



LITTLE LEAGUE SAFETY PLAYING RULES & REGULATIONS

The following are Little League Rules and Regulations that are designed with the safety and well being of the players in mind. Local leagues may add additional safety rules and/or guidelines but are not permitted to alter any of the following.

NOTE: Junior, Senior and Big League Rules and Regulations differ in some applications.

1. Regulation VI **Pitchers**
 - ⦿ *Pitching activity should be monitored on a regular basis by both the Player Agent and Safety Officer in addition to parents, managers, and coaches. Leagues must ensure compliance with pitch count rules.*

2. Rule 1.08, Notes 1 & 2 **On-deck Position Is Not Permitted**
 - *Players shall not hold a bat in their hands until the umpire calls them to bat. At that time, they are permitted to pick up their bat and proceed to home plate to take their position in the batter's box. They may take warm-up swings on their way to the plate.*
 - *Only the first batter of each half-inning is permitted outside the dugout between half-innings. They may take warm-up swings while remaining near their dugout and shall not approach the plate area until the umpire calls for them.*

3. Rule 1.10 & Notes **Bat Specifications**
 - *The traditional "donut" style bat weight is prohibited.*
 - *Inspect metal bats for proper grip material in good condition.*
 - *Inspect metal bats for flat spots, dents, and cracks.*
 - *Bats that cannot pass through the Little League bat ring shall be removed from play. Even though a bat passes through the bat ring, it may still be disqualified after further inspection.*

4. Rule 1.11 (e) through (k) **Playing Uniform Specifications**
 - *Metal spikes are not permitted.*
 - *Pins are jewelry. Jewelry is prohibited (EXCEPTION: medical alert jewelry).*
 - ⦿ *Team personnel wearing casts shall remain in the dugout during the game.*

5. Rule 1.16 **Batting Helmets**
 - *Use of batting helmets by batters, all base runners, and all player base coaches is mandatory.*
 - ⦿ *Teach players to leave helmet on until they return to the dugout/bench.*
 - *Helmets may not be re-painted or have tape or decals applied unless approved in writing by the helmet manufacturer or their authorized dealer.*

6. Rule 1.17 **Athletic Supporter & Catcher's Equipment**
 - *All male players must wear an athletic supporter.*
 - *Male catchers must wear a protective cup and long model chest protector. "Flap" on chest protector must be worn down and not tucked up.*
 - ⦿ *Catcher's equipment must be properly sized for the player and adjusted.*

- ⊙ *“Dangling” style throat protector must be attached to the catcher’s helmet/mask, and it must be properly fitted to protect the throat when the catcher looks up.*
- ⊙ *A player who is squatting to warm up a pitcher must wear a protective cup and a catcher’s helmet/mask with a dangling throat protector. This applies on the field, in the bullpen, at practice, and everywhere else.*
- ⊙ *Players who are shagging balls for the coach during infield and outfield warm ups and practice must wear a catcher’s helmet/mask with dangling throat guard.*
 - *Skull caps and other type hard hats are not permitted.*

7. Rule 2.00, Definition of Obstruction **Fake Tag**

- *A fake tag is considered Obstruction. If runner slides as a result of the fake tag, the defensive player shall be removed from the game. Sliding is risky and can result in injuries.*

8. Rule 3.09 **Manager/Coach Warming Up Pitcher**

- ⊙ *Managers, coaches, and other adults MUST NOT warm up a pitcher at home plate, in the bullpen, or elsewhere at any time.*

9. Rule 3.14 **Keep Playing Field Clear**

- *Keep all defensive playing equipment off the field (fair and foul territory) and in the dugout when at bat. Same for offensive equipment when on defense.*

10. Rule 3.17 **Bench/Dugout**

- *Keep players behind protective fencing and away from openings at all times. If sunken dugouts, keep players in dugout beneath roof. Next player due to bat should be prepared with batting helmet on and ready to pick up their bat.*

11. Rule 4.05 **Base Coaches**

- *Players who are base coaches must wear a batting helmet when on the field.*
- ⊙ *Base coaches may not leave their dugouts until the pitcher has completed their warm up pitches.*
- *One adult coach must remain in the dugout at all times. Even though the rules allow two adult base coaches, only one or none may be available if the coaching staff is short handed.*

12. Rule 5.10 (a) & (b) **Field Conditions**

- *Once the game starts, the umpires determine when weather, darkness, or other factors make further play unsafe.*

13. Rule 5.10(c) **Incapacitated Player**

- *Umpire shall call “Time” when an accident incapacitates a player or umpire.*
- *Managers and coaches are responsible for first aid, not umpires.*

14. Rule 7.08 (a)(3) & (a)(4) **Sliding**

- ⊙ *A runner must slide OR attempt to get around a fielder who has the ball and is waiting to make the tag. No “bowling over” the defensive player.*
- ⊙ *Runners are not permitted to slide head first when advancing around the bases. They may slide head first when returning to a base.*