

# LAMAR LITTLE LEAGUE

---

Lamar National Little League ID#: 343-18-16

Lamar American Little League ID#: 343-18-185363

*Safety Director:*

*Bill Parker*



# 2011 Safety Plan

## Index

2011 Safety Registration .....	4
Pledges .....	5
ASAP - What is it? .....	6
“Safety is Everyone’s Responsibility” .....	6
Safety Director .....	6
Safety Code.....	7
Managers and Coaches shall:.....	8
Player Code of Conduct.....	8
Parent Code of Conduct .....	9
Safety Policies for Practices and Games .....	10
Conduct or Safety Code Violation Process.....	11
Equipment .....	12
Equipment by the Rulebook .....	13
Accident Reporting Guidelines.....	15
Manager Responsibilities .....	15
Safety Officer’s Responsibilities .....	15
Parents Responsibilities.....	16
Skills training for Manager/Coach .....	16
General First Aid.....	16
What is First-Aid?.....	16
Treat Injuries with “RICE” .....	17
How to Reduce or Prevent Pitching Injuries .....	17
The Solution.....	17
Communicable Disease Procedures .....	19
Inclement Weather and Lightning Policy .....	19
Some Important Do’s and Don’ts.....	20
Do.....	20
Don’t.....	20
Concession Stand.....	21
Concession Stand Duty & Information for Hired Workers .....	21
Concession Stand Rules for Everyone .....	21
Opening Concession Stand.....	21
Starting Things Up: .....	22
Open for Business .....	23
Closing Concession Stand .....	23
Change Log .....	26

Appendix A – 2009-2010 Board of Directors .....27  
Appendix B – Emergency Contacts.....28  
Appendix C – Lamar Little League Site Map .....29  
Appendix D - Lamar Little League Facility Survey.....30  
Appendix E – Volunteer Application Form .....37  
Appendix F – Accident Notification Form .....38  
Appendix G – General Liability Form .....392  
Appendix H – Incident/Injury Tracking Form.....41  
Appendix I – Concession Stand; Keep it Clean .....42  
Appendix J – Safety by the Rulebook.....445

# 2011 Safety Registration



## 2011 Qualified Safety Program Registration

<b>League Name:</b> Lamar National Little League	<b>League I.D. #:</b> 343-18-16
<b>League Name:</b> Lamar American Little League	<b>League I.D. #:</b> 343-18-185363
<b>City:</b> Richmond	<b>State:</b> Texas

League Safety Officer: Bill Parker  
**Address:** 1406 Pecan Crossing Dr  
**City:** Richmond  
**State:** Texas **Zip Code:** 77406  
**Work Telephone:** (713) 972-9200  
Home Telephone: (281) 342-0462  
Cellular Telephone: (832) 646-3520  
**Email:** [VPSafety@LamarLittleLeague.com](mailto:VPSafety@LamarLittleLeague.com)

League President: Brian Hall  
**Address:** 7930 Forest Haven  
**City:** Sugar Land  
**State:** Texas **Zip Code:** 77479  
**Work Telephone:** (713) 767-5506  
Home Telephone: (281) 343-7909  
Cellular Telephone (281) 732-9325  
**Email:** [President@LamarLittleLeague.com](mailto:President@LamarLittleLeague.com)

Items included with this application form:

# of pages of league's safety program outline: \_\_\_\_\_  
# of non-returnable photographs: \_\_\_\_\_

Person submitting application (if different from above):

Name \_\_\_\_\_ Title \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Telephone \_\_\_\_\_

Signature

Date 3/21/11

# Pledges

## Little League Pledge

I TRUST IN GOD  
I LOVE MY COUNTRY  
AND WILL RESPECT ITS LAWS  
I WILL PLAY FAIR  
AND STRIVE TO WIN  
BUT WIN OR LOOSE  
I WILL ALWAYS  
DO MY BEST



## The Little League Parent/Volunteer Pledge

I will teach all children to play fair and do their best  
I will positively support all managers, coaches and players  
I will respect the decisions of the umpires  
I will praise a good effort despite the outcome of the game  
From the ranks of youngsters who stand now  
on the morning side of the hill  
will come the leaders, the future strength  
and character of the nation.

# ASAP - What is it?

In 1995, ASAP (A Safety Awareness Program) was introduced "to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League Baseball". In order to be an ASAP-compliant league, Lamar Little League must submit an approved Safety Plan to the Little League headquarters in Williamsport, PA. This plan, (the one you are reading now) along with other supporting documentation will be submitted for compliance.

## “Safety is Everyone’s Responsibility”

Lamar Little League’s highest priorities are to provide a fun safe environment for our kids to play the game of baseball. This includes being aware of safety concerns for siblings and other attendees. Prevention and awareness is the key to reducing accidents and knowing what to do or who to contact when they happen. In order for us to provide a safe environment for our kids, we need your commitment as Board Members, Managers, Coaches, Umpires and Parents. We want you to become our Safety Advocates.

Lamar Little League is actively participating in Little League’s A Safety Awareness Program (ASAP), whose mission is “to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League Baseball.”

The purpose of this manual is to provide important safety information to Lamar Little League members. It is mandatory that this plan be kept and available at every practice or game for each team within Lamar Little League. Important policies, procedures, and contact information can be obtained within this document should a safety issue arise. While this plan is specifically written for Managers and Coaches, information contained in this document can be a useful resource for all members of Lamar Little League. Please take the time to review this plan in its entirety. Also provided are emergency phone numbers for services of Ambulance, Police and Fire Department (See Appendix B).

We request your assistance, and guidance in making Lamar Little League a great place to play baseball “safely”. So, if you have any concerns, or suggestions for improvement, please contact the league Safety Officer (contact information provided in Appendix A.) For additional information visit our website at <http://www.lamarlittleleague.com>. Many of the items you read here are listed in the official Little League Rulebook. (See Appendix J)

In order to assist in directions please refer to the Lamar Little League site complex map. Also provided is a driving directions map provided from [mappoint.msn.com](http://mappoint.msn.com) (See Appendix C).

### **Safety Director**

Lamar Little League, recognizing the importance of safety, added the position of Safety Director to its elected Board of Directors in 2005. As one of the elected members, this individual acts as the league's primary point of contact for the creation, enactment and maintenance of the Safety Plan and in this respect is the primary interface between the league and the ASAP administrators.

The Safety Director authors or modifies the League's Safety Plan, Code of Conduct, Safety Code, and Safety Manual each year, as necessary. These documents are then presented to the Board for approval (usually in February or March) for the upcoming season. The ultimate responsibility for ensuring compliance of the Safety Plan lies with the Safety Director. For a complete listing of the current board of directors, see Appendix A.

## **Safety Code**

All Lamar Little League officers, managers, coaches, and volunteers shall become familiar with the following safety code and assist in the enforcement of this code.

Speed Limits within Lamar Little League George Park complex are as follows:

Roadways – 15mph;  
Parking Lots - 5 mph

The use of tobacco products or alcohol is prohibited on the practice and / or playing fields, spectator seating areas, parking lots, common areas or in the presence of a team gathering of Lamar Little League. While at George Park, city ordinance number 2004-08 states that no tobacco products are allowed with 25 feet outside any portion of any operated field, building, structure or Facility.

Arrangements for emergency medical service should be made in advance of all games and practices.

Managers, coaches and umpires should have general training in first-aid.

First-aid kits are kept in the concession stand and provided as needed along with ice bags for certain injuries.

No games or practices shall be held when weather or field conditions are unsafe.

All fields shall be inspected for safety hazards prior to any game or practice.

Unsafe conditions shall be corrected or reported to league officials immediately.

A Little League National Facility Survey will be conducted annually.

All team equipment shall be stored within the dugout and out of the field of play.

Only players, managers, coaches and umpires are permitted on the field or in the dugouts during games and practices.

All equipment should be inspected regularly for proper fit and safe condition.

Players must wear league approved batting helmets when batting, base running, or base coaching during games and practices.

At no time should "horseplay" be permitted at games or practices.

Parents of players who wear glasses should be encouraged to provide safety glasses.

No swinging Bats or throwing Baseballs at any time outside of playing field areas.

No throwing balls against concession stand, equipment rooms, or dugouts.

No climbing fences.

Pets are permitted within the Lamar Little League complex ONLY if on a leash

During a game, players must remain in the dugout area, unless a bathroom break is absolutely necessary. If necessary, a player(s) should be escorted to the bathroom and back by a parent/coach (especially minors and below).

All gates to the field of play must remain closed at all times.

No children under the age of 15 are permitted in the Concession Stand.

### **Managers and Coaches shall:**

Always emphasize the player's emotional and physical well being ahead of any desire to win.

Be responsible for the conduct of each player.

Enforce the Code(s) of Conduct and report all code of conduct violations to the division VP, Player Agent, Safety Officer or a Board member.

## **Player Code of Conduct**

The following items should be discussed with each player before the first practice either personally or team practice or orientation:

I will not lie, cheat, steal or engage in any other unsportsmanlike conduct on or off the field.

I will be on time to all practices and games.

I will practice good sportsmanship.

I will be courteous in victory and defeat.

I will congratulate and be respectful of others.

I will not be disrespectful to my teammates, my coaches, the officials, or my parents by using profanity, obscene gestures, offensive remarks or engaging in boastful talk or behavior.

I will strive to do my best in school.

I will not fight or exhibit extreme displays of anger on or off the field.

I will not be disruptive in the dugout during any game or practice session.

I will not engage in any behavior that may be hurtful to me or others.

I will play by the rules of the game and abide by the rules of the league

## **Parent Code of Conduct**

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Good Citizenship. Managers should discuss the following items either in person or at their Parents orientation meeting at the beginning of the season. All parents should agree to the following codes of conduct:

No profanity or abusive language by a manager, coach, player, umpire or spectator will be tolerated.

I will not force my child to participate in sports.

I will remember that children participate to have fun and that the game is for youth, not adults.

I will learn the rules of the game and the policies of the league.

I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all Players, Managers, Coaches, Umpires, Officials and other Spectators at every game and practice.

I (and my guests) will not engage in any kind of unsportsmanlike conduct with any Official, Manager, Coach, Umpire, Player, or Parent such as booing and taunting, refusing to shake hands, or using profane language or gestures.

I will inform the coach of any physical disability or ailment that may affect the safety of my child or others.

I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.

I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.

I will never ridicule or yell at my child or other participants for making a mistake or losing a game.

I will emphasize skill development and practices and how they benefit my child over winning. I will also deemphasize games and competition in the lower age groups.

I will promote the well-being of all players ahead of any personal desire I may have for my child to win.

I will respect the officials (umpires) and their authority during games and will never question, discuss, or confront coaches or umpires at the game field, and will take time to speak with coaches and/or umpires at an agreed upon time and place.

I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

After each game, both teams must clean up trash in their respective dugouts and around stands.

## **Safety Policies for Practices and Games**

It is mandatory that all Managers have within their possession all player medical release forms, and the Safety Plan to all games/practices. Make copies of this information and keep in your equipment bags.

The following items should be put into practice for all games and practices:

Managers, coaches or umpires should walk the field of play before a game to identify any hazards such as glass, rocks, holes, puddles, etc.

During defensive innings, the only adults allowed on the field are the two base coaches and umpires. Manager, coaches, players and volunteers shall remain inside the dugout in an orderly fashion at all times.

No player in any division is allowed to leave the field of play for practice swings (i.e.-using a "batting-stick" for warm-up or practice).

Pitchers warming up between innings in the foul area bullpen shall have a "spotter" standing behind them. The "spotter" should wear a helmet and face the field of play to intercept a ball in hit into foul territory.

Catchers must wear catcher's helmet and mask with a throat guard when warming up pitchers. This applies between innings and in the bullpen during a game and during practices. No manager or coach is permitted to warm-up a pitcher.

Catcher must wear catcher's helmet, mask, throat guard, long model chest protector, shin guards, and protective cup (males) with athletic supporter at all times for all practices and games. NO EXCEPTIONS. Managers should encourage all male players to wear protective cups and supporters for practices and games.

Base runners are to avoid collisions with defensive players whenever possible.

Defensive players shall keep clear of a base path if there is not a play imminent.

Keep field gates closed at all times after entering or exiting.

Retrieved foul balls should be returned to a manager or coach without interrupting the game in progress.

No glass beverage containers allowed in the dugouts.

Manager/umpires shall stop play when inclement weather occurs.

Managers and coaches shall not leave players unattended at a practice or game. Player transportation to/from practices and games should be conducted in a safe manner.

During warm-up drills, players should be spaced so that no one is endangered by wild throws or missed catches.

Warm up drills should take place on the field and away from spectator areas, parking lots, or elsewhere where others may be endangered.

To insure child protection, 2 adults must be present for any practice, game activity.

All adults acting as Managers or on-field coaches are required to have an approved Volunteer application on file with Lamar Little League.

No Player, at anytime during a game or practice, shall wear watches, rings, pins, or metallic items. Exception will be made for medical alert tags with approval of the Chief Umpire or Safety Officer.

Except when a runner is returning to a base, no head first slides are allowed.

**Failure to comply with any of the above rules of general conduct, codes, or safety may result in disciplinary action from the Lamar Little League Board of Directors.**

## **Conduct or Safety Code Violation Process**

The first violation will result in a warning. An officer of the league (Board Member) will deliver the warning to the participant. The participant will be presented with a written notice of the violation of the Code of Conduct and be reminded of the consequences of future violations. The violation will be forwarded to the League President for future reference.

The second violation will result in immediate expulsion from the game in progress (or baseball complex if spectator), and must be reported to the divisional VP and "Operations" committee chairperson. The violator must leave the premises and may not sit in the stands. In addition, this second violation will result in the participant appearing before at least three Board members to explain the conduct. The Board members present shall impose such penalty as they feel justified. The minimum penalty for a second violation would be disqualification from the next scheduled game. The participant will be presented with a written notice of the violation of the Code of Conduct and be reminded of the consequences of future violations. The violation will be noted via an email message delivered to the League President for future reference.

The third violation will result in the participant being disqualified from future participation at Lamar Little League. The participant shall be barred from sitting in the stands and from the immediate premises.

# Equipment

The Equipment Manager is an elected Lamar Little League Board position. The Lamar Little League equipment manager is responsible for purchasing and distributing equipment to the individual teams. This equipment is checked before being issued to team Managers. It is the Manager's responsibility to maintain all equipment. Managers should inspect equipment before each game and each practice. The Lamar Little League equipment manager will promptly replace damaged equipment. Furthermore, for kids who like to bring their own gear, this equipment can only be used if it meets the requirements as outlined in this Safety Manual and the Official Little League Rule Book. At the end of the season, all league equipment must be returned to the Lamar Little League equipment manager.

Use of a helmet by the batter and all base runners is mandatory.

Use of a helmet by a player/base coach is mandatory.

Use of a helmet by an adult base coach is optional.

If the gripping tape on a bat becomes unraveled, the bat must not be used until it is repaired.

Bats with dents, or that are fractured in any way, must be discarded. Only Official Little League balls will be used during practices and games. No wooden bats are allowed during official games. Wooden bats may be used at practice or batting cages.

Bat weights or "doughnuts" are not allowed.

Make sure that the equipment issued to you is appropriate for the age and size of the kids on your team. If it is not, get replacements from the Lamar Little League equipment manager.

Make sure helmets fit.

Replace questionable equipment immediately by notifying the Lamar Little League equipment manager.

Make sure that players respect the equipment that is issued.

Each team will be provided an equipment bag with the following items:

Catcher's helmet with mask, and throat guard.

Catcher's shin-guards.

Catcher's chest protector.

Catcher's glove.

Five batter's helmets.

## Equipment by the Rulebook

Bat (1.10)	33" maximum length Barrel limited to 2¼" (“Little League Approved” on label) No donut-type swing weight Little League International has imposed a moratorium on most " <b>composite bats</b> ". Please see the Little League International website for a complete listing of composite bats that have received a waiver.
Shoes (1.11h)	No metal spikes (Majors and below)
Jewelry (1.11j)	No jewelry of any kind (Exception Medical I.D.)
Gloves-fielders (1.14)	12" max length 7¾" max width
Gloves-catchers (1.14)	Must wear a catcher's mitt (fielders glove permitted in T-ball and Rookie divisions)
Gloves-pitchers (1.15a)	Also must be of uniform color; Not gray or white ( If multi-colored, no white or light gray colors)
Helmets (1.16)	Must have NOCSAE stamp; cannot be painted or have decals applied without permission from manufacturer.
Protective clothing (1.17)	Males must wear supporters Catchers must wear hard protective cup Males must use long-style chest protectors [with flap] Females may use either long- or short-style chest

### Glove Size & Common Usages by Position

10-1/2"	2 <sup>nd</sup> Base
10-3/4"	2 <sup>nd</sup> Base
11"	Middle Infield
11-1/4"	Middle Infield
11-1/2"	Infield
11-3/4"	Infield
12"	Utility/Outfield
12-1/2" **	Outfield
13" **	Outfield

### Bat Sizing; Most Popular Lengths by Age (**metal bats**)

Age	5-7	8-9	10	11-12	13-14	15-16
Length (inches)	24-26	26-28	28-29	29-31	31-32	32-33

Age Range	Comments
5-12	Average length to weight drop -10 to -12; max 33"
13-18	Jr./Sr./Big League -7 to -8.5 drop; 2-3/4" max diameter; max 34" Jr/Sr, max 38" Big
14-18	High School requirement -3 drop; 2-5/8" max diameter



# Accident Reporting Guidelines

## Manager Responsibilities

Any incident that causes any player, manager, coach, umpire, volunteer, or spectator, to receive medical treatment and or first aid must be reported to the Safety Officer (see board member list – Appendix A). This includes even passive treatments such as evaluation and diagnosis of the extent of the injury or periods of rest.

All such incidents must be reported to the Safety Officer within 24 hours of the incident. Accident reporting is initially done via email providing the following minimum information:

Name and Phone Number of the Individual Involved.

Date, Time and Location of the Incident.

A Detailed Description of the Incident.

A Preliminary Estimate of the Extent of the Injury.

Name and Phone Number of the Individual Reporting the Incident.

After this initial notification the Manager must complete and turn in to the Safety Officer the "Incident Tracking Form" (Appendix H). After completion, bring the form to the concession stand and ask that the paperwork be placed in the Safety Officers box. Please notify the Safety Officer via email once this activity is complete.

## Safety Officer's Responsibilities

Within 48 hours of receiving the incident report, the Safety Officer will contact the injured party or party's parents (if under 19) and:

Verify the Information Received.

Check on the Status of the Injured Party.

Advise the Parent or Guardian of Insurance procedures

Personal Insurance coverage must be used first

Any expenses not covered by personal insurance should be submitted via the Little League Claim forms

Discuss proper forms to be completed by the Parents and where forms are located.

General Liability Claim Form (Appendix G)

CNA's Accident Notification Form (Appendix F)

The Safety Officer should stay in contact with the injured party until the incident is considered "closed".

## **Parents Responsibilities**

Lamar Little Leagues insurance policy is an "Excess Coverage Provision" policy whereby all personal and/or group insurance shall be used first.

Communicate often with the Safety Officer. This will allow the league to better assist in resolving your claim.

If additional coverage is necessary, complete the following forms:

General Liability Claim Form (Appendix G)

CNA's Accident Notification Form (Appendix F)

After completion, provide originals to the league Safety Officer who must authorize and submit the forms to the Little League Corporate offices. The Safety Officers signature is required on the forms or the claim will be rejected.

## **Skills training for Manager/Coach**

Lamar Little League seeks out Managers and Coaches that support establishing the values of teamwork, sportsmanship and fair play. All managers and coaches shall be approved based on baseball-related experience and / or receive training on proper mechanics. Training clinics will be offered annually or more frequently as deemed necessary by Lamar Little League Player-Coach Development officer.

## **General First Aid**

The following guidelines apply to all team management:

Know your limitations. If the injury can not be treated with a first-aid kit, get help immediately. Do not attempt to treat a serious injury or administer medication. Get professional assistance.

### **What is First-Aid?**

First-Aid means exactly what the term implies -- it is the first care given to a victim. It is usually performed by the first person on the scene and continued until professional medical help arrives, (9-1-1 paramedics). At no time should anyone administering First-Aid go beyond his or her capabilities. Know your limits!

The average response time on 9-1-1 calls is 5-7 minutes. En-route Paramedics are in constant communication with the local hospital. They are preparing for whatever emergency action might need to be taken. Do not attempt to transport a victim to a hospital. Perform whatever First Aid you can and wait for the paramedics to arrive.

## Treat Injuries with “RICE”

**Rest:** Reduce or stop using the injured area for 48 hours. If you have a leg injury, you may need to stay off of it completely.

**Ice:** Put an ice pack on the injured area for 20 minutes at a time 4 to 8 times per day. Use a cold pack, ice bag or a plastic bag filled with crushed ice that has been wrapped in a towel

**Compression:** Compression of an injured ankle, knee, or wrist may help reduce swelling. These include bandages such as elastic wraps, special boots, air casts and splints. Ask your doctor which one is best.

**Elevation:** Keep the injured area elevated above the level of the heart. Use a pillow to help elevate an injured limb.

Whenever possible, make sure someone at your practice field has a cellular phone.

## How to Reduce or Prevent Pitching Injuries

Overuse injuries are common in baseball: mostly, shoulder and elbow injuries suffered by pitchers from too much pitching. According to studies:

As many as 45% of pitchers under the age of 12 have chronic elbow pain. Among high school pitchers, the percentage rises to 58%

Pitchers suffer the most injuries (21.6%) of the high school players followed in the three-year study by the National Athletic Trainers Association (NATA).

### The Solution

Experts say that there are several things that can be done to reduce the number of injuries to pitchers in youth, middle school and high school baseball:

Make sure your child is properly conditioned. "Most pitching injuries are caused by overuse, which may be the result of insufficient conditioning of certain muscles," says Thomas J. Gill, M.D.

All pitchers should incorporate conditioning and stretching exercises for the shoulder into an overall conditioning program. The muscles in the front of the arm are naturally stronger. Because many shoulder injuries result from weaker muscles in the back of the arm that are used to stop the pitching motion, the conditioning program should emphasize building up those muscles. "Exercise routines such as cross-body curls, using light dumbbell weights, and wall push-ups are useful for strengthening shoulder muscles," Dr. Gill says.

Teach proper throwing mechanics. Proper positioning of the throwing arm during all phases of the pitching motion can reduce the number of injuries. According to Dr. Gill, researchers found that "pitcher's arm movements during different phases of the pitching motion, if performed incorrectly, can cause injury." Researchers identified four problem areas:

Maximum shoulder rotation: A pitcher needs to rotate his body more to avoid placing too much stress on the arm and shoulder which occurs when his arm is positioned too far behind his body.

Improper elbow angle: The pitcher's arm needs to be away from his body when the ball is released; the closer the arm is to the body, the more potential for injury.

Arm lagging behind the body. When a pitcher gets tired, his arm tends to lag behind his body, placing undue stress on the shoulder.

Excessive ball speed. Trying to throw too hard can be harmful, especially for young players, warns Dr. Gill.

Make sure your child properly warms up and stretches. Research shows that cold muscles are more injury prone. While a proper warm-up is important for all youth athletes, it is particularly critical during a growth spurt, when your child's muscles and tendons are tight.

Experts, including the American Academy of Orthopedic Surgeons, recommend that your child warm up by:

Doing jumping jacks, jogging or walking in place for 3 to 5 minutes to get the blood moving through the muscles and ligaments.

Then slowly and gently stretching, holding each stretch for 30 seconds. Pitchers should concentrate on stretching their arms, shoulders, neck and wrists, in addition to stretching their legs.

Your child shouldn't start throwing the ball hard right away, especially in cold weather. He should begin by "soft tossing" and then gradually increase the distance and velocity of his throws as his arm gets loose and warm.

Limit pitching. To decrease shoulder and elbow problems from excessive pitching:

Limit the number of total pitches. Follow the rules about the number of pitches allowed set by Little League Baseball for games, and 30 to 40 pitches in a practice (get a counter so you can keep track). According to Dr. Micheli, Director of Sports Medicine at Boston's Children's Hospital, a young player should be throwing no more than a total 200 pitches a week (games, practices, and throwing sessions at home) because studies show that throwing more than that number dramatically increases the likelihood that he will develop elbow problems.

Prohibit younger pitchers from throwing breaking pitches. A curveball is harder on the elbow than other types of pitches. Asked by Sports Illustrated the age at which a young pitcher could start throwing curveballs, Dr. Micheli recommended that kids not throw curveballs until they are 14, and then only if they throw no more than 15 breaking pitches.

Never allow a pitcher to play through pain. Any persistent pain is a sign of a chronic (i.e. overuse) or acute injury that should sideline a child from playing until it subsides. Teach your child not to play through pain. If your child gets injured, see your doctor. Follow all the doctor's orders for recovery and get the doctor's (or physical therapists) ok before allowing your child to play again.

# Communicable Disease Procedures

Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the athlete may continue.

Use gloves (if available) to prevent exposure or contact with blood or other body fluids.

Immediately wash hands and other skin surface if contaminated with blood.

Clean all blood contaminated surfaces and equipment.

Managers, coaches, and volunteers with open wounds should refrain from all direct contact until the condition is resolved.

Follow accepted guidelines in the immediate control of bleeding and disposal when handling bloody dressings, mouth guards and other articles containing body fluids.

# Inclement Weather and Lightning Policy

General Lightning facts:

The average lightning stroke is 6 - 8 miles long.

The average thunderstorm is 6 -10 miles wide and travels at a rate of 25 miles per hour.

Once the leading edge of a thunderstorm approaches to within 10 miles, you are at immediate risk.

On average, thunder can only be heard over a distance of 3 - 4 miles, depending on humidity, terrain, and other factors. This means that by the time you hear the thunder, you are already in the risk area for lightning strikes.

The following policy is to be used in the event we have severe storms or lightning at the park. We (Board Members or designee) will officially clear the fields and dugouts when lightning is within five (5) miles of the park. We cannot resume play until there is no lightning in the five (5) mile zone for 15 minutes.

When the fields are cleared due to weather, a decision whether play can be resumed will be determined as soon as possible. If it is determined that play cannot be resumed within an hour, the game will be reschedule at another time. If the game is "official", then the game is over. If not official or tied, then it will be suspended and played at a later date in accordance with Little League rules.

# Some Important Do's and Don'ts

## Do...

Reassure and aid children who are injured, frightened or lost. Lost children should be escorted to the concession stand.

Provide, or assist in obtaining, medical attention for those who require it.

Know your limitations.

Carry your medical release forms to all games and practices.

Assist those who require medical attention - and when administering aid, remember to: LOOK for signs of injury (blood, black-and-blue deformity of joint etc.).

LISTEN to the injured describe what happened and what hurts, if conscious.

Before questioning, you may have to calm and soothe an excited child.

Feel gently and carefully the injured area for signs of swelling, or grating of broken bone.

Make arrangements to have a cellular phone available at any game or practice

## Don't...

Administer any medications.

Provide any food or beverages (other than water).

Hesitate in giving aid when needed.

Be afraid to ask for help if you're not sure of the proper procedures (e.g., CPR, etc.).

Transport injured individuals except in extreme emergencies.

Leave an unattended child at a practice or game.

Hesitate to report any present or potential safety hazard to the Safety Officer immediately.

Report all hazardous conditions to the Safety Officer or another Board member immediately.

Don't play on a field that is not safe or with unsafe playing equipment. Be sure your players are fully equipped at all times, especially catchers and batters. And, check your team's equipment

# Concession Stand

Our current procedures and facility have been approved by the Fort Bend County Health Inspector. What follows are general rules and procedures for keeping our concession stand clean and operational. (For additional tips and information on keeping our concession stand clean refer to Appendix I.)

## Concession Stand Duty & Information for Hired Workers

Do not move any piece of equipment in the concession stand unless directed to do so by a Board Member or Concession Auxiliary Committee member.

Do not wear headphones while working in the concession.

Do not eat, drink or eat food while working in the concession.

All food must be purchased. If you are a volunteer or hired worker, please pay for your food.

## Concession Stand Rules for Everyone

Please adhere to the following guidelines:

Absolutely NO eating or drinking while working. Please take your eating/drinking breaks outside the concession stand. Failure to do so may result in removal from Jr. for-hire list!

If you get something to eat or drink, you must pay for it.

Absolutely NO children in the concession stand under 15 years of age!

"Paid" Umpires must pay for their own food items (except water). "Volunteer" Umpires should present a food coupon which entitles them to one food item, chips and a drink for free. See UIC for coupon.

"One Adult" must be assigned as cashier. Please keep cash box on backside of counter.

## Opening Concession Stand

Those individuals scheduled to "open" the concession stand should arrive 45 minutes before the first scheduled game. A Concession Stand Auxiliary committee member (or Board Member) will be there to unlock the door.

Teams that are scheduled to open the concession stand should have their team moms there early to make sure everyone assigned shows up. Team Moms may need to make phone calls as a reminder to those scheduled.

For safety and efficiency reasons, station people as follows:

**Cook** - 1 person; this person will operate the fryers and grill. Please wash hands, wear hat, cook food and stay in cooking area.

**Food Preparation** - 2 Food Preps,

One person to prepare meat orders stationed near the hamburger warmer crock-pot. This person will put on fixings for meat orders

One person to work near Chili and Nacho area.

**Order Takers** - 4+ people; these individuals will take orders from customers, call out orders to cook and receive money.

**Banker** - 1 (adult); this person handles all the money.

### **Starting Things Up:**

Step 1:

Turn on all 3 ICEE Frozen drink Machines. Press Auto 1 & Auto 2.

Turn on Light & Fan on Vent Hood over fryers & grill.

Turn on Fryers & Grill (set to marks)

Step 2:

Open Roll-Up Doors at serving windows, but do not open windows for business.

Step 3:

Set up Chili Machine for Chili. Check Cooler for any leftover chili.

Step 4:

Set up Nacho Cheese machine for Nacho Cheese. Check Cooler for any leftover Nacho Cheese.

Step 5:

Plug in Large Rectangular Pot for meat. Turn heat dial to mark on side. Pour about  $\frac{3}{4}$  pitcher of hot water in pot. Add 2 bouillon cubes and about 3 ounces of Worcestershire sauce.

Step 6:

Remove Condiment Dispenser (mustard, and 2 ketchups) from cooler and put in aluminum foil cooking tray. Put some ice around it in it and place outside on table between serving windows. Be sure to check to see if it needs refilling.

Fill Napkins holders with Napkins located on shelves inside the lost and found closet and place next to Condiment Dispenser on outside table.

Also place salt and pepper shakers on outside table (only place disposable outside)

Step 7:

Hamburgers, Hot Dogs, & Sausages - Cook 2 Hamburgers at first, 8 Hot Dogs and 4 Sausages. Then see how they are selling to determine how much to cook. Place all cooked meat in Meat Pot.

Step 8:

Remove 4-container tray from the cooler and refill if necessary with lettuce, tomatoes, onions and sliced pickles.

Step 9:

Nacho Chips - Fill nacho bowls or boats with chips (2 large hands full) and place in plastic container to keep fresh until sold. Then dispense cheese and jalapenos on nachos as ordered.

Step 10:

When fryers are hot, add French Fries. Not too full. Follow the cooking instructions on the wall next to the fryers

## **Open for Business**

Now you are ready to open. While waiting for customers or during slow times please do the following:

Restock Cooler (between serving windows) with Water & PowerAde.

Take existing drinks already cooled in the cooler and place in barrel type ICE bins. Place room temperature drinks into the cooler.

Refill candy and chip bins, etc.

Do any dishes currently in the sink.

## **Closing Concession Stand**

Start closing the concession stand about 60-90 minutes after the "start" time of the last game of the night. Make sure that ICEE Machines are the last to be turned off. This will allow for the final teams to get their team ICEE's.

Left Over Food

Take left over Chili & Cheese and put in a Tupperware container and put inside large cooler (refrigerator).

Give away any cooked hot dogs, hamburgers or sausage at the close of business.

#### Dishes

Be sure to wash ALL the dishes and cooking utensils with hot water. Put dishes in the dishwasher, fill with dish washing liquid and start.

#### ICEE Machines

Turn OFF all 3 machines; Open the doors to the ICEE Machine. Press and hold Off 1 & Off 2 on the front panel, wash out trays, wipe down machine.

#### Drink Dispensers

Rinse out trays and wipe down, wipe nozzles also.

#### Barrel Type Drink Containers

Take containers outside and open barrel drain to let water out.

#### Condiment Dispenser (outside)

Wipe down and put entire set up in Cooler.

#### Counter Tops

Wipe all counter tops with 409 including the outside table.

#### Sink

Clean and rinse sink.

#### Trash

Put trash in bags and take to dumpster.

Refill trash containers with trash bags.

#### Stock Supplies

Restock all items that are needed. Especially check the PowerAde and water.

#### Sweeping Floors

Sweep entire concession area before mopping. Make sure that you lift all rubber foot-slip mats and sweep under them as well.

Next mop floor. Mop bucket is in the closet next to Ice Machine. Make sure that you add bleach to your water bucket.

## Prepare List of Items to Be Ordered

Make list of items or food that are running low and leave the list in the league Presidents box in the back of the concession stand.

## Money

A Board Member should be present to take the money

Board Members will place the money in a secure area.

Thank you for all your help in keeping our concession stand healthy and clean.

# Change Log

This log must be maintained and each change recorded as the document is resubmitted each year. In the table below, record all changes made to the document since it was originally submitted to LITTLE LEAGUE BASEBALL.

Revision	Date Changed	Author	Reason for the Change	Status
001	05/01/2006	Brent Walker	Original LLL Safety Plan	Submitted
002	02/19/2010	Dimitry Payavla	Updates to Safety Plan	Submitted
003	03/17/2011	Bill Parker	Updates to Safety Plan	Submitted

## Appendix A – 2010-2011 Board of Directors

Title	Name	Email
President	Brian Hall	<a href="mailto:President@LamarLittleLeague.com">President@LamarLittleLeague.com</a>
Vice President	Martin Pate	<a href="mailto:VPOperations@LamarLittleLeague.com">VPOperations@LamarLittleLeague.com</a>
Secretary	Sam Maida	<a href="mailto:Secretary@LamarLittleLeague.com">Secretary@LamarLittleLeague.com</a>
Treasurer	Russell Orsak	<a href="mailto:Treasurer@LamarLittleLeague.com">Treasurer@LamarLittleLeague.com</a>
Player Agent	Julius Zatopek	<a href="mailto:PlayerAgent@LamarLittleLeague.com">PlayerAgent@LamarLittleLeague.com</a>
Safety Officer	Bill Parker	<a href="mailto:VPSafety@LamarLittleLeague.com">VPSafety@LamarLittleLeague.com</a>
Umpire In Chief	Darryl Rock	<a href="mailto:UmpireInChief@LamarLittleLeague.com">UmpireInChief@LamarLittleLeague.com</a>
Sponsorship/Fund Raising	Michael Mota	<a href="mailto:Sponsorship@LamarLittleLeague.com">Sponsorship@LamarLittleLeague.com</a>
Uniforms & Equipment	John Schroeder	<a href="mailto:UniformsEquip@LamarLittleLeague.com">UniformsEquip@LamarLittleLeague.com</a>
Player Coach Development	Hector Flores	<a href="mailto:PlayerDevelopment@LamarLittleLeague.com">PlayerDevelopment@LamarLittleLeague.com</a>
VP of T-Ball	Greg Imhoff	<a href="mailto:VPTeeBall@LamarLittleLeague.com">VPTeeBall@LamarLittleLeague.com</a>
VP of Machine A	Greg Imhoff	<a href="mailto:VPMachineA@LamarLittleLeague.com">VPMachineA@LamarLittleLeague.com</a>
VP of Machine AA	Sean Grace	<a href="mailto:VPMachineAA@LamarLittleLeague.com">VPMachineAA@LamarLittleLeague.com</a>
VP of Machine AAA	Robert Sosnowski	<a href="mailto:VPMachineAAA@LamarLittleLeague.com">VPMachineAAA@LamarLittleLeague.com</a>
VP of Minors	Mike ALlen	<a href="mailto:VPMinor@LamarLittleLeague.com">VPMinor@LamarLittleLeague.com</a>
VP of Varsity	Jerry Hayes	<a href="mailto:VPVarsity@LamarLittleLeague.com">VPVarsity@LamarLittleLeague.com</a>
VP of Majors	Gary Kaminski	<a href="mailto:VPMajor@LamarLittleLeague.com">VPMajor@LamarLittleLeague.com</a>
VP of Juniors	Jason D'Ambra	<a href="mailto:VPJuniorSenior@LamarLittleLeague.com">VPJuniorSenior@LamarLittleLeague.com</a>
VP of Seniors & Big League	Jason D'Ambra	<a href="mailto:VPJuniorSenior@LamarLittleLeague.com">VPJuniorSenior@LamarLittleLeague.com</a>
Tournament Director	Jason D' Ambra	<a href="mailto:TournamentDirector@LamarLittleLeague.com">TournamentDirector@LamarLittleLeague.com</a>
VP of Concessions	Bruce Palmquist	<a href="mailto:Concessions@LamarLittleLeague.com">Concessions@LamarLittleLeague.com</a>
VP of Field Maintenance	Bill Lloyd	<a href="mailto:FieldMaint@LamarLittleLeague.com">FieldMaint@LamarLittleLeague.com</a>

# Appendix B – Emergency Contacts

## Local League Information

Lamar Little League Physical Address  
2100 Collins Rd., Richmond, Texas 77469

Lamar Little League Safety Director ..... 832-646-3520  
(Bill Parker)

Rainout Number ..... 281-763-7599

## Emergency Phone List

Richmond Police/Fire/EMT ..... 911

Richmond Police Department ..... 281-342-2849  
600 Preston St., Richmond, TX. 77469

Richmond Fire Department ..... 281-232-6871  
112 Jackson Street, Richmond, TX. 77469

Richmond Public Works Department ..... 281-342-0599  
(City Parks, Streets, Water, Waste-Water Utilities)

Pecan Grove Volunteer Fire Department ..... 281-341-6677  
727 Pitts Rd, Richmond, TX, 77469

Fort Bend County Sheriff ..... 281-341-4700  
1410 Ransom Road, Richmond, TX 77469

Poison Control ..... 800-764-7661

## Area Hospitals

Memorial Hermann Sugar Land Hospital ..... 281-725-5000  
17500 West Grand Parkway S.

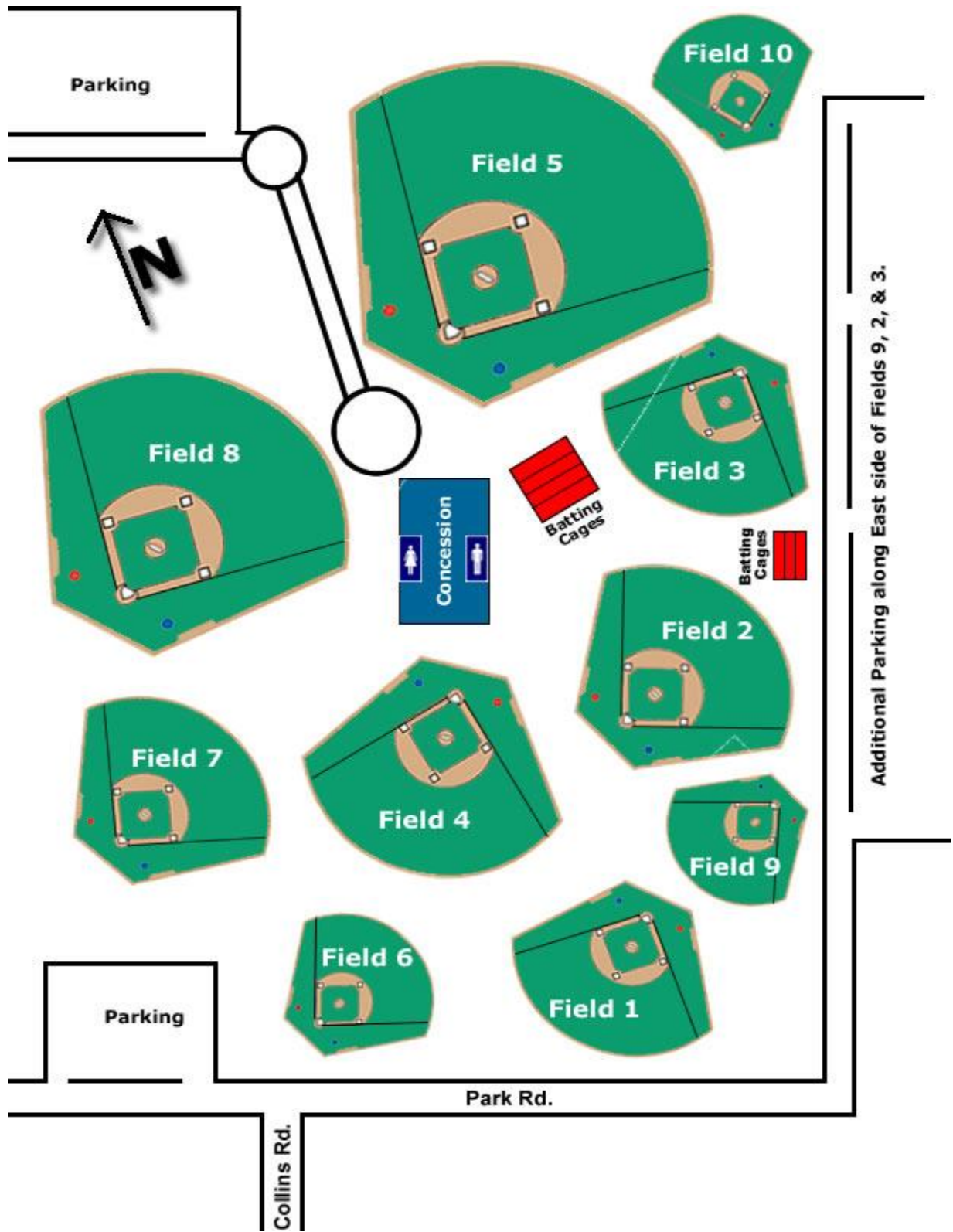
Oak Bend Memorial Hospital ..... 281-341-3000  
1705 Jackson Street, Richmond

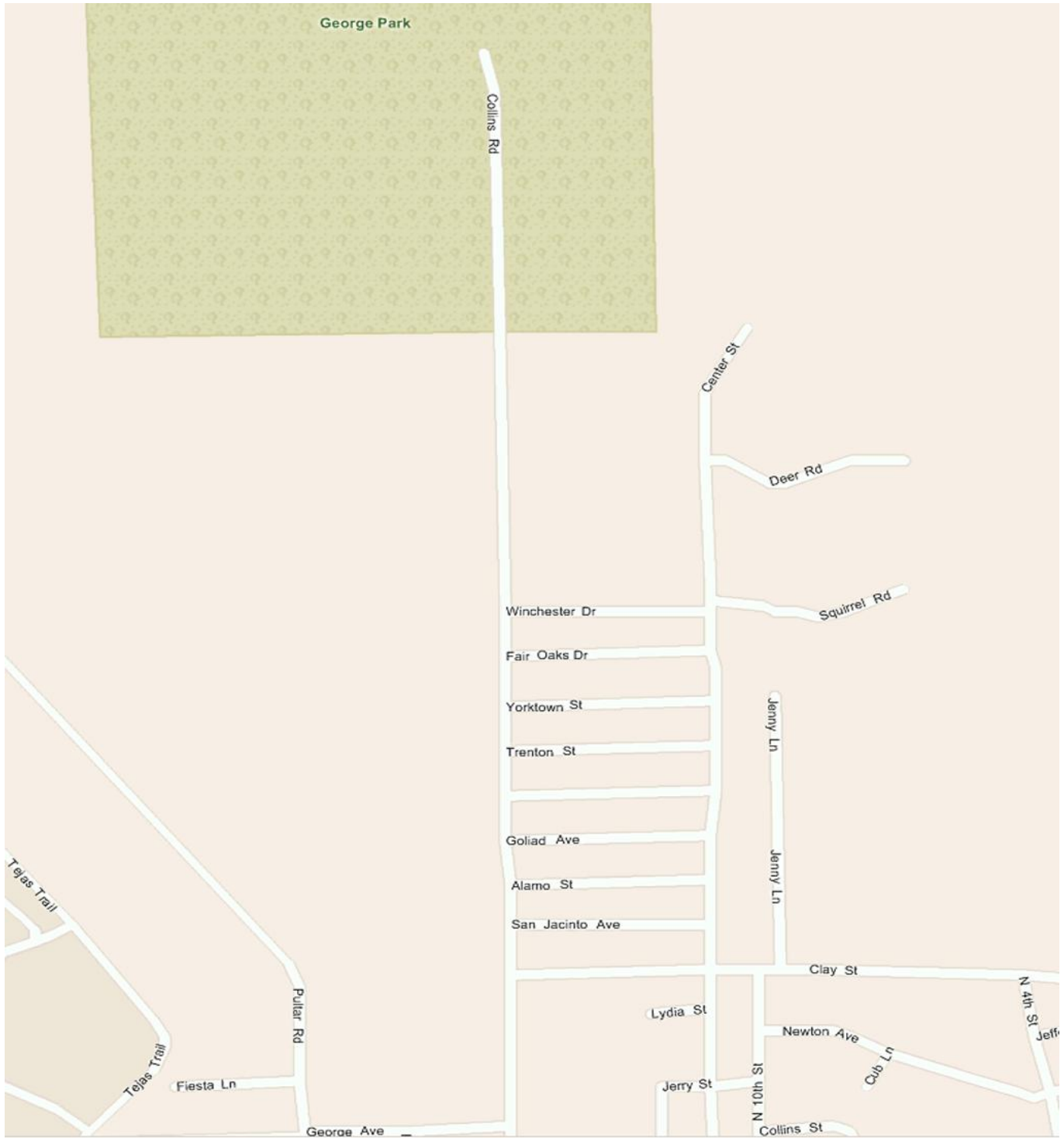
## Utilities

Reliant Energy (Electricity) ..... 281-342-5441

Entex (Gas) ..... 281-342-6665

# Appendix C – Lamar Little League Site Map





Map courtesy of mappoint.msn.com

(<http://local.live.com/default.aspx?wip=2&v=2&style=r&rtp=~&&msnurl=home.aspx?%26redirect%3dfalse&msnculture=en-US>)

# Appendix D – LLL 2011 Facility Survey

This form is provided by Little League and it is extremely important that you use the form for the year in which service is performed. Refer to Lamar Little Leagues website for the most current form or the website for Little League International.

## 2011 FACILITY SURVEY



President: Brian Hall  
 Address: 7931 Autumn Trail  
 City: Sugar Land  
 State: Texas ZIP: 77479  
 Phone (work): 281-830-8125  
 Phone (home): 281-343-0764  
 Email: [president@lamarlittleleague.com](mailto:president@lamarlittleleague.com)

League Name: Lamar Little League  
 District #: 18  
 ID #: Lamar National 343-18-16  
 ID #: Lamar American 343-18-185363  
 City: Richmond State: Texas  
 Safety Officer: Bill Parker  
 Address: 1406 Pecan Crossing Drive  
 City: Richmond  
 State: Texas ZIP: 77406  
 Phone (work): (713) 972-9200  
 Phone (cell): (832) 646-3520  
 Email: [vpsafety@lamarlittleleague.com](mailto:vpsafety@lamarlittleleague.com)

PLANS FOR FUTURE NEEDS	Indicate number of fields in boxes below.		
	Next 12 months.	1-2 yrs.	2+ yrs.
What are league's plans for improvements?			
a. New fields	0	0	1
b. Base path/infield	2	0	0
c. Bases	0	0	0
d. Scoreboards	0	0	0
e. Press box	0	0	0
f. Concession stand	0	0	0
g. Restrooms	0	0	0
h. Field lighting	0	1	1
i. Warning track	0	0	0
j. Bleachers	0	0	1
k. Fencing	0	1	0
l. Bull pens	0	0	0
m. Dugouts	0	0	0
n. Other (specify):	0	0	0

Please answer the following questions for each field:	Field #	1	2	3	4	5	6	7	8	9	10
<b>GENERAL INVENTORY</b>	(For the following questions, if the answer is "No" please leave the space blank.)										
1. How many cars can park in designated parking areas?	None										
	1-50					X			X	X	X
	51-100	X	X	X	X		X	X			
	101 or more										
2. How many people can your bleachers seat?	None/NA										
	1-100	X	X	X	X	X	X	X	X	X	X
	101-300										
	301-500										
	501 or more										
3. What material is used for bleachers?	Wood										
	Metal	X	X	X	X	X	X	X	X	X	X
	Other										
4. Metal bleachers: Ground wire attached to ground rod?	Yes	X	X	X	X	X	X	X	X	X	X
5. Wood bleachers: Are inspected annually for safety?	Yes										
6. Is a safety railing at the top/back of bleachers?	Yes	X	X	X	X	X	X	X	X	X	X
7. Is a handrail up the sides of bleachers?	Yes				X	X			X		
8. Is telephone service available?	Permanent										
	Cellular	X	X	X	X	X	X	X	X	X	X
9. Is a public address system available?	Permanent										
	Portable	X	X	X	X	X	X	X	X	X	X
10. Is there a pressbox?	Yes	X	X	X	X	X		X	X	X	
11. Is there a scoreboard?	Yes	X	X	X	X	X	X	X	X	X	
12. Adequate bathroom facilities available?	Yes	X	X	X	X	X	X	X	X	X	X
13. Permanent concession stands?	Yes	X	X	X	X	X	X	X	X	X	X
14. Mobile concession stands?	Yes										
<b>FIELD</b>											

15. Is field completely fenced?	Yes	x	x	x	x	x	x	x	x	x	x	
16. What type of fencing material is used?	Chainlink	x	x	x	x	x	x	x	x	x	x	x
	Wood											
	Wire											
17. What base path material is used?	Sand, clay, soil mix	x	x	x	x	x	x	x	x	x	x	x
	Ground burnt brick											
	Other:											
18. What is used to mark baseline?	Non-caustic lime											
	Spray paint	x	x	x	x	x	x	x	x	x	x	x
	Commerc'l marking											
19. Is your the infield surface grass?	Yes	x	x	x	x	x	x	x	x	x	x	x
20. Does field have conventional dirt pitching mound?	Yes	x	x	x	x	x	x	x	x	x	x	x
21. Does field have a temporary pitching mound?	Yes											
22. Are there foul poles?	Yes	x	x	x	x	x	x	x	x	x	x	
23. Backstop behind home plate?	Yes	x	x	x	x	x	x	x	x	x	x	x
<b>PERFORMANCE AND PLAYER SAFETY</b>												
24. Is there an outfield warning track?	Yes											
24.a. If yes, what width is warning track? Please specify:	(Width in feet)											
25. Batter's eye (screen/covering) at center field?	Yes	x	x	x	x	x	x	x	x	x	x	
26. Pitcher's eye (screen/covering) behind home plate?	Yes	x	x	x	x	x	x	x	x	x	x	
27. Are there protective fences in front of the dugouts?	Yes	x	x	x	x	x	x	x	x	x	x	x
28. Is there a protected, on-deck batter's area? (On-deck areas have been eliminated for ages 12 and below.)	Yes											
29. Do you have fenced, limited access bull pens?	Yes											
30. Is a first aid kit provided per field?	Yes	x	x	x	x	x	x	x	x	x	x	x
31. Do bleachers have spectator foul ball protection?	Overhead screens	x	x	x	x	x	x	x	x	x	x	x

	Fencing behind											
32. Do your bases disengage from their anchors? (Mandatory since 2008)	Yes	x	x	x	x	x	x	x	x	x	x	x
33. Is the field lighted?	Yes	x	x	x	x	x	x	x	x	x	x	
34. Are light levels at/above Little League standards? (50 footcandles infield/30 footcandles outfield)	Yes	x	x	x	x	x	x	x	x	x	x	
	Don't know											
35. What type of poles are used? (Wood poles have not been allowed by Little League for new construction of lighting since 1994)	Wood*	x	x	x	x	x	x	x	x	x	x	
	Steel											
	Concrete											
36. Is electrical wiring to each pole underground?	Yes	x	x	x	x	x	x	x	x	x	x	
37. Ground wires connected to ground rods on each pole?	Yes	x	x	x	x	x	x	x	x	x	x	
38. Which fields were tested/inspected in the last two years?	Electrical System	3/11	3/11	3/11	3/11	3/11	3/11	3/11	3/11	3/11	3/11	x
<b>Please indicate month/year testing was done (example: 3/10).</b>	Light Levels	3/11	3/11	3/11	3/11	3/11	3/11	3/11	3/11	3/11	3/11	
39. Fields tested/inspected by qualified technician?	Electrical System	x	x	x	x	x	x	x	x	x	x	x
	Light Levels	x	x	x	x	x	x	x	x	x	x	
<b>FACILITY MANAGEMENT</b>												
40. Which fields have the following limitations:												
a. Amount of time for practice?	Yes	x	x	x	x	x	x	x	x	x	x	x
b. Number of teams or games?	Yes	x	x	x	x	x	x	x	x	x	x	x
c. Scheduling and/or timing?	Yes	x	x	x	x	x	x	x	x	x	x	x
41. Who owns the field?	Municipal											
	School											
	League	x	x	x	x	x	x	x	x	x	x	x
42. Who is responsible for operational energy costs?	Municipal											
	School											
	League	x	x	x	x	x	x	x	x	x	x	x
43. Who is responsible for operational maintenance?	Municipal											

	School											
	League	x	x	x	x	x	x	x	x	x	x	x
44. Who is responsible for purchasing improvements for the field - ie bleachers, fences, lights?	Municipal											
	School											
	League	x	x	x	x	x	x	x	x	x	x	x
	Other											
45. What divisions of <b>baseball</b> play on each field?	T-Ball & Minor	x	x	x	x		x	x		x	x	
	Major		x		x							
	Jr., Sr. & Big					x			x			
	Challenger					x						
46. What divisions of <b>softball</b> play on each field?	T-Ball & Minor											
	Major											
	Jr., Sr. & Big											
	Challenger											
47. Do you plan to host tournaments on this field?	Yes	x	x	x	x	x	x	x	x	x	x	

## FIELD DIMENSION DATA

Please complete for each field. Use additional space if necessary.

Field No.	Height of outfield fence	Distance from home plate to:				Foul territory distance from:					
		Outfield fence			Back stop	Left field line to fence at:			Right field line to fence at:		
		Left	Center	Right		Home	3rd	Outfield foul pole	Home	1st	Outfield foul pole
1	4	193	193	193	22	23	22	19	23	22	19
2	4	202	203	202	22	28	29	29	25	29	29
3	4	200	200	201	22	27	25	20	29	27	21
4	4	205	205	205	20	30	28	26	30	28	26
5	6	300	340	300	39	45	45	21	45	44	20
6	4	140	149	140	22	23	22	20	23	23	22
7	4	189	200	188	22	29	29	20	29	29	20
8	6	295	294	296	47	50	47	16	50	27	13
9	4	130	130	150	22	23	23	5	23	23	5
10	0	0	0	0	22	18	18	0	18	18	0

# Appendix E – Volunteer Application Form

This form is provided by Little League and it is extremely important that you use the form for the year in which service is performed. Refer to Lamar Little Leagues website for the most current form or the website for Little League International.



## Little League. Volunteer Application -2011

Do not use forms from past years. Use extra paper to complete if additional space is required.

**A COPY OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION MUST BE ATTACHED TO COMPLETE THIS APPLICATION.**

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Cell Phone \_\_\_\_\_ Business Phone \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Date of Birth \_\_\_\_\_

Occupation \_\_\_\_\_

Social Security # (mandatory upon request or with LexisNexis) \_\_\_\_\_

Employer \_\_\_\_\_

Address \_\_\_\_\_

Special professional training, skills, hobbies: \_\_\_\_\_

Community affiliations (Clubs, Service Organizations, etc.): \_\_\_\_\_

Previous volunteer experience (including baseball/softball and year): \_\_\_\_\_

Do you have children in the program? Yes  No  If yes, list full name and what level? \_\_\_\_\_

Special Certification (CPR, Medical, etc.): \_\_\_\_\_

Do you have a valid driver's license: Yes  No

Driver's License#: \_\_\_\_\_ State \_\_\_\_\_

Have you ever been convicted of or plead guilty to any crime(s): Yes  No

If yes, describe each in full: \_\_\_\_\_

Are there any criminal charges pending against you regarding any crime(s) involving or against a minor? Yes  No  If yes, describe each in full: \_\_\_\_\_

Have you ever been refused participation in any other youth programs? Yes  No

If yes, explain: \_\_\_\_\_

In which of the following would you like to participate? (Check one or more.)

League Official  Coach  Umpire  Field Maintenance

Manager  Scorekeeper  Concession Stand  Other

Please list three references, at least one of which has knowledge of your participation as a volunteer in a youth program:

Name	Phone
_____	_____
_____	_____
_____	_____

AS A CONDITION OF VOLUNTEERING, I give permission for the Little League organization to conduct a background check on me, which may include a review of sex offender registries, child abuse and criminal history records. I understand that, if appointed, my position is conditional upon the league receiving no inappropriate information on my background. I hereby release and agree to hold harmless from liability the local Little League, Little League Baseball, Incorporated, the officers, employees and volunteers thereof, or any other person or organization that may provide such information. I also understand that, regardless of previous appointments, Little League is not obligated to appoint me to a volunteer position. If appointed, I understand that, prior to the expiration of my term, I am subject to suspension by the President and removal by the Board of Directors for violation of Little League policies or principles.

Applicant Signature \_\_\_\_\_ Date \_\_\_\_\_

Applicant Name (please print or type) \_\_\_\_\_

*NOTE: The local Little League and Little League Baseball, Incorporated will not discriminate against any person on the basis of race, creed, color, national origin, marital status, gender, sexual orientation or disability.*

### LOCAL LEAGUE USE ONLY:

Background check completed by league officer \_\_\_\_\_ on \_\_\_\_\_

System(s) used for background check (minimum of one must be checked):

Sex Offender Registry  Criminal History Records  \*LexisNexis

*\*Please be advised that if you use LexisNexis and there is a name match in the few states where only name match searches can be performed you should notify volunteers that they will receive a letter directly from LexisNexis in compliance with the Fair Credit Reporting Act containing information regarding all the criminal records associated with the name, which may not necessarily be the league volunteer.*

**Only attach to this application copies of background check reports that reveal convictions of this application.**

1-02-11 VOLUNTEER APPLICATION 10-15

# Appendix F – Accident Notification Form

**LITTLE LEAGUE® BASEBALL AND SOFTBALL**  
**ACCIDENT NOTIFICATION FORM**  
**INSTRUCTIONS**



**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 18 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.	
Name of Injured Person/Claimant		SSN	Date of Birth (MM/DD/YY)
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	<input type="checkbox"/> Yes <input type="checkbox"/> No	School Plan	<input type="checkbox"/> Yes <input type="checkbox"/> No
Individual Plan	<input type="checkbox"/> Yes <input type="checkbox"/> No	Dental Plan	<input type="checkbox"/> Yes <input type="checkbox"/> No

Date of Accident: \_\_\_\_\_ Time of Accident: \_\_\_\_\_ Type of Injury: \_\_\_\_\_

AM  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 (5-18)	<input type="checkbox"/> PLAYER	<input type="checkbox"/> TRYOUTS	<input type="checkbox"/> SPECIAL EVENT (NOT GAMES)
<input type="checkbox"/> SOFTBALL	<input type="checkbox"/> T-BALL (5-8)	<input type="checkbox"/> MANAGER, COACH	<input type="checkbox"/> PRACTICE	<input type="checkbox"/> SPECIAL GAME(S) (Submit a copy of your approval from Little League Incorporated)
<input type="checkbox"/> CHALLENGER	<input type="checkbox"/> MINOR (7-12)	<input type="checkbox"/> VOLUNTEER UMPIRE	<input type="checkbox"/> SCHEDULED GAME	
<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"/> JUNIOR (13-14)	<input type="checkbox"/> OFFICIAL SCOREKEEPER	<input type="checkbox"/> TRAVEL FROM	
	<input type="checkbox"/> SENIOR (14-18)	<input type="checkbox"/> SAFETY OFFICER	<input type="checkbox"/> TOURNAMENT	
	<input type="checkbox"/> BIG LEAGUE (16-18)	<input type="checkbox"/> VOLUNTEER WORKER	<input type="checkbox"/> OTHER (Describe)	

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	INJURY	PART OF BODY	CAUSE OF INJURY
<input type="checkbox"/> 01 1ST	<input type="checkbox"/> 01 ABRASION	<input type="checkbox"/> 01 ABDOMEN	<input type="checkbox"/> 01 BATTED BALL
<input type="checkbox"/> 02 2ND	<input type="checkbox"/> 02 BITES	<input type="checkbox"/> 02 ANKLE	<input type="checkbox"/> 02 BATTING
<input type="checkbox"/> 03 3RD	<input type="checkbox"/> 03 CONCUSSION	<input type="checkbox"/> 03 ARM	<input type="checkbox"/> 03 CATCHING
<input type="checkbox"/> 04 BATTER	<input type="checkbox"/> 04 CONTUSION	<input type="checkbox"/> 04 BACK	<input type="checkbox"/> 04 COLLIDING
<input type="checkbox"/> 05 BENCH	<input type="checkbox"/> 05 DENTAL	<input type="checkbox"/> 05 CHEST	<input type="checkbox"/> 05 COLLIDING WITH FENCE
<input type="checkbox"/> 06 BULLPEN	<input type="checkbox"/> 06 DISLOCATION	<input type="checkbox"/> 06 EAR	<input type="checkbox"/> 06 FALLING
<input type="checkbox"/> 07 CATCHER	<input type="checkbox"/> 07 DISMEMBERMENT	<input type="checkbox"/> 07 ELBOW	<input type="checkbox"/> 07 HIT BY BAT
<input type="checkbox"/> 08 COACH	<input type="checkbox"/> 08 EPIPHYSES	<input type="checkbox"/> 08 EYE	<input type="checkbox"/> 08 HORSEPLAY
<input type="checkbox"/> 09 COACHING BOX	<input type="checkbox"/> 09 FATALITY	<input type="checkbox"/> 09 FACE	<input type="checkbox"/> 09 PITCHED BALL
<input type="checkbox"/> 10 DUGOUT	<input type="checkbox"/> 10 FRACTURE	<input type="checkbox"/> 10 FATALITY	<input type="checkbox"/> 10 RUNNING
<input type="checkbox"/> 11 MANAGER	<input type="checkbox"/> 11 HEMATOMA	<input type="checkbox"/> 11 FOOT	<input type="checkbox"/> 11 SHARP OBJECT
<input type="checkbox"/> 12 ON DECK	<input type="checkbox"/> 12 HEMORRHAGE	<input type="checkbox"/> 12 HAND	<input type="checkbox"/> 12 SLIDING
<input type="checkbox"/> 13 OUTFIELD	<input type="checkbox"/> 13 LACERATION	<input type="checkbox"/> 13 HEAD	<input type="checkbox"/> 13 TAGGING
<input type="checkbox"/> 14 PITCHER	<input type="checkbox"/> 14 PUNCTURE	<input type="checkbox"/> 14 HIP	<input type="checkbox"/> 14 THROWING
<input type="checkbox"/> 15 RUNNER	<input type="checkbox"/> 15 RUPTURE	<input type="checkbox"/> 15 KNEE	<input type="checkbox"/> 15 THROWN BALL
<input type="checkbox"/> 16 SCOREKEEPER	<input type="checkbox"/> 16 SPRAIN	<input type="checkbox"/> 16 LEG	<input type="checkbox"/> 16 OTHER
<input type="checkbox"/> 17 SHORTSTOP	<input type="checkbox"/> 17 SUNSTROKE	<input type="checkbox"/> 17 LIPS	<input type="checkbox"/> 17 UNKNOWN
<input type="checkbox"/> 18 TO/FROM GAME	<input type="checkbox"/> 18 OTHER	<input type="checkbox"/> 18 MOUTH	
<input type="checkbox"/> 19 UMPIRE	<input type="checkbox"/> 19 UNKNOWN	<input type="checkbox"/> 19 NECK	
<input type="checkbox"/> 20 OTHER	<input type="checkbox"/> 20 PARALYSIS/ PARAPLEGIC	<input type="checkbox"/> 20 NOSE	
<input type="checkbox"/> 21 UNKNOWN		<input type="checkbox"/> 21 SHOULDER	
<input type="checkbox"/> 22 WARMING UP		<input type="checkbox"/> 22 SIDE	
		<input type="checkbox"/> 23 TEETH	
		<input type="checkbox"/> 24 TESTICLE	
		<input type="checkbox"/> 25 WRIST	
		<input type="checkbox"/> 26 UNKNOWN	
		<input type="checkbox"/> 27 FINGER	

Does your league use breakaway bases on:  ALL  SOME  NONE of your fields?

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
------	---------------------------

# Appendix G – General Liability Form

## General Liability Claim Form

Send Completed form to:  
 Little League Baseball and Softball  
 539 US Route 15 Hwy  
 P.O. Box 3485  
 Williamsport, Pennsylvania 17701-0485  
 (570) 326-1921 Fax (570) 326-2951

(LEXINGTON USE ONLY)

Telephone immediate notice to Little League® International

CN

Insured		Name of League		League I.D. Number (Used as location code)			
		Name of League Official (please print)		Position in League			
		Address of League Official (Street, City, State, Zip)		Phone No. (Res.)			
				Phone No. (Bus.)			
Time and Place of Accident	Date of Accident	Hour	<input type="checkbox"/> AM <input type="checkbox"/> PM	Accident occurred at (Street, City, State, Zip)			
	Arising out of Operations conducted at						
	Was Police Report made? If yes, where? <input type="checkbox"/> Yes <input type="checkbox"/> No						
Description of Accident	State cause and describe facts surrounding accident (Use reverse side if needed)						
Who owns Premises				Person in charge of Premises			
Coverage Data	Limits	Med. Pay: None		Elevator:	Products:	Cont:	
	BI/PD:			Yes	Yes	Yes	
	Policy Number			Policy Dates:	Begin: End:		
Is there any other insurance applicable to this risk? <input type="checkbox"/> Yes <input type="checkbox"/> No							
Property Damage	Name of Owner			Description of Property			
	Address (Street, City, State, Zip)			Name of Insurance Co.			
	Nature and Extent of Damages and Estimate of Repair						
Insured Person and Injuries	Name			Phone No. (Res)			
	Address (Street, City, State, Zip)			Occupation	Age	<input type="checkbox"/> Married <input type="checkbox"/> Single	
	Employers Name and Address						
	Did you provide or authorize medical attention? <input type="checkbox"/> Yes <input type="checkbox"/> No			Attending Doctor's Name and Address			
	Description of Injury						
Where was the injured taken after accident?				Probable length of Disability			
Witnesses:	Name, Address, Phone Number						
	Name, Address, Phone Number						
	Name, Address, Phone Number						
Date of Report:	Signature of League Official:			Position in League			

USE REVERSE SIDE FOR DIAGRAM AND ANY OTHER INFORMATION OF IMPORTANCE IN REPORTING THE ACCIDENT



# Appendix H – Incident/Injury Tracking Form

## Activities/Reporting

## A Safety Awareness Program's Incident/Injury Tracking Report

League Name: \_\_\_\_\_ League ID: \_\_\_\_ - \_\_\_\_ - \_\_\_\_ Incident Date: \_\_\_\_\_  
 Field Name/Location: \_\_\_\_\_ Incident Time: \_\_\_\_\_  
 Injured Person's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Address: \_\_\_\_\_ Age: \_\_\_\_\_ Sex:  Male  Female  
 City: \_\_\_\_\_ State \_\_\_\_\_ ZIP: \_\_\_\_\_ Home Phone: ( ) \_\_\_\_\_  
 Parent's Name (If Player): \_\_\_\_\_ Work Phone: ( ) \_\_\_\_\_  
 Parents' Address (If Different): \_\_\_\_\_ City \_\_\_\_\_

### Incident occurred while participating in:

- A.)  Baseball  Softball  Challenger  TAD  
 B.)  Challenger  T-Ball (5-8)  Minor (7-12)  Major (9-12)  Junior (13-14)  
 Senior (14-16)  Big League (16-18)  
 C.)  Tryout  Practice  Game  Tournament  Special Event  
 Travel to  Travel from  Other (Describe): \_\_\_\_\_

### Position/Role of person(s) involved in incident:

- D.)  Batter  Baserunner  Pitcher  Catcher  First Base  Second  
 Third  Short Stop  Left Field  Center Field  Right Field  Dugout  
 Umpire  Coach/Manager  Spectator  Volunteer  Other: \_\_\_\_\_

Type of injury: \_\_\_\_\_

Was first aid required?  Yes  No If yes, what: \_\_\_\_\_

Was professional medical treatment required?  Yes  No If yes, what: \_\_\_\_\_  
 (If yes, the player must present a non-restrictive medical release prior to being allowed in a game or practice.)

### Type of incident and location:

- |  |   |  |
|--|---|--|
| A.) On Primary Playing Field   | B.) Adjacent to Playing Field               | D.) Off Ball Field   |
| <input type="checkbox"/> Base Path: <input type="checkbox"/> Running or <input type="checkbox"/> Sliding                                     | <input type="checkbox"/> Seating Area       | <input type="checkbox"/> Travel:                                 |
| <input type="checkbox"/> Hit by Ball: <input type="checkbox"/> Pitched or <input type="checkbox"/> Thrown or <input type="checkbox"/> Batted | <input type="checkbox"/> Parking Area       | <input type="checkbox"/> Car or <input type="checkbox"/> Bike or |
| <input type="checkbox"/> Collision with: <input type="checkbox"/> Player or <input type="checkbox"/> Structure                               | C.) Concession Area                         | <input type="checkbox"/> Walking                                 |
| <input type="checkbox"/> Grounds Defect  | <input type="checkbox"/> Volunteer Worker   | <input type="checkbox"/> League Activity                         |
| <input type="checkbox"/> Other: _____  | <input type="checkbox"/> Customer/Bystander | <input type="checkbox"/> Other: _____                            |

Please give a short description of incident: \_\_\_\_\_

Could this accident have been avoided? How: \_\_\_\_\_

This form is for Little League purposes only, to report safety hazards, unsafe practices and/or to contribute positive ideas in order to improve league safety. When an accident occurs, obtain as much information as possible. For all claims or injuries which could become claims, please fill out and turn in the official Little League Baseball Accident Notification Form available from your league president and send to Little League Headquarters in Williamsport (Attention: Dan Kirby, Risk Management Department). Also, provide your District Safety Officer with a copy for District files. All personal injuries should be reported to Williamsport as soon as possible.

Prepared By/Position: \_\_\_\_\_ Phone Number: (\_\_\_\_) \_\_\_\_\_  
 Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Appendix I – Concession Stand; Keep it Clean

## Concession Stand Tips - '12 Steps to Safe and Sanitary Food Service Events'

The following information is intended to help you run a healthful concession stand. Following these simple guidelines will help minimize the risk of food borne illness. This information was excerpted from "Food Safety Hints" by the Orange County Department of Health.

**Menu.** Keep your menu simple, and keep potentially hazardous foods (meats, eggs, dairy products, protein salads, cut fruits and vegetables, etc.) to a minimum. Avoid using precooked foods or leftovers. Use only foods from approved sources, avoiding foods that have been prepared at home. Complete control over your food, from source to service, is the key to safe, sanitary food service.

**Cooking.** Use a food thermometer to check on cooking and holding temperatures of potentially hazardous foods. All potentially hazardous foods should be kept at 41° F or below (if cold) or 140° F or above (if hot). Ground beef and ground pork products should be cooked to an internal temperature of 155° F, poultry parts should be cooked to 165° F. Most food borne illnesses from temporary events can be traced back to lapses in temperature control.

**Reheating.** Rapidly reheat potentially hazardous foods to 165° F. Do not attempt to heat foods in crock pots, steam tables, over sterno units or other holding devices. Slow-cooking mechanisms may activate bacteria and never reach killing temperatures.

**Cooling and Cold Storage.** Foods that require refrigeration must be cooled to 41° F as quickly as possible and held at that temperature until ready to serve. To cool foods down quickly, use an ice water bath (60% ice to 40% water), stirring the product frequently, or place the food in shallow pans no more than 4 inches in depth and refrigerate. Pans should not be stored one atop the other and lids should be off or ajar until the food is completely cooled. Check the temperature periodically to see if the food is cooling properly. Allowing hazardous foods to remain un-refrigerated for too long has been the number ONE cause of food borne illness.

**Hand Washing.** Frequent and thorough hand washing remains the first line of defense in preventing food borne disease. The use of disposable gloves can provide an additional barrier to contamination, but they are no substitute for hand washing!

**Health and Hygiene.** Only healthy workers should prepare and serve food. Anyone who shows symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, jaundice, etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers should wear clean outer garments and should not smoke in the concession area. The use of hair restraints is recommended to prevent hair ending up in food products.

**Food Handling.** Avoid hand contact with raw, ready-to-eat foods and food contact surfaces. Use an acceptable dispensing utensil to serve food. Touching food with bare hands can transfer germs to food.

**Dishwashing.** Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dishware. Ideally, dishes and utensils should be washed in a four-step process:

Washing in hot soapy water;

Rinsing in clean water;

Chemical or heat sanitizing; and

Air drying.

**Ice.** Ice used to cool cans/bottles should not be used in cup beverages and should be stored separately. Use a scoop to dispense ice; never use the hands. Ice can become contaminated with bacteria and viruses and cause food-borne illness.

**Wiping Cloths.** Rinse and store your wiping cloths in a bucket of sanitizer (example: 1 gallon of water and ½ teaspoon of chlorine bleach). Change the solution every two hours. Well sanitized work surfaces prevent cross-contamination and discourage flies.

**Insect Control and Waste.** Keep foods covered to protect them from insects. Store pesticides away from foods. Place garbage and paper wastes in a refuse container with a tight-fitting lid. Dispose of wastewater in an approved method (do not dump it outside). All water used should be potable water from an approved source.

**Food Storage and Cleanliness.** Keep foods stored off the floor at least six inches. After your event is finished, clean the concession area and discard unusable food. (Remember: Training your concession stand volunteers is one of the 13 requirements for a qualified safety plan.)

# Appendix J – Safety by the Rulebook

## **1.08 ON DECK**

On deck is not permitted. No player shall handle a bat until it's time for their at bat. Only the first batter of each half inning is permitted outside the dugout between half innings. Majors or below.

## **1.10 BATTING DONUT**

The traditional batting donut is not permissible. All levels.

## **1.11 SHOES AND JEWELRY**

(h) Shoes with metal spikes are not permitted in majors or below.

(j) Players must not wear watches, rings, pins, jewelry or other metallic items. Exception medic alert information. All levels.

## **1.17 CATCHERS EQUIPMENT**

All male players must wear athletic supporters. Male catchers must wear a cup and long model chest protector in majors or below. All catchers must wear a mask, <sup>3</sup>dangling<sup>2</sup> type throat protector and catchers helmet during infield/outfield practice, pitcher warm up and games. Skull caps are not allowed. All levels

## **3.10 FIELD CONDITION**

The managers of both teams shall agree on the fitness of the playing field before the game starts.

## **3.15 PERSONS ALLOWED ON THE FIELD**

No person shall be allowed on the playing field except players, managers, coaches, umpires and authorized news photographers.

## **7.08 SLIDE OR AVOID**

(a) Any player is out when the runner does not attempt to slide or attempt to get around a fielder who has the ball and is waiting to make the tag. All levels

## **7.11 VACATE SPACE**

The players, coaches or any member of the offensive team shall vacate any space needed by a fielder attempting to field a batted or thrown ball.

## **HEAD FIRST SLIDE**

Except when returning to a base head first slides are not permitted. (Majors and below.)