

# Baseball Gold Rules

This is an instructional Division designed to introduce the kids to competitive play. **Coaches pitch from 32 feet.** There is no official score kept. There are no standings or playoffs for this Division.

- a. The lineup will include everyone (everyone bats the whole game). Defensively, 10 players are allowed on the field at one time including 4 outfielders. All players must play at least 4 innings in the field. No player may sit out more than 1 inning until all players on the team have also sat out at least 1 inning.
- b. Players do not pitch. The ball is pitched by the coach or his designee (not a player) from one knee.
- c. There are no umpires assigned to the game (coach/pitcher is umpire).
- d. No leading or stealing is allowed.
- e. Until the second Saturday in May, an inning ends when all players in the lineup have batted. From the second Saturday in May on, an inning ends when 3 outs are made or all players in the lineup have batted, whichever comes first.
- f. Until the second Saturday in May, there are no strikeouts. If the ball is not put in play after 5 swings, the batter is awarded first base. From the second Saturday in May on, strikeouts occur after 3 swings and misses, ignoring foul balls.
- g. Bunting is allowed.
- h. The pitcher's position is required to be fielded by a different player every inning. An effort should be made to see that all players have equal exposure to infield and outfield play every game.
- i. **Setup (Defense)**
  1. Bases 60 feet apart.
  2. Pitcher's rubber is 32 feet from home plate.
  3. 10 defensive players in the field: catcher, "pitcher" (who plays next to the coach who is pitching), 4 other infielders and 4 outfielders. The defensive team should have 4 outfielders evenly spread.
  4. The defensive team should station a coach in short center field in a position usually occupied by the umpire. The coach may not disrupt play but is allowed to quietly position and encourage fielders.

**j. Lineup (Offense)**

1. Every player present bats throughout the game. If the day of the game there are 12 players present then 12 players bat around. If 14, then 14 bat.
2. A team can play with less than 9 players.
3. The game ends after the sixth inning or after 1 hour and 45 minutes, whichever comes first.

**Larchmont-Mamaroneck Little League**  
**General Policy & Rules on Safety, Injuries and Sickness**  
**Applicable to All Divisions**  
**Last Updated March 1, 2013**

GENERAL SAFETY, BATS & HELMETS: The safety of the participants is of paramount importance to our program. For safety, no player except the batter may hold a bat. There is no on-deck circle in the LMLL. The on-deck batter is NOT allowed to take practice swings until he/she approaches the plate and is immediately next to the batter's box. All batters, base runners and (when permitted) players coaching 1B or 3B, whether in games or in practice, must wear approved helmets at all times.

ACCIDENTS/SIGNIFICANT INJURIES: In the event of an accident or any player incurring a significant injury the coach must notify the Division Commissioner as soon as possible. The Commissioner will provide the parent and/or the coach with the necessary accident reporting form.

CONCUSSIONS: If a medical professional, umpire, player's coach, or player's parent has determined a player has sustained a possible concussion in a game or practice, the player must be removed from the game and/or practice for the remainder of that day in addition to any other actions deemed medically advisable, and may only return to participation on a subsequent day pursuant to the procedures below. If a player's coach becomes aware that a player has sustained a possible concussion through any other activity, he/she shall not permit the player to participate in any practice or game until cleared through the procedures below. The player's coach and (if involved in a removal) the umpire shall inform the Division Commissioner as soon as possible following the game or practice, or following becoming aware of a possible concussion from other activity, of the player's removal and status.

LONG-TERM INJURY/SICKNESS: Any player who has missed practice and/or games for at least 7 consecutive calendar days due to any other injury (whether or not sustained in a LMLL activity) or illness may only return to participation pursuant to the procedures below. The player's coach shall notify the relevant Division Commissioner of any player who is (or is expected to be) absent for from practice and/or games for at least 7 consecutive days due to injury or illness.

RETURN TO PLAY: Any player who has been determined to have sustained a possible concussion per above, or has been absent for at least 7 consecutive calendar days due to injury or sickness, may only return to participation in practices and games after (1) the player's parent provides the player's coach BOTH an evaluation and written clearance from a physician or other accredited medical provider for a return to full baseball/softball activity AND a written acknowledgement from the parent in the form provided by the LMLL and (2) the player's coach, after providing such documentation to the Division Commissioner, receives explicit clearance from the Division Commissioner for the player to return to play based on such documentation.

## **ON-FIELD SIGNS OF POSSIBLE CONCUSSION**

Any of these symptoms, *alone or in any combination*, after a head trauma can be a sign that a player has sustained a concussion. Even if symptoms later subside, concussion may still have occurred. An injured player demonstrating any of these symptoms should as much as possible be put in an environment of quiet/rest and counseled to seek medical attention. For more significant/severe symptoms, immediate medical help should be sought.

Physical (observe and ask the player about each area specifically)

- Balance issues/dizziness
- Drowsiness
- Feeling “in a fog”, “off”, “weird”, “slowed down”, “behind”, etc.
- Headache
- Loss of consciousness/orientation/confusion
- Memory problems (ask basic questions, like birthday, address, day, what happened, etc)
- Nausea/vomiting
- Ringing/buzzing in ears/head
- Sensitivity to light/noise
- Speech issues, e.g. slurring, loss of vocabulary
- Vision issues – e.g. blurred, seeing “stars”, pupils widely dilated or uneven

Emotional/Personality (based on coach knowledge and observation)

- Attention issues
- Easily frustrated/anxious/nervous
- Emotional/irritable
- Tearful/morose