

Trumansburg Little League 2025 ASAP Safety Plan



PO Box 977, Trumansburg, NY 14886

President: Keith Hannon

Safety Coordinator: Dustin VanDerzee

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TLL Mission Statements

TLL Mission Statement

Trumansburg Little League is committed to the development of the children in our community as better ballplayers, honest and respectful citizens and kids who play for the love of the game and learn the values of healthy competition and good sportsmanship by providing a safe and fun atmosphere where coaches, children and parents cooperate so that all involved learn and enjoy their experience.

Safety Mission Statement

Trumansburg Little League is committed to keeping our children safe by educating parents, coaches and volunteers on ways they can help prevent injuries and maintain a safe atmosphere. The league will promote safety and safety awareness, offer training opportunities to coaches and volunteers, and provide ongoing safety education throughout the season. We will work to ensure that all volunteers are properly screened and trained. We will periodically review and/or inspect our facilities, equipment and procedures to ensure that all children, coaches, parents and spectators have a safe and fun-filled experience.

President's Welcome

Welcome 2025 Managers, Coaches and Parents,

We are thrilled to charter with Little League for the first time in Trumansburg's history. Trumansburg Little League's Safety Plan (ASAP) for the upcoming 2025 Little League season was developed to ensure that the participants in the league have the opportunities to play and learn the game of baseball and softball in a safe setting. This plan has been updated and approved by the 2025 Trumansburg Little League Board of Directors. By submitting this approved plan to Little League Incorporated, TLL is entitled to numerous incentives to make our program run more efficiently. This annual plan will be revised and updated each year for the safety of everyone involved with Trumansburg Little League. This plan discusses specific guidelines and criteria that insure the safe operation of Little League Baseball and Softball in Trumansburg. Reading and acknowledging this plan is mandatory for all managers. This plan will be shared with coaches, parents, umpires, and volunteers. It will also be posted on our league web site. Trumansburg Little League has developed this plan to maintain the highest possible standard of safety. Feedback and suggestions are an important part of this process. Suggestions and/or recommendations to improve the safety of TLL should be directed to our Safety Office Dustin VanDerzee dustinvanderzee@gmail.com or any Board Member.

We look forward to a safe and exciting Little League season.

President: Keith Hannon Safety Officer: Dustin VanDerzee

Mailing Address: PO Box 977, Trumansburg, NY 14886

Email: Trumansburglittleleague@gmail.com

Safety Officer's Welcome

Welcome 2025 Managers, Coaches and Parents,

In 2025, Trumansburg became a chartered member of Little League baseball! In accordance with Little League's rules and regulations, we have developed an ASAP (A Safety Awareness Plan.) Since Little League's inception of the ASAP program, injuries to players have dropped significantly. Awareness of safety issues is a major component to keeping our children safe. Should there be an emergency; the TLL ASAP will help all deal with most scenarios more effectively.

This plan is not just for coaches anymore. Parents, you play an integral role in keeping all the players safe so please take the time to peruse this manual. With everyone working together, our kids can enjoy the friendly competition of baseball in the safest way possible.

Sincerely,

Dustin VanDerzee

TLL Safety Officer

TLL Board Members

Position	Name	Phone	Email
President	Keith Hannon		Khannon31@gmail.com
Vice President	Gregg Weatherby		gweatherby@hotmail.com
Secretary	Lauri Green		laurilynne08.lb@gmail.com
Treasurer	Liz Weatherby		ljweatherby@gmail.com
Equipment Manager	Dustin VanDerzee		dustinvanderzee@gmail.com
Player Agent	Keith Hannon		khannon31@gmail.com
Safety Officer	Dustin VanDerzee		dustinvanderzee@gmail.com
Umpire in Chief	Keith Hannon		khannon31@gmail.com
Facilities Chief	Gregg Weatherby		gweatherby@hotmail.com
Concessions Coordinator	Lauri Green		laurilynne08.lb@gmail.com
Coaching Coordinator	Gregg Weatherby		gweatherby@hotmail.com
Social Media Coordinator	Brooke VanDerzee		byoung0810@gmail.com
Sponsorship Coordinator	Casey Keller		caseyleekeller@gmail.com

Emergency Phone Numbers

All EMERGENCIES 911 - Trumansburg Fire Department NON EMERGENCY
[\(607\) 387-7131](tel:6073877131) Regional Poison Control [1-800-222-1222](tel:18002221222) Cayuga Immediate Care [\(607\) 319-5900](tel:6073195900) Cayuga Medical Center [\(607\) 274-4011](tel:6072744011) Trumansburg Police [\(607\) 387-6505](tel:6073876505)
(non-emergency2

If the victim loses consciousness, you MUST call 911

TLL Adult/Role Model CODE OF CONDUCT

The 2025 Trumansburg Little League Board of Directors has mandated the following code of conduct.

No board member, manager, coach, player, official or spectator shall at any time:

1. Touch, push, shove, strike, or otherwise threaten (physically or verbally) any other individual.
2. Exhibit unsportsmanlike conduct including the throwing of gloves, helmets, hats, bats, balls, or any other object.
3. Use or cause the use of unnecessarily rough tactics in the play of a game against opposing players.
4. Use profane, obscene or vulgar language.
5. Exhibit physical contact of a sexual or affectionate nature.
6. Appear anywhere in the facility while in an intoxicated state.
7. Gamble on any play or game.
8. Use tobacco (any form) near the field or on school property
9. Speak disrespectfully to any other manager, coach, player, official, spectator or board member.
10. Tamper or manipulate any league documents including, but not limited to, player rosters, game and tournament schedules, all-star affidavits, and scorebooks.
11. Challenge any umpire's authority. This conduct shall be maintained on any field or in any facility in which the team represents Trumansburg Little League including all-star and championship play.

The Board of Directors will review all infractions of the Conduct Code. Depending on the seriousness or frequency of the infraction, the board may assess additional disciplinary action up to and including expulsion from the league.

TLL Safety Code of Conduct

ASAP - What is it? In 1995, ASAP (A Safety Awareness Program) was introduced with the goal of re-emphasizing the position of Safety Officer “to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League Baseball”. This manual is offered as a tool to place some important information at managers’ and coaches’ finger tips.

Do ...

- Reassure and aid children who are injured, frightened, or lost
- Provide, or assist in obtaining, medical attention for those who require it.
- Know your limitations.
- Carry your first-aid kit 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 when your game or practice is at a facility that does not have any public phones.

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 (i.e., 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 Director of Safety immediately.

TLL Safety Code

Dedicated to Injury Prevention

- Arrangements should be made in advance of all games and practices for emergency medical services.
- First-aid kits have been given to each manager and it is his/ her responsibility to ask Safety Officer for more supplies if used
- No games or practices should be held when weather or field conditions are not good, Responsibility for Safety procedures should be that of an adult member of TLL particularly when lighting is inadequate. Always check email and Gamechanger for field closings.
- Grounds should be inspected frequently for holes, damage, stones, glass and other foreign objects. Any problems need to be reported to the safety officer.
- All team equipment should be stored within the team dugout, and not within the area defined by the umpires as “in play”.
- Only players, managers, coaches, and umpires are permitted on the playing field or in the dugout during games and practice sessions.
- Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose or the team’s manager and coaches.
- Procedure should be established for retrieving foul balls batted out of the playing area.

- During practice and games, all players should be alert and watching the batter on each pitch.
- During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches.
- All pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by, and thus endanger spectators (i.e., playing catch, pepper, swinging bats, etc.).
- Equipment should be inspected regularly for the condition of the equipment as well as for proper fit.
- Batters must wear Little League approved protective helmets during batting practice and games.
- Catchers must wear catcher's helmet, mask, throat guard, long model chest protector, shin guards and protective cup with athletic supporter at all times (males) for all practices and games. **NO EXCEPTIONS.** Managers should encourage all male players to wear protective cups and supporters for practices and games.
- During sliding practice, bases should not be strapped down or anchored.
- At no time should "horse play" be permitted on the playing field.
- Parents of players who wear glasses should be encouraged to provide "safety glasses." ●
- Players must not wear watches, rings, pins or metallic items during games and practices. ●
- The Catcher must wear a 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 also during practices.
- Speed Limit around the fields should be obeyed at all time.
- No Alcohol or Tobacco of any kind allowed in any field or common areas on school property
- No playing in parking lots at any time.
- No profanity.
- No throwing balls against dugouts
- No throwing rocks.
- Only a player at bat may swing a bat. Be alert of the area. No bat swinging is permitted in the on-deck area. No donut weights allowed.
- During the game, players must remain in the dugout area in an orderly fashion at all times.
- After each game, each team must clean up trash in the dugout.
- There are no dogs allowed on the
- No children under the age of 14 are to be permitted to umpire.

Failure to comply with the above may result in removal from the W-OLL field or complex. 10

Who Should Use This Manual

Parents/Spectators/Volunteers

Practice and game time can be hazardous to all spectators, particularly young children. Spectators are requested to remain vigilant during games and practices in order to ensure the safety of others as well as themselves. Spectators standing along the fences or behind the backstops or sitting in the bleachers should be wary of foul balls or errant throws. Supervising children can greatly reduce the chances of injury from batted or thrown balls, horseplay or other accidents. Maintaining safety is everyone's responsibility. If you spot an unsafe situation, please intervene or report the activity to a coach, umpire or other league official.

All spectators are expected to adhere to the TLL Code of Conduct.

Coaches

Before games/practices, coaches will:

- Walk the field for debris/foreign objects
- Inspect helmets, bats, catchers' gear
- Make sure a First Aid kit is available
- Check conditions of fences, backstops, bases and warning track
- Make sure a working telephone (includes cell phone) is available
- Hold a warm-up drill
- Be available to parents for communicating concerns or suggestions
- Meet with the opposing team coach and umpire to review safety rules, in particular the TLL rules related to darkness and weather.

Little League Volunteer Application

Each person who volunteers for TLL will be required to complete a Little League Volunteer Application. (see Appendix A)

Managers, coaches, board members, and any other persons, volunteers or hired workers, who provide regular service to the league and/or have repetitive access to or contact with players or teams must fill out an application form as well as provide a government-issued photo identification card for ID verification.

Anyone refusing to fill out a Volunteer Application is ineligible to be a league member.

A nationwide background check will be conducted utilizing JDP or a provider comparable to JDP in accessing background check records for sex offender registry data and other criminal records.

Background Checks

In order to help ensure the safety of the players, TLL will conduct a background check on all managers, coaches, TLL board members, parent volunteers, hired workers and any other individual that has repetitive contact with or access to the players or teams. Background checks must be conducted annually. Any individual who meets the above conditions and fails to submit a volunteer application will not be allowed to participate on behalf of TLL.

No exceptions.

The Safety Officer or other board member as may be designated by the President will conduct the background checks. No board member shall be allowed to conduct a background check on themselves. The Safety Officer (or other designee) will regularly provide the President with a list of individuals that have successfully passed the background check and will note on the volunteer's application that the background check was successful. Should the results of any background check show grounds for disqualification or any questionable activity, the Safety Officer will provide the results to the President for his/her final determination. In some cases, the President may put the decision to the TLL board members. The President will be responsible for notifying any volunteers that they have passed/failed the background check. ***No manager, coach, volunteer or board member may perform any W-OLL related duties until they have successfully completed a background check.***

For the 2025 season, TLL will be using JDP for background checks. The JDP national Criminal File database contains more than 270 million records including criminal and sex offender registry records covering 50 states and the District of Columbia. In order to complete the background check, First Advantage requires social security numbers. All volunteers will need to provide this information on their application. Upon completion of the background check, the Safety Officer (or designee) will redact all but the last four digits the applicant's social security numbers. ***Complete social security numbers must not be retained after the background check has been completed.***

First Aid Kit

Each team will be provided a fully stocked first aid kit that shall be kept in the dugout for all games and practices.

Player Equipment

Protective Equipment

Required Player Equipment

Defense Offense

Athletic Supporter – all male players **Helmet meeting NOCSAE standards** – all batters, base runners, and players in coaches boxes

Metal, fiber, or plastic type cup – all male catchers	Helmet chinstrap – all helmets made to have chinstrap (with snap buttons, etc.)
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Catcher's helmet and mask, with “dangling” throat guard; NO skull caps – all catchers; must be worn during pitcher warm-up, infield practice, while batter is in box

Regulation-sized ball for the game and division being played; marked RS for regular season or RS-T for regular season and tournament in baseball

Chest protector and leg protector – all catchers; must be worn while batter is in box; long model chest protector required for Little League (Majors) and younger catchers	Regulation-sized bat – all batters; Little League (Majors) and younger baseball divisions must have bat market with BPF 1.15 (baseball) or BPF 1.20 (softball)
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Catcher's mitt – all baseball catchers **Non-wood bats must have a drip of cork, tape, or composite material**, and must extend a minimum of 10 inches from the small end. Slippery tape is prohibited.

Required Field Equipment

1st, 2nd and 3rd bases that disengage from their anchors

Pitcher's plate and home plate

Players' benches behind protective fences
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Protective backstop and sideline fences

Optional Player Equipment

Defense Offense

Metal, fiber, or plastic type cup – any player, esp. infielders
Helmet – adults in coaches boxes

Pelvic protector – any female, esp. catchers	Helmet with Face-Guards or C-Flap meeting NOCSAE standards – all batters, esp. in younger divisions
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Heart Guard/XO Heart Shield/Female Rib Guard – any defensive players, esp. pitchers and infielders

Mouth Guard – batters, defensive players

Game-Face Safety Mask – any players, esp. infielders	Batters vest/Heart Guard/Heart Shield/Female Rib Guard – any batter
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Goggles/shatterproof glasses – any player, esp. infielders or those with vision limitations

Goggles/shatterproof glasses – any player, esp. infielders or those with vision limitations

	Regulation-sized reduced impact ball
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Optional Field Equipment

1st, 2nd and 3rd bases that disengage from their anchors

Pitcher's plate and home plate

Players' benches behind protective fences
--

Protective backstop and sideline fences

Prior to the start of the season, the Equipment Manager or his/her designees will inspect all league owned equipment, replace worn straps, worn helmet pads, etc., and discard cracked helmets and other damaged equipment. The Safety Officer or his/her designees will inspect the fields, bleachers, dugouts, fences, concession appliances, batting cages, pitching machines, extension cords, etc. and organize any repairs that may be necessary. The Safety Officer/Equipment Manager or their designees will inspect all maintenance equipment such as mowers, tractors, etc.

Each team will be provided with a first-aid kit. Before the start of each game or practice, each coach will make sure the first-aid kit is available and stocked with supplies. Should additional supplies be needed, coaches should contact the Safety Officer. A coach/manager from each team should verify that they have a working phone (or cell phone) that can be used to contact public safety in case of an emergency prior to the start of games or practices. Coaches/managers should periodically inspect bats and helmets. Any damaged equipment or illegal bats should be removed from the game/practice. If the equipment can be repaired, contact the Equipment Manager.

All bats need to comply with Little League standards. ***Parents/coaches – please see the Bats Section for more details on allowed bats.***

Bats

Baseball Requirements (for Majors and below)

- Non-wood bats must meet 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).
- Shall bear the USA Baseball logo signifying that the bat meets the USABat – USA Baseball's Youth Bat Performance Standard.
- No longer than 33 inches
- No more than 2 5/8 inches in diameter
- Solid one-piece wood barrel bats do not require a USA Baseball logo. ● Bats may be taped or fitted with a sleeve for a distance not exceeding 16 inches from the small end
- Slippery tape or similar material is prohibited
- ***Dented bats are prohibited***

Variations for Softball (for Majors and below)

- The bat shall be no more than 33 inches in length,
- not more than two and one-quarter (2¼) 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.
- If wood, not less than 15/16 inches (7/8 inch for bats less than 30 inches) in diameter at its smallest part

Helpful Link:

<http://www.littleleague.org/learn/equipment/baseballbatinfo.htm>

List of approved Little League bats:

<https://usabat.com/>

Helmets

All batters, base-runners and youths coaching bases must wear a NOCSAE approved helmet. Helmets for adult base coaches are optional.

Helmets should be properly sized for the player to reduce the risk of head injury due to a helmet falling off. Helmets with face guards are not required but parents are encouraged to consider this type of helmet as they can reduce the risk of dental or other facial injuries.

Cracked helmets or helmets that have received a hard hit should be discarded as the material can be compromised even though there may not be any visible cracks. Painting or applying stickers/decals can chemically degrade the material and may be unsafe. Little League rules require that written permission from the manufacturer be received before applying any paint, stickers or decals to a helmet.

Umpires and catchers (see also Catchers section) must wear appropriate helmets, masks and other protective equipment.

Catching Equipment

Male catchers must wear metal, fiber or plastic type cup and a long-model chest protector.

Female catchers must wear long or short model chest protectors.

All catchers must wear chest protectors with neck collar, throat guard, shin guards and catcher's helmet, all of which must meet Little League specifications and standards.

All catchers must wear a mask, "dangling" type throat protector and catcher's helmet during practice, pitcher warm-up, and games.

All catchers must wear a catcher's mitt. Skullcaps are *not* permitted.



Mouthguards

Mouthguards can be purchased at many fine sporting good and retail stores. It is recommended that children with braces or other dental appliances utilize mouth guards specifically designed for this situation.

Practice and Game Time Safety Tips

Field and Equipment Inspection

Coaches should visually inspect the field before the start of every game to ensure safety including fences, gates, bases and grounds.

Conditioning and Stretching

Conditioning is a very important part in the prevention of accidents. Studies have shown that stretching and contracting of muscles before an athletic event improves general control of movements, coordination and alertness. Conditioning and stretching also help develop the strength and stamina needed for the average player to compete with minimum accident exposure. The purpose for conditioning and stretching is to improve the flexibility of various muscle groups and to prevent the tearing of the muscle due to overexertion.

Never force a muscle group during stretching but rather in a gradual manner to encourage looseness and flexibility.

Areas to stretch before an athletic event: neck, back, arms, thighs, legs, and calves. Hold the stretch for at least 10 seconds. **Don't bounce while stretching.**

Calisthenics should also be an important part of pregame warm up. This is another way to stretch the muscle group as well as increasing the heart rate. When warming up using calisthenics use at least 10 repetitions per exercise, and keep the pace up and vary between upper and lower body exercises.

Hydration

In the summer months we usually think of dehydration. It does not matter if it is January or July, children must be encouraged to drink fluids even when they do not feel thirsty. As coaches, we must remember that when children become physically active, their muscles generate heat thereby increasing their body temperature. As these temperatures rise, the cooling mechanism – sweat – kicks in. When sweat evaporates, the body is cooled. If these fluids are not replaced, children can become overheated. Managers and coaches should schedule water breaks every 30 minutes during practices on hot days, and should encourage fluid intake between every inning.

Water is an excellent fluid, however, sports drinks and fruit juices can encourage children to drink more during events. When offering sports drinks and fruit juices, be careful of the carbohydrate level. These drinks should contain between 6 and 8 percent carbohydrates that is (15 to 18 grams per cup). If the concentrations are higher, then the sports drink or juice should be diluted with water on a 1 to 1 ratio. If drinks are high in carbohydrates, they may cause stomach cramps, nausea and diarrhea when the child becomes active. Caffeine contained in tea, coffee, and colas should also be avoided because it can dehydrate the body further.

Drinking Guidelines for Hot Day Activities:

Before: Drink 8 oz. immediately before exercise **Dehydration Signs:** Fatigue, flushed skin, light-headed

During: Drink at least 4 oz. every 20 minutes **What to Do:** Stop exercising, get out of the sun, drink **After:** Drink 16 oz. for every pound of weight lost **Severe Signs:** Muscle spasms, clumsiness, delirium

Pitchers and Pitch Counts

Managing the pitch count is the best tool coaches have to prevent serious injury to our children. Following a significant increase in “Tommy John” surgeries by younger pitchers, the American Sports Medicine Institute conducted a series of scientific studies to determine the significant contributors to arm problems. They examined a number of potential factors including, pitch counts, types of pitches, quality of mechanics and other factors. The number of pitches thrown was found to be the most significant contributor to arm problems. In fact, young pitchers who often **pitched past the point of fatigue were 36 times more likely to end up having surgery.** Participating in year-round baseball without sufficient rest (TLL suggests at least four months per year away from throwing) was also found to contribute to arm injuries.

Little League launched its pitch count program (Pitch Smart) in 2006. With limits set for different amounts of pitches for different age groups, Little League has been diligent in protecting young arms since establishing strict pitching rules. With many baseball players participating in Little League and other youth baseball programs, it is important for parents and coaches to use the Pitch Smart campaign and the Little League pitch count program to ensure young pitching arms stay safe.

Little League strongly encourages all Little League volunteers, parents, and officials to review PitchSmart.org and share it with others.

W-OLL coaches and managers are expected to strictly adhere to Little League pitch count rules for **baseball** (softball does not have pitch count restrictions.) A summary of the pitch count and rest rules are provided below. For complete rules see Section VI of the Little League Official Regulations and Playing Rules.

Max Pitch Count by League Age: 13-16 – 95 pitches per day 11-12 – 85 pitches per day 9-10 – 75 pitches per day 7-8 – 50 pitches per day
Required Minimum Rest Days 1-20 Pitches = 0 Days Rest 21-35 Pitches = 1 Day Rest 36-50 Pitches = 2 Days Rest 51-65 Pitches = 3 Days Rest 66+ Pitches = 4 Days Rest

League Age is defined as the age of the player on **August 31st** of the current year. You can determine a player's league age by using the calculator within the link below:
<https://www.littleleague.org/play-little-league/determine-league-age/>

A **Calendar Day of Rest** is defined as a complete calendar day off. For example, a 12 year old who throws 35 pitches on a Saturday morning is not eligible to pitch until Monday. If there is a game on Sunday night, he/she is not eligible to pitch in that game.

Exceptions:

- 1) A pitcher may complete the batter if he/she reaches their pitch limit in the middle of an at bat.
- 2) A pitcher may not pitch in more than one game per day.
- 3) A player who has caught 4 or more innings in a game may not pitch that **day**.
- 4) A pitcher who throws 41 or more pitches in a game cannot play catcher for the **rest of that day**.
- 5) 12 year olds cannot pitch in the minors.

*Little League Rulebook - Regular Season Pitching Rules VI(c)

Warning Signs

If any of the following red flags persist for more than two weeks, consult a sports medicine specialist:

Sharp pain to the shoulder that increases with throwing.

Painful clicking, catching or popping with throwing or overhead movement

Increased, unexplained weakness in the shoulder, forearm or wrist.

Increased prolonged achiness to shoulder following throwing.

A painful arc of movement when raising the arm.

Numbness or tingling in the forearm or fingers.

Pitch Tracking Tips:

- Have your scorekeeper track pitches on GameChanger - allowing for accuracy and transparency.
- Have your official scorekeeper track pitch count.
- Track balls/strikes/fouls/HBP on the score sheet.
- Track pitches on a separate tally sheet.
- Use a pitch counter.
- Record final tally on the score sheet for the coaches/managers.

Game Day Tips:

- Make sure the pitcher is warmed up properly before throwing in a game.
- Returning pitchers are allowed 8 warm-up throws (or 1 minute) before the start of an inning. Use them!
- Utilize a “bullpen” catcher to warm up your pitcher between innings.

Practices

Pitches thrown in practice and during warm-up do not count toward the Little League pitch count. However, we ask that all coaches/managers be mindful of the amount of pitches thrown during practice and games.

Note: Rules for tournament play and softball may vary.

On-Deck Hitters

Little League rules strictly prohibit on-deck batters

Facility and Equipment

TLL Facility Policy

1. The TLL President shall issue keys to the equipment facility.
2. Keys shall be returned to the LL PTresident once someone ceases to have responsibilities for the equipment.
3. Equipment facilities shall be locked at all times.
4. All individuals with keys to the equipment facility shall be aware of the responsibility for the orderly and safe storage of heavy equipment and hazardous materials.
5. All chemicals located in the equipment facility shall be labeled and stored in its original container if available.
6. Any loose chemicals within the equipment facility shall be cleaned and disposed of to prevent accidental poisoning.
7. Dispose of outdated products as recommended by the manufacturer.
8. Use chemicals only in well-ventilated areas.
9. Wear proper protective clothing when handling toxic substances.

Machinery

Tractors, mowers, gators, golf carts and other heavy machinery will:

1. Be operated by appointed staff only.
2. Never operated under the influence of alcohol or drugs.
3. Not to be operated by a person under the age of 16.
4. Never operated in a careless and reckless manner.
5. Never be operated or ridden in a precarious or dangerous way.

Coaching Baseball Fundamentals

Overview

The Goal of Wells Ogunquit Little League is to instill the love of the games of Baseball and Softball in our players. “Success Brings Success!”

Fundamental Skills Training

Criteria for Success

As a way of establishing a more standardized guideline for evaluating players skills in batting, fielding and throwing, managers should use the following criteria for assigning the ratings.

BATTING:	
Majors	Always steps forward into the pitch with weight on toes
	Good exchange of weight from rear foot to front
	Rapid motion on hips forward in sync with swing
	Head movement minimum
	Hands extend forward and away from body
	Swing is level
	Makes good contact with ball the majority of the time
Minors	Steps forward, but step is not always the same (sometimes forward, sometimes to the side. Also stride may vary in distance)
	Weight is not always on toes (sometimes on heels)
	Weight exchange only partial (still a lot of weight on back foot)
	Swing could be quicker and more forceful
	Hips do turn, but only partially
	Hits ball, but not hard (contact majority of the time)
	Hands not always extended at swing
Beginners	Doesn't take a stride
	Hips flat, no turn
	Swing with hands tight to body (no extension)
	Eyes don't follow the ball
	Hands and waist locked, don't turn over
	Consistently misses ball

FIELDING:	
Majors	Catches ball in middle of body (not off to side)

	Glove fingers up for ball above waist and down for below the waist
	Ability to apply above while moving laterally to catch ball
	Catches ground balls away from body with arms extended
	Ability to catch fly balls hit in the area. Also turns on fly ball, doesn't back peddle
	Overall catches great majority of balls hit in his/her area
Minors	Attempts to catch ball in the middle of the body and does so some of the time
	Does move towards ball, not hit at them
	Attempts to have glove fingers up on fly balls and down on grounders
	Successful in majority attempts in fielding ball (will always put glove on ball)
	Generally can judge fly balls and put glove on them
Beginners	No movement towards the ball with body
	Consistently unable to get the glove on the ball
	Doesn't follow ball with eyes
	Doesn't have ability to catch any balls
THROWING:	
Majors	Throws ball either directly overhead or $\frac{3}{4}$ arm
	Throws with elbow forward
	Takes step with correct foot when throwing
	Doesn't release ball until front foot set and rolls over it (throwing hand releases ball after front foot is set on ground)
	Throws in direction intended
	Has a smooth, strong throwing technique (arm extended back, then elbow forward, then follow through in conjunction with forward step)
Minors	Doesn't always take a step when throwing
	Elbow not always forward (sometimes pushes the ball). Also may not extend arm back prior to throwing (short arms the ball).
	Not real accurate
	Not a strong or smooth throw
Beginners	Throws consistently with elbow down and off to the side
	Never takes a step, throws with wrong foot forward
	Not much speed or distance on throws

Safety Resources

First Aid Training

Outline requirements, annual safety training, develop tracking spreadsheet

Communicable Disease Procedures

1. Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the athlete may continue.
2. Routinely use gloves to prevent mucous membrane exposure when contact with blood or other body fluids are anticipated (provided in first-aid kit).
3. Immediately wash hands and other skin surfaces if contaminated with blood.
4. Clean all blood contaminated surfaces and equipment.
5. Managers, coaches, and volunteers with open wounds should refrain from all direct contact until the condition is resolved.
6. Follow accepted guidelines in the immediate control of bleeding and disposal when handling bloody dressings, mouth guards and other articles containing body fluids.

Weather

These are the steps to take to determine to delay or stop practice or play.

Rain: If it begins to rain the manager or coach should evaluate the strength and direction of the storm and evaluate the playing field as it becomes more saturated with water. If the playing conditions become unsafe, stop the practice. In a game situation, consult with the other coach and umpire to formulate a decision.

Lightning: If you can HEAR, SEE, OR FEEL A THUNDERSTORM, SUSPEND ALL GAMES AND PRACTICES IMMEDIATELY. Stay away from metal objects. Don't hold metal bats. Have players walk, not run, to their parent's or designated driver's car and await a decision on whether to continue play. Players and Coaches are not permitted to stay in the dugouts during a thunderstorm.

Consider the following facts:

- The average lightning strike 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 due to the possibility of lightning strikes coming from the storm's overhanging anvil clouds.
- On the 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.

Rule of Thumb

The ultimate truth about lightning is that it is unpredictable and cannot be prevented. Therefore, a manager, coach, or umpire who feels threatened by an approaching storm should stop play and get the kids to safety- regardless of whether or not the lightning detector has been used and has gone off or if the "flash-bang" proximity measure applies.

Where to Go?

No place is absolutely safe from the lightning threat, but some places are safer than others. Large shelters (substantially constructed buildings) are the safest! For the majority of participants, the best area for them to seek shelter is in a fully enclosed metal vehicle with the windows up. If you are stranded in an open area and cannot get to shelter in a car, put your feet together, crouch down, and put your hands over your ears (to try and prevent eardrum damage).

Where NOT to Go!! Avoid high places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters, dugouts, flagpoles, light poles, bleachers (metal or wood), metal fences, and water.

WHEN YOU SEE IT - FLEE IT WHEN YOU HEAR IT - CLEAR IT

First Aid to a Lightning Victim

Typically, the lightning victim exhibits similar symptoms as that of someone suffering from a heart attack. In addition to calling 911, the rescuer should consider the following:

- The first tenet of emergency care is “make no more casualties”. If the victim is in a high-risk area (open field, isolated tree, etc.) the rescuer should determine if movement from that area is necessary - lightning can and does strike the same place twice. If the rescuer is at risk, and movement of the victim is a viable option, it should be done.
- If the victim is not breathing, start mouth-to-mouth resuscitation. If it is decided to move the victim, give a few quick breaths prior to moving them.
- Determine if the victim has a pulse. If no pulse is detected, start cardiac compressions as well.

Note: CPR should only be administered by a person knowledgeable and trained in the technique.

Concussions

Trumansburg Little League cares deeply about the safety of its players. Thus, we ask coaches to understand the symptoms of concussions.

1. COACHES TRAINING

All head coaches should take the following on-line training from the Centers for Disease Control:

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

2. PLAYERS WHO HAVE SUFFERED POSSIBLE CONCUSSIONS

Pursuant to CDC training and TLL policy, any TLL player who has received a blow to the head and demonstrates one or more signs/symptoms of a concussion during practice or a game must be seen by a medical professional to rule out concussion. That player may not resume playing for his/her team, in either practices or games, until the player's head coach receives written medical clearance from the player's medical provider. The medical clearance must state either:

- (1) The player did not receive a concussion from the blow to the head; or
- (2) The player did receive a concussion from the blow to the head, but has sufficiently recovered such that he/she can return to play.

3. DISTRIBUTION OF MATERIALS

The league will provide all coaches with handouts about concussions from the CDC to keep with their scorekeeping materials. These brief materials will remind coaches of proper action in case of a possible concussion. These materials will also be placed in the Snack Shack.

3. COMMUNICATION TO COMMUNITY

The league will post this policy, along with links to important material, on its website. The league will also send a message out to parents and other community stating its policy and emphasizing the importance of concussion awareness.

HEADS UP CONCUSSION in SPORTS

STATISTICS
In 2009, **NEARLY 250,000 KIDS AND TEENS** were treated in emergency departments for sports and recreation-related TBI, including concussion.

WHEN IN DOUBT, >> SIT THEM OUT!

WHEN APPROPRIATE MAKE SURE AN ATHLETE USES THE CORRECT HELMET FOR THEIR ACTIVITY.

LEARN CONCUSSION SIGNS SYMPTOMS

SEE FULL LIST OF SYMPTOMS @ www.cdc.gov/Concussion

- Headache
- Dizziness
- Blurred Vision
- Difficulty Thinking Clearly
- Sensitivity to Noise & Light

if YOU THINK AN ATHLETE HAS A CONCUSSION USE THE HEADS UP ACTION PLAN

- 1 Remove the athlete from play.
- 2 Keep the athlete out of play the day of the injury.
- 3 An athlete should only return to play with permission from an appropriate health care professional.

Wearing a helmet can help protect athletes from serious brain or head injuries.

THERE IS NO "CONCUSSION-PROOF" HELMET.

HELP KEEP ATHLETES SAFE from CONCUSSIONS AND OTHER SERIOUS BRAIN INJURIES

- REPORT IT**: Remind your athletes to tell coaching staff right away if they think they have a concussion or that a team mate has a concussion.
- FOLLOW THE RULES**: Make sure that athletes follow the rules for safety and the rules of the sport.
- SPORTSMANSHIP**: Encourage athletes to practice good sportsmanship at all times.
- ACTION PLAN**: Keep the Heads Up Action Plan at all games and practices.

LEARN more AT:
www.cdc.gov/Concussion

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Little League Child Protection Program

TLL takes our responsibility to provide a safe environment free from sexual or other forms of child abuse very seriously. To that extent, TLL has adopted the Little League International policy for Child Protection. We believe this will help ensure not only a positive atmosphere for our players but also a safe one free from abuse. Please follow the below link to learn more about this policy:

[LITTLE LEAGUE® CHILD PROTECTION PROGRAM](#)

Safety Preliminaries

Field Inspection

All managers, and/or coaches and/or umpires are required to walk the entire field to identify any hazards. Such hazards could be; holes in the fencing, holes in the playing field, unstable bases, and dangerous field/playing conditions. Any hazards should be eliminated prior to start of play and reported to the safety officer within 24 hours.

Reporting Accidents

All accidents and injuries shall be reported to the league safety officer within 24 hours. After notification the safety officer will notify the TLL President in which all information will be recorded and the proper forms completed and mailed to the insurance representative. If the safety officer is unavailable, the TLL President is to be notified of the accident or injury. If the TLL President or safety officer cannot be located on the facility grounds, any board member can be notified of the accident or injury (see list of phone numbers located on page (2) in this Safety Plan manual. Please utilize the link below to access the proper form for reporting an accident:

Accident Notification Form:

<https://www.littleleague.org/downloads/accident-claim-form/>

Claim Form Instructions:

<https://www.littleleague.org/downloads/accident-claim-form-instructions/>

Accident Reporting Procedures

What to report - An incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the Safety Officer. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest.

When to report - All such incidents described above must be reported to the Safety Officer *within 48 hours of the incident*. The Safety Officer for 2025 is Dustin VanDerzee, and he can be reached at the following: dustinvanderzee@gmail.com or (607) 342-2794

Appendix A - TLL 2025 Forms

[Little League Volunteer Application \(and Background Check Authorization\)](#)

[Accident Notification Form](#)

Facilities – 100 Whig St, Trumansburg, NY 14886

Directions to Complex: fields located behind Trumansburg Elementary and Middle Schools.