



CCALL Safety Program for our Volunteers 2022



CCALL Safety Program and Little League

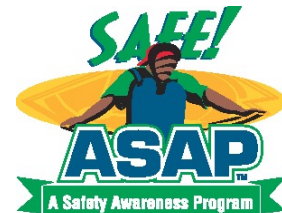


Safety Mission Statement of Our Little League

It is the policy of our Little League to actively participate in the ASAP Program in order to safeguard the physical and emotional well-being of all children participating in any baseball and softball programs, as well as providing a safe and friendly environment for volunteers, parents and spectators.

It is also the policy of our league to:

- ***Inform and educate our community as to what the ASAP Program is and how it serves the best interests of our participants.***
- ***Involve players, parents, community members, local businesses, law enforcement, fire protection, EMS and other organizations in our ASAP Program through the sharing of information, poster campaigns, advertising and education programs***
- ***Utilize all available resources within our community to further the goals of the ASAP***
- ***Make Zero-Injuries our ultimate goal***





Little League Rule Changes



- Baseball, Softball, and Challenger– Regulation IV(i), Rules 2.00 and 3.03(a), Tournament Rule 9(e) – Mandatory Play/At-Bat Definition.
 - Several updates to Mandatory Play rules for Divisions where this applies
 - Mostly clarifications and rulings, no significant change to the actual rules
 - Refer to 2022 Little League® Rulebook Significant Updates sheet (you can easily Google this)
- Baseball and Challenger – Regulation VI, Tournament Rule 4 – Pitching Days Rest Threshold Exemptions and Notes.
 - Provides clarification that a pitcher's pitch count for the purposes of day(s) rest threshold is determined by the first pitch thrown to a batter.
 - Refer to 2022 Little League® Rulebook Significant Updates sheet (you can easily Google this)
- Baseball, Softball, and Challenger – Rule 1.11 (a)(2); Policy: The Official Shoulder Patch. Updates the Little League Official Patch to reflect that new for 2022, Little League International has established a new, unified patch that reflects all levels of the program.
- Baseball and Softball - Tournament Player Eligibility
 - Updates Condition #3 to permit a player to be selected to a second tournament team, either at an upper division or lower division, once their tournament team is eliminated from the Little League International Tournament.
 - The player must meet the requirements as outlined and be selected to a tournament team

No significant changes which affect play here at local League level. Consult the 2022 Little League® Rulebook and be familiar with the rules for your Divisions





Pitch Count - Baseball

- The eligibility of a player to pitch in a Little League® Baseball game is governed by a tiered pitch count that is tied to the number of pitches throw in a game.
- The pitch count determines how many days of rest are required before said player may pitch again in a Little League game.
- Pitch Count must be reported into the system immediately following the game – coaches will face penalties, to include suspension for failing to provide pitch count data

BASEBALL PITCH COUNT THRESHOLDS

Baseball pitchers **league age 14 and under** must adhere to the following rest requirements:

And here's the pitch	
66+	4
PITCHES	DAYS REST

And here's the pitch	
51-65	3
PITCHES	DAYS REST

And here's the pitch	
36-50	2
PITCHES	DAYS REST

And here's the pitch	
21-35	1
PITCHES	DAYS REST

And here's the pitch	
1-20	0
PITCHES	DAYS REST

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Baseball pitchers **league age 15-16** must adhere to the following rest requirements:

And here's the pitch	
76+	4
PITCHES	DAYS REST

And here's the pitch	
61-75	3
PITCHES	DAYS REST

And here's the pitch	
46-60	2
PITCHES	DAYS REST

And here's the pitch	
31-45	1
PITCHES	DAYS REST

And here's the pitch	
1-30	0
PITCHES	DAYS REST





Pitch Count - Softball



Regular Season Pitching Rules – Softball

Regulation VI – PITCHERS

(a) Any player on the team roster may pitch. **EXCEPTION:** A player who has attained a league age of twelve (12) is not eligible to pitch in the Minor League.

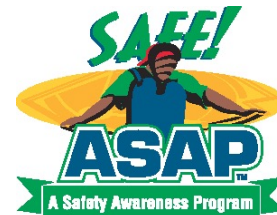
(b) **Minors/Little League (Majors):** A player may pitch in a maximum of twelve (12) innings in a day. If a player pitches in seven (7) or more innings in a day, one calendar day of rest is mandatory. Delivery of a single pitch constitutes having pitched in an inning.

LITTLE LEAGUE (MAJORS) AND MINOR LEAGUE EXAMPLE

If a player pitched in seven (7) or more innings on (Column A), that player can pitch again on (Column B):

Column A	Column B
Sunday	Tuesday
Monday	Wednesday
Tuesday	Thursday
Wednesday	Friday
Thursday	Saturday
Friday	Sunday
Saturday	Monday

Junior/Senior League: No pitching restrictions apply.



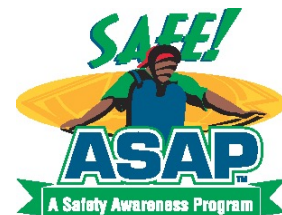


Injuries – Manager and Coaches Responsibilities



If a Little Leaguer® is injured during a game, practice, or other league-approved activity that may or may not require medical attention, league officials (manager/coach, Safety Officer, Player Agent, etc.) should follow these steps:

- Administer any initial first aid treatment (if necessary)
- Be sure to have the player's medical release onsite or easily accessible so anyone who may treat the player is aware of any allergies or special conditions
- Contact the player's parent or legal guardian if they are not onsite at the time of the incident
- Document the incident with as much detail as possible using any league-created form or utilize the [ASAP Incident/Injury Tracking Report](#).
- If medical attention is needed, be sure to have [Accident Notification Claim Forms](#) on hand to provide to the family (only for those leagues enrolled in the AIG Accident coverage for Little League) and explain the local league's Accident Insurance, whether they have it through the AIG group program for Little League or through another source.
- If a player misses seven (7) or more continuous days of participation, a physician or other accredited medical provider must give written permission for a full return to baseball/softball activity.
- In cases involving a possible concussion, the league must adhere to their respective state law with respect to removal of the player and return to play protocols after being released by a physician. It is recommended a player suspected of sustaining a concussion be removed for at least the remainder of that day and then comply with their respective state law for return to play guidelines.





Injuries – Manager and Coaches Responsibilities (continued)

- All injuries are to be taken seriously, and volunteers serving as managers and coaches are responsible for making the health and safety of the players the top priority. During all Little League functions, where a team of players is participating as a group, it is the responsibility of the manager and coaches to be advocates for safe behavior for each of the players on their team.
- During Little League games, if a player sustains an injury and is removed from the game, a team manager is not permitted to return said player to the game without first having a medical professional at the game site clear the player. If the player does return to the game after being removed due to injury, he/she is required to complete [mandatory play](#), if applicable.
- The [Little League A Safety Awareness Program](#) (ASAP) was created to assist local leagues in [developing a plan](#) that promotes a safe and healthy experience for all participants.





Safety Issues – Volunteer Responsibility



- **All teams will be issued a First Aid Kit.**
- **Every Manager is to ensure that a First Aid Kit is available for all games and practices. Managers will also be sure to carry the team first aid kit if traveling outside of the league facilities. All kits should include non-latex gloves.**
- **Every Manager is to carry the team's roster with copies of all Medical Release Forms to all games and practices.**
- **Annual Basic First Aid/EMT Training will be offered for our coaches and managers. All umpires and league officials will also be invited to attend.**
- **Annual Fundamentals/Skills Training is mandatory for all managers and coaches.**



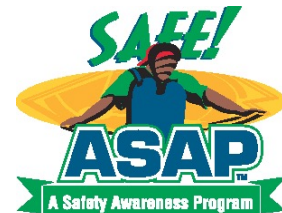


Safety Issues – Field Conditions



HAVE YOU:

- ✓ Walked field for debris/foreign objects
- ✓ Inspected helmets, bats, catchers' gear
- ✓ Made sure a First Aid kit is available
- ✓ Checked conditions of fences, backstops, bases and warning track
- ✓ Made sure a working telephone is available
- ✓ Held a warm-up drill





Safety Issues – Key Rules

- Catchers will be properly equipped in accordance with Rule 1.17. All catchers must also have dangling throat protectors secured to their masks in such a way as to provide proper protection.
- Catchers warming up pitchers or catching for infield/outfield drills will wear catchers helmet, mask with dangling throat protector.
- Under no circumstances will an adult volunteer warm up a pitcher in accordance with Rule 3.09. This includes standing at the backstop during practice as informal catcher for batting practice.
- All equipment will be inspected before it is issued and before each use. All batting and catchers helmets will comply with all specifications and applicable NOSCAE standards.
- All suspect or clearly defective equipment will be disposed of by our equipment manager. It will not be given away for use by anyone.
- All bats used by our league will fully comply with 2022 Little League rules.





Safety Rules for Baseball Bats



Rule 1.10 – Baseball

The bat must be a baseball bat which meets the USA Baseball Bat standard (USABat) as adopted by Little League. It shall be a smooth, rounded stick, and made of wood or of material and color tested and proved acceptable to the USA Baseball Bat standard (USABat).

Beginning with the 2018 season, non-wood and laminated bats used in the Little League (Majors) and below, Intermediate (50-70) Division, Junior League divisions, and Challenger division shall bear the USA Baseball logo signifying that the bat meets the USABat – USA Baseball's Youth Bat Performance Standard. All BPF – 1.15 bats will be prohibited beginning with the 2018 season. Additionally, starting in 2018, the bat diameter shall not exceed 2 $\frac{5}{8}$ inches for these divisions of play. **Bats meeting the Batted Ball Coefficient of Restitution (BBCOR) standard may also be used in the Intermediate (50-70) Division and Junior League divisions.** Additional information is available at LittleLeague.org/batinfo.

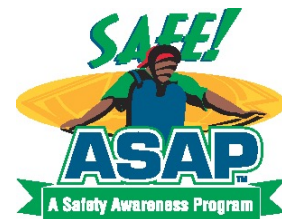
Tee Ball:

Under the USABat standard, certified Tee Ball bats (26" and shorter) will feature the USA Baseball mark and text which reads [ONLY FOR USE WITH APPROVED TEE BALLS](#). All Tee Ball bats must feature the USA Baseball mark and accompanying text.

NOTE: Approved Tee Ball bats may also be used for Coach Pitch/Machine Pitch Minor Divisions **only with the use of [approved Tee Balls](#).**

NOTE 1: The traditional batting donut is not permissible.

NOTE 2: The use of pine tar or any other similar adhesive substance is prohibited at all levels of Little League Baseball and Softball.





Safety Rules for Softball Bats

Rule 1.10 – Softball

The bat must be a softball bat which meets Little League specifications and standards as noted in this rule. It shall be a smooth, rounded stick and made of wood or a material tested and proved acceptable to Little League standards. The bat shall be no more than 33 inches (34 inches for **Junior/Senior League**) in length, not more than two and one-quarter ($2\frac{1}{4}$) inches in diameter, and if wood, not less than fifteen-sixteenth ($15/16$) inches in diameter ($7/8$ inch for bats less than 30 inches) at its smallest part. 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. A 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.

NOTE 1: The traditional batting donut is not permissible.

NOTE 2: The use of pine tar or any other similar adhesive substance is prohibited at all levels of Little League Baseball and Softball. Use of these substances will result in the bat being declared illegal and removed from play.





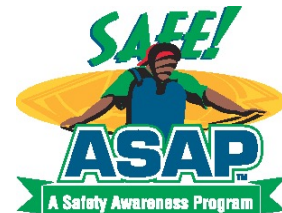
Child Protection Policy



Little League Baseball and Softball have always strived to create a safe and healthy environment for all Little Leaguers and their families. There are certain requirements from the SafeSport Act that Little League International and all local little league programs must adhere to.

- Reporting of Sexual Abuse involving a minor to the proper authorities
 - All volunteers of a local league are now mandated reporters and could face criminal charges if the league chooses to ignore, or not report to the proper authorities, any witnessed act of child abuse, including sexual abuse, within 24 hours.
 - Local leagues must be aware of the proper procedures to report sexual abuse in their state. Please reference LittleLeague.org/ChildAbuse
- Leagues must adopt a policy that prohibits retaliation on “good faith” reports of child abuse
- Leagues must adopt a policy that limits one-one-one contact with minors
- Leagues are highly encouraged to complete the below Abuse Awareness training provided by USA Baseball and SafeSport

Simply put: We have responsibilities for reporting under the law. Also, ANYONE with repeated contact with the kids, MUST have a background check completed BEFORE being allowed to help. (This does not mean a parent can't “fill in” one afternoon from the bleachers. But any further volunteering must be cleared)



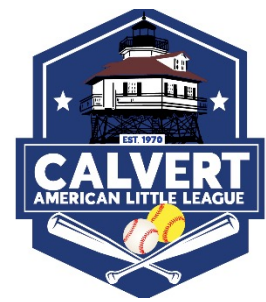


Weather Policy



- Weather information is everywhere! Before heading to the ball field, you'll want to be aware of the weather, and how conditions may change during the game.
- Calvert County Parks and Rec has the call on the field closures.
- We follow the lead of Calvert County Parks and Recreation – we will post and notify once we find out....BUT the quickest way for information:
 - Check FaceBook for Calvert County Parks and Rec
 - Call the Calvert P&R Weather Line 410-535-1600, ext. 2640
- In some rare instances, CCALL may make the call ahead of CCPR and notify via the league email system and our Facebook page.





Lightning Safety

- Each year across the United States, thunderstorms produce an estimated 25 million cloud-to-ground flashes of lightning – each one of those flashes is a potential killer.
- There is no place outside that is safe in or near a thunderstorm. Consequently, people need to stop what they are doing and get to a safe place immediately. Small outdoor buildings including dugouts, rain shelters, sheds, etc., are NOT SAFE. Substantial buildings with wiring and plumbing provide the greatest amount of protection.

When should activities be stopped?

In general, a significant lightning threat extends outward from the base of a thunderstorm cloud about 6 to 10 miles.

1. **If lightning is observed.** The ability to see lightning varies depending on the time of day, weather conditions, and obstructions such as trees, mountains, etc.
2. **If thunder is heard.** Thunder can usually be heard from a distance of about 10 miles provided that there is no background noise. Traffic, wind, and precipitation may limit the ability to hear thunder less than 10 miles away. If you hear thunder, though, it's a safe bet that the storm is within ten miles.

When should activities be resumed?

Because electrical charges can linger in clouds after a thunderstorm has passed, wait at least 30 minutes after the last lightning or thunder before resuming activities.

When Thunder roars, get indoors. Wait until 30 minutes has passed since the last thunder was heard, or lightning observed.





Lighting Conditions and Safety



- Not all fields have lights. Use your common sense for observing safe practices when playing toward evening hours.
 - Follow game length requirements for your Division, including the “Drop Dead” time when play **MUST STOP** completely
 - Especially on practice fields, as the sun sets, conditions get dangerous for baseball





Injury Prevention

- Require warm up and stretching
 - Teach the kids to lead the group
 - Make it fun, but emphasize the importance
- Gradually increase range of motion and stretching to prepare for the level of activity that you expect
- Lining up and throwing for 15 minutes – IS NOT A COMPLETE WARM UP



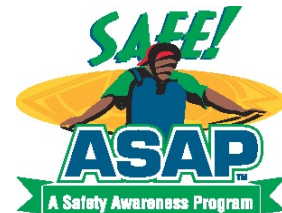


Coaches and Managers Code of Conduct



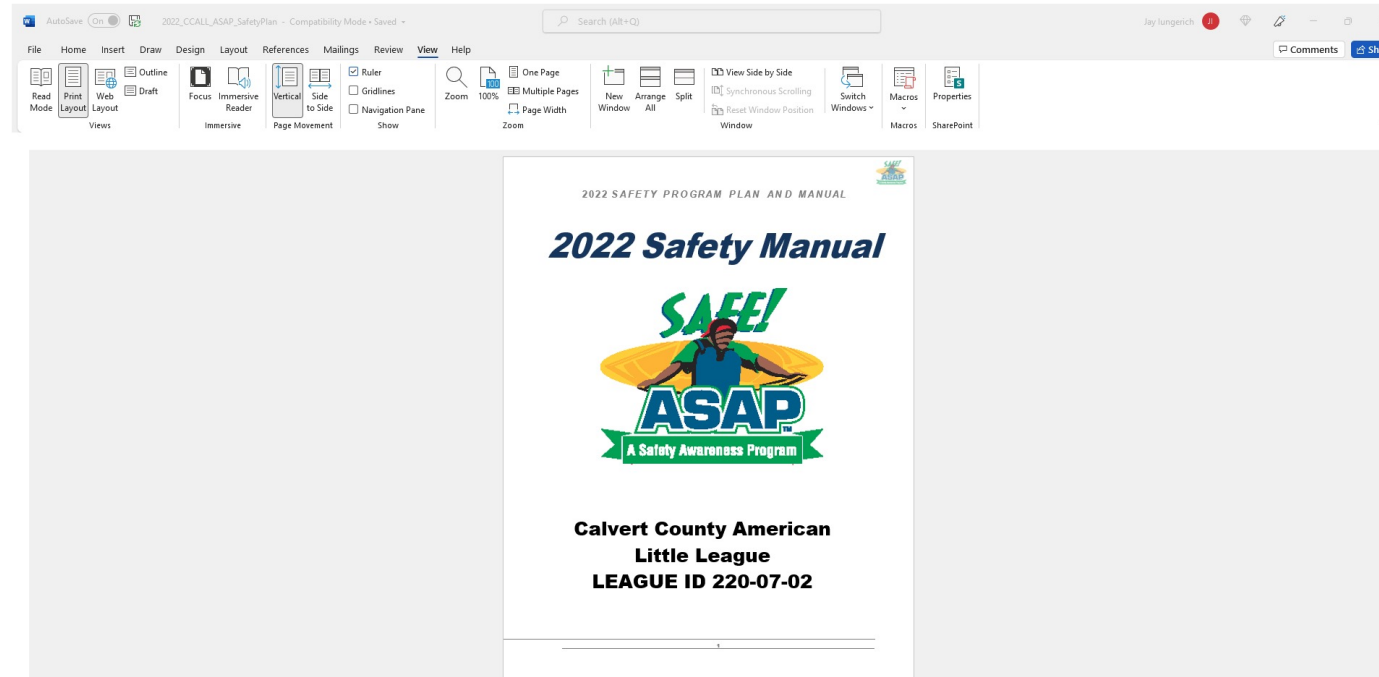
- The way parents and family members behave at youth sports games and practices has a significant impact on the player experience.
- Parents AND COACHES can set an example for Little Leaguers® by displaying the high-level of sportsmanship that Little League expects of all its participants and respecting all players, coaches, umpires, and volunteers.
- Coaches are responsible for collecting the signed Parent Code of Conduct
- Take a proactive approach by talking about parent behavior at the beginning of the season. Ask parents to read and sign the code of conduct.

A Safety Awareness Program (ASAP) also has a [Sport Parent Code of Conduct](#) that local leagues may utilize.





Follow the League Safety Plan - ASAP



THANK YOU! Our Volunteers are what make this League work! We value your time and your commitment – and the kids will love you for it!

