division. Managers and or coaches must inspect their players' bat(s) prior to any sanctioned League activity to ensure they meet all specified criteria as outlined in Rule 1.10.

2.9.2. Player Safety

2.9.2.1. On deck batters are prohibited in Majors and all divisions below. 2.9.2.2. On deck batters are permitted in the upper divisions.

2.9.2.3. Players must be in the dugout, or behind the dugout fence, at all times unless playing a defensive position, hitting, baserunning, waiting on deck (upper divisions only) or warming up in the bullpen.

2.9.2.3.1. A pitcher and catcher warming up in the bullpen shall be protected by another player wearing a mitt and batting helmet.

2.9.2.4. Catchers warming up a pitcher between innings must be a team rostered player and wear at least a catcher's mask as protective equipment.

2.9.2.5. In all competitive divisions, once a game has officially started, no manager, coach or other adult volunteer is allowed to be on the field of play for purposes of shagging balls, or otherwise warming up players.

2.9.2.6. In all non competitive divisions, managers, coaches, or other adult volunteers, may be on the field of play in accordance with the division specific rules and regulations.

2.9.3. Courtesy Runner

2.9.3.1. A courtesy runner is permitted for the catcher and/or pitcher of record when there are 2 outs in an inning.

2.9.3.2. A courtesy runner must be reported to the plate umpire.

2.9.3.3. In divisions where a continuous batting order is used (Farms and Minors), the courtesy runner must be the player in the batting order who made the last out.

2.9.3.4. In divisions where a 9 player batting order is used, (Majors and up), the following additional rules shall apply:

2.9.3.4.1. A player whose name is on the team's batting order may not become a substitute runner for another member of the team.

2.9.3.4.2. The same courtesy runner may not run for both the pitcher and the catcher at any time during the game.

2.9.3.4.3. Neither the pitcher nor the catcher is subject to removal from the lineup.

2.9.4. Warmup pitch limits are 8 pitches or 1 minute, whichever comes first. 2.9.5. Run

Limits/Mercy Rule:

The 10-run rule limit is in effect for all Seniors, Juniors, and 50/70 games, per interleague rules. The 10-run rule limit does not apply to Majors, Minors and Farms divisions, see section 2.11 below for division specific run limits.

2.10. BATTING ORDERS, LINEUPS, SUBSTITUTIONS AND MINIMUM PLAY

2.10.1. Tee Ball, Peanuts, Rookie, Farms and Minors Divisions utilize a continuous batting order, meaning every rostered player present will hit in continuous order. Once the batting order has been set, it will be followed the entire game.

2.10.2. For Tee Ball, Peanuts, Rookie, Farms and Minors Divisions defensive substitutions are free. Any player may enter and exit the playing field as often as desired.

2.10.3. Tee Ball, Peanuts, and Rookie Divisions may utilize a 10 player defense with a 4 outfielder alignment. All other Divisions play a 9 player defensive alignment.

2.10.4. Majors and Upper Divisions will utilize a 9 player lineup, where substitutions shall be presented to the home plate umpire per Little League Rule 3.06 and 3.07, or to the official scorekeeper at the umpire's request.

2.10.5. Minimum Play

2.10.5.1. Majors and Upper Divisions: Each player will play a minimum of 2 full consecutive, and complete, innings of defense and have a minimum of 1 at bat as defined by Little League Regulation IV(i).

2.10.5.2. Minors Division: Each player must play a minimum 3 full and complete innings of defense.

2.10.5.3. Farms, Peanuts, and Rookie Divisions:

2.10.5.3.1. No player may sit on the bench for more than 1 consecutive inning.

2.10.5.3.2. No player may play more than two innings at the same position, where any outfield position counts toward the same positional limit. This does not apply to the catcher and pitcher positions.

2.10.5.4. Any player not achieving the minimum play in any division must play the next regularly scheduled game without substitution. The only exception to this rule is when a game does not have a bottom half of the last inning due to the fact that the home team is leading after the top half of the last inning.

2.11. DIVISION SPECIFIC RULES

2.11.1. The following sections establish local rules which either augment or supersede the rules established by Little League.

2.11.2. Team events are defined as games, practices, and conditioning. This does not include team parties.

2.11.2.1. Maximum number of team events in a 7 day period by division:

- T-Ball: 2
- Peanuts and Rookie: 3
- Farms and Minors: 4
- Majors, 50/70, Juniors, and Seniors: 5

2.11.2.2. Any manager who exceeds the maximum number of team events in the specified period of time may be subject to Board review.

2.11.3. Tee Ball

- Minors rules in the Little League Rule Book shall apply
- Each team will bat once through its batting order before taking the field for defense.
- On defense, all players shall take the field.
- There will be no catcher position and no pitcher position on the field of play.
 - Coaches are encouraged to take the field and help both teams.
- The games are non-competitive; score is not kept, and the point of the game is to instruct and have fun.
- Only one player may hold a bat at any one time.
 - There will be a 60-minute time limit for all tee-ball games.
 - Only the offensive coach may place the ball on the tee.

For the second half of the season the coaches will pitch to kids. This shift is at the discretion of the division commissioner. Coaches will pitch from a set distance into a bow net. Each child gets three pitches from the Coach. If the player does not put the ball into play by the 3rd pitch, the ball will be placed on the tee.

2.11.4. Peanuts

Teams are allowed 1 manager and up to 3 coaches on the field or in the dugout during games. At least 1 adult coach shall be with the players in the dugout at all times.

The batting team shall have 2 adult base coaches, who are to remain in the delineated coaching boxes, and 1 coach pitching. The defensive team Manager shall retrieve balls behind home plate. No other adults are to be on the field of play.

- Minors rules in the Little League Rule Book shall apply.
 - There will be a limit of 10 players on the field, 6 infielders and 4 outfielders.
- The games are non-competitive; score is not kept, and the point of the game is to instruct and have fun.
 - In the first inning of each game, each team will bat through their entire batting lineup, regardless of the number of outs made, and until ALL batters have hit.
 - From the second inning on, each half-inning will have ended after three outs have been made, or a team has completed one time through their

lineup. In those innings where outs are counted, the coach on the field closest to the play is the acting Umpire.

- A batted ball that stops in the arc in front of home plate is considered a foul ball.
- A runner cannot advance on an overthrow.
- Two bases max advancement per batter, with the exception of the last batter of an inning.

The first half of the season is “Coach Pitch.”

- Each batter will be allowed a maximum of 5 pitches pitched from the batting team’s coach.
- If the batter is unsuccessful in putting the ball in play after the 5th pitch, a batting tee will be used to allow the batter 3 additional swings. If the batter is unable to put the ball in play after the 3rd attempted swing from the tee, the player will be ruled out.

The second half of the season is “Player and Coach Pitch.”

- Each batter will be allowed a maximum of 3 pitches from the defensive team’s player-pitcher.
- If a batter is unsuccessful putting the ball into play on 1 of the 3 pitches from the player-pitcher, then the coach will throw 4 additional pitches while the player-pitcher stands behind, and to the side of, the designated marker. If the batter is unsuccessful in putting the ball in play after the 4th pitch from the coach, a batting tee will be used to allow the batter 3 additional swings. If the player is unable to put the ball in play after the 3rd attempt from the tee, the player will be ruled out.

Kid Pitch Rules:

- 24 pitches, or 1 inning maximum, per-pitcher, per-game.
- No pitcher may pitch on back-to-back days.
- A pitcher may only pitch 1 time per week.
- Only league age 7 and 8 year old players may pitch.
- The maximum number of pitches per batter is 3.
- The player-pitcher must pitch from the rubber
- The player-pitcher is allowed 1 hit batter, after a 2nd hit batter the coach must finish the inning.

2.11.5. Rookie

Teams are allowed 1 manager and up to 3 coaches on the field or in the dugout during games.

- Minors rules in Little League Rule Book shall apply.
 - There will be a limit of 10 players on the field, 6 infielders and 4 outfielders.
- The games are non-competitive, however score is kept and displayed on scoreboard, and the point of the game is to instruct, have fun, and experience a more traditional game of baseball as compared to the Peanuts division.
- Each half inning will be completed after three outs have been made or the run limit is met, whichever comes first.
 - When “machine pitch” is employed, the run limit is 5 per inning.
 - When “player pitch” is employed, the run limit is 3 per inning.
- A plate and field umpire will call the game. If umpires are not available, a home team coach shall call the game from behind the plate or behind the mound.
 - Games will be played on the Farms, Minors, or Majors fields.
- No stealing is allowed. Players that steal must return to the previous base.
- A runner may advance one base per overthrow.

The first half of the season is “Machine Pitch”

- Each batter will be allowed 3 swing and misses or 5 pitches from machine. A batter that hits a foul ball on the last pitch is awarded another pitch until they put the ball in play or miss.
- If the player is unsuccessful in putting the ball in play in the prescribed amount, the player will be ruled out. If a player does not swing at the 5th or later pitch, it will be coach/umpire’s discretion on whether or not the at bat is considered a strikeout.
- A defensive player will be positioned adjacent to the pitching machine, but no closer to the plate than the pitching rubber.
 - A batted ball that strikes the pitching machine or coach is considered a dead ball and does not count against the batter’s amount of pitches.

The second half of the season is “Machine Pitch” for the first two innings and “Player Pitch” for the remainder of the game.

- Pitch count and associated days of rest will follow Little League Rule Book.
 - A pitcher may not throw more than 40 pitches or pitch more than 1 inning.

- Both home and away managers are responsible for keeping an accurate pitch count for both teams and subsequently logging pitch counts after the game. It is acceptable for the managers to delegate this responsibility to a coach, parent or other responsible adult.
- Pitchers will throw from the pitching rubber.
- Balls and strikes will be called by an umpire and there will be no limit to number of pitches per at bat.
- Four balls will result in a walk and three strikes will result in a strikeout. 2.11.6.

Farms

Teams are allowed 1 manager and up to 2 other coaches on the field or in the dugout during games.

The first four scheduled games will be defined as pre-season. For preseason games umpires are utilized and a score is kept; however, the result of the game will not count towards the team's overall standings. Additionally, the first two preseason games will utilize a pitching machine with a defensive player positioned with at least one foot on the pitching mound dirt.

A 3-run rule limit will be in effect for each inning of all regular season games. Once 3 runs have been scored, that half inning will be over, regardless of the number of outs made. If a player-batter was at bat when the 3rd run scored, that batter will be the leadoff batter the following inning. *[Note: the 3-run rule limit does not apply in the 6th inning of all postseason games.]*

When a walk is issued, the batter and base runners may only advance to the next base. The walked batter may not advance to second base until the next pitch is made and crosses the plane of home plate.

Each baserunner can only advance one base on a steal attempt, even if the defense makes an attempt to put them out. The runner(s) must wait until the next legal pitch before attempting to steal another base.

Runners on third base may only steal home if a pitched ball is not caught by the catcher. If the pitch is caught by the catcher, the runner must return to third base before the next pitch, regardless of any action taken by the defense. For example, if the pitch is caught, the runner may NOT steal home during errant throws back to the pitcher, nor may the runner steal home on an attempted pick off play by the catcher at third base or any other base. If the catcher attempts to

pick off the runner on third base as that runner is leading off third base, the runner at third may NOT run home. If the runner on third base breaks for home on a pickoff and touches home plate, the runner will be called out. Additionally, there are no delayed steals of home. The runner must initiate the attempt to steal home immediately after the pitch crosses the plane of home plate. If the runner attempts a delayed steal, they will be returned to third base before the next pitch.

2.11.7. Minors

Teams are allowed 1 manager and up to 2 other coaches on the field or in the dugout during games.

A 5-run rule limit will be in effect for each of the first 5 innings of the game. Once 5 runs have been scored, that half inning will be over, regardless of the number of outs made. If a player-batter was at bat when the 5th run scored, that batter will be the leadoff batter the following inning. *[Note: The 5-run rule limit does not apply during the 6th inning of play.]*

A batter must have one foot in the batter's box at all times, per the rules specified in the Little League Rule Book.

2.11.8. Majors and Upper Divisions

A batter must have one foot in the batter's box at all times, per the rules specified in the Little League Rule Book.

2.12. SCORE AND PITCH COUNT REPORTING

2.12.1. In all competitive divisions managers of both the home and visiting teams are required to report scores and pitch counts within 24 hours of the game's completion. A mechanism for reporting will be established by the Board and communicated to managers through division commissioners.

2.12.1.1. RVLL follows the pitch count thresholds and required days rest as outlined in Little League Regulation VI.

2.12.1.2. Pitch counts may be further restricted on a temporary basis (for example, the first two weeks of the season) as directed by the League and communicated by the division commissioner.

2.12.1.3. It is the responsibility of the manager to be familiar with the required days rest, positional limitations and all facets of the pitch count section of Little League Regulation VI.

3. MISCELLANEOUS

3.1. MANAGERS AND COACHES CODE OF ETHICS

- I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will provide a safe playing environment for my players.
- I promise to review and practice basic first aid principles needed to treat injuries of my players.
 - I will organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will be knowledgeable in the rules of Little League and the local rules of RVLL and I will teach these rules to my players.
 - I will use coaching techniques appropriate for all of the skills I teach.
- I will remember that I am a youth sports coach and that the game is for the children and not the adults.

3.2. MANAGER SUPPORT: REQUIRED AND SUGGESTED VOLUNTEER ROLES

- 3.2.1. Team Parent: a parent volunteer from your team who may act as the manager's primary contact person for the communication between your team and the other parents. You may choose to have them be responsible for notifying parents of practices, games and for getting commitments for RVLL related work days (field prep, field work days, etc.). They may also assist with notifying parents of any special information from the Board or manager. The team parent may also help schedule field and plate umpires, scorekeepers, game coordinators, and purchase treat tokens for the team if so desired. The name and contact information for a team parent shall be provided by each manager to their division commissioner and League Secretary 2 weeks prior to the first scheduled game.

3.2.2. Field Prep Lead: a parent volunteer willing to take responsibility for coordinating and executing all necessary field prep duties. This person should attend the field prep clinic held by RVLL prior to the start of the regular season, so they may properly instruct other parent volunteers on how to properly prepare a field of play.

3.2.3. Scorekeeper Lead: a parent volunteer who takes a lead role in coordinating scorekeeping responsibility for the season. They should be knowledgeable in how to properly score a game, or attend RVLL's scorekeeping clinic to become familiar with how to score a game. This person may then teach other parent volunteers and recruit others to help score throughout the season. This person should be familiar with scoring both in the official scorebook (paper version) and electronic iScore, or similar.

3.2.4. Umpire Lead: while RVLL does its best to provide umpires for most regularly scheduled games, there is no guarantee. Each team should be prepared to provide one or more parent volunteer umpires for any given game. A good way to be prepared is to identify a few parents who are willing to umpire and send them to the Umpire-Training Clinic prior to the start of the RVLL season.

3.3. EQUIPMENT

Upon the request of the manager, select equipment may be issued at the beginning of the season. At the end of the regular season, it's the manager's responsibility to promptly return all equipment provided by RVLL. Managers may be held financially responsible for any equipment not returned. If equipment is not returned it will affect the consideration of your participation as a manager or coach the following year.

3.4. MEETINGS AND CLINICS

A calendar of meetings and clinics will be published in January. By signing up to manage, the manager acknowledges their presence may be declared mandatory at these meetings. Some meetings will require the manager to send a defined volunteer, such as the team parent meeting. If the defined volunteer is unable to attend, the manager will attend in their absence.

3.5. ANNUAL SPORTSMANSHIP AWARD

The Sportsmanship Award is based on Little League Traits of Good Sportsmanship. At the end of the regular season, each manager shall vote for one player on their team, and one player on another team, in their respective division, who they feel best represents those traits. The division commissioners will gather and tally the votes. The players who receive the most votes will win that year's award. The RVLL Board will present the award to the players at the end of the season during one of their closing Board meetings.

3.6. ADVANCED SKILLS DEVELOPMENT

Objective: To provide RVLL players the opportunity to further advance their baseball skills.

Registration & Eligibility: The ASD program is open to all players rostered in the RVLL Farms, Minors, Majors, 50/70 & Junior Divisions. The program is geared toward players that have a passion for baseball and have a desire to work hard on their skill to better their game.

There will be no fee for registration and everyone that registers will be able to participate throughout the duration of the program, which is open to all players in the respective divisions; however, space will be limited.

Schedule: The ASD program will run from January to mid-June. The program will be held once a week and will typically be held on Sundays, but may vary. Times will also vary for each age group. Players are expected to attend all sessions. This is not a "drop-in" program. This program requires a commitment from the player to attend the sessions.

Organization: The ASD Director will oversee the entire program. Each age group will have an Age Group Coordinator (AGC) that will be responsible for the curriculum and coach volunteers for that age group. The ASD Director will advise AGCs on their overall proposed curriculum and assist with implementation. Each AGC will be responsible to recruit enough coach volunteers for their age group and sub-age groups.

3.7. FALL BALL

Program: The RVLL Fall Ball program is a noncompetitive fall baseball season. The goal of the program is to promote the game of baseball and allow kids to play with their friends in a noncompetitive environment.

Registration: Fall Ball registration begins May 1 and remains open until July 1. Divisions will be based off the Little League age chart for the following calendar year.

Team Formation: Once registration is complete, managers will be selected and teams will be formed by the Player Agent. Managers will be allowed to request up to 5 players to be considered for their team. After manager's requests, the Player Agent will assign players to teams based on friend requests then school groupings.

Player Movement: All player movement will go through the Player Agent only. There will be no swapping of players once teams have been formed and finalized.

Practices / Clinics: Once teams have been formed, practices, locations and time slots will begin on a date issued by the Fall Ball Commissioner. Fall Ball will have a maximum of 3 events per week. This can consist of any 3 of the following: Practice, Batting Cages and Clinic. Practices will be held at RVLL approved fields only, no exceptions.

Season Rules: Fall Ball season is played under the rules as determined by the league hosting the season. Little League Rules are in effect where not noted.

3.8. EMERGENCY CLAUSE

The RVLL Board retains the right to adjust these rules accordingly in reaction to emergencies, natural disasters, and other unanticipated and challenging circumstances (for example, a global pandemic) that threaten the integrity of the league.

