

Mid Carolina Little League COVID-19 Guidelines:

- Parents should take temperature of their child and themselves before coming to practices or games. If temperature is greater than 99.6 deg. F you should stay home and let your coach know.
- If anyone in the immediate household is showing signs of COVID-19, please refrain from attending practices or games for 14 days or until symptoms subside.
- If anyone at the ballpark is showing symptoms of COVID-19 (fever, coughing, shortness of breath) please be courteous and either distance yourself from others or return home.
- Recommend coaches get a touchless thermometer and take temperature of all players and coaches prior to beginning of any practice or game. If temperature is higher than 99.6 deg. F please return home.
- If anyone (either player or immediate family) tests positive for COVID-19 please pass this information along to your coach at your discretion. Mid Carolina Little League cannot require you to do this. This person will remain confidential; however this may have an effect on how the league moves forward with practices and games.
- During practices kids shall not use dugouts. For practices they should have their gear near their assigned dugout. Sharing of any gear is not recommended.
- During games, at the discretion of the parent, players may sit with one parent near the assigned dugout. Player should remain attentive to the game so they will know when it is their turn to bat.
- One umpire per game. Umpire should stand behind pitcher for all divisions.
- Coaches pitch only – catcher is optional. Have a coach stand at fence behind batter to collect balls.
- There will be no concession stands this year at any events.
- No community water cooler or snacks should be provided. Parents please remember to bring your child water, Gatorade, and/or snacks to the games or practices.
- Players and coaches can wear face masks during games and practices. This is optional and not required.
- Fans should practice social distancing as much as possible and wear face masks if in close contact with others (within 6 feet).
- All Mid Carolina Little League events are come at your own risk (players, parents, and fans). Mid Carolina Little League will not be held responsible for contracting an illness at any sponsored event.

Remember all this is being done to protect the safety of our children and all those involved or attend MC Little League events and we want these kids playing baseball!

Thanks for your cooperation and understanding during this time.

Coaches:

Pitching rules changes: If no exhibition games played week 3 would be regular pitching rules.

Week one of practice – bullpen consisting of 1-35 pitches. If more than 21 observe one day rest before next bullpen

Week two of practice – no more than 35 pitches in first exhibition game. If more than 21 observe one day rest. Pitchers may throw up to 50 pitches in a second exhibition game if they have thrown in a previous exhibition game. If not max of 35 pitches. More than 35 pitches observe 2 days rest

First week of games – no more than 65 pitches. More than 51 pitches observe three days rest

Week two of games – regular pitching rules apply