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  
   **Pitching Restrictions.**
   - Pitching activity should be monitored on a regular basis by both the Player Agent and Safety Officer.

2. Rule 1.08 (NOTE)  
   **The On-deck Position Is Not Permitted.**
   - Players are not allowed to hold a bat in their hands until the umpire calls them to bat. At that point, they are permitted to pick up their bat (from a controlled area, bat rack, and proceed to home plate to take their position in the batters box. They may take a couple of practice swings on their way to home plate.
   - Players are not permitted to take practice swings in between innings and/or while the pitcher is warming up.

3. Rule 1.10 & NOTE  
   **Bat Restrictions and Guidelines.**
   - The traditional batting donut is not permissible.
   - Watch for metal bats without proper grip material.
   - Watch for metal bats that have flat spots or cracks.
   - Non-wood bats may develop dents from time to time. Bats that cannot pass through the approved Little League BatRing must be removed from play.

4. Rule 1.11 (e) through (k)  
   **Playing Uniform Restrictions.**
   - Pins are not permitted on hats of players, coaches or umpires.

5. Rule 1.16  
   **Batting Helmet Requirements and Restrictions.**
   - Helmets must remain on until player has returned to the dugout area.

6. Rule 1.17  
   **Athletic Supporter & Catching Gear Requirements.**
   - All male players must wear athletic supporters.
   - Catchers gear must fit properly to protect the player.
   - The catcher (males) must wear a athletic supporter, metal, fiber or plastic type cup, long model chest protector, catchers helmet and mask with dangling throat guard, and shin guards.
   - The flap on long model chest protectors must never be turned up. This includes between innings.
   - A player warming up a pitcher must be wearing a helmet with mask and dangling throat protector as a minimum. A protective cup is optional.
   - Catchers or any player shagging balls for the coach during infield or outfield warm ups must have a helmet and mask on at all times.
7. Rule 1.17 (continued)  
**Athletic Supporter & Catching Gear Requirements.**
- Skull caps and other type hard hats are not permitted.
- Throat guards (dangling type) are required on all catcher’s helmets.
- Two adults are not allowed during infield or outfield warm-ups at any time.

8. Rule 2.00 (obstruction)  
**A Fake tag is Considered Obstruction**

9. Rule 3.01 (a) & (b)  
**Game Preliminary Requirements.**

10. Rule 3.09  
**Player, Manager & Coach’s Conduct During Games.**
- Adults are not permitted to warm up pitchers or play catch at any time. There must only be one adult for infield and one for outfield warm-ups, the other person, if used, must be a player.

11. Rule 3.14  
**Keeping Playing Field (fair & foul territory) Clear.**
- Dead ball areas must be kept clean at all times. Playing equipment must be as far out of the way as possible.
- Bats must be kept in a bat rack and never allowed loose in the dugout area.

12. Rule 3.17  
**Bench & Dugout Conduct and Restrictions.**
- Players in the dugout area must remain behind the protective fencing at all times, and away from the dugout openings.

13. Rule 4.05 (all)  
**Requirements For Base Coaches.**
- Player coaches must wear a batting helmet at all times while coaching.
- Base coaches may not wear a cast of any type.
- The coaches shall not leave their respective dugouts until the pitcher has completed his/her preparatory pitches to the catcher.
- Base coaches must pay attention to the ball at all times.

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

15. Rule 5.10 ©  
**Incapacitated Players.**

16. Rule 7.08 (a3 & a4)  
**Sliding.**
- A runner must slide or attempt to get around a fielder who has the ball and is waiting to make the tag.
- A runner is not permitted to head first slide while advancing.