



## LITTLE LEAGUE SAFETY PLAYING RULES & REGULATIONS

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

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

1. Regulation VI                                   **Pitching Restrictions**
  - *Pitching activity should be monitored on a regular basis by both the Player Agent and Safety Officer.*
  
2. Rule 1.08 (NOTE)                           **The On-deck Position Is Not Permitted**
  - *Players are not allowed to hold a bat in their hands until the umpire calls them to bat. At that point, they are permitted to pick up their bat (from a controlled area, bat rack, and proceed to home plate to take their position in the batters box. They may take a couple of practice swings on their way to home plate.*
  - *Players are not permitted to take practice swings in between innings and/or while the pitcher is warming up.*
  
3. Rule 1.10 & NOTE                           **Bat Restrictions and Guidelines**
  - *The traditional batting donut is not permissible.*
  - *Only composite bats approved and on the Little League waiver list are allowed to be used in all divisions of Little League Baseball.*
  - *Watch for metal bats without proper grip material.*
  - *Watch for metal bats that have flat spots or cracks.*
  - *Non-wood bats may develop dents from time to time. Bats that cannot pass through the approved Little League Bat Ring must be removed from play..*
  
4. Rule 1.11 (e) through (k)               **Playing Uniform Restrictions**
  - *Pins or jewelry must not be worn by players, coaches or umpires.*
  
5. Rule 1.16                                   **Batting Helmet Requirements and Restrictions**
  - *Helmets must remain on until player has returned to the dugout area.*
  
6. Rule 1.17                                   **Athletic Supporter & Catching Gear Requirements**
  - *All male players must wear athletic supporters.*
  - *Catchers gear must fit properly to protect the player.*
  - *The catcher (males) must wear a athletic supporter, metal, fiber or plastic type cup, long model chest protector, catchers helmet and mask with dangling throat guard, and shin guards .*
  - *The flap on long model chest protectors (majors and below) must never be turned up. This includes between innings.*
  - *A player warming up a pitcher must be wearing a helmet with mask and dangling throat protector as a minimum. A protective cup is optional.*
  - *Catchers or any player shagging balls for the coach during infield or outfield warm ups must have a helmet and mask on at all times.*

7. Rule 1.17 (continued)           **Athletic Supporter & Catching Gear Requirements**
  - *Skull caps and other type hard hats are not permitted.*
  - *Throat guards (dangling type) are required on all catcher's helmets.*
  - *A player with helmet mask and dangling throat protector must catch for the coach during infield and outfield warm-ups.*
  
8. Rule 2.00 (obstruction)       **Obstruction**
  - *A fake tag is considered obstruction.*
  
9. Rule 3.01 (a) & (b)           **Game Preliminary Requirements**
  - *The umpire must require strict observance of all rules governing team personnel, implements of play and equipment of players.*
  
10. Rule 3.09                   **Player, Manager & Coach's Conduct During Games**
  - *Adults are not permitted to warm up pitchers or play catch at any time. There must only be one adult for infield and one for outfield warm-ups, the person catching, if used, must be a player.*
  
11. Rule 3.14                   **Keeping Playing Field (fair & foul territory) Clear**
  - *Dead ball areas must be kept clean at all times. Playing equipment must be as far out of the way as possible.*
  - *Bats must be kept in a bat rack and never allowed loose in the dugout area.*
  
12. Rule 3.17                   **Bench & Dugout Conduct and Restrictions**
  - *Players in the dugout area must remain behind the protective fencing at all times, and away from the dugout openings..*
  
13. Rule 4.05 (all)           **Requirements For Base Coaches**
  - *Player coaches must wear a batting helmet at all times while coaching.*
  - *Base coaches may not wear a cast of any type.*
  - *The coaches shall not leave their respective dugouts until the pitcher has completed his/her preparatory pitches to the catcher.*
  - *Base coaches must pay attention to the action and the ball at all times.*
  
14. Rule 5.10 (a) & (b)       **Field Conditions**
  
15. Rule 5.10 (c)           **Incapacitated Players**
  - *If an accident to a runner is such as to prevent said runner from proceeding to an entitled base, as on a home run hit out of the playing field or an award of one or more bases, a substitute runner shall be permitted to complete the play.*
  
16. Rule 7.08 (a3 & a4)       **Sliding**
  - *A runner must slide or attempt to get around a fielder who has the ball and is waiting to make the tag.*
  - *A runner is not permitted to head first slide while advancing.*