

2018

Manager / Coaches Meeting





Sunset Little League

Contact Information

Emergency Contact Numbers

- Police / Sheriff / Fire / EMT 911
- Poison Control (800) 453-5684

League Contacts

- Leon Paboucek
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League President
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- Stephen Rios
Phone: (505) 350-1640
League Vice President
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- Brandi Schaeffer**
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Director of Softball
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- Angela Paboucek
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Information Officer
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- BJ Gagne
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- Brandon Remley
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Chief Umpire
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- Jason Shepard
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Major Division Player Agent
Email: jasonandsandyshepard@gmail.com
- Gerald Segura
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Minor Division Player Agent
Email: gerald.sunset@gmail.com
- Casey Gagne
Phone: (505) 206-1663
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****NOTE:** Brandi Schaeffer is hearing impaired and needs to be contacted via text or email.





Little League Mission

Little League Mission

(The following was taken from www.littleleague.org)

Little League Baseball, Incorporated is a non-profit organization whose mission is to "promote, develop, supervise, and voluntarily assist in all lawful ways, the interest of those who will participate in Little League Baseball and Softball." Through proper guidance and exemplary leadership, the Little League program assists children in developing the qualities of citizenship, discipline, teamwork and physical well-being. By espousing the virtues of character, courage and loyalty, the Little League Baseball and Softball program is designed to develop superior citizens rather than superior athletes.

The heart of Little League is what happens between the manager/coach and a player. Children of Little League age are strongly influenced by adults whose ideals and aspirations are like their own. The manager/coach and player share a common interest in the game, a desire to excel, and determination to win.

Children often idolize their managers and coaches, not because the adult is the most successful coach or mentor, but because the manager and coaches are sources of inspiration.

**ONE OF THE MAIN REASONS KIDS QUIT PLAYING
SPORTS IS A BAD COACHING EXPERIENCE.
DON'T BE THAT COACH!!!**





General Information

Batting Cage Keys

- Batting cages are the property of Sunset Little League and remain locked to control access and prevent vandalism
 - The key to the padlocks can be obtained at the concession stand.
- Do not use spikes on the rookie pitching machines in cages, use sand bags instead

Pitching Machines for the Rookie Division

- Pitching machines are in either the concession stand or the connex by Field 3
- The home team is responsible for retrieving, setting up, and returning the pitching machine for their game
 - Distance from back of home plate to front of machine = 41 feet +/-
 - Speed of machine = 35 mph +/-
 - There is a tape measure and radar gun in the concession stand if the Managers do not agree on the setup

Interleague Play

- 2016 rules will be in effect until new rules are issued.

**NOTE: PLEASE NO GUM OR ANY TYPE OF SEEDS
(SUNFLOWER, PUMPKIN, PINON, ETC.)
AT THE NORTH COMPLEX***





League Rules and Recommendations

- **ALL DIVISIONS - Number of Manager/Coaches**
 1. One Manager and Two Coaches only (same for all Divisions).
 2. Parent(s) may assist with practices, but must be an approved volunteer with the league prior to doing so.
- **ROOKIE/TEEBALL - Dugout rules**
 1. Manager, two Coaches and ONE Parent are allowed in the dugout/field during the game (4 total adults). **THIS WILL BE STRICTLY ENFORCED!**
 2. Parent(s) may fill in for the Coach(s) if they are absent (but the parent must be an approved volunteer with the league prior to doing so).
- **MINOR/MAJOR/JUNIOR/SENIOR - Dugout rules**
 1. Manager and the two Coaches are the only individuals allowed in the dugout during the game (3 total adults). **THIS WILL BE STRICTLY ENFORCED!**
 2. Parent(s) may fill in for the Coach(s) if they are absent (but the parent must be an approved volunteer with the league prior to doing so).
- **VOLUNTEER APPLICATION/BACKGROUND CHECK**
 1. Managers, coaches, board members, and any other volunteers who provide regular services to the league and/or have repetitive access to or contact with players or teams **MUST** fill out an application form as well as provide a government-issued photo identification card for ID verification.
 2. Sunset Little League will provide Managers with an approved Volunteer list.
 3. Please provide parents with the necessary form to fill out if they want to help. Volunteers **MUST** be approved prior to participating in team events!
- **PLAYERS AND PARENTS CODE OF CONDUCT**
 1. Managers are responsible for their team and the **PARENTS!**
 2. The Code of Conduct Form establishes ground rules for the kids to live by.
 3. You may have the players/parents review and sign the first week of practice and keep with you as backup (for when a violation occurs).
 4. The Code of Conduct provides you (the Manager/Coach) with a set of guidelines to mitigate un-necessary/disruptive behavior before it starts.
 5. You must follow through on the consequences if a violation occurs, otherwise the Code of Conduct is worthless.





League Rules and Recommendations

- **FUNDAMENTALS TO COACH (To Be Reviewed Further in Coaches Clinic)**
 - 1. Tee-Ball
 - Throwing, catching, hitting and player positions/bases
 - 2. Rookies
 - Strikes/balls, outs, base running, substitutions, catching
 - 3. Minors
 - Pitching, strike zone, walks, catching, stealing, coaching signs
 - 4. Majors
 - Different pitches, cutoff man, bunting
 - **PRACTICE IDEAS**
 - 1. Split players into smaller groups (suggest 3) and rotate them every 10-15 minutes.
 - 2. Make sure you rotate the kids in the fielding positions.
 - 3. Children learn by doing, not listening! Keep the explanation brief and have them do the drill with positive correction throughout.
 - 4. Some websites to get sample practice plans from.
 - a. <http://www.littleleaguecoach.org/>
 - b. <http://www.qcbaseball.com/tools/PracticePlans1.aspx>
 - c. http://www.issaquahlittleleague.org/practice_plans
 - 5. Create player challenges at the end of practice with a small reward. Make sure that you switch the challenge up to allow other kids to win.
 - **GAME DAY TIPS**
 - 1. Rotate players out of the game regardless of skill level. Once every player has sat out for an inner, restart the rotation from the beginning.
 - 2. Sit one inexperienced player and one experienced player together. This rule works well for skill level on the field and their overall behavioral level too.

DON'T SIT TWO PLAYERS THAT MAY CAUSE TROUBLE AT THE SAME TIME!!

3. Give every player an opportunity to play a position they want!! Even if you jeopardize the game. Give younger/less experienced players a chance to do things in lopsided games where the score doesn't matter. If you put a player in to pitch, tell them you will allow them 4 walks before you pull them. They will at least appreciate the opportunity!
 4. Do not put players in the same position all season! Little League is the time to teach them all the positions. Players with experience in several positions have better chances of making the team when they get to middle school, high school, college, and hopefully the pros.





Player Safety Update

Over 70% of the "complaints" (i.e. medical claims and lawsuits) against Little League are because of inappropriate bat safety protocols.

NOTE: There is no "On Deck" position in Majors and below.

The "No on deck" rule does not only apply to game play; but extends to pregame as well. No player should swing a bat once he/she steps onto the playing field, whether at the plate, in the "on-deck" spot, or in the outfield by him/herself. All players will leave their bats in the dugout and will not pick up their bat until it is their turn to bat (unless requested for pre-game inspection by the umpires). What the rule means is that there is no "safe" place to swing the bat on the field of play, other than the batter's box.

THIS RULE WILL BE ENFORCED THIS YEAR

Coaches may hit balls to their players for fielding practice. A player who acts as the catcher for the coach must wear a catcher's mask, not just a helmet. Adults, coaches, or otherwise, **MAY NOT** warm up a pitcher, either between innings, in the "bullpen," or before a game. Any player who assumes the catcher's squatting position to warm-up a pitcher must wear a mask with dangling throat guard.

Coaches, parents, or otherwise, are **NOT** allowed to "assume the risk" on their own, that is, decide that they are okay putting themselves or their players at risk by not following these safety rules.

"That's my kid, it's okay" ... **NO!**

"Go ask his Dad if it's okay, he's right over there" ... **NO!**

All players, once they step onto the playing field, are the sole responsibility of Little League International, Sunset Little League, and its Board Members, its volunteer umpires and therefore, its volunteer coaches.

The umpires are volunteers; they do not get paid. If you have come across an umpire you like at a club game and think you can convince them to volunteer for some of our games, please forward our Chief Umpire Brandon Remley's contact information to them. They must have an approved volunteer form / background check on file before they can participate.

I did not write the rules ... please don't shoot the messenger.

Brandon Remley
Chief Umpire - Sunset Little League
brandonr.sunset@gmail.com
(505) 710-9093





First Aid Clinic / Training

Managers and Coaches are encouraged to participate in a first aid clinic and **MUST complete an approved form of first aid training.**

Sunset Little League provides a first aid clinic for all Managers/Coaches/Volunteers to attend in the Spring season.

Date: February 23, 2018

Time: 7:00pm

Place: Our Lady Queen of Angels Church
1701 Tulip Rd. SE, Rio Rancho, NM 87124

If you are unable to attend the first aid clinic, please complete the online Project Heart Start training, complete for questions below, and submit answers to the Coaches Coordinator.

First aid training must be completed prior to the season beginning and is a requirement to be a manager/coach. You will not be approved to participate in games until training is completed.

The video to watch is at the link below:

http://projectheartstartnm.org/uploads/FileLinks/0cd45a9e8e284e629d0746bf7e7a88da/PHS_Training_Video_Mar2016.mp4

Answer the following questions and submit them to bjagne.sunset@gmail.com.

1. Who are the two presenters of the training video?
2. What are the three components for following Project Heart Start?
3. What is the recommended depth of chest compressions?
4. How many chest compressions per minute?
5. What is the common cause for airway obstruction?
6. What is the name of the procedure to clear the obstruction?





2016 Interleague Rules

Tee- Ball Playing Rules

Tee-Ball is strictly instructional baseball. The focus is on player development. For that reason, we have adopted the following special rules:

1. The batting lineup shall consist of the entire team present at the game.
 2. The offensive team will bat through the entire lineup each inning regardless of the number of outs made.
 3. The Manager/Coach will pitch the first three pitches to the batter. If the batter doesn't hit the ball on the third pitched ball, the Manager/Coach will have the batter hit the ball from the Tee for a maximum of 6 attempts to hit the ball. No more than 9 pitches, or swings at a ball resting on a Tee will be allowed per player.
 4. Defensively, one player will be positioned as catcher (in catcher's gear), another as pitcher, another as first baseman, another as second baseman, another as short stop, another as third baseman. The rest of the defensive players will be in the outfield spaced out evenly.
 - a. Note: If a team chooses not to field a catcher, that position would then be an additional outfield position.
 5. Infielders, excluding the pitcher & catcher, may not position themselves more than four feet inside the baseline.
 6. Managers/Coaches are required to move the players' position from the infield to the outfield every two innings. No player shall play the same defensive position for more than two innings.
 7. Base runners may advance, at risk, a maximum of one base on an over thrown ball.
 - a. Please do not turn a Tee-Ball game into a track meet.
 8. Unless stated above, games shall be played in accordance with the 2016 Little League rulebook.
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- A. Games must start on time!!! Sunset terminates games on weekdays. A one hour time limit is in effect for all games, including Saturday's, as the interval between games is (1:15) one hour and fifteen minutes.
 - B. Helmets are mandatory for offensive players outside the dugout.
 - C. Two base coaches are allowed on the field.
 - D. Each team will provide a game ball.
 - E. Each team is responsible for cleaning out their team dugout of any trash.
 - F. No protested games or rescheduled games.
 - G. There is no official scorebook or score.
 - H. Fields will be marked/chalked once a day.

Rookie Playing Rules

All Rookie baseball is strictly instructional baseball. The focus is on player development. For that reason, we have adopted the following special rules:

1. Games are 1 hour, 30 minutes in length or 5 innings if time allows.
2. Continuous batting order must be used (every player bats)
3. Unlimited substitution
4. Unlimited timeouts for on the field instruction (intentional delay of game however, will not be allowed).
5. Minimum Playing Rule: Nine (9) defensive outs per game. Players will not sit on the bench more than one inning. Exception: An inning where the five (5) run limit is reached counts as three (3) defensive outs as long as the player was in for the entire inning.





2016 Interleague Rules

6. Five (5) run limit per inning. Upon scoring five runs, the defensive team will bat. All runs will be scored on an over the fence home run.
 7. The last (5th) and extra innings will not have a run limit. All runs scored will be counted. If the third or fourth (3rd or 4th) inning is the last inning, only five (5) runs can be scored.
 8. The play will be over when the ball is thrown to the pitching radius (extending upwards) with the intent to end the play. The pitcher is not required to be in the pitching radius if the ball is thrown to the pitching radius with the intent to end the play. If the pitcher has the ball outside the radius, then the pitcher must get inside the radius for the play to end. The offensive coach or umpire (if available) shall then call "TIME" upon a batted ball being returned to the pitcher's circle, all play will be suspended, and runners shall be positioned at the base to which they were closest when time was called.
 9. If, while attempting to make a defensive play a player overthrows a ball, the play shall then be considered "DEAD", and a maximum of one extra base shall be awarded to any offensive batter, or runner.
 10. All players must play a minimum two (2) defensive innings per game in an Infield position. These positions include 1st, 2nd, 3rd base, Shortstop, catcher or Pitcher.
 11. The pitching machine will be set with the agreement of both coaches and umpires (if available). The machine shall not be adjusted to accommodate individual players unless the pitched balls are not in the player's strike zone. The coaches and umpires (if available) shall decide when adjustment of the machine is required.
 12. The speed and distance of the pitching machine from home plate shall be predetermined and or preset at the beginning of the game (typically, 41 feet from back of home plate and 35-38 mph) A measuring tape and radar gun will be available from the concession stand at south complex to confirm that the distance and speed is correct.
 13. Both teams must provide an adult to feed the pitching machine. The adult must not interfere with the play of the ball while it is live and in play. The adult may only coach the batter from within the pitching mound radius. At no time is the adult to leave the pitching circle to coach the batter.
 14. Each team is allowed two (2) adult coaches in the outfield during their defensive half inning to provide support and guidance for their players. This coach must not interfere with the play of the ball while it is live and in play. If interference does occur, the player that was at-bat will be awarded a home run and all other base runners will be counted as runs.
 15. There will be no walks. Three (3) swinging strikes or six (6) total pitches and the batter is out. A foul tip or a foul ball on the last strike or pitch shall not constitute an out.
 16. A batter hit by a machine pitched ball will not be awarded 1st base. The ball is dead and all runners must return to their original base.
 17. The infield fly rule will not apply.
 18. Each team may have a maximum of ten (10) defensive players in the field. Note: The 10th player must be an outfielder (4 outfielders). i.e. not on the dirt infield.
 19. No games are to be cancelled, rescheduled, or otherwise forfeited due to lack of players (if a team has less than 9 players games are still to be played)
 20. The pitching machine is part of the field, so if a batted ball hits the machine and goes foul, the ball is foul. Any fielded balls that hit the machine are treated like grounders and the proper action should be taken for throwing out batters/base runners on a hit ground ball.
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- A. Games must start on time!!! Sunset terminates games on weekdays. A one hour, thirty-minute time limit is in effect for all games, including Saturday's, as the interval between games is (1:45) one hour, forty-five minutes.
 - B. Helmets are mandatory for offensive players outside the dugout.





2016 Interleague Rules

- C. Two base coaches are allowed on the field.
- D. Two game balls for games scheduled at the North Complex will be available from the concession stand.
- E. Two game balls for games scheduled at the South Complex will be available from the concession stand.
- F. The home team will prepare machine. Home team is responsible for packing and maintaining batter/catcher's box after the game (Applies to North complex only).
- G. Visiting team is responsible for taking down and locking machine up at end of game. Visiting team is responsible for packing pitcher's mound (Applies to North complex only).
- H. Each team is responsible for cleaning out their team dugout of any trash.
- I. No protested games or rescheduled games.
- J. There is no official scorebook or score.
- K. Fields will be marked/chalked once a day.
- L. Except as stated above all other 2016 Little League rules apply.

Minor & Major Playing Rules – Refer to the 2016 Little League rules for complete rule descriptions.

1. **Pitching Rules (see page 39 for Exceptions to these, i.e. calling “threshold”)**
 - a. 7-8 years old = 50 pitches per day
 - b. 9-10 years old = 75 pitches per day
 - c. 11-12 years old = 85 pitches per day
 - d. If a pitcher has 41 or more pitches, he/she cannot play catcher for the remainder of the game.
 - e. Rest Requirements:
 - i. ≥ 66 pitches = 4 calendar days rest
 - ii. 51-65 pitches = 3 calendar days rest
 - iii. 36-50 pitches = 2 calendar days rest
 - iv. 21-35 pitches = 1 calendar day rest
 - v. 1-20 pitches = no rest
2. **Live Ball Rules and Stealing**
 - a. In Minors, the ball is live at all times and runners may advance at their own risk except for the following:
 - i. Umpire calls time.
 - ii. The pitcher has control of the ball and is standing on the pitching rubber.
 - b. Stealing
 - i. No leading off.
 - ii. Runner may leave the base once the pitched ball crosses home plate. If a runner leaves prior to this, the umpire will send the runner back if a base is stolen.





Upcoming Important Dates

Minor Baseball Tryouts:

Feb 10th, 2018 at Sunset Fields

9-10yr old players, last name A-M

Check In: 10:00am

Begins: 10:30am

9-10yr old players, last name N-Z and all 8yr old

Check In: 12:30pm

Begins: 1:00pm

Managers Meeting begins at 9:00am

Minor Softball Drafts:

February 15th, 2018 at 7:00pm

Location: Our Lady Queen of Angels Church
(Softball Managers ONLY)

Major Baseball Drafts:

February 15th, 2018 at 7:00pm

Location: Our Lady Queen of Angels Church
(Baseball Managers ONLY)

Minor Baseball Drafts:

February 16th, 2018 at 7:00pm

Location: Our Lady Queen of Angels Church
(Baseball Managers ONLY)

Team Announcements:

Week of February 19th, 2018, Day, Place and Time TBD

First Aid/CPR Training:

February 23rd, 2018 at 7:00pm

Location: Our Lady Queen of Angels Church

Equipment Handout:

February 24th, 2018 at Sunset Fields Times TBD





Upcoming Important Dates

Rookie and Tee Ball Coaches Meeting:

February 24th, 2018 at Sunset Fields at 10:00am

Practices Begin:

Mar 3rd

District Umpire Clinic:

Mar 24th, 2018 from 9:00am – 1:00pm at Cibola Fields

Season Games Begin:

Apr 2nd

Opening Day/Pictures:

April 7th at Sunset Fields Time TBD

Season Games End:

May 18th

Minor & Major Tournament Games:

Begin May 19th through May 24th

All-Star Teams Drafts:

May 29th & 30th

All-Star Announcement:

Jun 1st

Rookies Tournament Games:

Begin Jun 2nd through June 6th

All-Star Tournaments:

June & July





Coaching Philosophy

YOU'RE A ROLE MODEL

It doesn't matter if you're coaching tee ball or coaching at the college level, you're probably the most important role model that your players have during the season. Players are going to look to you not only for guidance and instruction, but they will be watching and listening to how you react to every situation. I'm a strong believer that a coach can be one of the most influential people in a young player's life. Many players and former players attribute a large portion of their success in life to the things they learned on the baseball field and from a few great coaches. We're not talking about fielding ground balls, or how to hit; we're talking about teamwork, perseverance, work ethic, having a positive attitude, to just name a few. Skills that not only helped them on the baseball field but helped them in life.

Often coaches think only of the present year; how am I going to develop the players to have a successful season. We'll get into a definition of successful in a bit, but the point here is often coaches don't realize the influence they have on their players. Coaches can help instill a love for the game that can last a lifetime.

Good coaches can keep players interested in continuing to participate from year to year.

As a coach, you should decide how you want to be seen by your players and the parents of your players. What type of example do you want to provide? I hope everyone takes the responsibility of coaching very seriously. It takes a lot of hard work and effort to be a successful coach. The following paragraphs discuss some important issues that you should consider incorporating into your coaching philosophy.

KEY ASPECTS OF A COACHING PHILOSOPHY

BE POSITIVE

Players need a patient, supportive coach that can teach and motivate in a positive way. Knowing how to be positive and having the ability to communicate with your players is more important to a successful season than knowing many aspects of the game.

SHOW THEM YOU CARE

Each player needs to know that you care for him as an individual and that you believe he is an important part of the team. Take time to talk to all players individually. Try to take interest in what is going on in their life outside of baseball.

HAVE FUN

Fun is essential for kids of all ages. Develop practices that let them do the things they enjoy. It's also important for you to have fun. Create an environment that is structured and varied enough for you to enjoy what you're doing. If you're having fun, chances are your players will be having fun also.

EMPHASIZE IMPROVEMENT

Players want to improve and gain new skills. Make sure that you challenge all your players at an appropriate level to foster improvement. This may require that players focus on different skills than other players during practice.

YOUTH COACHING ADVICE

Don't make the mistake of emphasizing results instead of effort. I've seen and heard coaches who try to motivate players by offering rewards. This could be money or candy for getting a hit or getting on base. This focus on results puts additional pressure on the player to perform. This can be especially difficult for the less skilled player. A father once told me that his son's coach offered a candy bar for each hit during the season. His son started to get nervous the night before each game and it got worse as the season went on. The father talked to his son and found out that he felt like he was letting his team down because he hadn't got a hit and was the only kid on the team to not get a candy bar. He talked to the coach and they eliminated the reward. Without the pressure of trying to achieve a results-based reward, his son could relax and got several hits over the last few games.

ORGANIZATION AND DISCIPLINE

Kids quickly pick up on a coach that is unorganized and doesn't communicate his expectations. If you don't establish certain rules and don't follow up with an appropriate punishment if the rules are broken, you will quickly lose control of your team. I always have a rule about talking when I'm talking during practice. I expect when I'm explaining something that the players will have their eyes on me and pay attention. If they interrupt or don't pay attention, I stop talking and we wait as a team for the individual to stop. If he does it again in the same practice he sits down and watches for a while. I rarely have a player sitting on the side after the first couple of practices.

PLAYERS LEARN BY DOING

I love the quote in Mike Krzyzewski's book 'Leading with The Heart'. "When teaching, always remember this simple phrase: 'You hear, you forget. You see, you remember. You do, you understand.' Often coaches try to teach players a skill by talking about it. The younger the player the less effective it will be. Give a quick explanation while you show them the skill you want them to perform. Then have them do it.

ATTITUDE AND EFFORT

Coaches that believe "winning is everything" have only one direction to take the team...down. Everyone wants to win, but when main goal is winning a good season can be lost. If on the other hand you emphasize attitude and effort, a successful season can be had without a league championship. Winning games will take care of itself if you prepare the team to play hard and always give their best effort.

SPORTSMANSHIP

The idea of sportsmanship seems to be lost on many youth players. The fact is, sportsmanship must be taught. If children watch professional sports then their idea of sportsmanship may be to trash talk, spike the ball in the opponent's face, or to mimic some other visual statement that demonstrates their superiority. As a coach, it's important that you teach the value of sportsmanship. I want my team to show joy when they make an exciting play, but not at the expense of the player on the opposing team. I want my players to always show the other team respect. Your leadership is the best way to get this across to your players. Interact with the players on the other team. Compliment them when they make a good play. Show your players that you appreciate the other team and the opportunity to play against them.

DEALING WITH PARENTS

Dealing with parents might be the most difficult part of being a coach. Research suggests that it's the single biggest reason that coaches quit. It's a common problem, but one that can be difficult to solve. In my experience, as both a coach and a parent, I have found some common mistakes that coaches make that can bring on the wrath of a parent along with some ways to deal with a parent that is causing you grief.

COMMUNICATION - PARENT MEETING

I believe that communication is the single biggest reason behind coach/parent problems. Many coaches don't take the time at the beginning of the season to hold a parent meeting and discuss with the parents how he/she is going to run the team. Hold a parent meeting right away. This will give you a chance to communicate your philosophy with your parents. The topics should include the importance of winning; how you are going to distribute playing time; how are you going to determine who plays where; what skills and values you are going to emphasize. Try to hit all the areas that are important. If for example you don't start a player if he is late or missed a practice, let the parents know that. It's important that they are aware of team rules and expectations. By holding this meeting right away, you could try and move players to a different team if you don't think it will work out. Let parents know that if they don't agree with how you are going to run the team, then this is the time to try and get the child moved.

<http://www.qcbaseball.com/coaching/sample-parent-letter-for-coaches.aspx>

BE CONSISTENT

Stating your philosophy is one thing; implementing it consistently is another. Make sure you make rules for your team that you can follow up with. It is very frustrating for a parent to be told one thing and then see something else happen. I went through this myself last year with the team my son was on. We were told by the coach that all players would get a chance to play many different positions and playing time would be distributed equally. The coach said that the emphasis would be on building skill not winning. Well, after 3 losses to start the season, the coach abandoned his philosophy and had the best players play more and play the most important positions. He would simply rotate those players around those positions. You can imagine the grumbling in the stands as parents began to realize that their child was going to play outfield all year and hit near the bottom of the order. There were complaints and it ended up being a frustrating season for many parents and the coach. The lesson here is make sure you can live with the guidelines you set down. By sticking to what you told the parents at the beginning of the season, you will alleviate several parent problems.

LISTEN TO PARENT CONCERNS

I've seen many coaches with the "I'm the coach, don't question me" type of attitude. With some parents, it can be difficult to not get irritated and show this type of attitude. Many parents won't say anything unless they are angry about something. When they finally do, they often are worked up and at that point can be difficult to deal with. I've found that when dealing with difficult parents, it's important that you listen to their concerns and take a real interest in what they are saying. Don't feel like you must defend yourself right away. Sometimes listening to the concern and telling the parent that you will think about the situation and get back to them is enough to diffuse the situation. Just by doing that you validate the concern and show that you're open to suggestions. Parents want to feel like their input is taken seriously and that they have a say in what's happening with their child. You then can take the time to analyze the comments and see if there's any validity to the concerns. When you call the parent, or talk to them at the next practice they will most likely be much calmer. It will also give you a chance to calm down. Parent complaints at the end of a game can be infuriating. Remember that you are a role model to the kids. If you can't handle the situation without getting upset, then it's best to tell the parent that you must go and you will call them later. If the parent is complaining and you don't like the attitude they have towards you, take them away from the crowd and the kids and let them know that you don't like the way they are talking to you. Let them know that you want to work out any concerns that they may have, but if they can't do so in a calm manner than maybe you should discuss it at another time.

GET PARENTS INVOLVED

Getting parents involved can help in avoiding potential parent problems. If you think that a parent is going to be a problem, try to get that parent involved in some way. If that parent only shows up to games, have him/her keep the score book, chart the hitters, or warm-up the next pitcher. If they feel like they are part of the team, they will often be less likely to complain. They also will have less time to focus on how their child is being "treated unfairly." If the parent makes it to practices, have them help by working with some of the kids. They may soon find out that coaching is more difficult than it looks from the bleachers.

DOCUMENT AND INFORM THE LEAGUE

If you think you're going to have a situation with a parent that you may not be able to resolve, document all the conversations that you have with that parent. What's their complaint; were they insulting or angry; what was your response. This way if you must go to league administrators about the parent you can accurately describe exactly what has gone on. This will help the administrators in not having to take sides over a he said, she said type of argument.

<http://www.qcbaseball.com/philosophy/coaching1.aspx>



Little League Rule Myths

The following 35 Statements are **FALSE** (per Little League Rules)

Read the explanations and rule references to find out why.

- 1. THE HANDS ARE CONSIDERED PART OF THE BAT.** The hands are part of a person's body (check any anatomy book). If a pitch hits the batter's hands the ball is dead; if he swung at the pitch, a strike is called (NOT a foul). If he was avoiding the pitch, he is awarded first base. Rules: 2.00 PERSON, TOUCH, STRIKE (e) and 6.05(e).
- 2. THE BATTER-RUNNER MUST TURN TO HIS RIGHT AFTER OVER-RUNNING FIRST BASE.** The batter/runner may turn left or right, provided that if he turns left he does not make an attempt to advance. An attempt is a judgment made by the umpire. The requirement is that the runner must immediately return to first after overrunning or over-sliding it. Rule: 7.0B(c-EXCEPTION and j)
- 3. IF THE BATTER BREAKS HIS WRISTS WHEN SWINGING, IT'S A STRIKE.** A strike is a judgment by the umpire as to whether the batter attempted to strike the ball. Breaking the wrists, or the barrel of the bat crossing the plate are simply guides to making the judgment of an attempt, these are not rules. Rule: 2.00 STRIKE
- 4. IF A BATTED BALL HITS THE PLATE FIRST IT'S A FOUL BALL.** The plate is in fair territory. There is nothing special about it. If a batted ball hits it, it is treated like any other batted ball.
- 5. THE BATTER CANNOT BE CALLED OUT FOR INTERFERENCE IF HE IS IN THE BATTER'S BOX.** The batter's box is not a safety zone. A batter could be called out for interference if the umpire judges that interference could or should have been avoided. The batter is protected while in the box for a short period of time. After he has had time to react to the play he could be called for interference if he does not move out of the box and interferes with a play. Many people believe the batter's box is a safety zone for the batter. It is not. The batter MAY be called out for interference although he is within the box. The key words, impede, hinder, confuse or obstruct apply to this situation. An umpire must use good Judgment. The batter cannot be expected to disappear. If he has a chance to avoid interference after he has had time to react to the situation and does not, he is guilty. If he just swung at a pitch, or had to duck a pitch and is off-balance, he can't reasonably be expected to then immediately avoid a play at the plate. However, after some time passes, if a play develops at the plate, the batter must get out of the box and avoid interference. The batter should always be called out when he makes contact and is outside the box. Rules: 2.00 INTERFERENCE, 6.06(c)

6. **THE BALL IS DEAD ON A FOUL TIP.** There is nothing foul about a foul tip. If the ball nicks the bat and goes sharp and direct to the catcher's hand or glove and is caught, this is a foul tip by definition. A foul tip is a strike and the ball is alive. It is the same as a swing-and-miss. If the ball is not caught, it is a foul ball. If the nicked pitch first hits the catcher somewhere other than the hand or glove, it is not a foul tip, it is a foul ball. Rules: 2. 00 FOUL-TIP, STRIKE
7. **THE BATTER MAY NOT SWITCH BATTER'S BOXES AFTER TWO STRIKES.** The batter can switch boxes at any time, provided he does not do it after the pitcher is ready to pitch. Rule: 6.06(b)
8. **THE BATTER WHO BATTED OUT OF ORDER IS THE PERSON DECLARED OUT.** The PROPER batter is the one called out. Any hit or advance made by the batter or runners due to the hit, walk, error or other reason is nullified. The next batter is the one who follows the proper batter who was called out. Rule: 6.01 (b, 1)
9. **THE BATTER MAY NOT OVERRUN FIRST BASE WHEN HE GETS A BASE-ON-BALLS.** Rule 7. OB(c- EXCEPTION and j) simply state that a batter-runner must immediately return after overrunning first base. It doesn't state any exceptions as to how the player became a runner. It could be a hit, walk or error. In Little League the runner may overrun. In Professional baseball, he may not. To overrun means that the runner's momentum carried him straight beyond the base after touching it. It does not mean to turn and attempt to advance. Nor does it mean that he stepped over it or stopped on it and then got off of it.
10. **IF THE BATTER DOES NOT PULL THE BAT OUT OF THE STRIKE ZONE WHILE IN THE BUNTING POSITION, IT'S AN AUTOMATIC STRIKE.** A strike is an attempt to hit the ball. Simply holding the bat over the plate is not an attempt. This is umpire judgment. A bunt is a batted ball not swung at, but INTENT/ONALL Y met with the bat. The key words are "intentionally met." If no attempt is made to make contact with a ball outside the strike zone, it should be called a ball. An effort must be made to intentionally meet the ball with the bat. Rule 2.00 STRIKE, BUNT
11. **THE BATTER IS OUT IF A BUNTED BALL HITS THE GROUND AND BOUNCES BACK UP AND HITS THE BAT WHILE THE BATTER IS HOLDING THE BAT.** The rule says the BAT cannot hit the ball a second time. When the BALL hits the bat, it is not an out. Also, when the batter is still in the box when this happens, it's treated as simply a foul ball. If the batter is out of the box and the bat is over fair territory when the second hit occurs, the batter would be out. Rules: 6.05(h) and 7.09(b)n2e
12. **THE BATTER IS OUT IF HIS FOOT TOUCHES THE PLATE.** To be out, the batter's foot must be ENT/RELY outside the box when he contacts the pitch and the ball goes fair or foul. He is not out if he does not contact the pitch. There is no statement about touching the plate. The toe could be on the plate and the heel could be touching the line of the box, which means the foot is not entirely outside the box. Rule: 6.06(a)

13. THE BATTER-RUNNER IS ALWAYS OUT IF HE RUNS OUTSIDE THE RUNNING LANE AFTER A BUNTED BALL. The runner must be out of the lane AND cause interference. He is not out simply for being outside the lane. He could be called for interference even while in the lane. This is a judgment call. The runner may step out of the lane a step or two before the base if he moves from within the lane to out of it. If he is out of the lane the whole distance to the base and is hit with a throw, he should be out. Rules: 2. 00 INTERFERENCE, 6. 05(/), 7. 09(k)

14. A RUNNER IS OUT IF HE SLAPS HANDS OR HIGH-FIVES OTHER PLAYERS, AFTER A HOME RUN IS HIT OVER THE FENCE. The ball is dead on a home run over the fence. You can't be put out while the ball is dead except when you pass another runner. Rules: 5.02, 7.05(a)

15. TIE GOES TO THE RUNNER. There is no such thing in the world of umpiring. The runner is either out or safe. The umpire must judge out or safe. It is impossible to judge a tie.

16. THE RUNNER GETS THE BASE HE'S GOING TO, PLUS ONE ON A BALL THROWN OUT OF PLAY. When a fielder other than the pitcher throws the ball into dead ball area, the award is 2 bases. The award is from where the runners were at the time of the pitch if it is the first play by an infielder before all runners have advanced or from where each runner was physically positioned at the time the ball left the thrower's hand on all other plays. Rule: 7.05(g)

17. ANYTIME A COACH TOUCHES A RUNNER, THE RUNNER IS OUT. Rule 7.09(i) says the runner is out if the coach PHYSICALLY ASSISTS the runner. In most cases, hand slaps, back pats or simple touches are not physical assists.

18. RUNNERS MAY NEVER RUN THE BASES IN REVERSE ORDER. In order to correct a base running mistake, the runner MUST retrace his steps and retouch the bases in reverse order. The only time a runner is out for running in reverse, is when he is making a travesty of the game or tries to confuse the defense. Rules: 7.0B(i), 7.10(b)

19. THE RUNNER MUST ALWAYS SLIDE WHEN THE PLAY IS CLOSE. There is no "must slide" rule. When the fielder has the ball in his possession, the runner has two choices; slide OR attempt to get around the fielder. He may NOT deliberately or maliciously contact the fielder, but he is NOT required to slide. If the fielder does not have possession but is in the act of fielding, and contact is made, it is a no-call unless the contact was intentional and malicious. Rule: 7.0B(a, 3) this rule does not apply to professionals.

20. THE RUNNER IS ALWAYS SAFE WHEN HIT BY A BATTED BALL WHILE TOUCHING A BASE. The bases are in fair territory. A runner is out when hit by a fair batted ball while touching a base, except when hit by an infield-fly or after the ball has passed a fielder and no other fielder had a play on the ball. If the runner is touching first or third, he is not out unless the ball touches him over fair territory. If one foot is on the base and the other is in foul ground and he is hit on the foul ground foot, he is not out. It is a foul ball. (If the ball has not passed beyond first or third.) Rules: 5. 09(f), 7. OB(f)

21. A RUNNER MAY NOT STEAL ON A FOUL TIP. There is nothing foul about a foul tip. If the ball nicks the bat and goes to the catcher's glove and is caught, this is a foul tip by definition. A foul tip is a strike, and the ball is alive. It is the same as a swing-and-miss. If the ball is not caught, it is a foul ball. Rules: 2.00 FOUL TIP, STRIKE

22. IT IS A FORCE OUT WHEN A RUNNER IS CALLED OUT FOR NOT TAGGING UP ON A FLY BALL. A force play is when a runner is forced to advance because the batter became a runner. When the batter is out on a caught fly, all forces are removed. An out on a failure to tag-up, is NOT a force out. Any runs that cross the plate before this out will count. Rules: 2.00 FORCE PLAY, 4.09

23. AN APPEAL ON A RUNNER WHO MISSED A BASE CANNOT BE A FORCE OUT. A runner must touch all the bases. If the runner misses a base to which he was forced because the batter became a runner and is put out before touching that base, the out is still a force play. If this is the third out, no runs may score. The base can be touched or the runner can be touched, either way it's a force out. Rules: 2.00 FORCE PLAY, TAG, 7.0B(e), 7.10(b)

24. A RUNNER IS OUT IF HE RUNS OUT OF THE BASELINE TO AVOID A FIELDER WHO IS FIELDING A BATTED BALL. The runner MUST avoid a fielder attempting to field a BATTED ball. A runner is out for running out of the baseline, only when attempting to avoid a tag. Rules: 7. 08(a), 7. 09(L)

25. RUNNERS MAY NOT ADVANCE WHEN AN INFIELD FLY IS CALLED. An Infield-fly is no different than any other fly ball in regard to the runners. The only difference is that they are never forced to advance because the batter is out whether the ball is caught or not., Rules: 2.00 INFIELD-FLY, 6.05(d), 7. 10(a)

26. NO RUN CAN SCORE WHEN A RUNNER IS CALLED OUT FOR THE THIRD OUT FOR NOT TAGGING UP. Yes, it can. This is not a force play. A force play is when a runner is forced to advance because the batter became a runner. When the batter is out on a caught fly, all forces are removed. An out on a failure to tag-up, is NOT a force out. Any runs that cross the plate before this out will count. Rules: 2.00 FORCE PLAY, 4.09, 7. 10(a)

27. A PITCH THAT BOUNCES TO THE PLATE CANNOT BE HIT. A pitch is a ball delivered to the batter by the pitcher. It doesn't matter how it gets to the batter. The batter may hit any pitch that is thrown. A pitch that bounces before reaching the plate may never be a called strike. Rule: 2. 00 PITCH. (If the ball does not cross the foul line, it is not a pitch.)

28. THE BATTER DOES NOT GET FIRST BASE IF HIT BY A PITCH AFTER IT BOUNCES. A pitch is a ball delivered to the batter by the pitcher. It doesn't matter how it gets to the batter. If the batter is hit by a pitch while attempting to avoid it, he is awarded first base. Rules: 2. 00 BALL, PITCH, 6.0B(b).

29. IF A FIELDER HOLDS A FLY BALL FOR 2 SECONDS, IT'S A CATCH. A catch is legal when the umpire judges that the fielder has COMPLETE control of the ball. The release of the ball must be voluntary and intentional. Rule: 2.00 CATCH

30. YOU MUST TAG THE BASE WITH YOUR FOOT ON A FORCE OUT OR APPEAL. You can tag a base with ANY part of the body. Rules: 2.00 FORCE PLAY, PERSON, TAG, 7.0B(e)

31. IF A PLAYER'S FEET ARE IN FAIR TERRITORY WHEN THE BALL IS TOUCHED, IT IS A FAIR BALL. The position of the player's feet or any other part of the body is irrelevant. A ball is judged fair or foul based on the relationship between the ball and the ground at the time the ball is touched by the fielder. Rule: 2.00 FAIR, FOUL

32. THE BALL MUST ALWAYS BE RETURNED TO THE PITCHER BEFORE AN APPEAL CAN BE MADE. An appeal may be made anytime the ball is alive. The only time the ball must go to the pitcher, is when time is out. The ball cannot be made live until the pitcher has the ball while on the rubber and the umpire says "Play." If time is not out, the appeal can be made immediately. Rule: 2.00 APPEAL, 5.11, 7.10

33. IF A FIELDER CATCHES A FLY BALL AND THEN FALLS OVER THE FENCE IT IS A HOME RUN. As long as the fielder is not touching the ground in dead ball territory when he catches the ball, it is a legal catch if he holds onto the ball and meets the definition of a catch. If the catch is not the third out and the fielder falls down in dead ball territory after catching the ball, all runners are awarded one base. If the fielder remains on his feet in dead ball territory after the catch, the ball is alive, and he may make a play. Rules: 2.00 CATCH, 5. 10(f), 6.05(a), 7.04(b)

34. THE BALL IS ALWAYS DEAD WHEN ANY UMPIRE IS HIT BY THE BALL. If an umpire is hit by a batted ball before it passes a fielder, the ball is dead. On any other batted or thrown ball, the ball is alive when the umpire is hit with the ball. Umpire interference also occurs when the plate umpire interferes with the catcher's attempt to prevent a stolen base. Rules: 2.00 INTERFERENCE, 5.09(b), 5.09(f)

35. THE HOME PLATE UMPIRE CAN OVERRULE THE OTHER UMPIRES AT ANY TIME. The umpire who made a call or ruling may ask for help if he wishes. No umpire may overrule another umpire's call. Rules: 9.02(b, c)



Being an Umpire

Making the Call

"The most important thing in calling plays on the bases is angle, not distance. If you are thirty feet away with the right angle, you will get the play; if you are ten feet away with the improper angle, you will miss it ... Sometimes you must move away from the ball to get the proper angle. That's why mechanics and position is so very important."

- Bill Kinnaman

Based on Kinnaman's examples and experience, arranged in priority, here are the ingredients needed to make a call while minimizing errors:

1. ANGLE is of primary importance. At all times strive to attain a 90-degree angle to the play that is happening. Always move to arrive at the best possible viewing angle.
2. DISTANCE is always secondary. 10 to 15 feet from every play would be perfect but often you can be too close to see the entire play. Beginning umpires often move directly towards the base where the play is about to take place. In doing so they limit both their angle and their distance, and increase the chance for error.
3. TIMING must be consistent in a game. Pause, Read, React. Another way is to think the entire call through internally before calling it. Working games where there is a lot of offense, particularly Minor level games, is a great opportunity to develop and refine your call time in a low(er) pressure situation.
4. SELLING the call is a part of umpiring that brings the crowd onto your side. The boo birds can't say you missed a tag if you signaled the tag high after you gave the safe sign. They know you are claiming the fielder did not have possession when you are juggling your hands after a safe call. That little bit of confidence and "showmanship" can go a long way towards your taking charge of the diamond.
5. But NOT too much. The umpire is not the color commentator, he is the arbiter who must make delicate calls to assure the teams remain equals as you interpret the rules of the game. A little style and flair are welcome but excessive displays are often frowned upon. Substance ... content ... form. The same elements that make a good essay also make a quality umpire.

Practice making calls off the field. The time to perfect your timing is not in a game situation. Visualize and respond. Move, pivot, set, make the call. Lead the imaginary runner to second base, set, make the call. Do it over and over until it feels like a part of your natural signs and signals vocabulary. Your game will only improve, and so will that of the players, coaches, and fans involved.

Tips for Working the Plate

- Assume a comfortable position so you can see the entire strike zone
- Be accurate and consistent. Stay still, let the pitch come to you.
- Be relaxed and don't call pitches too soon. Wait until the pitch hits the catcher's glove, then take an extra second to make sure you know what you saw before you make a call. Remember... it's nothing until you call it.
- When you call a strike, call it loudly and confidently, especially strike three.
- Don't verbalize swinging strikes, your normal arm gesture is sufficient... everyone knows it's a strike.
- Verbalize balls, but just loud enough for the catcher and batter to hear you.
- Do not "label" the pitch: it's not a "ball, outside and low," it's just a "ball."
- Never say "strike three, you're out" or "ball four, take your base," just call the pitches.
- Keep the plate clean and always brush the plate with your back to the infield
- Move to a neutral area between innings; stay away from the plate, avoid problems, relax, remove your mask, drink some water.
- Don't meet up with your field umpire between each inning. You each have a job to do; only get together to discuss something that's relevant and necessary.
- Hustle the teams between innings; keep play moving whenever possible.
- Always call foul balls with a strong, loud voice.
- **NEVER** verbalize a fair ball, just gesture with your arm.
- The ball is **LIVE** and **FAIR** until you call it foul. Don't be too quick to call the rolling ball down the first or third base line.
- When you grant time for any reason, yell it loud and raise your arms over your head. **EVERYONE** on the field must hear your call. **DO NOT** call time until the ball is dead.
- Always know where the ball is on the field.
- **NEVER** overrule your partner, but always be ready to tell him what you saw if he asks for help. Don't be afraid to ask your partner for help (neither one of you have x-ray vision).
- If you're not sure of a ruling, don't be afraid to call time and seek out a rule book for clarification. Better to take a couple of minutes and get the call right.

Tips for Working the Bases

- Try and stay ahead of the runners whenever possible; it is much easier to make a call when the play is coming toward you rather than away from you.
- Remember ... **ANGLE OVER DISTANCE**. Always make your first steps to create the best angle from which to make the call, then correct for distance as you can. To adequately see an entire play, you should ideally be at least 15 feet away.
- Make sure the play is finished before you make a call. **NEVER** anticipate. Few things are more embarrassing than emphatically calling "He's out!" only to see the ball rolling on the ground a split second later.
- Be sure the fielder has control of the ball. "Voluntary release" means that the ball doesn't come out of the glove or hand until the fielder makes a conscious effort to release it. Keep your eye on the ball until you're sure the fielder has position.
- Get low on all plays, and indicate your calls with a loud clear voice and clear arm signals that everyone can see.
- Never call plays on the run. It is far better to be further away from the play and call it from a stationary position.
- Echo your partner's "time" call if runners are on base.
- Always follow the ball with your body, not just your head. Stay square to the ball so you are in position to make a call.
- Be ready to assist the plate umpire on a checked swing call, foul balls that hit the batter, ball/strike count, etc. **DO NOT** offer help unless asked by the umpire who made the call. If you did not make the call and a coach approaches you asking for help, just point to the umpire who made the call and say, "You need to go talk to him."
- Don't carry on idle conversations with players, coaches, spectators, or your partner during games.
- **DO NOT** coach while you umpire.
- **DO NOT** warn a player of a call you "might" make. Example: "Son, if you leave the base early again I'm going to have to call you out." If you see a call, make a call.
- In a two-man crew, the plate umpire will call the lines, even if you are in the A position.

Base Umpire Responsibilities

On Every Pitch

- Watching for an illegal pitch (foot not on the rubber)
- Assisting check swing appeal (if asked by the plate umpire)
- Watching for a batted ball hitting a batter (sometimes missed by the plate umpire)
- Did the runner leave early?
- Watching for pick-off plays from the catcher
- Watching for attempted steals, particularly double steals when possible
- Is the infield fly rule in effect?

If the ball is hit, the base umpire's priorities depend on the game situation:

No Runners on Base

- Do you have a dead ball situation (ball hits batter)?
- Assess the ball's flight and position
- You have the bases on any ball hit into the infield or outfield. The plate umpire usually has responsibility for all fly balls to the outfield. Be sure you discuss this with your partner before the game.

Runners on Base

- Assess the ball's flight and position; you have the bases on any ball hit into the outfield or infield
- Be aware of any options the fielders have and do not commit yourself to one specific play until the fielders have committed themselves.
- You have responsibility for both ends of a double play
- Infield fly

These are only a small portion of the responsibilities and duties of field umpires. There are literally hundreds of potential situations in baseball, and thousands of variations on each situation. Even the re-positioning of a single player on the field can often drastically change an umpire's responsibilities and options. Communication with your partner is critical, as are practice and training.

2018 Little League® Age Chart FOR BASEBALL DIVISION ONLY

Match month (top line) and box with year of birth. League age indicated at right.

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	AGE
2014	2014	2014	2014	2014	2014	2014	2014	2013	2013	2013	2013	4
2013	2013	2013	2013	2013	2013	2013	2013	2012	2012	2012	2012	5
2012	2012	2012	2012	2012	2012	2012	2012	2011	2011	2011	2011	6
2011	2011	2011	2011	2011	2011	2011	2011	2010	2010	2010	2010	7
2010	2010	2010	2010	2010	2010	2010	2010	2009	2009	2009	2009	8
2009	2009	2009	2009	2009	2009	2009	2009	2008	2008	2008	2008	9
2008	2008	2008	2008	2008	2008	2008	2008	2007	2007	2007	2007	10
2007	2007	2007	2007	2007	2007	2007	2007	2006	2006	2006	2006	11
2006	2006	2006	2006	2006	2006	2006	2006	2005	2005	2005	2005	12
				2005	2005	2005	2005					12
2005	2005	2005	2005					2004	2004	2004	2004	13
2004	2004	2004	2004	2004	2004	2004	2004	2003	2003	2003	2003	14
2003	2003	2003	2003	2003	2003	2003	2003	2002	2002	2002	2002	15
2002	2002	2002	2002	2002	2002	2002	2002	2001	2001	2001	2001	16

NOTE: This age chart is for **BASEBALL DIVISIONS ONLY**, and only for 2018.

2018 Little League® Age Chart FOR SOFTBALL DIVISION ONLY

Match month (top line) and box with year of birth. League age indicated at right.

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	AGE
2013	2013	2013	2013	2013	2013	2013	2013	2013	2013	2013	2013	4
2012	2012	2012	2012	2012	2012	2012	2012	2012	2012	2012	2012	5
2011	2011	2011	2011	2011	2011	2011	2011	2011	2011	2011	2011	6
2010	2010	2010	2010	2010	2010	2010	2010	2010	2010	2010	2010	7
2009	2009	2009	2009	2009	2009	2009	2009	2009	2009	2009	2009	8
2008	2008	2008	2008	2008	2008	2008	2008	2008	2008	2008	2008	9
2007	2007	2007	2007	2007	2007	2007	2007	2007	2007	2007	2007	10
2006	2006	2006	2006	2006	2006	2006	2006	2006	2006	2006	2006	11
2005	2005	2005	2005	2005	2005	2005	2005	2005	2005	2005	2005	12
2004	2004	2004	2004	2004	2004	2004	2004	2004	2004	2004	2004	13
2003	2003	2003	2003	2003	2003	2003	2003	2003	2003	2003	2003	14
2002	2002	2002	2002	2002	2002	2002	2002	2002	2002	2002	2002	15
2001	2001	2001	2001	2001	2001	2001	2001	2001	2001	2001	2001	16

NOTE: This age chart is for **SOFTBALL DIVISIONS ONLY**, and only for 2018.

Little League -- Baseball Pitcher Eligibility Tracking Form

Division

Team

Little League -- Baseball Game Pitch Log

Team _____

Opponent _____

Date _____

Pitcher's Name	Uniform Number	League Age	X Cross out the number as that pitch is thrown. O Circle the number for the last pitch thrown in each half-inning.																																		
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
			36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70
			71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
			36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70
			71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
			36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70
			71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
			36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70
			71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
			36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70
			71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
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			36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70
			71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105

Pitching eligibility varies by the league age of the pitcher, which is the pitcher's age as of May 1 of the current year. The pitching eligibility regulation is Regulation VI (see current rule book for details). A blank electronic version of this form is available for free download at www.littleleague.org.

Sunset Little League Board Member Accident/Incident Report

Date of Report: _____ Board Member on Duty: _____

Base Umpire: _____ Plate Umpire: _____

Person(s)/Player(s) Involved: _____

Date of Game: _____ Age Group: _____

Complex: _____ Field: _____

Visiting Team: _____ Home Team: _____

Accident/Incident Report: _____

Witnesses to Accident/Incident:

Name: _____ Phone Number: _____

Name: _____ Phone Number: _____

Name: _____ Phone Number: _____

Warnings Issued: _____ Person Ejected: _____

Other Comments: _____

Board Member Filing Report: _____ Date: _____
If additional room is needed continue on back of form. Thank you.

LITTLE LEAGUE® BASEBALL AND SOFTBALL ACCIDENT NOTIFICATION FORM INSTRUCTIONS



Accident & Health (U.S.)

Send Completed Form To:
Little League® International
539 US Route 15 Hwy, PO Box 3485
Williamsport PA 17701-0485
Accident Claim Contact Numbers:
Phone: 570-327-1674 Fax: 570-326-9280

1. This form must be completed by parents (if claimant is under 19 years of age) and a league official and forwarded to Little League Headquarters within 20 days after the accident. A photocopy of this form should be made and kept by the claimant/parent. Initial medical/dental treatment must be rendered within 30 days of the Little League accident.
2. Itemized bills including description of service, date of service, procedure and diagnosis codes for medical services/supplies and/or other documentation related to claim for benefits are to be provided within 90 days after the accident date. In no event shall such proof be furnished later than 12 months from the date the medical expense was incurred.
3. When other insurance is present, parents or claimant must forward copies of the Explanation of Benefits or Notice/Letter of Denial for each charge directly to Little League Headquarters, even if the charges do not exceed the deductible of the primary insurance program.
4. Policy provides benefits for eligible medical expenses incurred within 52 weeks of the accident, subject to Excess Coverage and Exclusion provisions of the plan.
5. **Limited** deferred medical/dental benefits may be available for necessary treatment incurred after 52 weeks. Refer to insurance brochure provided to the league president, or contact Little League Headquarters within the year of injury.
6. Accident Claim Form must be fully completed - including Social Security Number (SSN) - for processing.

League Name	League I.D.		
PART 1			
Name of Injured Person/Claimant	SSN	Date of Birth (MM/DD/YY)	
		Age	Sex
		□ Female	□ Male
Name of Parent/Guardian, if Claimant is a Minor		Home Phone (Inc. Area Code)	Bus. Phone (Inc. Area Code)
		()	()
Address of Claimant		Address of Parent/Guardian, if different	

The Little League Master Accident Policy provides benefits in **excess** of benefits from other insurance programs subject to a \$50 deductible per injury. "Other insurance programs" include family's personal insurance, student insurance through a school or insurance through an employer for employees and family members. Please CHECK the appropriate boxes below. If YES, follow instruction 3 above.

Does the insured Person/Parent/Guardian have any insurance through: Employer Plan Yes No School Plan Yes No
Individual Plan Yes No Dental Plan Yes No

Date of Accident	Time of Accident	Type of Injury
	□ AM <input type="checkbox"/> PM	

Describe exactly how accident happened, including playing position at the time of accident:

Check all applicable responses in **each** column:

<input type="checkbox"/> BASEBALL	<input type="checkbox"/> CHALLENGER (4-18)	<input type="checkbox"/> PLAYER	<input type="checkbox"/> TRYOUTS	<input type="checkbox"/> SPECIAL EVENT
<input type="checkbox"/> SOFTBALL	<input type="checkbox"/> T-BALL (4-7)	<input type="checkbox"/> MANAGER, COACH	<input type="checkbox"/> PRACTICE	<input type="checkbox"/> (NOT GAMES)
<input type="checkbox"/> CHALLENGER	<input type="checkbox"/> MINOR (6-12)	<input type="checkbox"/> VOLUNTEER UMPIRE	<input type="checkbox"/> SCHEDULED GAME	<input type="checkbox"/> SPECIAL GAME(S)
<input type="checkbox"/> TAD (2ND SEASON)	<input type="checkbox"/> LITTLE LEAGUE (9-12)	<input type="checkbox"/> PLAYER AGENT	<input type="checkbox"/> TRAVEL TO	<input type="checkbox"/> (Submit a copy of
	<input type="checkbox"/> INTERMEDIATE (50/70) (11-13)	<input type="checkbox"/> OFFICIAL SCOREKEEPER	<input type="checkbox"/> TRAVEL FROM	<input type="checkbox"/> your approval from
	<input type="checkbox"/> JUNIOR (12-14)	<input type="checkbox"/> SAFETY OFFICER	<input type="checkbox"/> TOURNAMENT	<input type="checkbox"/> Little League
	<input type="checkbox"/> SENIOR (13-16)	<input type="checkbox"/> VOLUNTEER WORKER	<input type="checkbox"/> OTHER (Describe)	<input type="checkbox"/> Incorporated)
	<input type="checkbox"/> BIG (14-18)			

I hereby certify that I have read the answers to all parts of this form and to the best of my knowledge and belief the information contained is complete and correct as herein given.

I understand that it is a crime for any person to intentionally attempt to defraud or knowingly facilitate a fraud against an insurer by submitting an application or filing a claim containing a false or deceptive statement(s). See Remarks section on reverse side of form.

I hereby authorize any physician, hospital or other medically related facility, insurance company or other organization, institution or person that has any records or knowledge of me, and/or the above named claimant, or our health, to disclose, whenever requested to do so by Little League and/or National Union Fire Insurance Company of Pittsburgh, Pa. A photostatic copy of this authorization shall be considered as effective and valid as the original.

Date	Claimant/Parent/Guardian Signature (In a two parent household, both parents must sign this form.)		
Date	Claimant/Parent/Guardian Signature		

For Residents of California:

Any person who knowingly presents a false or fraudulent claim for the payment of a loss is guilty of a crime and may be subject to fines and confinement in state prison.

For Residents of New York:

Any person who knowingly and with the intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information, or conceals for the purpose of misleading, information concerning any fact material thereto, commits a fraudulent insurance act, which is a crime, and shall also be subject to a civil penalty not to exceed five thousand dollars and the stated value of the claim for each such violation.

For Residents of Pennsylvania:

Any person who knowingly and with intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information or conceals for the purpose of misleading, information concerning any fact material thereto commits a fraudulent insurance act, which is a crime and subjects such person to criminal and civil penalties.

For Residents of All Other States:

Any person who knowingly presents a false or fraudulent claim for payment of a loss or benefit or knowingly presents false information in an application for insurance is guilty of a crime and may be subject to fines and confinement in prison.

PART 2 - LEAGUE STATEMENT (Other than Parent or Claimant)

Name of League	Name of Injured Person/Claimant	League I.D. Number
Name of League Official	Position in League	
Address of League Official	Telephone Numbers (Inc. Area Codes) Residence: () Business: () Fax: ()	

Were you a witness to the accident? Yes No

Provide names and addresses of any known witnesses to the reported accident.

Check the boxes for all appropriate items below. At least one item in each column must be selected.

POSITION WHEN INJURED

- 01 1ST
- 02 2ND
- 03 3RD
- 04 BATTER
- 05 BENCH
- 06 BULLPEN
- 07 CATCHER
- 08 COACH
- 09 COACHING BOX
- 10 DUGOUT
- 11 MANAGER
- 12 ON DECK
- 13 OUTFIELD
- 14 PITCHER
- 15 RUNNER
- 16 SCOREKEEPER
- 17 SHORTSTOP
- 18 TO/FROM GAME
- 19 UMPIRE
- 20 OTHER
- 21 UNKNOWN
- 22 WARMING UP

INJURY

- 01 ABRASION
- 02 BITES
- 03 CONCUSSION
- 04 CONTUSION
- 05 DENTAL
- 06 DISLOCATION
- 07 DISMEMBERMENT
- 08 EPIPHYES
- 09 FATALITY
- 10 FRACTURE
- 11 HEMATOMA
- 12 HEMORRHAGE
- 13 LACERATION
- 14 PUNCTURE
- 15 RUPTURE
- 16 SPRAIN
- 17 SUNSTROKE
- 18 OTHER
- 19 UNKNOWN
- 20 PARALYSIS/ PARAPLEGIC

PART OF BODY

- 01 ABDOMEN
- 02 ANKLE
- 03 ARM
- 04 BACK
- 05 CHEST
- 06 EAR
- 07 ELBOW
- 08 EYE
- 09 FACE
- 10 FATALITY
- 11 FOOT
- 12 HAND
- 13 HEAD
- 14 HIP
- 15 KNEE
- 16 LEG
- 17 LIPS
- 18 MOUTH
- 19 NECK
- 20 NOSE
- 21 SHOULDER
- 22 SIDE
- 23 TEETH
- 24 TESTICLE
- 25 WRIST
- 26 UNKNOWN
- 27 FINGER

CAUSE OF INJURY

- 01 BATTED BALL
- 02 BATTING
- 03 CATCHING
- 04 COLLIDING
- 05 COLLIDING WITH FENCE
- 06 FALLING
- 07 HIT BY BAT
- 08 HORSEPLAY
- 09 PITCHED BALL
- 10 RUNNING
- 11 SHARP OBJECT
- 12 SLIDING
- 13 TAGGING
- 14 THROWING
- 15 THROWN BALL
- 16 OTHER
- 17 UNKNOWN

Does your league use batting helmets with attached face guards? YES NO
If YES, are they Mandatory or Optional At what levels are they used?

I hereby certify that the above named claimant was injured while covered by the Little League Baseball Accident Insurance Policy at the time of the reported accident. I also certify that the information contained in the Claimant's Notification is true and correct as stated, to the best of my knowledge.

Date League Official Signature

Good Procedures to Implement

Checklist for Managers, Coaches, and Umpires

Here are some good procedures for your league to implement and follow on several required areas of the safety plan. Requirements 7, 10, 12 and 13 are all included in the checklists below. These come from several leagues whose volunteers are providing safety leadership through their efforts to increase awareness and help volunteers do the right thing at the right time.

A. Safe Playing Areas

Regular safety inspections of all fields, (practice and game), structures, and dugouts, is the best way to eliminate conditions that cause accidents.

Managers, coaches, and umpires should routinely check playing area for:

1. Holes, damage, rough or uneven spots, slippery areas, and long grass
2. Glass, rocks, foreign objects
3. Damage to screens or fences, including holes, sharp edges, or loose edges
4. Unsafe conditions around backstop, pitcher's mound, or warning track
5. Proper attire by the catcher at all times, including in the bull pens and in between innings

B. Safe Equipment

All equipment shall be inspected before each use. Regular safety inspection of equipment is essential. Managers, coaches, and umpires should:

1. Be sure all equipment is LL approved
2. Inspect all bats, helmets, and other equipment on a regular basis. Dispose of unsafe equipment properly.

3. Keep loose equipment stored properly
4. Have all players remove all personal jewelry
5. Parents should be encouraged to provide safety glasses for players who wear glasses
6. Repair or replace defective equipment

C. Safe Procedures

Managers and coaches must:

1. Have all players' medical release forms with you at every practice and game
2. Have a first aid kit with you all practices and games
3. Have access to a telephone in case of emergencies
4. Know where the closest emergency shelter is in case of severe weather
5. Ensure warm-up procedures have been completed by all players
6. Stress the importance of paying attention, no "horse playing allowed"
7. Instruct the players on proper fundamentals of the game to ensure safe participation
8. Each practice should have at least 2 coaches in case of an emergency

D. Weather Conditions

Before the Storm

1. Check the weather forecast before leaving for a game or practice
2. Watch for signs of an approaching storm
3. Postpone outdoor activities if storms are imminent

Approaching Thunderstorm

1. Take caution when you hear thunder. If you hear thunder, you are close enough to get struck by lightning. During a game, the umpire will clear the field in the event of an approaching storm.

2. Move to a safe environment immediately. Do not go under a tree or stay in the dugout.
3. If lightning is occurring and there is not sturdy shelter near, get inside a hard top automobile and keep the window up.
4. Stay away from water, metal pipes, and telephone lines.
5. Unplug appliances not necessary for obtaining weather information. Avoid the telephone except for emergency use only.
6. Turn off air conditioners.

If caught outdoors & no shelter exists

1. Find a low spot away from trees, fences, light poles, and flagpoles. Make sure the site you pick is not prone to flooding.
2. If in the woods, take cover under shorter trees.
3. If you feel your skin begin to tingle or your hair feels like it's standing on end, squat low to the ground, balancing on the balls of your feet. Make yourself the smallest possible target, tuck your head between your legs, and minimize your contact with the ground.

What to do if someone is struck by lightning

1. The person who has been struck will carry no electrical charge; therefore, they are safe to touch.
2. Call 9-1-1 as soon as possible for help.
3. Check for burns to the body.
4. Give first aid as needed.
5. If breathing and/or heartbeat have stopped, perform CPR until EMS arrives.
6. Contact the league Safety Officer or President ASAP.



HAVE YOU:

- ✓ Walked field for debris/foreign objects**
- ✓ Inspected helmets, bats, catchers' gear**
- ✓ Made sure a First Aid kit is available**
- ✓ Checked conditions of fences, backstops, bases and warning track**
- ✓ Made sure a working telephone is available**
- ✓ Held a warm-up drill**



Too Busy for Warm-ups and Exercises? Don't Be.

To avoid player injuries, make sure coaches have a game plan to prepare their players to play.

Are your coaches so busy working their players on skills development that even stretching gets “left for later?” Your players may be suffering for it. Proper warm-ups and conditioning activities can help to protect your players from injury.

Research has shown that players who are less physically fit – whether in aerobic fitness, flexibility or core strength areas – are at a much greater risk of being injured doing the same things as their peers who are in better condition.

Fitness Shows Injury Potential

A study of US Army recruits going through basic training found less-fit recruits were injured at twice the rate of their more fit companions, and 2.5 times as likely to be so seriously injured that they missed training. The less-fit recruits were more often women, but when the initial fitness levels were used to classify all the recruits by ability, rather than gender, the injury rates became consistent for both males and females, based on their fitness.

In ball playing, the injuries may be slight, a simple muscle strain or joint sprain, such as a pulled thigh muscle or sprained ankle, or they could be acute, from a fall due to poor motor control or weak muscles unable to stabilize the athlete during a fielding attempt. In either situation, stronger muscles are at lower risk of injury.

The good news is that during the study, for all recruits, the less-fit saw

bigger gains than their more-fit peers, as a percentage of gain. So the gap in physical fitness can be closed to make all the athletes safer.

Warm Up Before Playing

Numerous experts and studies continue to assert the benefit of pre-event warm-ups and post-event cool-down exercises. In addition, players and coaches can't expect playing the sport will do enough to prepare the less-fit players for play. Conditioning is just that, and players need to do conditioning exercises to prepare their bodies for the stops, starts, quick turns and full runs ball playing requires.

The benefit of warm-up exercises is not just for the increased muscle flexibility and tone that protects muscles from strains and ligaments from sprains but the increase in oxygen flow to the body, preparing it for the demands of the game.

Make the exercises match the demands of the sport: sprints should be worked on above distance running. Provide shoulder stretches and arm limbering as well as core and lower body warm-ups. Speed, quickness and coordination count for more than endurance; balance drills promoting foot and hand speed and coordination with more traditional exercises.

Start early with conditioning and build gradually to increased conditioning demands. Players' bodies need time to adjust to the

physical stresses and build muscle mass and tone to be able to handle the loads of throwing long strikes from center field or sliding into home plate. The muscles that move the body also support and protect it, so the stronger those muscles, the less likely a serious injury will occur from a “normal” baseball or softball play.

Finally, Keep it Fun

Find ways to keep your practices fun like making sprints be base-stealing attempts. Alternate trips around the bases for warm-ups with “the home run trot,” and for speed or endurance with “you’re going for an inside the park home run!” Have throwing races between different groups of players for short distances, to work on muscle tone, accuracy and technique.

The players will enjoy it more with just a little time spent working on making the *why* they need to do it a fun activity, instead of saying “it’s good for you” or “because I told you to!”

Because a fit player is less likely to be injured, it’s worth the extra time and effort to improve everyone’s physical fitness.



Don't Swing It

...Until You're Up to the Plate!



(Photos from North Scott, Iowa, Little League)

Don't let this happen to you, or to a teammate.

REMEMBER:

Don't pick up your bat until you leave the dugout, to approach the plate.

RULE 1.08, Notes

"1. The on-deck position is not permitted in Tee Ball, Minor League or Little League (Majors) Division. 2. Only the first batter of each half-inning will be allowed outside the dugout between the half-innings in Tee Ball, Minor League or Little League (Majors) Division."

What to do if someone is struck by lightning

- ▶ **Lightning victims do not carry an electrical charge, are safe to handle, and need immediate medical attention.**
- ▶ **Call for help.** Have someone call 9-1-1 or your local ambulance service. Medical attention is needed as quickly as possible.
- ▶ **Give first aid.** Cardiac arrest is the immediate cause of death in lightning fatalities. However, some deaths can be prevented if the victim receives the proper first aid immediately. Check the victim to see that they are breathing and have a pulse and continue to monitor the victim until help arrives. Begin CPR if necessary.
- ▶ **If possible, move the victim to a safer place.** An active thunderstorm is still dangerous. Don't let the rescuers become victims. Lightning CAN strike the same place twice.



NOAA

STAY INFORMED

Listen to NOAA Weather Radio for the latest forecast and for any severe thunderstorm WATCHES or WARNINGS. Severe thunderstorms produce winds of 58 mph or greater, or hail 3/4 of an inch or larger in diameter.

A severe thunderstorm WATCH is issued when conditions are favorable for severe weather to develop.

A severe thunderstorm WARNING is issued when severe weather is imminent. National Weather Service personnel use information from weather radar, satellite, lightning detection, spotters, and other sources to issue these warnings.



NOAA WEATHER RADIO IS THE BEST WAY TO RECEIVE FORECASTS AND WARNINGS FROM THE NATIONAL WEATHER SERVICE.

Remember that all thunderstorms produce lightning and all lightning can be deadly to those outside.

Lightning Safety Awareness Week is the last full week of June. For additional information on lightning or lightning safety, visit NOAA's lightning safety web site:

<http://www.lightningsafety.noaa.gov>

or contact us at:

**National Weather Service
P.O. Box 1208
Gray, Maine 04039**

GYX 0301 (August 2003) - Revised

Coach's and Sports Official's Guide to Lightning Safety...



NOAA

LIGHTNING... the underrated killer!

A SAFETY GUIDE

**U.S. DEPARTMENT OF COMMERCE
NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION**

NATIONAL WEATHER SERVICE

Gray, Maine



This safety guide has been prepared to help coaches and sports officials recognize the dangers of lightning and take appropriate safety precautions.

LIGHTNING KILLS

Play It Safe !

Each year in the United States, more than four hundred people are struck by lightning. On average, about 70 people are killed and many others suffer permanent neurological disabilities. Most of these tragedies can be avoided if proper precautions are taken. When thunderstorms threaten, coaches and sports officials must not let the desire to start or complete an athletic activity hinder their judgment when the safety of participants and spectators is in jeopardy.

It is important for coaches and officials to know some basic facts about lightning and its dangers

- ▶ **All thunderstorms produce lightning and are dangerous.** In an average year, lightning kills more people in the U.S. than either tornadoes or hurricanes.
- ▶ **Lightning often strikes outside the area of heavy rain and may strike as far as 10 miles from any rainfall.** Many deaths from lightning occur ahead of storms because people wait too long before seeking shelter, or after storms because people return outside too soon.
- ▶ **If you hear thunder, you are in danger.** Anytime thunder is heard, the thunderstorm is close enough to pose an immediate lightning threat to your location.
- ▶ **Lightning leaves many victims with permanent disabilities.** While only a small percentage of lightning strike victims die, many survivors must learn to live with very serious, life-long disabilities.

To avoid exposing athletes and spectators to the risk of lightning take the following precautions

- ▶ **Postpone activities if thunderstorms are imminent.** Prior to an event, check the latest forecast and, when necessary, postpone activities early to avoid being caught in a dangerous situation. Stormy weather can endanger the lives of participants, staff, and spectators.
- ▶ **Plan ahead.** Have a lightning safety plan. Know where people will go for safety, and know how much time it will take for them to get there. Have specific guidelines for suspending the event or activity so that everyone has time to reach safety before the threat becomes significant. Follow the plan without exception.
- ▶ **Keep an eye on the sky.** Pay attention to weather clues that may warn of imminent danger. Look for darkening skies, flashes of lightning, or increasing wind, which may be signs of an approaching thunderstorm.
- ▶ **Listen for thunder.** If you hear thunder, immediately suspend your event and instruct everyone to get to a safe place. Substantial buildings provide the best protection. Once inside, stay off corded phones, and stay away from any wiring or plumbing. Avoid sheds, small or open shelters, dugouts, bleachers, or grandstands. If a sturdy building is not nearby, a hard-topped metal vehicle with the windows closed will offer good protection, but avoid touching any metal.

- ▶ **Avoid open areas.** Stay away from trees, towers, and utility poles. Lightning tends to strike the taller objects.
- ▶ **Stay away from metal bleachers, backstops and fences.** Lightning can travel long distances through metal.
- ▶ **Do not resume activities until 30 minutes after the last thunder was heard.**
- ▶ **As a further safety measure, officials at outdoor events may want to have a tone-alert NOAA Weather Radio.** The radio will allow you to monitor any short-term forecasts for changing weather conditions, and the tone-alert feature can automatically alert you in case a severe thunderstorm watch or warning is issued. To find your nearest NOAA weather radio transmitter, go to <http://www.nws.noaa.gov/nwr/> and click on "Station Listing and Coverage."

If you feel your hair stand on end (indicating lightning is about to strike)

- ▶ **Crouch down on the balls of your feet, put your hands over your ears, and bend your head down.** Make yourself as small a target as possible and minimize your contact with the ground.
- ▶ **Do not lie flat on the ground.**



NOAA



Player Code of Conduct

The Manager and Coaches for our team expect the following standards of conduct and behavior of all players:

- Play for the fun of the game and always show good sportsmanship, win or lose
- Respect your coaches, teammates, opponents, parents, and umpires
- Be a team player and get along with your teammates
- Learn the rules of the game, play by them, and always try your best
- Be on time for practices and games
- Keep the dugout clean and store equipment in your bag

The following behavior will not be tolerated:

- Disrespect toward coaches, teammates, opponents, parents, and umpires
- Trash-talking to opponents or unsportsmanlike conduct
- Throwing bats, helmets, gloves, or other equipment in anger
- Making discriminating remarks based on race, religion, gender or national origin
- Using profane, obscene, or vulgar language
- Bullying of any kind (physical, verbal, etc.)

Consequences for breaking the Code of Conduct:

1st Offense	Verbal warning and discussion of the violation
2nd Offense	Second verbal warning, player will be benched remainder of game and/or practice, and a discussion of the violation will take place with the parent/guardian.
3rd Offense	Final warning will be issued in writing, the player will be benched for the next game and/or practice, and the Sunset Little League Board of Directors will be notified of the reoccurring issues.
4th Offense	The matter is turned over to the Board of Directors and appropriate measures will be taken, and may result in suspension of additional games and/or the remainder of the season

I, _____ (print name), understand the Player Code of Conduct above and my responsibilities as a player on this team. Furthermore, I understand failure to follow this Player Code of Conduct subjects me to the possible disciplinary action outlined above.

I certify that I have discussed and explained the Player Code of Conduct with my child and I am committed as a parent to support and assist the team coaching staff in the event of a violation.

Signed: _____

Date: _____



HAVE YOU:

- Walked field for debris/foreign objects**
- Inspected helmets, bats, catchers' gear**
- Made sure a First Aid kit is available**
- Checked conditions of fences, backstops, bases and warning track**
- Made sure a working telephone is available**
- Held a warm-up drill**