



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.*
 - *Watch for metal bats without proper grip material.*
 - *Watch for metal bats that have flat spots or cracks.*
 - *Non-wood bats may develop dents from time to time. Bats that cannot pass through the approved Little League BatRing must be removed from play..*

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

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

6. Rule 1.17 **Athletic Supporter & Catching Gear Requirements.**
 - *All male players must wear athletic supporters.*
 - *Catchers gear must fit properly to protect the player.*
 - *The catcher (males) must wear a athletic supporter, metal, fiber or plastic type cup, long model chest protector, catchers helmet and mask with dangling throat guard, and shin guards .*
 - *The flap on long model chest protectors must never be turned up. This includes between innings.*
 - *A player warming up a pitcher must be wearing a helmet with mask and dangling throat protector as a minimum. A protective cup is optional.*
 - *Catchers or any player shagging balls for the coach during infield or outfield warm ups must have a helmet and mask on at all times.*

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