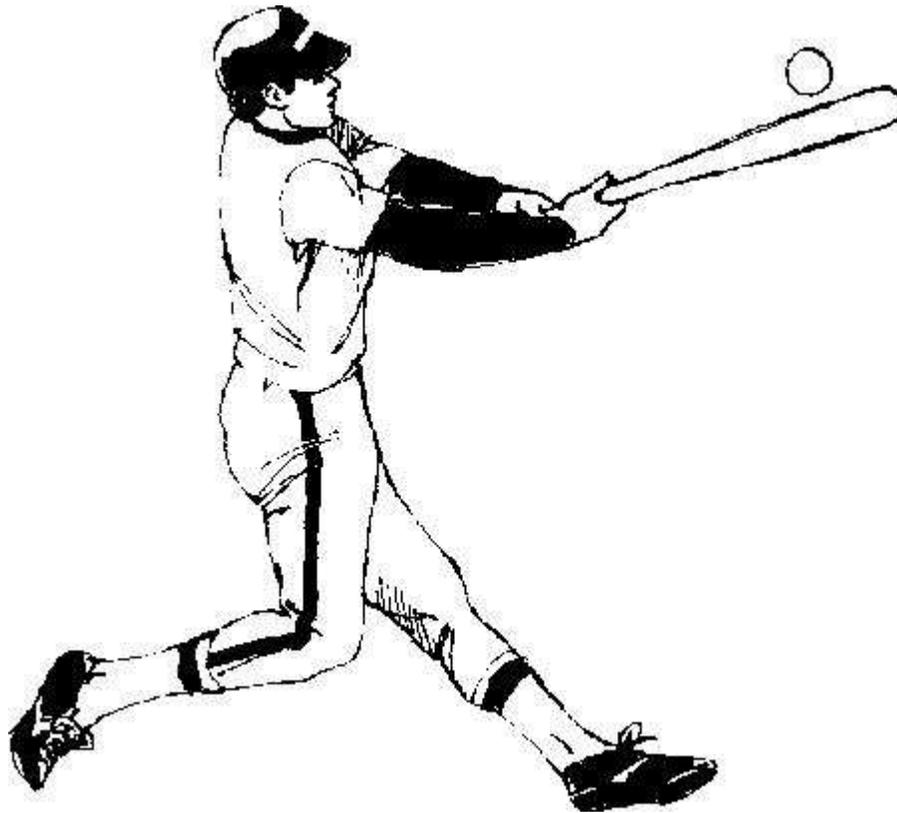


COMMACK NORTH LITTLE LEAGUE



RULES AND REGULATIONS 2016

TO THE COMMACK NORTH LITTLE LEAGUE COACHING STAFF

On behalf of the Board of Directors and everyone involved, we wish to welcome you to the coaching staff of Commack North Little League. We sincerely thank you for all of the time and attention that you will be devoting to our organization and, especially to our children.

The following is a short "guide" to being a Little League Manager:

- 1) Try to schedule at least 2 practices a week before the season starts, and, if at all possible, some practices during the season.
- 2) At all levels, teach the fundamentals of baseball. Do not assume that the children have mastered any skill just because they may have played before.
- 3) Instill in your team not only a competitive spirit, but a sense of fair play and helping each other. The object here is team spirit and not necessarily individual achievement.
- 4) Be fair in your selection of playing time for each player.
- 5) Review, learn, and know the rules contained in the regular Little League Rule Book and the rules distributed by our League. Make sure that at all times these rules are taken to the game and are followed in their entirety so as to avoid the embarrassment of protests and/or forfeits.
- 6) Instruct and review with your team the safety rules distributed and at all times make sure that all members of your team follow them.
- 7) Make your team aware of the proper handling of equipment, both from the League and their own.
- 8) Inform the parents of your team, of what you are trying to accomplish, both for their individual child and for the team.
- 9) Communicate with your team parent, as they can be of great assistance to your team.
- 10) Communicate with and inform your Commissioner about any problems you may encounter, equipment needed, rules, or physical injury to team members and any new ideas you may have.
- 11) Attend all managers meetings and any division meetings that may be scheduled by your commissioner.

Whatever you may add to the development of your team is appreciated by Commack North Little League and the Board of Directors. Good luck and much success for the coming year.

COMMACK NORTH LITTLE LEAGUE RULES AND REGULATIONS

RAINOUTS AND SCHEDULES

The following guidelines will be used for schedules, rainouts, and continuation games.

- 1) A minimum of 12 games will constitute the season. Exceptions in some divisions may occur to allow for scheduling, number of teams in each division, and field availability.
- 2) In the event of rain, the Executive Vice President shall determine where and when games will be rescheduled based upon field availability, time of the season and number of games that have already been rained out.
- 3) In the event that no rainouts occur, then the full schedule will remain in effect with all games being played.
- 4) Since the possibility exists that some teams may play more games than others because of rain, standings will be figured on a percentage basis rather than points. A tie will be as a 1/2 win and 1/2 loss.
- 5) Continuation games must be made up.
- 6) Rainouts may be rescheduled on any day of the week depending upon field availability, including Saturday and Sunday (majors divisions are permitted to play two games on a calendar day). In the event of extra ordinary amounts of rainouts, games will be rescheduled as needed to meet the minimum 12 game season requirement.
- 7) If one full inning has not been completed before the game becomes cancelled because of inclement weather, this game shall be deemed a rainout. If at least one full inning had been completed, this shall qualify for a continuation game and must be made up.
- 8) Rainouts are determined by the Town of Huntington and communicated through CNLL. Whenever possible, that decision will be made and communicated to you in sufficient time to avoid parents and children traveling to the field needlessly. Rained out games will be made up as soon as possible. If there is any doubt about a rainout, call the League Phone number after 4:30 PM at 368-8696 or check the website at www.commacknorthll.net. Please designate only one person per team to contact the league phone number with respect to rainouts.
- 9) If games are rained out then teams should not hold a practice.

Rules for the Commack North Little League will be "book" (official little league rule book for 2016 season) rule. Exceptions for each division will be detailed in the following sections of this rulebook.

OPERATING RULES AND PROCEDURES
ALL DIVISIONS

SCHEDULING

- 1) A committee, appointed by the President from the Board of Directors, shall, prior to the beginning of each season, determine the Official Schedule.
- 2) All games must be played at the time and place indicated in the Official Schedule. Except as set forth herein below no games shall be cancelled or postponed without the prior approval of the Executive Vice President, President, or Commissioner of the respective division.
- 3) HOME TEAMS shall occupy the dugout on the first base side of the playing field and visiting team shall occupy the dugout of the third base side of the playing field for all games. For rescheduled games, the home team shall remain as originally scheduled.
- 4) No game shall be cancelled, postponed, or delayed by any Manager, or Coach for any reason other than inclement weather or field conditions that, in the opinion of both managers present would be detrimental to the health or safety of the players. If the Managers cannot agree, the game will be played. This applies only to those games played in which no league official (defined as a member of the Commack North Little League Board of Directors) is present or is in the vicinity of that game being played. If such a league official is present, then only that league official(s) present shall be empowered to make that decision.
- 5) Once started, only the Home Plate Umpire (or Commack North Little League official) can discontinue play.

CANCELLED GAMES

- 1) Cancelled games shall be reported by the Home Team Manager to his commissioner within 24 hours of the originally scheduled game. Failure to do so shall result in the forfeiture of said game by the home team.
- 2) After rainouts and/or rescheduled games, teams may be required to play back-to-back games (i.e. Thursday and Friday of the same week).
- 3) Rainouts may be rescheduled on any day of the week depending upon field availability, including Sunday.
- 4) Rainouts, continuation of games, and scheduling will be set according to those guidelines as outlined in the section entitled "Rainouts & Schedules" which can be found above and the discretion of the Executive Vice President

STANDINGS AND PERCENTAGE SYSTEM

- 1) All games will be scored on a win/loss system, and standings will be determined by percentages to make up for the difference in the amounts of games played.
- 2) Percentages will be determined as follows:

- 1.Game Won..... 1 Win
- 1.Game Tied 1/2 Win and 1/2 Loss
- 1.Game Lost 1 Loss

- 3) For example, a team that has 8 wins and 2 losses would have a record of .800% (8 wins divided by 10 games played). A team that was 7-2 and 1 tie would have a record of .750% (7.5 wins divided by 10 games played).
- 4) All teams shall make the playoffs. The regular season shall be used to determine the playoff brackets.

REPORT OF SCORES, PITCHING RECORDS AND UMPIRE EVALUATIONS

- 1) The final scores of all completed games shall be reported to the respective Commissioner by each team no later than 24 hours after the end of the game. Note: Since we try and update our web site league standings in a timely manner, it is imperative that each team contact their commissioner as soon as possible following the game. The names of the pitchers, the number of innings pitched and the number of pitches thrown by each pitcher shall also be reported.
- 2) At the same time as each Manager reports to their respective Commissioner concerning pitching logs, they will also give a complete umpire analysis evaluation. Issues concerning umpires should be presented to the Umpire in Chief.
- 3) Umpires will report their analysis of each Manager and Coach after each game to the Umpire Coordinator. Umpire incident reports will be filed at this time if needed.

COMPLETED GAMES

- 1) A game in MAJORS, GIRLS SOFTBALL MAJORS, and INTERMEDIATE DIVISIONS, shall be deemed completed if, after the losing team has completed 4 turns at bat, it remains behind, or if the Home Team goes ahead at termination.
- 2) A game in the FARM DIVISION, BOYS MINORS and GIRLS SOFTBALL MINORS, shall be deemed completed if, after the losing team has completed 3 turns at bat, it remains behind. or if the home team goes ahead at termination.
- 3) A game in the JUNIOR DIVISION and SENIOR DIVISION shall be deemed completed if, after the losing team completes 5 turns at bat, it remains behind or the Home Team goes ahead at termination.

CONTINUATION GAMES

Determination of: A minimum of one full inning must have been played to be deemed a continuation game, otherwise it shall be deemed a rainout.

- 1) If a game in any division shall not be completed for any reason whatsoever, including, but not limited to, rain, lightning, curfew, etc., prior to completion of the required number of innings for a COMPLETE GAME, the game shall be deemed suspended and shall then be COMPLETED as follows:
 - 1) The Executive Vice President shall determine when and where the remainder of the game shall be played
 - 1) The Commissioner of the division shall notify each Manager of the time and place of the resumption.
 - 1) The game is to be resumed at the exact point of interruption, with all statistics and records intact. ALL batting orders are to remain the same and scores continue where the game left off.
 - 1) A player who was not present at the original game may be added provided that play has not progressed past 3 full innings. Any player added to the game must be placed at the bottom of the batting order.
 - 1) Pitchers of record may continue up to 6 innings or to the extent of that pitcher's remaining eligibility and days rest for the calendar week of the scheduled continuation.
 - 1) If a pitcher has been removed from the original game before the game was canceled, he may not be used again during the continuation of the said game.
 - 1) The game is considered COMPLETED when the total minimum required number of innings has been reached (4 in the MAJORS, GIRLS MAJORS and INTERMEDIATE, and 3 in FARM, BOYS MINORS and GIRLS MINORS and 5 in JUNIORS AND SENIORS).
- 2) A game shall be considered COMPLETED if after 2 or more innings the losing Manager awards the game to the opposing team. This does not constitute a forfeiture, but the score shall reported as 7 - 0. If less than the 2 innings are so completed, the game shall be deemed a forfeit. Any manager/coach conceding a game MUST meet with the executive board to explain the circumstances of the game.

FORFEITS, SCHEDULED GAMES AND RESCHEDULING

- 1) Forfeiture of a game shall immediately result under any of the following conditions:
 - a) A team is unable to field the minimum number of eligible players 15 minutes after the official game time start.
 - b) After the game has begun, a team is no longer able to field the minimum number of eligible players.
 - c) If the conduct of the Manager, player or fan is such that, after 1 warning by the Home Plate Umpire, the conduct continues. The Home Plate Umpire may then declare a forfeit.
 - d) An ineligible player is used

- e) A team with the minimum required number of eligible players refuses to play upon order of the Home Plate Umpire. They have 1 minute to field a team or place a batter in the batter's box.
 - f) In the event both teams are not eligible to field the minimum number of required players at forfeit time, forfeit will be declared against both teams.
 - g) If a Manager knows that he will not be able to field the minimum amount of required players due to injury, he must so notify his Commissioner and obtain approval prior to the next scheduled game in order for the game to be postponed. This rule only applies to INJURIES and is not applicable to absences for any other reason.
- 2) A team must have a minimum of 7 players dressed and ready to play prior to commencement of the game and to avoid forfeiture.
 - 3) There must be 9 defensive players (10 in the Farm division) on the field during game play. If the defensive team does not have 9 players (or 10 in Farm), a player or players shall be used from the team at bat. This player or players shall be the batter that made the last out at bat with the exception of the pitcher or catcher in which case the player before them in the lineup shall be used.
 - 4) Pre-game warm-ups shall be limited to 10 minutes per team maximum and shall commence no later than 25 minutes prior to game time, if field is available. If a team has been warming up on a field at the time an opposing Manager arrives, the team on the field may continue warming up for a maximum of 10 minutes, but not to exceed past 15 minutes prior to the scheduled starting time of the game. The opposing team may then take their 10 minutes pre-game warm-up. All practices must be completed 5 minutes prior to the game.
 - 5) Managers and Coaches are prohibited from holding batting practice prior to a game. This include soft toss.
 - 6) A Manager who cannot field a complete team due to direct participation by player(s) in religious observance or school commitment must notify his Commissioner at least 2 WEEKS prior to the scheduled game. The Commissioner shall obtain the names(s) and reason(s) for non-participation of the player(s) and notify the League Executive Vice President for approval for the game to be postponed. Failure to do so may result in a forfeit to the other team.

CURFEW TIME AND OFFICIAL TIME

- 1) Until June 1st, no new innings of any game may commence after 7:45 PM nor shall play continue after 8:05 PM.
- 2) Starting June 1st, no new innings may commence after 8:00PM, nor may play continue after 8:20 PM. This applies to regular season games, and post-season (playoff) games. Play may continue until such time as the Home Plate Umpire declares the game stopped for reason of insufficient lighting or other unsafe conditions.
- 3) On Saturdays(with the exception of boys majors 50/70), no new inning (new inning means the start of the top of an inning) may begin after **1 hour and 50 minutes** from the start time of the game. The official start time shall be determined by the Home Plate Umpire's watch. The time will be measured from

the official start time to the last recorded out. There will be a drop dead time of **2 hours and 15 minutes. (revised 2016)**

- 4) Managers, coaches, and the Home Plate Umpire are urged to synchronize their watches prior to the game. In any event, the watch of the Home Plate Umpire shall be considered to be official time for all timing purposes.
- 5) A Manager or Coach shall not leave the dugout (area) except to confer with a player or umpire and only after receiving permission from an umpire.

MINIMUM PLAY

- 1) It is the rule of Commack North Little League that each player shall play a minimum of 9 defensive outs in a six inning game and 6 defensive outs in a 4 inning game. Managers should assume that evening games will be shortened to 4 innings in many cases and should therefore, automatically invoke the 6 defensive out minimum play rule. The League encourages managers/coaches to be fair in their selection of playing time for each player. (i.e. Minimum defensive playing time should not be limited to the same players each week). This is the number one complaint of parents-try to be fair-remember all teams make the playoffs.
- 2) A player arriving late at a game but prior to the home half of the third inning may enter the game at his Manager's discretion. In this instance, **NO PROTEST** can be made for failure to meet the playing time requirements. This player shall be added to the end of the batting order (after the last batter in the lineup).
FAILURE TO ABIDE HEREWITH COULD RESULT IN FORFEITURE.

PITCHING RULES AND REGULATIONS

- 1) Only a catcher in full equipment can be used to warm up a pitcher.
- 2) During the game, pitchers can only warm up on the mound.
- 3) A manager or coach can cross the foul lines to visit the pitcher.
- 4) The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:

League Division:

Juniors/Seniors	95 pitches per day
Majors	85 pitches per day
Minors, Intermediate	75 pitches per day
Farm	50 pitches per day

Exception: If a pitcher reaches the limit for number of pitches thrown for his/her age while facing a batter, the pitcher may continue to pitch until that batter reaches base, is put out or the third out is made to complete the half-inning.

- 5) Pitchers league age 14 and under must adhere to the following rest requirement:
 1. If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
 1. If a player pitches 51-65 pitches in a day, three (3) calendar days of rest must be observed.

1. If a player pitches 36-50 pitches in a day, two (2) calendar days of rest must be observed.
 1. If a player pitches 21-35 pitches in a day, one (1) calendar days of rest must be observed.
 1. If a player pitches 1-20 pitches in a day, no (0) calendar day of rest is required.
- 6) Pitchers league age 15 -18 must adhere to the following rest requirement:
1. If a player pitches 76 or more pitches in a day, four (4) calendar days of rest must be observed.
 1. If a player pitches 61-75 pitches in a day, three (3) calendar days of rest must be observed.
 1. If a player pitches 46-60 pitches in a day, two (2) calendar days of rest must be observed.
 1. If a player pitches 31-45 pitches in a day, one (1) calendar days of rest must be observed.
 1. If a player pitches 1-30 pitches in a day, no (0) calendar day of rest is required.
- 7) A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day.
- 8) Delivery of one pitch from the mound during an inning of the game shall constitute having pitched one inning.
- 9) Each manager will be responsible for keeping track of the pitch count for both the home and the visiting pitcher. At the end of each ½ inning the number of pitches thrown by each pitcher, must be recorded by both managers.
- 10) At the end of the ½ inning if the managers have a different pitch count for a particular pitcher the higher of the two numbers will be recorded for the pitcher.
- 11) A manager or Coach may visit the pitcher only twice during the same inning. A third trip to the same pitcher in the same inning will cause the pitcher's automatic removal. It shall be construed as a visit to the mound when said Manager or Coach approaches the foul line or when the pitcher leaves the mound to confer with his Manager or Coach.
- 12) A Manager or Coach may visit the same pitcher only 4 times during the same game. A fifth trip to the same pitcher in a game will cause that pitcher's automatic removal.
- 13) A pitcher must be removed from the mound if he hits 3 batters in an inning or 5 batters in a game. A batter shall be deemed "hit" and awarded first base only if he is a struck by a pitched ball (whether it be on a fly or a bounce). Rule clarification: if a batter swings at a pitch and the batter is struck in the hand with the pitched ball, the pitch is ruled a dead ball. No defensive play can be made on the ball. The pitch shall be recorded as a strike with respect to the count on the batter. The batter is NOT awarded first base. If a batter is struck in the hand by a pitched ball while not in the process of swinging, the batter is considered "hit by pitch" and awarded first base. The pitcher is charged with a hit batsman.

- 14) No pitcher in any division shall be allowed back into a game to pitch once he or she is removed from that pitching position.
- 15) In the event that a pitching rule is violated by a team (regarding required rest and maximum number of innings pitched in a calendar week), the manager shall be suspended for two games and the team shall forfeit the game in which the violation has occurred. Repeated violation of the pitching rule shall result in further disciplinary action to the manager, coach and team.

BAT RULES

Girls:

- Non-wood bats shall be printed with a BPF (Bat Performance Factor) of 1.20.
- Bats may be taped or fitted with a sleeve for a distance not exceeding 16 inches from the small end.
- Colored bats are acceptable.
- An non-wood bat must have a grip of cork, tape or composition material, and must extend a minimum of 10 inches from the small end
- Slippery tape or similar material is prohibited
- An illegal or altered bat must be removed

Boys:

- The bat must be a baseball bat which meets little league specifications and standards. It shall be a smooth, rounded stick made of wood or of material, color tested and proved acceptable to little league standards.
- It shall not be more than 33 inches in length nor more than 2 ¼ inches in diameter
- Non-wood bats shall be labeled with a BPF (Bat Performance Factor) of 1.15 or less
- EXCEPTION: For 2016 Little League (Majors) and below, for regular season play and tournament, composite barrel bats are prohibited unless approved by Little League International. A list of approved and licensed composite barrel bats can be found on the Little League website at www.LittleLeague.org.
- Intermediate 50/70 and Juniors: It shall not be more than 34 inches in length, nor more than 2 5/8 inches in diameter, and if wood not less than fifteen-sixteenths (15/16) inches in diameter (7/8 inch for bats less than 30") at its smallest part. All composite barrel bats shall meet the Batted Ball Coefficient of Restitution (BBCOR) performance standard, and such bats shall be so labeled with a silkscreen or other permanent certification mark. The certification mark shall be rectangular, a minimum of a half-inch on each side and located on the barrel of the bat at any contrasting color.

BATTING ORDER

The batting order submitted at the beginning of the game shall list all the players on the team. All players on the team shall bat in order throughout the entire game even though only 9 or 10 players are on the field. This does not mean that a

player will only bat. He will also be substituted in the field for a minimum of 3 innings. This will give all players an equal opportunity to develop their skills at bat, on the field, and hold their interest in the game.

LEAVING A BASE EARLY

If a runner leaves the base early and is called back by the umpire, one "team" warning shall be given. Upon the second "team" infraction, the base runner guilty of the offense shall be called "out".

MUST AVOID CONTACT RULE

There is no such thing as a "must slide" rule. The proper interpretation is a "must avoid contact" rule. A runner may elect to run out of the baseline, stop and be tagged, or, slide to avoid contact. If contact is made (for reasons other than fielder's interference) the runner is "out". The safety of the players involved is most important.

PROTESTS

- 1) A protest can be lodged, if, in the opinion of a Manager and **MANAGER ONLY**, an Umpire has violated a rule. Protests cannot be lodged against a judgment call (i.e. **FAIR, BALL, STRIKE, SAFE OR OUT**), unless such judgment is based upon a rule and not the specific player involved. (i.e. Runner A passes Runner B. Runner A is out, not Runner B).
- 2) After the protest is lodged with the umpire, the game must continue (unless the protest is on the final play of the game) as scheduled.
- 3) Protesting Manager must inform the Home Plate Umpire (and the opposing manager) that he is playing the game under protest **PRIOR** to the next pitch to the batter after protest is made to the Umpire. **EXCEPTION:** A violation of the pitching rules or the use of an ineligible player may be reported at any time **PRIOR** to the end of the **REGULAR SEASON** and it shall be the sole discretion of the **PROTEST COMMITTEE** as to what the appropriate and equitable relief, if any, shall be. Notwithstanding the foregoing, it is incumbent upon all Managers to report such violations immediately upon notice thereof.
- 4) The protesting **MANAGER** must submit a written description of the incident within 48 hours to his Commissioner. Telephone notification will **NOT** be considered valid unless ruled so by the President. If the Manager against which the protest is being filed is also a Commissioner, the submitting Manager will submit written description to the President.
- 5) The protest will be forwarded to the Protest Committee appointed by the President of the League. The ruling of the Protest Committee will be the final and absolute.

UMPIRES AUTHORITY

- 1) It must be clearly understood that the Umpires are essential to the orderly and proper conduct of the game.
- 2) Every Manager, Coach, player and fan is advised that overreactions, umpire baiting or any and all other such conduct deemed improper by the Umpire(s) will result in a warning, subsequent expulsion, and should the situation warrant, forfeiture by the offending team.
- 3) Once play has commenced, the Home Plate Umpire may halt play at any time and if, at his discretion, he deems it necessary, may call the game because of darkness, rain, or dangerous weather or field conditions, regardless of the score or game situation. The authority to do this rests solely with the Home Plate Umpire who may consult with his fellow Umpire(s), but who has sole discretion and may not be overruled.
- 4) The Home Plate Umpire may, at any time after the commencement of play, expel a Manager, Coach, player, or spectator for unsportsmanlike-like conduct and anyone so expelled shall immediately leave the game, the playing area and the area immediately adjacent to the playing area. Failure to do so after expulsion from the game may result in expulsion from the League of the individual so offending and, at the discretion of the Home Plate Umpire, forfeiture of the game to the opposing team.
- 5) The Home Plate Umpire shall, immediately following the game, notify the Umpire in Chief and the President of any expulsion or refusal to leave after expulsion.
- 6) If both Managers and Coaches of any team have been expelled for the game before completion of the game and the team is left without a Coach to direct it, a temporary Coach may be appointed for the purpose of completing the game or, any Little League Commissioner or Official may, at their sole option, direct the team.
- 7) The Umpires will note the scheduled time for their assigned game and endeavor to arrive at least 15 minutes before game time. They will also note time after which no full inning shall start. The start of the new inning shall be deemed to have started after the third out of the previous inning and not when the batter takes his place in the batter's box.

PROFANITY, LIQUOR, TOBACCO, ETC.

- 1) Profanity shall and WILL not be tolerated from anyone. Any player, Manager, or Coach using profanity or obscene gestures shall be ejected from the game and a report shall be forwarded to the President by the Umpire.
- 2) It is the responsibility of the Manager to control the actions of his players and the fans. Any player or fan humiliating a team, an umpire or player must be told to stop.

- 3) An Umpire may call a forfeiture of the game if a player or a fan refuses to heed his instructions and a report forwarded to the President of the League.
- 4) Alcoholic beverages are strictly prohibited in any of our parks or school fields.
- 5) Smoking is strictly prohibited on the playing field during all practices and games. This includes all dugout areas as well as the coaches' boxes.
- 6) Use of tobacco products during practice or games is strictly prohibited.

INJURIES AND SAFETY

- 1) It shall be the Manager's responsibility to notify his Commissioner, as soon as possible, of all injuries or mishaps, no matter how slight, that occur during the game or practice.
- 2) If any player is hurt, **DO NOT TREAT THE INJURY IN ANY WAY**, except for simple first aid. In case of more serious or questionable injury, call **911!** After calling 911, please call the Cedar Road Field House at 368-2728 to report that an ambulance has been called to the field. Gates and fences need to be unlocked to allow emergency vehicles to access the fields.
- 3) It shall be the Manager's responsibility to fill out a written report of the injury and give it to the Commissioner who will in turn advise the Safety Director.
- 4) All team members must remain in the dugout or in the back of the backstop lines when not actually engaged in playing or coaching. Players may leave the dugout or playing area only when permitted the Manager.
- 5) During the play of the game, a Manager or Coach may come on the playing area only with the permission of the Home Plate Umpire and only 1 man from any 1 team may do so at any one time.
- 6) No one is permitted to remain behind the entire backstop area during the course of the game.
- 7) Little League rule Sec 1.00 rule 1.17 All male players must wear athletic supporters. Male catchers must wear the metal, fiber or plastic type cup and a long-model chest protector.

NO RULE may be changed, altered, waived or modified by any Manager, Co-Manager, Assistant Manager, or Coach nor by agreement between opposing Managers, Co-Managers, Assistant Managers, or Coaches. Offending team(s) may forfeit such game(s) whether or not an official protest is filed by the opposing team.

Doug Silverman
President, CNLL
REVISED March 2016 M.C.

TEEBALL **DIVISION**

INSTRUCTIONAL DIVISION'S PURPOSE, RULES & PROCEDURES FOR TEE BALL

1. PURPOSE

The Instructional League has been instituted for 6 year old youngsters to practice and develop baseball skills. For the beginner, the learning experience must be fun and free from the anxieties of winning and losing. Competition is not part of the League but children should be motivated to try to do their best in a positive and constructive manner. The key to success of the League is in you, the Managers. With your leadership and the concepts of the league, we can provide the child with a rewarding and enjoyable experience learning and playing baseball.

2. TEEBALL RULES

2.1 TEE - BALL

The ball will not be pitched, but will be hit off a tee set on Home Plate.

2.2 SIDE RETIRED

The side is retired when all players present on a team have had a turn at bat. The 3 out rule can be utilized if both Managers feel the skill level of the team is sufficient and will keep the game interesting.

2.3 COMPLETE GAMES

Six (6) innings or at least **1 & 1/2 hours** of playing time.

2.4 DEFENSIVE PLAY

Each youngster present at the game must be given a position to play in the field, additional positions in outfield should be used to all present to play.

2.5 GROUND RULES

Maximum bases a hitter may advance to, after hitting the ball:

- a) Ground ball in the infield - one base, a single
- b) Ground ball through the infield - two bases, a double.
- c) Fly ball out of the infield but in front of the outfielder - 3 bases, a triple.
- d) Fly ball past the outfielder - 4 bases, a home run.

2.6 BASE RUNNING

Runners must stay in contact with the base until the ball is hit. After the ball is hit the runners may advance the same maximum bases as specified in section 2.5 above for the batter.

2.7 HITTING

Batter shall not be allowed to bunt and may not take a swinging bunt.

2.8 COACHING

Managers and Coaches may stand near their batter or defensive players to give advice but **MUST NOT** interfere with their play. The Managers or Coach must request "time" from the opposing team before he attempts to demonstrate a technique or explain a play to his players during the progress of the game.

2.9 FOUL

Same as conventional baseball except the ball that travels less than 10 feet (3 & 1/2 adult paces) in fair territory from the Home Plate is called a foul.

2.10 SCORING

There will be no official scoring. There will be no standings kept.

MAP DIVISION

INSTRUCTIONAL DIVISION'S PURPOSE, RULES & PROCEDURES FOR MODIFIED ADULT PITCHING (M.A.P.)

1. PURPOSE

The Instructional League has been instituted for 7 year old youngsters to practice and develop baseball skills. For the beginner, the learning experience must be fun and free from the anxieties of winning and losing. Competition is not part of the League, but the children should be motivated to try to do their best in a positive and constructive manner. The key to success of the League is in you, the Managers. With your leadership and the concepts of the league, we can provide the child with a rewarding and enjoyable experience learning and playing baseball.

2. MAP RULES

2.1 PITCHING

- a) The ball will be pitched by a Coach from an overhead position only. A 4 swinging strike rule will be enforced. Batters are allotted 7 pitched balls to make contact. Before May 15th, if a player strikes out (4 swinging strikes) the batter shall be awarded first base and an out shall be recorded. On or after May 15th if a player strikes out (4 swinging strikes) an out is recorded and the batter must return to the bench.
- b) The "pitcher" must pitch from one or both knees. This rule will be strictly enforced.
- c) Coaches may adjust pitching distance in accordance with batter's ability.
- d) Pitcher (player's position) will be to left or right of coach (pitcher) at a safe distance from the batter. Coach shall not field hit balls.
- e) Catchers will be positioned at rear of backstop to retrieve pitched balls with full equipment and mask.
- f) Coaches will also help retrieve pitched balls that may elude catcher and to limit time needed for each at bat (not while batter is in batter's box).
- g) Any pitched ball that enters field not resulting from batted ball will be retrieved before another pitch is thrown.
- h) Coaches may assist and instruct hitters while batting.

2.2. SIDE RETIRED

Three outs or all players have had an AT BAT shall determine when the side is retired.

2.3 COMPLETE GAMES

Six (6) innings or at least **1 & 1/2 hours** of playing time. No new inning may commence after 1 & 1/2 hours of playing time.

2.4 DEFENSIVE PLAY

Each youngster present at the game must be given a position to play in the field; additional positions in outfield should be used to all present to play.

2.5 GROUND RULES

Maximum bases a hitter may advance to, after hitting the ball:

- a) Ground ball in the infield - one base, a single
- b) Ground ball through the infield - 2 bases, a double
- c) Fly ball out of the infield but in front of the outfielder - 3 bases, a triple.
- d) Fly ball past the outfielder - 4 bases, a home run.

2.6 BASE RUNNING

Runners must stay in contact with the base until the ball is hit. After the ball is hit the runners may advance the same maximum bases as specified in section 2.5 above for the batter.

2.7 HITTING

Batter shall not be allowed to bunt and may not take a swinging bunt.

2.8 COACHING

Managers and Coaches may stand near their batter or defensive players to give advice but **MUST NOT** interfere with play.

2.9 FOUL

Same as conventional baseball except the ball that travels less than 10 feet (3 & 1/2 adult paces) in fair territory from the Home Plate is called a foul.

2.10 SCORING

There shall be no official scoring. There will be no standings kept.

2.11 UMPIRES

One umpire (usually the coach or manager) is to be supplied by each team for each game. Under no circumstances is any Umpire's call to be questioned.

FARM DIVISION

FARM DIVISION

PLAYING RULES

All games played under the auspices of the Commack North Little League shall be played in accordance with the Official Rules of Little League Baseball applicable to the current season with the following exceptions:

EXCEPTIONS TO OFFICIAL RULES

- a) No balks
- b) No base stealing
- c) No advancements on a wild pitch or passed ball
- d) No tag up
- e) No bunting
- f) No intentional walks
- g) The "infield fly" rule is not in effect.
- h) A 12 run Mercy Rule is in effect after 4 innings.
- i) A walk shall be 5 balls.
- j) After a combination of walks and hit batsman (hit by pitch) totaling 5 by the same pitcher in the same inning that pitcher must be removed from pitching the remainder of that inning. The manager/coach of the team at bat must be brought in to pitch to his team for the remainder of that inning.
 - a. If the coach of the team at bat is brought in to pitch to his/her own team, the defensive pitcher shall stay on the mound and field accordingly. There shall be no further walks while the coach is pitching. However, strikes and strikeouts will be called by the umpire.
 - a. The manager who is pitching shall make no attempts to field a batted ball. If he/she does, then the batter will be declared out and all base runners shall return to their original bases.
 - a. If the coach of the team at bat was brought in to pitch, the pitcher who incurred a combination of 5 walks and/or hit batsman may return to the mound at the start of the next inning. After another combination of 5 walks and/or hit batsman, the manager/coach of the team at bat, must once again pitch.
 - a. Manager or coach must pitch from the pitching rubber.
- k) A pitcher must be removed from the mound and not permitted to return to pitch for the remainder of the game if he hits 3 batters in an inning or 5 batters in a game. A batter shall be deemed "hit" and awarded first base if a pitched ball strikes him, whether the ball hits the batter on a fly or after it bounces.
- l) If a pitcher has thrown 45 or more pitches at the end of an inning that pitcher is not eligible to pitch for the remainder of the game.**
- m) An inning shall be considered completed when either 3 outs have occurred OR all players in the line-up have had an AT-BAT Both teams will have same amount of AB'S in an inning if entire line-up is used. whichever comes first.(EX. If one

- team has 12 players and other team has 10 players BOTH teams will get 12 AB'S if the entire line-up gets AB'S in the inning.)
- n) 10 players are to be used in the field. However, the 10th player cannot be positioned as an infielder, i.e. within 50 feet of the pitching rubber.
 - o) When the pitcher is in possession of the ball and is standing on the pitching rubber, play will end and the Umpire shall award the "closest base" to the base runner when applicable.
 - p) 3 adults may be present in the dugout during game time. They shall be the Manager, Coach and Assistant Coach.
 - q) A game in the FARM DIVISION shall be deemed completed if after the losing team has completed 3 turns at bat, it remains behind or if the home team goes ahead at termination.
 - r) On Saturdays, no new inning (new inning means the start of the top of an inning) may begin after **1 hours and 50 minutes** from the start time of the game. The official start time shall be determined by the Home Plate Umpire's watch. The time will be measured from the official start time to the last recorded out. There will be a drop dead time of **2 hours and 15 minutes**. **Revised 2016**

BOYS MINORS

DIVISION

BOYS MINORS DIVISION

PLAYING RULES

All games played under the auspices of the Commack North Little League shall be played in accordance with the Official Rules of Little League Baseball applicable to the current season with the following exceptions:

EXCEPTIONS TO OFFICIAL RULES

- a) No balks
- b) The "infield fly" rule is not in effect.
- c) No intentional walks
- d) On a wild pitch or passed ball a runner may advance from **second base to third base only.**
- e) Base stealing in the MINORS DIVISION shall be limited to third base **ONLY** (from second base)! A player attempting to steal third base shall advance no further than third base during that play (i.e. the base stealer **CAN NOT** continue home on an overthrow, passed ball, etc.). The trail runner (runner on first base) shall not advance to second base when his teammate is attempting to steal third base.
- f) Double steals are **NOT** permitted in the MINORS DIVISION.
- g) In the event that a runner on second attempts to steal third base and the batter walks on that pitch the batter/runner can NOT advance to second base. The batter/runner must remain at first base (as a result of the walk).
- h) A Manager or Coach may coach each baseline.
- i) A pitcher must be removed from the mound if he hits 3 batters in an inning or 5 batters in a game. A batter shall be deemed "hit" and awarded first base if he is struck by a pitched ball, whether the ball hits the batter on a fly or after it bounces.
- j) If a pitcher has thrown 70 or more pitches at the end of an inning that pitcher is not eligible to pitch for the remainder of the game.
- k) 3 adults may be present in the dugout during game time. They shall be the Manager, Coach and Assistant Coach.
- l) A game in the MINORS DIVISION shall be deemed completed if after the losing team has completed 3 turns at bat, it remains behind or if the home team goes ahead at termination.
- m) A 12 run mercy rule is in effect after 4 innings
- n) On Saturdays, no new inning (new inning means the start of the top of an inning) may begin after **1 hours and 50 minutes** from the start time of the game. The official start time shall be determined by the Home Plate Umpire's watch. The time will be measured from the official start time to the last recorded out. There will be a drop dead time of **2 hours and 15 minutes.** **(revised 2016).**

MAJOR **DIVISION**

MAJOR DIVISION

PLAYING RULES

All games played under the auspices of the Commack North Little League shall be played in accordance with the Official Rules of Little League Baseball applicable to the current season with the following exceptions:

EXCEPTIONS TO OFFICIAL RULES

- a) No intentional walks.
- b) No balks.
- c) A manager or coach may coach each baseline.
- d) No stealing of home after a 10 run lead
- e) A 12 run mercy rule is in effect after 4 innings
- f) On Saturdays, no new inning (new inning means the start of the top of an inning) may begin after **1 hours and 50 minutes** from the start time of the game. The official start time shall be determined by the Home Plate Umpire's watch. The time will be measured from the official start time to the last recorded out. There will be a drop dead time of **2 hours and 15 minutes.** (revised 2016).

INTERMEDIATE
50/70 DIVISION

INTERMEDIATE 50/70 DIVISION

PLAYING RULES

All games played under the auspices of the Commack North Little League shall be played in accordance with the Official Rules of Little League Baseball applicable to the current season with the following exceptions:

EXCEPTIONS TO OFFICIAL RULES

- a) All games played will be 7 innings or within the official time constraints
- b) No stealing of home plate after a 10 run lead
- c) A 15 run mercy rule is in effect after 4 innings
- d) A single intentional walk per team per game will be allowed in the MAJORS DIVISION. If a team wishes to intentionally walk a batter, the manager or coach must alert the umpire of their intention. Once received, the umpire will award the batter first base. The pitcher does not have to throw the ball to the catcher. All such pitches will count in determining that pitcher's pitch count. (revised 2014)
- e) All balks are instructional
- f) A manager or coach may coach each baseline
- g) A limit of 7 advancements per inning is allowed (steals or pass balls)* This will be re-evaluated at mid-season
- h) Picks-offs allowed - Runners can advance at own risk
- i) Dropped 3rd strike with 2 outs for the first half of the season. To be revisited at that time. (revised 2014)
- j) Catcher Speed up Rule - with 2 outs, the team at bat can replace the catcher on the base with the last batted out. (revised 2014)
- k) On Saturdays, no new inning (new inning means the start of the top of an inning) may begin after **2 hours** from the start time of the game. The official start time shall be determined by the Home Plate Umpire's watch. The time will be measured from the official start time to the last recorded out. There will be a drop dead time of **2 hours and 15 minutes**. (revised 2016)

ROOKIES

DIVISION

GIRLS ROOKIES DIVISION

PLAYING RULES

All games played under the auspices of the Commack North Little League shall be played in accordance with the Official Rules of Little League Baseball applicable to the current season with the following exceptions:

(These rules have been adopted by both Commack North and Commack South Little Leagues. Any questions should be directed to your respective board of directors).

EXCEPTIONS TO OFFICIAL RULES

- 1) A continuous batting order will be used.
- 2) All outfielders must be at **least 5 feet behind the bases**
- 3) Bat once through the batting order
- 4) All Batters must wear approved helmet (NOCSAE) with face mask
- 5) Batter is out after 3 strikes or 8 pitches or at the discretion of the manager.
- 6) **Scheduled games will be preceded by ½ hour practice. Following this practice, a 3 inning game will be played.**

Starting May 7th:

- 7) A player may pitch.
- 8) The player will pitch 3 pitches to opposing batters. If the batter has not struck out or reached base on a hit, the Coach will pitch up to 5 pitches to the batter.
- 9) Batter is out on 3 swinging strikes or a total of 8 pitches.
- 10) An inning will consist of 3 outs or bat once through the batting order.
- 11) Pitcher is limited to 2 innings.
- 12) Home teams will take the first base dugout. Home team is based on the home team listed on the schedule.

GIRLS MINORS **DIVISION**

GIRLS MINORS DIVISION

PLAYING RULES

All games played under the auspices of the Commack North Little League shall be played in accordance with the Official Rules of Little League Baseball applicable to the current season with the following exceptions:

(These rules have been adopted by both Commack North and Commack South Little Leagues. Any questions should be directed to your respective board of directors).

EXCEPTIONS TO OFFICIAL RULES

- All games start time will be 5:45pm during the week.
- All (at Cedar Road and Wicks) will use kid umpires we will use ASA umpires as a backup plan.
- Time limit - games will be 1 ¾ hour time limit, 2 hour "drop dead" (Score shall revert to last completed inning.)
- Pitching Rubbers will be placed at 35 feet.

Little League Book rules 2016 Edition **EXCEPT:**

- 1) **No** infield fly rule
- 2) **No** on-deck batters
- 3) Optional you can field 10 players(4 outfielders) (**revised 2014**).
- 4) Seven (7) players per team must be present to start the game. You may "borrow" two defensive players from the opposing team. The "borrowed" players will be the last two batters in their order for the given inning and must play in the outfield. You do not have to give the opposing team your pitcher or catcher.
- 5) **12 Run mercy rule after 4 innings.** At that time, the official game is over but play may continue at the option of the losing manager.
- 6) **5 runs/inning limit** except the last inning. **If time is running short, "last inning" will be declared by the umpire and managers. (revised 2014)**
- 7) **4** balls for a walk (**revised 2014**)
- 8) **Walks Limit** - Maximum of 3 walks per inning. After 4 balls to any subsequent batter, the offensive coach will pitch a maximum of 5 pitchers from the pitching rubber who must either hit or is out on swinging strikes. Strikes carry over from the count when coach comes into pitch. No called strikes (only swinging strikes). The pitcher then resumes pitching to the next batter; the same process will follow until the ½ inning has been completed. (**revised 2014**) **To be reviewed for this rule to be potentially dropped mid-season**

- 9)
- 10) **Substitutions** - Unlimited substitutions at any time, no limitations. If a pitcher is taken out, she may return. (revised 2014)
- 11) **Limit of 3 steals/inning including home**
- 12) No "delayed" steals.
- 13) In the event of an overthrow on a steal, the runner is awarded the intended base but will not be allowed to advance any further. (encourage catchers to throw)
- 14) No stealing of home is allowed. You have to earn home. (revised 2014).
- 15) Manager/Coach trips to the mound are limited to 2 per inning or 5/game then the pitcher has to be replaced.
- 16) After a pitcher hits a batter 3 times in an inning or 5 times in a game, the pitcher must be replaced.
- 17) **Pitchers are limited to 3 innings/game and 6 inning/week.**
- 18) Pitching Week is Sunday to Saturday.
- 19) **"Speed up" rule is in effect for catchers.** The catcher will be removed from the bases and replaced by the last batted out so they can gear up and be ready for the next inning. **A catcher must be geared up and ready every inning when not batting.**
- 20) A player **cannot sit for two consecutive innings.**
- 21) A continuous batting order will be used.
- 22) Pitcher must deliver the ball in one motion and must deliver the ball once the hands are separated.
- 23) Windmill pitchers can make only one revolution and then must deliver the ball.
- 24) **All** pitchers must pitch from the rubber.
- 25) No continuation rule. **Starting May 10th continuation is in effect. (revised 2014)**
- 26) **No drop third strike (revised 2014)**

Some book rules to be aware of:

- 27) Bunting is allowed
- 28) When the pitcher is in control of the ball in the circle, and NOT making a play on a runner, **THE BALL IS DEAD.** Runners more than half way to the next base (at umpire's discretion) may advance to the next base.
- 29) No Leading off. The runner may only leave the base when the ball is hit or the ball crosses home plate.
- 30) **A hit batter is NOT an automatic walk. It is up to the umpire's discretion if the batter attempted to avoid the ball. The ball is live, even if it bounces and hits the batter until the umpire declares a 'dead ball' and awards the batter first base.**
- 31) Home Team will take the first base dugout
- 32) The ball is live unless it is out of play. An overthrow is live unless it goes over the fence, in the dugout or anywhere determined out of play by the umpire during ground rules. At that point, all runners will advance to the intended base plus one base. (**Except on a steal as explained above where the runner does not advance**)

GIRLS MAJORS **DIVISION**

PLAYING RULES

All games played under the auspices of the Commack North Little League shall be played in accordance with the Official Rules of Little League Baseball applicable to the current season with the following exceptions:

(These rules have been adopted by both Commack North and Commack South Little Leagues. Any questions should be directed to your respective board of directors).

EXCEPTIONS TO LITTLE LEAGUE RULE BOOK

- **All games start time will be 5:45pm during the week. (8:15pm night games at South Fields)**
- **All (at Cedar Road and Wicks) Majors will use ASA umpires with "Kid" umpires as backup.**
- **Time Limit - 1 ¾ hour time limit, 2 hour "drop dead" (Score shall revert to last completed inning.)**
- **Pitching Rubbers will be placed at 40 feet.**

Little League Book rules 2016 Edition EXCEPT:

- 1) No stealing home after 10 run lead (runner will be returned to third base)
- 2) 12 Run mercy rule after 4 innings
- 3) Pitchers are limited to **6 innings/game** and **9 inning/week**.
- 4) Pitching Week is Sunday to Saturday
- 5) A player **cannot sit for two consecutive innings**.

- 6) Windmill pitchers can make only one revolution and then must deliver the ball.
- 7) All pitchers must pitch from the rubber.
- 8) No on deck Batters.
- 9) Speed Up Rule - Runner for catcher with 2 outs is permitted (revised 2014)
- 10) **No continuation rule - Starting May 7th continuation rule is in effect. (revised 2014).**
- 11) **No dropped 3rd strike - Starting May 7th continuation rule is in effect. (revised 2014).**

Some book rules to be aware of:

- 12) Base runners may leave on pitcher's release of the ball.
- 13) A Continuous batting order will be used.

SAFETY

Safety Manuals and First Aid Kits

Each team will be issued a safety manual, first aid kit, 6 latex or vinyl non-sterile gloves and 4 chemical ice packs. These items are to be kept with the team at all times.

If any items need to be replenished it is the Manager's responsibility to go to the field house and restock those items. It is recommended that a cooler of ice and plastic bags be present at every game and practice.

All managers and coaches are required to attend the Safety Meeting. The 2016 Safety Meeting will be held on Tuesday April 5th 2016 at Burr Intermediate School.

It is recommended that all managers and coaches complete a First Aid and CPR training course.

Each manager and coach will sign that they have read, understood and will have had all their questions answered pertaining to the content in the Safety Manual.

The phone numbers listed below are for reference-if there is an injury requiring medical attention-**CALL 911**

Emergency Telephone Numbers

Emergency	911
Suffolk County Police Emergency	911
Suffolk County Police 2 nd Precinct	631-854-8200
Commack Ambulance	631-499-8484
Commack Fire Department	631-499-5777
East Northport Ambulance	631-261-1110
East Northport Fire Department	631-261-0366
Huntington Hospital	631-351-2000
St. Catherine's Medical Center	631-863-3000
Stony Brook University Medical Center	631-689-8333
Cedar Road Field House	631-368-2728

Forms

The following forms must be present at EVERY practice and game.

Medical Release Form
Player Medical History Form

The Medical Release and Player Medical History Forms contain confidential medical information.

The information contained in these forms is solely to be used for the player stated on that form.

The information may be shared with medical personnel for the intent of being used to provide first aid measures or medical care.

The league administrators or coach are forbidden to release any medical information without written consent by the players' parent or guardian.

Little League Volunteer Application Form

This form must be completed by all volunteers, managers, coaches, and board members.

If the form is not on file with the league President by the start of the first practice, that person will not be allowed around the players or participate any league events.

The volunteer application form provides the league authority to perform background checks on all persons involved with the league and all personnel who will have any contact with the players.

Treatment of Baseball Injuries

Simple bumps and bruises that occur during practices or games can usually be treated with a band-aid or ice pack. However, in the event of an obviously serious injury or one the severity of which cannot be determined, **call 911** immediately. The best advice you can follow is that if any doubt exists, **call 911!**

After calling 911 please call the **Cedar Road Field House at 368-2728** and request assistance from a little league board member on duty (gates will need to be unlocked by a board member to allow ambulance access to certain fields).

No player is allowed back in any game to play ball in any way with an injury (while healing), unless a Doctor's Certificate is presented attesting that it is permissible to participate in baseball. A parent's permission is not valid. It is the responsibility to comply with this paragraph. Failure to comply will result in disciplinary action for the manager of the team.

Contusions - bruise, generally from trauma. Apply ice and elevate the area. A compression wrap (ACE bandage) will help to keep the swelling down.

Abrasions - Scraps, clean the area thoroughly with water. Apply an anti-microbial ointment (Neosporin, Bacitracin) then apply a non-adhesive covering (Band Aid).

Epitasis - nose bleed, pinch the nose above the nostrils and tilt the head back.

Injuries to the Teeth - if the tooth is fractured or knocked out - collect the pieces and place them in a cup. Add either milk to the cup or have the player spit in the cup with enough saliva to cover the teeth. Control the bleeding with a gauze pad. The athlete must contact a Dentist immediately.

Joint Injuries - If there is a deformity to the joint, maintain the position, ice the affected area and transport to the ER. If the athlete can move the area, apply ice and a compressive wrap. If the condition worsens suggest that the parents see their physician.

Head injuries - with a loss of consciousness, maintain an open airway. Call 911 immediately. Try to arouse the athlete by calling their name. Do not allow the person to move or get up. Do not try to move the person. Wait for an ambulance or EMT.

With any head injury always suspect a neck injury.

Any athlete who sustains loss of consciousness for any length of time must be examined by a physician.

If there is any doubt on how to treat an injury and there is no medical professional available call 911.

Field Safety

Managers and Coaches are prohibited from holding batting practice prior to a game. This include soft toss.

Only managers, coaches, players are in the dugouts or on the playing field.

No parents or other children are allowed in the dugouts or on the field.

Alcoholic Beverages are strictly prohibited in all park areas.

Smoking is strictly prohibited at all Town Parks.

Park only in designated areas. No driving or parking beyond the basketball courts behind Cedar Rd. School

No glass bottles are allowed on the fields.

Cans are allowed in the non-playing areas, however NOT on the fields.

Players and fans shall keep their fingers out of the chain link fence.

Players shall keep clear of the opening of the dugout.

All teams will discard their garbage in the receptacle in the dugout. All teams will police themselves following the game.

Mesh screens will be in placed from dugout to dugout along the back stop.

The managers, coaches and umpires will walk the fields inspecting for any hazards or potential hazards prior to the game or practice. Any hazards will be removed or repaired prior to the event.

Protective padding will be used on fence tops.

Equipment Safety

All equipment should be inspected by the coaching staff at the beginning of the season and prior to each game. Equipment must free of defects. If any equipment is in need of repair or needs to be replaced, managers must see their commissioner immediately.

All equipment will be reconditioned by an outside company prior to the beginning of the season.

Protective equipment must ensure a proper fit.

Catchers must wear athletic supporters with a protective cup in addition to the catcher's helmet, mask, throat guard (referred to as the "Billy Goat") and chest protector and shin guards.

Catchers may not tuck the lower flap of their chest protector behind their protector.

Female catchers may wear long or short model chest protectors.

Loose equipment such as bats, batting helmets, etc... must be kept inside the dugout or in an area designated as a dead ball area.

When a batter approaches home plate for his/her at bat, he/she should pick up the bat left by the previous batter.

It is recommended that all male players wear protective cups. All managers should make this recommendation to the parents and players.

Home plate umpires **MUST** wear shin guards, a chest protector, a protective cup, mask and a throat protector ("Billy Goat")

Aluminum or wood bats may be used, provided that they are in good condition and are Little League Approved. Aluminum bats must have rubber handle grips. Wood bats that are splintered or missing their handle knobs may not be used. Wood bats may be used with or without grips or tape. However, when tape is used it must be of the friction tape variety.

The use of bat weights, removable, donut, or alike are prohibited.
The use of athletic shoe with cleats or spikes is not required. However, if a cleat is the shoe of choice they must be a rubber molded type construction.

The use of metal cleats or spikes including those surrounded by rubber or plastic (removable type) is prohibited. Metal cleats are allowed in the Boys Juniors and Seniors division, ONLY.

Managers who are unfamiliar with the operation of the batting cages should first ask for assistance. Only the batter and either the manager or coach may be in the batting cages to operate the pitching machines (i.e. maximum of two people in the cage when hitting, the hitter and either the coach or manager).

Helmets

Batters, base runners and baseline coaches MUST wear batting helmets. Use of a helmet by an adult base coach is optional.

Catchers must wear approved catchers helmets with throat guard (referred to as the "Billy Goat.")

Skull caps are prohibited.

All league issued helmets will meet NOCSAE specifications and standards.

If players decide to use their own helmets they must meet NOCSAE specifications and standards.

Each helmet shall have an exterior warning label. This label must be visible and easy to read.

Managers should discuss with the parents that if they purchase equipment, it must be Little League, Inc. approved.

Eye Glasses

Players who wear eyeglasses must use only those containing shatter proof lenses (safety glasses).

Player Safety

No playing in the parking lots

No Climbing fences

No swinging or climbing on dugout roofs

No kicking sand in the dugout

No throwing rocks

No jewelry is permitted during games or practices. The exception is the medical alert wrist or neck chain. However this must be taped in place.

Players and spectators will be alert at all times. They will know where the ball is at all times. (Be alert to foul balls and errant throws)

No head first slides are permitted. The exception is returning to a base, then a head first dive is permitted.

No horse play in the dugout.

All players are encouraged to check their equipment regularly.

Be alert during warm up drills and pre-game warm-ups as to other players and the other team. Move to an area that is less congested.

All equipment will be Little League approved equipment.

ZERO TOLERANCE POLICY: At NO time will a manager, coach, player, administrator, official or spectator lay a hand upon, hit, push, verbally abuse or threaten a manager, coach, player, administrator, official or spectator.

There will be no use of profanity or vulgar language.

Reduced impact balls will be used for the T-ball, M.A.P and Girls Rookies divisions.

Baseline Coaches, Base Runners, and Batters

Baseline coaches must wear batting helmets (optional for adult baseline coaches). If coaching boxes are demarcated, coaches must remain within those boxes. If the coaches box are not visible, please use good judgment.

Baseline coaches are not permitted to wear a catcher's mask or shin guards or any other equipment.

All base runners, including instructional division children MUST wear batting helmets.

Sliding Rule - All managers should instruct their players in this rule as well as proper sliding technique in the preseason practices.

Feet first sliding is recommended and should be taught to the players. This technique is more effective and safer than head first sliding.

Managers should teach their players how to avoid being hit by a pitched ball.

Batters should be instructed not to throw their bats or helmets.

On deck batters are strictly prohibited except in the Intermediate 50/70 division.

Field and Dugout Personnel

The only individuals permitted in the playing area are those actually engaged in playing, managing, coaching or umpiring the game. Parents including those of instructional division players are not permitted on the field of play or in the dugout. Fields that do not have dugouts or fences, i.e.: Hubbs, North Ridge, Silo, players are to be behind the back stop without deterring play. Managers and parents should common sense in these situations.

When the team is at bat, a manager or a coach should act as the dugout manager. In absence of either manager or coach a parent may act as dugout manager.

Do not neglect the dugout; potentially dangerous situations can occur off the playing field.

Curfews

Curfews for starting an inning, suspending or ending a game were established from a safety standpoint. The curfews are based on available daylight and visibility.

Managers and umpires should work together to ensure that the curfews are enforced.

Insurance Policy

The league's insurance policy is a secondary policy. The child's or injured persons major medical plan is the primary insurance policy.

Little League, Inc.'s insurance carrier has refused to fully cover children and participants who are not properly equipped and protected, unauthorized to be in the field of play or

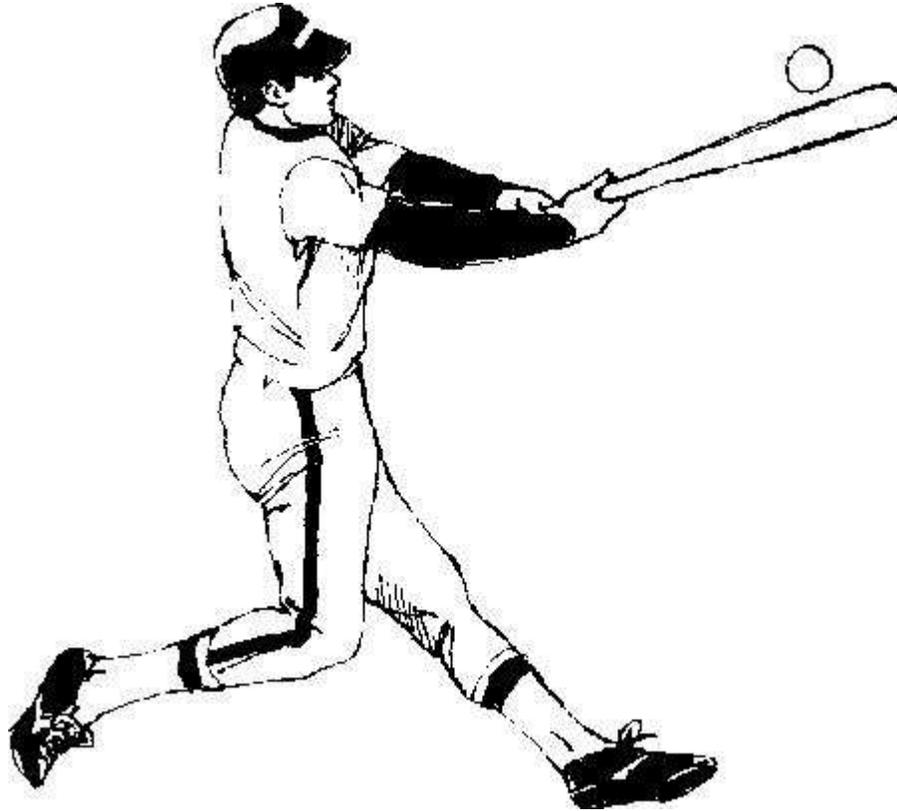
who are involved in unnecessarily dangerous situations, such as climbing fences, dugouts, or backstops, at the time of the incident.

****All Managers will have a complete copy of the CNLL Safety Plan****

With your commitment, we can ensure that this Little League season the safest possible for our children.

Glenn Levine
Safety Director

COMMACK NORTH LITTLE LEAGUE



RULES & REGULATIONS 2016