

LITTLE LEAGUE / CLLL SAFETY RULES

The following safety rules must be adhered to at all times. All managers, assistant coaches, parents "helping out", and umpires must be familiar with all of the following rules. The umpires are responsible for enforcing these and all rules, but whether enforced or not, all managers are responsible for ensuring their players, coaches, and parents are familiar with and comply with these rules of safety to prevent injury and avoid the appearance of negligence. In each instance below, the Little League rule # in the current Baseball Official Regulations and Playing Rules (e.g., the "Green Book") is cited, or noted as a CLLL local rule. Managers who do not have a copy of the Green Book but would like one should contact Bob Howard. Unless otherwise noted, each rule applies to all divisions, Tee Ball 4 through Majors.

1. When lightning is spotted or thunder is heard, all players, managers, and coaches must return to their cars until 30 minutes have passed without another strike. If, during the waiting period, lightning is spotted or thunder is heard again, the 30 minute "timer" is reset. Nobody may be on the field (for repairs, ground work, etc.) during the waiting period. The distance from the field in which lightning is spotted and the loudness of the thunder is not relevant. (Green Book Appendix A).
2. If only junior umpires (age 17 or younger) are assigned to your game, there must be an adult present at all times serving as the Game Coordinator. While this adult will not be called on to make calls, the adult will serve as umpire in chief in resolving disputes and maintaining order. If there is no adult umpire on the premises, you do not play. No exceptions! (Single-A through Majors) (Rule 9.03 (d))
3. Managers must be adults (age 18 or older). Persons of league age 16 or 17 may serve as coaches as long as there is an adult manager and at least one other adult coach. (Rule 2.00 - "Coach" and "Manager")
4. All male players must be properly equipped with athletic supporter. (Rule 1.17)
5. All male catchers must wear a protective cup (at all levels). (Rule 1.17)
6. CLLL local rules go one step further: All male players must wear a protective cup at Single A level and above.
7. All catchers must wear a mask with dangling throat protector (Rule 1.17)
 - a) during any pitcher warm-ups (either before or during the game or practice);
 - b) any time he/she is catching for a coach batting balls to the infield or outfield (either pregame warm-ups or any team practice).
8. The dangling throat protector applies to all styles of mask, no exceptions for "hockey style" masks. (Rule 1.17)
9. During live action (batter at plate), in games or in practice, the catcher must be equipped with the above equipment plus shin guards and a long / extended model chest protector with neck collar (Coach Pitch through Majors). (Rule 1.17)
10. All catchers' masks and batting helmets must meet NOCSAE specifications and bear the NOCSAE stamp. If the stamp is not present, the equipment may not be used. (Rule 1.17)
11. Catchers' masks and batting helmets may not be re-painted and may not contain tape or self-applied decals unless approved in writing by the manufacturer or authorized dealer. (Rule 1.17). Helmets with decals will not be permitted unless they meet the requirement above (approved in writing by the manufacturer or authorized dealer). CLLL has a letter on file from the following manufacturers and these helmets are approved for use: Rawlings and Easton.
12. All batters, base runners, and youth base coaches must wear a batting helmet during all games and practices (see above for NOCSAE verification and restrictions). (Rule 1.16 and Green Book Appendix B)
13. All batting helmets must have ear protection on both sides of the helmet (Tee Ball through Majors). (CLLL local rule)

14. Adults may not warm-up any pitcher at any time. This includes before the game, between innings, and in the bullpen (or anywhere outside the playing area) during the inning. (Rule 3.09, Rule XIV (f))
15. Any part of a pitcher's undershirt or tee shirt worn beneath the uniform jersey which is exposed to view must be of a solid color. Pitchers may not wear any items on the hands, neck, wrists, or arms which may be distracting to the batter. White long sleeve shirts are not permitted on pitchers. (Rule 1.11(a)(3), Rule 1.15(c))
16. The pitcher's glove may not be white or light gray, or any color deemed by the umpire to be distracting to the batter. (Rule 1.15(a))
17. Players must not wear watches, rings, pins, jewelry or other metallic items, with the exception of objects that alert medical personnel to a specific condition. LL HQ interpretation: sunglasses, when not worn over the eyes, are considered jewelry (e.g., no sunglasses on the hat - they must be worn as sunglasses or left in the dugout). (Rule 1.11 (j))
18. Casts may not be worn during the game. Persons wearing casts, including rostered players, managers and coaches, must remain in the dugout. (Rule 1.11 (k))
19. The catcher must wear a catcher's mitt (Coach Pitch through Majors). (Rule 1.12)
20. Bats (Rule 1.10):
- a. **All bats must be Little League approved.** As of January 1, 2018, the [USA Baseball Bat Standard](#) will be implemented. **Beginning with the 2018 season, non-wood and laminated bats used in the Little League (Majors) and below, Intermediate (50-70) Division, Junior League divisions, and Challenger division shall bear the USA Baseball logo signifying that the bat meets the USABat – USA Baseball's Youth Bat Performance Standard.**
 - **All BPF – 1.15 bats will be prohibited beginning with the 2018 season.** Additionally, starting in 2018, the bat diameter shall not exceed 2⁵/₈ inches for these divisions of play. Additional information is available at [LittleLeague.org/batinfo](#).
- b. All illegal bats must be removed from play. This includes practices as well as games.
21. Bats may not be altered in any way. (Green Book Appendix D)
22. Batting donuts are not permitted. (Rule 1.10, Note 2)
23. On deck hitters are not permitted in Tee Ball through Majors. (Rule 1.08, Note 1)
24. Only the first batter of each half inning is permitted outside the dugout between half innings (Tee Ball through Majors). (Rule 1.08, Note 2)
25. Only the current batter may have a bat in his hands. No practice swings in the dugout, batting cage or anywhere outside the playing field (Tee Ball through Majors). (Green Book Appendix B)
26. No on-field batting practice before games. Batting practice with live balls is limited to the batting cages for those fields so equipped. This includes batting balls into fences, which is likewise banned at all times (including practice). Wiffle balls may be batted in the outfield under coach supervision except when the other team is taking infield practice. Balls may be hit into a portable batting net in the outfield under coach supervision except when the other team is taking infield practice. (CLLL local rule)

27. No bat boys / bat girls under any circumstances. (Rule 2.00 - "Bench or Dugout", Rule 3.17, Rule XIV (b))
28. Nobody other than players, manager, and up to two additional coaches is permitted in the dugout. (Three adults at most in the dugout, and no children other than rostered players.) (Rule 2.00 - "Bench or Dugout", Rule 3.17). The dugout gate (if applicable) must remain closed with all players, managers and coaches (who are not either at bat, on base or coaching a base) in the dugout. (CLLL Local Rule)
29. Only rostered players, managers, and coaches are permitted on the field and in the dugout during games (e.g., no siblings, friends, etc. are permitted). (Green Book Appendix B, Rule 3.15, Rule XIV (b))
30. Managers and coaches must be on the bench or in the dugout except when coaching a base while their team is at bat, or to confer with an umpire or visit the pitcher after receiving permission from the umpire and time is called. The only other exceptions are the local rules governing defensive coaches on the field in the Tee Ball through Coach Pitch divisions. (Rule XIV (d))
31. There must be an adult in the dugout whenever one or more players occupy the dugout. This includes visits to the mound and visits to the umpire; if there is one coach in the dugout while the team is at bat and he wants to leave the dugout for any reason, a base coach must return to the dugout before the manager may leave it. (Rule XIV (d))
32. All rules and regulations relating to pitch counts and pitchers' days of rest must be adhered to (Single-A through Majors). (See rule VI)