

Stamford National Little League – Dugout Rules

Below are the “dugout” rules that Stamford National Little League has adopted. We would appreciate your help in enforcing these rules.

- 1) **Bats** – Bats should not be held by any player in the dugout. Other than when the batter is actually batting, the only player allowed to have a bat in his/her hand is the first batter of any half-inning waiting for the pitcher to warm up. Managers should confirm that the players are using LL approved bats (aluminum, 1.15 bpf, or approved composite. See league website for link to approved bat list).
- 2) **Inside dugout fence** – players and coaches should not put their hands through the fence and risking injury due to a foul ball.
- 3) **Concession stand** – Coaches and players must not leave the dugout or playing field other than to go to the bathroom or get a foul ball. Please make every effort to go the concession stand before the game. Alternatively, please get a parent to go to the concession stand for a coach or player during the game.
- 4) **Food during a game** – Players are not allowed to eat during a game (nor are coaches in order to set a good example). Only Gatorade/Powerade, water, gum, and sunflower seeds are allowed during the game.
- 5) **Parents in dugout** – Parents (and children other than those playing the game) must stay outside the dugout/playing field during the game. They may deliver any Gatorade/Powerade, water, gum, or seeds at the back gate.
- 6) **Coaches in dugout** –
 - a) While the game is being played, all dugout coaches (those not coaching the bases) must stay behind the fence (inside the dugout) and within the dugout (not in the opening to the field). Please also do not stand directly behind home plate near the scorer’s box as it could distract the pitcher.
 - b) One coach must be in the dugout at all times. If there are only two coaches at a game, only one can coach the bases and the other must be in the dugout.
 - c) All coaches in the dugout must be approved league volunteers who have completed volunteer forms.
- 7) **Smoking** – Smoking is not allowed during the game.
- 8) **Trash** – Please make sure that your team leaves the dugout clean for the next team and that someone empties the trash buckets after every game.