# Westport Little League Baseball Coaches Handbook

**Version 4.5 – 4/6/18**

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List of Revisions

2/28/09 (v 1.5) – Added chapter designations to page numbers for easier printing after modifications. Added sections 7 and 8 which highlight the differences between the various leagues.

3/23/09 (v 1.6) – Revised section 8 to incorporate updated minimum playing requirements for AA.

1/12/10 (v 1.7) – Added specific instructions to the FAQ (Chapter 3 Part G) for how coaches should enter scores and pitch counts; referenced these instructions in Chapter 4. Revised the FAQ entry on ties to exactly reflect the Green Book rule. Revised the Pitch Count Rule Implementation section to conform to the 2010 mandated changes, as well as any related items in the FAQ (e.g. pitching in suspended games). Clarified AA/AAA/Minors rules regarding how to treat at-bats by injured players. Updated Board of Directors.

2/26/10 (v 1.8) – Updated Board Members. Deleted Fall Section. Added info on wood bats.

3/28/10 (v 1.9) – Umpires FAQ now includes info on new national LL rule requiring adult supervisors if no umpire is 18 or older. In baseball, new LL rule dictates if you catch in at least four innings, you may not pitch in that game. AA/AAA mods slightly edited.

4/15/11 (v 2.0) – Updated Board Members. Updated all references to the old web site and replaced them with info applicable to the new one. As Westport is now one charter, removed all references to the American and National league distinction; updated playoff seeding rules accordingly. Merged sections of the pitch count implementation with the FAQ. Rearranged section order.

3/23/12 (v 2.1) – Deleted Board Members section as that is best left to the web site. Added rule change for dropped third strike in Majors. Changed call-up rule for Majors. Modified umpire related procedures. Modified acceptable length for AA games.

3/30/12 (v 2.2) – Clarified that the home team coach(es) pay the umpires, clarified procedures for dealing with players leaving early or getting hurt in Majors, added 6-run rule for Majors, added the use of Arbiter to schedule and evaluate umpires.

4/20/13 (v 3.0) – Added info about umpire no-shows and evaluations. Clarified how to decide complete but unfinished games. Changed all Majors rules to reflect continuous batting. Added catcher speed-up rule for all leagues. Revised minimum playing time, run limit, and forfeit rules. Added mandate, for insurance purposes, that all additional practices be made through the Field Scheduler.

6/4/13 (v 3.1) – Modified playing time rule to read: “With the exception of Majors, no player may sit more than 1 inning until everyone else has sat out 1 inning (unless injured).” Clarified that an AA team must have four outfielders if they have at least 10 players.
1/12/2018 (v 4.0) – Replaced GNHBL with East Shore. Updated AA/AAA/Minors references to A/AA/AAA. Added discouragement for people head coaching two teams in leagues A-Majors. Updated equipment deposit checks to $100 for all levels (down from $300 for A-Majors). Updated how to reschedule games/practices via the web site. Deleted all references to parents being required to volunteer at the concession stand. Updated the pitch count modifications. Added new rules for Cap 2 and A to account for pitching machines. Modified PK/K to account for the use of tees.

1/31/2018 (v 4.1) – Updating with 2018 national LL approved rule changes for 3-day pitching max.

3/30/2018 (v 4.2) – Updated AA rules. Replaced the written differences between the leagues with a graphic. (v 4.3) Released version for website.

4/1/2018 (v4.4) – Updated how to enter game statistics (no more green icon)

4/6/2018 (v4.5) – Added FAQ questions for District and post-season team selection
1. About Westport Baseball and Softball, Inc.

The town of Westport offers a variety of baseball and softball programs for children under the auspices of Westport Baseball and Softball, Inc. aka the Westport Little League (WLL). The WLL is a charter member of Little League Baseball Inc. and has been for over 50 years. WLL is also a member of the Babe Ruth League, Inc., American Legion Baseball, and the East Shore Travel League (AAU).

For more information about WBS, Inc., including a list of our Directors and Officers, please visit our corporate web site at http://www.westportbaseballandsoftball.com.
2. **Westport Baseball and Softball Conduct Policy**

There have been a disturbing number of reported incidents throughout the country involving acts of violence, abuse and inappropriate behavior by parents, spectators, managers and coaches in youth sports leagues. In an effort to avoid any such incident, Westport Baseball and Softball has and does hereby adopt a policy of zero tolerance with respect to ANY conduct that is deemed to be inappropriate or abusive in connection with League activities. Accordingly, all Westport Baseball and Softball coaches, players, family members and spectators are hereby expected to comply with and conform to the following guidelines:

1. At no time whatsoever will any abusive or inappropriate conduct, including profane language, be tolerated.

2. Rooting and cheering for teams and players in a positive manner is highly encouraged; rooting against a team or player is not acceptable.

3. At all times proper respect and courtesy is to be shown toward all players, managers, coaches, umpires and other spectators.

4. At any time that a person’s conduct fails to conform to these guidelines, a game umpire or league official may request and direct such a person to immediately cease such conduct. If such conduct continues, the umpire or a league official may direct that person to immediately leave the premises. Upon review, the league may impose additional sanctions.

Over the years, Westport Baseball and Softball has been a highly successful program, and has provided many moments of fun and joy for all players, their parents, relatives, managers and coaches. We fully expect this to continue in the future, and will very much appreciate that these simple guidelines be followed. This will allow everyone to continue enjoying the game for the benefit of all participants.

**Important Notice:** All coaches for all levels of baseball and softball must hold current coaching certification with the National Association of Youth Sports. The NYSCA volunteer coach training program is designed to sensitize volunteer coaches to their responsibilities and hold them accountable to a strict Code of Conduct defined by the NYSCA Coaches’. It is the intent of the Westport Parks and Recreation Department in coordination with Westport Baseball, to develop community standards for youth sports activities aimed at providing a safe and positive youth sports experience for the young people of the Town of Westport. Coaches can become certified by going to [http://www.navs.org](http://www.navs.org) (National Alliance for Youth Sports) and clicking on the NYSCA program. Once a coach takes the online course, he/she is able to coach in any youth sports league in Town and then is required to keep their certification current by renewing their membership in the NYSCA each year.
3. Westport Little League Frequently Asked Questions (FAQ)

Important: The Westport Little League has adopted the National Little League’s “Official Regulations and Playing Rules” (aka “The Green Book”) to govern all games involving its Little League teams. However, where applicable, any Westport rule changes and interpretations shall supersede the Green Book. Coaches may not agree to change any rules without prior consent from their League Commissioner.

A. Pre-Season

Q. What are the procedures for becoming a Westport Little League coach?
A. Coaching assignments are determined by the applicable league commissioner (consult the web site for the most current contact information). All parents who wish to coach should check the applicable box when registering their child, as well as register as such on the web site. While first preference is given to parents, where needed, community members with a strong desire to volunteer may be considered; those not registering their child should contact the applicable commissioner directly. For grade 3 and above, typically the league forms a coaching pair before the drafts and allows teams to add a league approved third coach from among the parents of the players drafted. Because of potential game and practice time conflicts for A ball through Majors, a person may only be the head coach of one team among those leagues.

Q. When are evaluations held, who may attend, and how are they organized?
A. Evaluations for Little League eligible players in grades 3-7 are typically held on a Saturday in early March in the Staples fieldhouse. Please consult the web site around this time for exact dates and times. All coaches and their assistants may attend. Parents are not permitted to watch. There will be separate time slots for grade 3 (A), grade 4 (AA), and grades 5-7 (AAA/Majors). Typically a child will be given 3-4 balls from a pitching machine to hit, given a chance to throw 3-4 pitches to a volunteer adult catcher, rolled several grounders to throw to first base, and thrown a few pop-ups to catch, before they themselves move to first base. League commissioners will hand out two evaluation sheets per team and give instructions on the rating system that should be applied for consistency. All coaches’ sons must attend the tryouts or else they will be assigned the highest possible rating for the purposes of the draft.

Important: Player ratings and draft order are not to be discussed with anyone – which especially includes your children -- other than your fellow coaches and league commissioner. Violating this rule is a cause for suspension of coaching privileges!

Q. When is the draft and how is it organized?
A. Drafts are usually held after evaluations in March. Only coaches and their commissioner approved assistant may attend drafts. Your commissioner will provide you with the exact date, time, and procedures to be followed. Draft night can be a long involved process, so please come prepared.

Q. How do I reserve a practice field/batting cage? When do practices begin?
Practice fields and times are assigned by the Fields Scheduler based on requests made via an on-line form made available to each league’s coaches. Majors teams get first priority, followed by AAA, AA, and so on to PK/K. No team may begin practicing on Little League or Town Fields until they have been released by the League and Parks and Recreation Department respectively (please check the web site home page for such notice). Each team will be assigned one practice slot per week. During the pre-season, teams may request additional practice slots on an as-needed basis.
Please note that evening practice schedules may be modified to reflect the available daylight. Teams should understand that make-up games take precedence over practices. Please consult the “Game Scheduling” section for information about rescheduling games. If a team wishes to schedule specific add-on practices, or reserve either of the two batting cages at the Town Fields, they should also contact the Fields Scheduler.

Q. What equipment will I be provided and how do I get it?
A. Each team will receive the following: equipment bag(s), at least one helmet, flat bases (grades K-2 only), balls, ice packs, first aid kit, and a bucket for balls which can be used as a seat to pitch batting practice. For grades 3 and up, we add catcher’s gear (note: some left-handed catcher’s mitts are available upon request), scorebooks, a protective cup and a pitch counter. Distribution will be at the storage container between Kowalsky and White fields at a date/time to be determined. Please note that any equipment provided by parents or coaches must display it is Little League approved. Any coach who finds equipment left on the fields should bring it to the nearest concession stand.

While we do provide bats to teams, most teams/players use their own. Coaches and players should be aware of proper care and maintenance of bats. In particular, be aware that many manufacturers state that the use of composite bats in weather below 65 degrees or with dimpled balls (used in batting cages) can ruin them. For Majors and AAA teams, only wood bats are allowed.

One of the league’s biggest ongoing problems is getting our equipment returned at the end of the season. We therefore require each team to issue Westport Little League a $100 check as collateral. At the end of the season, the league will organize several equipment return dates. If necessary, two weeks after the last return date, the league will deposit any checks it still has in its possession from any coach who has not returned his/her team’s equipment.

Q. What uniforms will I be provided and how do I get it?
The league provides shirts, socks, and hats (and wood bats for Majors and AAA). Pickup by coaches will be at the Athletic Shoe Factory Outdoors [1554 Post Rd East, Westport, CT 06880; 203-254-9246; ASFWestport@aol.com; Hours of operation: Mon - Sat 10am to 6pm, Sun - 11am to 4pm (ASF Outdoors is the building on right)] at a date and time to be announced. Your players should provide their own white pants (plain white for grades PK-2, blue/black pin stripes for grades 3 and above), a dark blue or black baseball belt, and rubber (not metal) baseball cleats.

NOTE: No equipment or uniforms will be given out to a team until all their coaches have submitted both 1) a Child Protection form, and 2) an updated NAYS Certification. See below.

Q. How do I enter my team rosters on the web site?
A. This is only required for grades 3 (A) and above where drafts are held. For the lower grades, your league Commissioner will enter the roster, but you should check it carefully once it is posted.

Q. What do I need to communicate to my parents at the beginning of the season?
A. In addition to all the practical information regarding schedule, roster, equipment, uniforms, etc., all coaches should clearly explain to parents that Westport Little League is a volunteer organization and parents in A and higher leagues will be required during the course of the season to help out with pitch counting. Coaches should draft a schedule for volunteers at the beginning of the season (or if possible draft another parent to coordinate this) and, if possible, send an email reminder each week of the upcoming schedule. You should also carefully review with parents (and players) the Westport Baseball and Softball Conduct Policy. For reference, all parents should be required to read the Westport Baseball and Softball Parents Handbook.


B. Umpire Scheduling and Payment

Q. Who should call the umpires to confirm their availability?
A. Our website sends automatic notifications to umpires including reminders the day before so coaches need only jot down the names of their umpires for reference. If any currently scheduled umpire does not show up to a game, regardless of whether a replacement does instead, the home team coach must notify the Umpire Coordinator as such by email.

The current Umpire Coordinator is Tom Olson: noslomotc@gmail.com.

Q. How much do I pay each umpire?
A. $30 for home plate umpires; $20 for field umpires—payable prior to the start of the game by the home team coach(es).

Q. What if only one of two umpires shows up. Do I add the other’s pay to his?
A. If there is only one umpire, please pay $40.

Q. How and when do I get reimbursed for money I pay the umpires?
A. Coaches will be able to claim reimbursement at the conclusion of the season. Please keep track of dates and amounts paid.

Q. Are we looking for more adult umpire volunteers?
A. As always, we highly encourage coaches to serve as umpires during the course of the season for games outside of their own league. From personal experience, we know it gives coaches a much better appreciation of the challenges of umpiring and with the new adult supervisor rule it would lessen the burden of other coaches during the game. We are also always looking for qualified non-coach adults to umpire games (who also must be approved by WLL, and submit Child Protection forms and obtain NAYS certification). Our non-patch adult umpires are all volunteer – not paid.

Q. What steps are being taken to achieve quality assurance among all the umpires?
A. Unless we get consistent feedback from coaches, it is hard for us to know who the better and weaker umps are. To that end, for the 2018 season, our umpire-in-chief Brian Kurtz requests that after each game, coaches send him a quick e-mail (to umpkurtz@gmail.com) and rate the umpires at the game on two broad categories.

1) Attitude - On a scale of 1 to 5, with 5 being the best: How did the umpire present himself and show the right attitude (e.g. dressed with a blue shirt, not checking cell phone in the field, "wanted to be there," treated the game like a "job", showed respect for coaches, etc.)?

2) Ability - On a scale of 1 to 5, with 5 being the best: How would you rate them as an umpire (mostly based on "the big 6" that Brian stressed to them in the umpire clinics: Ball, Strike, Out, Safe, Fair, Foul)? We can't expect these kids to be rules experts, but if you feel they had very bad knowledge of the rules, you can reflect that in the rating.

You can also add comments on any umpire at your discretion in addition to the two 1 to 5 ratings. If you know the names of the umpires, send them with the ratings; if you don't, just list the day, time, field and league (A, AA, AAA, Majors) and we'll be able to figure out their name. Make sure you indicate home plate vs. base umpire if you are rating two umpires.
We understand that this won't be possible to do after every game, but the more you can do it, the better we can evaluate our kids and assign the better umpires to more games. Brian has also instructed the umpires to contact him after any game (as quickly as they can) if there were any incidents on the field that he needs to know about. Coaches should do the same.

Finally, Brian will be behind home plate almost every Saturday morning on White Field at 9 a.m. Feel free to come see him anytime during the season with questions, comments or ideas or email him anytime at umpkurtz@gmail.com.
C. Game Scheduling, Delays, and Cancellations

Note: No regularly scheduled games may be re-scheduled due to conflicts without the permission of your league commissioner!

Q. What is the official source for weather related delays or cancellations?
A. The web site is the only source. Check under Field Status. If you are playing a game, automatic notification will be sent out by email (and text if you list a carrier) and updated on social media (Facebook and Twitter) when a game is cancelled. [There are no phone lines that apply to WLL. We maintain many of our fields and will update closures. Therefore, please disregard the Parks & Rec hotline.] Every effort is made to update field status by 3pm during the weekday, and 8am on the weekend. Nevertheless, on inclement days, always check the web site before heading to the field. [Regarding practices, if the cancellation notice is not posted on the website, coaches should use their judgment and notify their team if they cancel.] Spring weather in New England is always wet, cold and changeable. After pre-season, we will try to get games played when there is not risk of injury or damage to the fields, so players and spectators should be prepared and dress appropriately.

Q. It started raining after the game started. Who decides if a game is canceled?
A. The umpires. If the umpires are under 18, it should be a joint decision with the coaches. If anyone feels it is not safe, play should be stopped. Games can be played through light rain or dampness, but should be delayed or canceled if safety is an issue (e.g. if the bat, ball, or any part of the playing surface become too slippery, if vision is impaired, puddles are forming, etc.). If lightning is spotted, all players must leave the field (into cars—concession stands and dugouts are not safe); the game is either canceled or halted for at least 30 minutes.

Q. If the field is wet or otherwise unplayable when I arrive, what should I do?
A. In general, all field repairs should be performed by our landscaping company which will always be on alert if rain is in the forecast. Please notify the site supervisor if your field appears unplayable. In extreme cases only, coaches may rake away puddles provided NO water from the dirt/clay area is pushed onto the grass as it will cause it to die! Coaches are NOT authorized to apply any foreign substance such as drying agent, clay, dirt, etc.

Q. If a game or practice is rained out, who reschedules it and how?
A. Sometimes, if an entire slate of Saturday games is rained out, the league will attempt to play them on Sunday. If games are rained out and not rescheduled by the league, it is the Home Team’s responsibility to reschedule them.

The procedure for rescheduling a game or practice is detailed on the website under Little League Main Menu>For Coaches>Game/Practice Requests. Makeup games shall take precedence over scheduled practices ONLY when properly executed. If the proper channels are not followed, the practice will supersede the makeup game. All make up games MUST be made up by the second Friday from the cancellation date or the end of the regular season whichever comes first. If you have not made the game up within that period, WLL will arbitrarily schedule the game. Failure to reschedule a game will result in a loss for the home team and a win for the visitor. Teams with rescheduling problems must call their league commissioner to intercede to avoid the loss penalty.
Q. What constitutes a regulation game? What constitutes a complete game? Can a game end in a tie? When are games continued?
A. A game is considered “regulation” when one full inning has been completed. If a game is rained out prior to being regulation, it must be replayed in its entirety. No records are kept, including pitch counts if a full inning is not played.

A game is considered “complete” if four full innings have been played (3 innings for the A league) or the visiting team is not leading after 3.5 innings (2.5 innings for the A league). If a regulation game is not complete when called, it must be continued exactly from where it left off. In such events, all appropriate pitching and substitution rules will apply. A complete game is not always a “finished” game.

For example, if a game is complete when called but the current inning is incomplete (i.e. a pitch has been thrown), the following priority (per Green Book Rule 4.11) shall apply:
1. If the home team is leading, the home team wins.
Otherwise:
2. If the game is tied because the home team scored one or more runs in the incomplete inning, the game shall be continued.
Otherwise:
3. The score reverts to the end of the prior inning.

If a game that reverts to a prior inning is tied, the game must be continued from where it left off; if the score is not tied in the prior inning, the team leading is the winner. For continued games, all appropriate pitching and substitution rules will apply. For complete games that are not continued (i.e. they are decided by reverting to the prior inning), all statistics in the incomplete inning are wiped out, with the exception of pitches thrown. Please see the question above related to rain-outs for the procedure to reschedule a tie game.

Q. If a game is continued (not rescheduled), what are the implications for who can and cannot pitch in it?
A. Any player 1) not removed from the mound prior to the game being halted, and 2) that has observed the required number of days of rest preceding the continued game, is eligible to pitch in the continued game. All eligible pitchers, including the pitcher on the mound at the time of the halt, shall have their pitch count begin at zero. Please also note that no player may pitch in two games on the same day regardless of their duration.

Q. If a game is rescheduled (not continued), what are the implications for who can and cannot pitch in it?
A. A rescheduled game is treated no differently than a regularly scheduled game for the purposes of pitching eligibility. However, as rescheduled games can put a strain on pitching, please consult the “Special Make-Up Game Modifications and Guidance” section of the Westport Spring 2018 Pitch Count Rule Implementation chapter.
D. Fielding a Team

Q. How many kids do I need to avoid forfeiting a game?
A. Majors teams need eight players to start a game. All other leagues need seven. Once a game starts, Majors and AAA teams must field at least seven players, while AA and A must field at least six players, to avoid a forfeit.

Q. I am going to be short players for a game. How can I add players to my team?
A. If an AA, AAA or Majors team expects to have less than 10 players present for a game, they should call-up players from the league directly below them. The commissioner of each league will supply its teams with a list of approved call-ups. All call-ups must come from the approved list. All call-ups must meet the individual playing time requirements for each league, but to ensure maximum playing time for regulars, no call-up may play more innings in the field than any of the regulars. No call-ups may ever pitch, and no call-up shall play for more than three games with the same team. Any exceptions to these rules must be prior approved by the league commissioner. Note: If the requesting coach is also the league commissioner, the transaction shall be approved instead by his supervisor.

Q. How long can I delay a game from starting if I can’t field seven players (eight for Majors) but I know I have additional players who will be late arriving?
A. There is no grace period for late arriving players. However, this does not preclude coaches from mutually agreeing to delay a start time under compelling circumstances.

Q. If a player arrives after the game has begun, where can I insert him/her?
A. Late arriving players must be inserted at the bottom of the lineup.

Q. A player on my Majors team is not able to finish out the season. Should I replace him?
A. Any Majors team that loses a player for the remainder of the season must immediately notify the league commissioner, who shall consult with his supervisor to determine if a replacement player is necessary. If any replacement player is added, he can play on both teams but his priority is to his original team.

Q. How do I view pitch counts to see when pitchers are eligible to pitch?
A. From the top horizontal menu choose “Team Rosters/Schedules” and select the desired team. Option 1: From the left vertical menu, choose “Pitchers Report”. Option 2: From the left vertical menu choose “Results”. Click the spyglass icon to the left of the desired game. Option 3: For an historical record of pitch counts, from the left vertical menu select the “Pitch Count Totals” sub-menu option under “Coaches Information. Note that this is a separately maintained spreadsheet and may not always be up-to-date.

Q. What are players required to wear?
A. All players should wear their team supplied uniforms including colored socks with their own league mandated pants (plain white for grades K-2; white with blue/black pin-stripes for grades 3 and up). Caps must always be worn (properly) in the field and shirts should always be tucked in. Catchers must wear protective cups. Batters and runners (and child base coaches) must always wear helmets with full face masks. Players should wear rubber cleats (metal is never allowed). Sweatshirts/wind breakers may be worn for inclement weather in the field or on the bases but not for batting.
E. Game Preliminaries

Q. How long do I have to warm my team up on the field?
A. Warm-up time begins 20 minutes before game time, to be split evenly between both teams, with the visiting team taking the field first. **Games should begin at the designated start time and not held up for extra warm-up time.**

Q. I got my kids to the field well before 20 minutes prior to game time to get in some extra practice and noticed the other team was already occupying it. What rights do I have to the field?
A. No team has priority rights to a field. Teams should work out a compromise.

Q. If a batting cage at the field is free, can I use it?
A. Batting cages must be reserved in the same manner as fields by reserving through the Field Scheduler. However, if a cage is empty, you may use it until the team that reserved it arrives. Teams playing games (on any fields), always have priority to use the cages for the hour preceding games. i.e. 4:30-5:30pm for 5:30 weekday games. No teams can reserve for this period. If there are more teams than spaces, they should alternate batters or otherwise share. Batting nets are also available at the Town Farm cages for soft toss.

Q. What safety equipment is mandatory?
A. All teams must use LL approved equipment. All helmets must have face guards for all games where kids are pitching, including summer games and 50/70 games. No metal cleats are allowed. Catchers must use cups and catcher’s masks with throats guards. If any piece of equipment breaks during play, it must be replaced immediately. No exceptions.

Q. What else does WLL do about safety at games?
A. All coaches should review the most current ASAP Safety Plan which is emailed to coaches and posted at most fields and concession stands. Umpires and coaches should walk the field before games and practices looking for any safety hazards. Any issues should be reported immediately to the WLL Safety Director (see League Contacts on the website).

Q. How do I use the scoreboard?
A. Please use the scoreboards whenever possible for all games after pre-season. At a minimum, please use them to indicate the score and inning. The controllers are kept in the concession stands, which also house the power switches which must be turned on. They are all now wireless. They are expensive items, so please make sure that they are put away in their chargers and the scoreboard turned off. Misuse of the scoreboards has cost the league many hundreds of dollars in the past years. Please help to maintain these sensitive items.

Q. What parental volunteers do I need for each game?
A. You will need at least one to keep the pitch count worksheet. Optionally, you may assign one to maintain the scoreboard. It is strongly recommended that teams establish a schedule at the beginning of the season to lessen any staffing problems that can and will hold up the games until they are rectified.

Q. Is there any proper way to warm up?
A. Teams should always form two even lines (all throwing parallel) when warming up their arms. No crisscrossing. Coaches should be very attentive to safety issues during warm-ups and avoid situations where errant throws could injure another player or bystander.
F. Games

Important: No coach shall make “calls” before the umpire has rendered a call. Continued acts, after a warning, can result in eviction from the field by the umpire. We specifically train umpires to pause and not rush calls. There should be absolutely no commentary before or after an umpire’s call regardless of whether they are a youth or adult umpire.

Q. What is the proper way to appeal what I perceive to be a bad call by an umpire?
A. Step one is to wait for the play to conclude and ask the home plate umpire for a time-out. Home plate umpires are schooled to be alert to possible appeal plays and to initiate related time-outs and conferences with the other umpire on their own. If this does not happen automatically, once granted a timeout, step two is to calmly approach the umpire that made the disputed call and ask him to please conference with the other ump to get his opinion.

If you are contesting a judgment call, step three is to allow the umpires to confer privately to reach a decision. If you are contesting based on a rule interpretation, tactfully inform the umpires what you perceive to be the rule in question. Be sure to have your WLL Coaches Handbook and Green Book available for reference. While the Little League rule is very clear that one umpire may not overrule another, Westport’s goal is to get the call right. If one umpire is very sure the call was in error, they are schooled to voice their opinion accordingly. However, if the disputed umpire says they were sure of their call, their original call stands.

Q. Who is allowed in the dugout?
A. Only players on a given team and up to three league approved coaches/assistants are allowed in the dugouts at any one time. For A and higher, this includes any fields such as Burr fields which do not have a physical dugout. Please ask fans to stay in the bleachers or foul outfield territory if they bring their own chairs.

Q. Who may coach the bases?
A. Only approved coaches may coach the bases. Players may coach the bases but must wear a batting helmet with a face guard.

Q. Who may warm up a pitcher on the mound? How many pitches may be thrown?
A. Any player wearing a catcher’s mask or any coach may warm-up the pitcher. Pitchers who are entering the game for the first time are allowed up to eight pitches from the mound. Returning pitchers are allowed up to five pitches.

In general, coaches should have their defensive alignment prepared and communicated to the team before each inning ends. Players should sprint out to their position and the time between innings should not exceed more than a few minutes. The best way to complete games in the allotted time slot is to really focus on not wasting time between innings.

Q. How should I warm up a pitcher while the game is in progress?
A. Pitchers should warm up in foul territory as close to the outfield fence as possible. The pitcher should be closest to home plate throwing to a team mate wearing a mask or a coach, with another team mate standing guard in front of the pitcher with a mitt.

Q. What is the proper way for an on-deck batter to warm-up?
A. There is no “on-deck” batter’s circle in Little League. Only the very first batter of the inning may stand outside the dugout and swing a bat. Once the inning begins, no one other than the batter may swing a bat. No “bat-heavy” devices (rings, sleeves, etc.) may be added to bats.
Q. What is the run-limit rule? Is there a mercy rule?
A. The run-limit rule is the maximum number of runs a team may score in an inning. For the Majors the limit is six runs (note: not applicable in the playoffs for Majors only), for AAA and AA it is five, and for A it is four. It is automatically invoked the first time any team scores its run limit (no additional runs that cross the plate shall be counted) in any inning preceding the sixth. Once invoked, no team may score more than its run limit in any subsequent turn at bat for the remainder of the game. If not invoked prior to the sixth inning, the rule does not apply for the remainder of the game. In general, there is no mercy rule. However, coaches may mutually agree to end lopsided games prior to the sixth inning. A visiting team must be allowed to bat in the sixth inning if it so desires despite being prohibited from winning by the run limit rule being in effect.

If a player on the defense has played for the entire half-inning prior to the application of the run-limit rule, that player will be considered to have participated for three consecutive defensive outs for the purposes of this rule. However, if the player has not played on defense for the entire half-inning, that player will be credited only as having played for the number of outs that occurred while the player was used defensively.

Q. What is the catcher speed-up rule? When can I pinch run?
A. The catcher speed-up rule requires that any player on base with two outs who is scheduled to catch in the next half-inning shall be pinch run for. Additionally, all players scheduled to catch in the next half-inning not on base with two outs are required to put on their gear, the exceptions being in they are either the batter (no gear required) or on-deck (shin guards required). Given the implementation of continuous batting for all leagues, the only other time pinch runners are allowed is if a runner on base is sick, injured, or can no longer continue playing in the game. In all cases, the pinch runner must be the player who made the last out as batter.

Q. Is there a minimum required playing time?
A. Yes – see Section 6 for requirements for each division.

Q. What is the penalty for not adhering to the minimum playing time rule?
A. In Westport, failure to adhere to the minimum playing time rule over the course of a complete game that was not shortened for any reason other than curfew, if deemed to have been done intentionally, shall result in a loss for that team. In addition, the league Commissioner will review the circumstances to determine whether further action will be taken to penalize the coach.

Q. How many infielders and outfielders may I use and how may I use them?
A. A maximum of six infielders is allowed. For the purposes of sportsmanship, the second basemen should not play on the third base side of second base; nor should the shortstop play on the first base side of second base. Up to three outfielders is allowed. [Exception: for A only, up to four outfielders are allowed, with each standing at least 15 feet beyond the infield dirt and roughly adjacent to each other (i.e. no short fielders) prior to the ball reaching the batter or being put in play.]

Q. One of my players was injured, replaced, and now wants to return. How can I get him back into the game?
A. For all leagues, players may return at any time.

Q. What is the pitch count rule and how should it be implemented?
A. Beginning in 2005, national Little League enacted a series of age-specific rules in order to protect pitchers’ arms that set strict pitching limits and mandatory rest time. For the most current implementation, please consult Section 4. For instructions on how to record pitch counts on the web site, please consult Part G of this section.
Each team shall provide a non-coach adult volunteer to count pitches (including foul balls) for both teams. At the conclusion of each half inning, or upon removal of a pitcher, the pitch counters shall confer to agree upon an official count and inform each team's coach or designated assistant. In the event one team is unable to provide a pitch counter, the umpire and opposing coach may agree to (a) allow just one team's volunteer to count, b) remove a coach from the deficient team to act exclusively as a counter, or (c) allow both coaches to act as counters. In the event no compromise can be reached, barring no controversy, the dispute shall be resolved by a coin flip.

**Q. How many pitches are normally thrown in a baseball game?**
A. In spring 2017, the average total pitch counts per team per game were 152 for Majors and 154 for AAA.

**Q. What is the rule about stealing?**
A. There is no leading in Little League. All runners must stay on their base until “the ball has reached the batter” (per Green Book rule 7.13). In A, runners may only steal third base, not second or home.

**Q. In which leagues is the infield fly rule applicable?**
A. The infield fly rule is NOT in effect for A and AA. However, if a fielder in these leagues purposefully drops the ball to achieve a double play, all runners shall be called safe.

**Q. In which leagues can a runner advance on a dropped third strike?**
A. Majors only. In 2012, Little League changed Rule 6.05 to be consistent with the MLB rule for dropped third strikes whereby if a third strike is not legally caught by the catcher with either first base unoccupied or with two out, the batter may attempt to take first base.

**Q. Is there a time limit and/or curfew for games and, if so, how does that affect the outcome?**
A. For games in leagues other than A: All Saturday games will be limited to 2 hours and 10 minutes. No new inning shall begin 1 hour and 55 minutes after the game began. This rule is required to ensure that fields will be available for all following games at scheduled times during the day. Weekday games will have a 2 hour 30 minute hard stop (or curfew, whichever is earlier) and no new inning after 2 hours and 15 minutes. Extra innings may run over 2 hours 30 minutes on weekdays assuming there is still room within the curfew. All curfews are determined in advance and posted on the WLL web site. **These are strict limits for insurance purposes and play must be stopped once the current at-bat is completed.**

For all A league games: All games will be limited to 2 hours regardless of the day of the week. No new inning shall begin 1 hour and 45 minutes after the game began.

The method for determining winners for regulation games that are not complete is discussed in section 2 above. Please consult the Westport Spring 2018 Pitch Count Rule Implementation chapter for how pitching eligibility may affect game playing times for rescheduled games.
G. Post-Game

Q. What are my responsibilities before I can leave the field after a game/practice?
A. Please make sure your team clears your dugout after each game. This includes throwing out all garbage and bringing all unclaimed items to the concession stand to be added to the lost and found. If you find an item of value, please also click on the “Lost and Found” link on the web site to add the found item to the list. If you were using the scoreboard, please either return the controller to the concession stand or be sure the coach of the team that succeeds you takes responsibility for it.

If you are the last home team scheduled for the day, it is your responsibility at the Town Fields to cover the home plate and pitching mound with their respective tarps and put heavy rocks on them so they do not blow away.

Q. How do I enter the game scores, pitch counts, and home runs on the web site?
A. Entering games scores and pitch counts is only required for grades 3 (A) and above. Game scores are entered only by the winning coach, whereas pitch counts are entered by each team.

1) Once listed as a coach by your Commissioner, coaches need only login with their associated email address and personal password on the upper right corner of the website. Doing so will allow you to – for your team only -- enter stats, post bulletins, enter practices on the master schedule, contact team members, and export team member info as well as send emails.

2) On the top horizontal menu, hover over “Teams” then click on the “Results” sub option.

To enter scores:
3) Click the yellow “edit” icon to the right of the applicable game. Enter runs for each team and click “Submit” on the bottom when done.

To enter pitch counts and home runs over the fence:
3) Click the white “graph” icon to the right of the applicable game. Note the tab above the list of player names that defaults to “hitting”. Click on the word “pitching”. Note that this screen contains everything from the prior screen and more. Enter “PT” (Pitches Thrown) for each player who pitched. You do not need to enter the “Position” field. The ATN (Attendance) check box will automatically fill in for any player with a statistic entered. Enter the number of home runs over the fence (HROF) by a given player where applicable. Click “Submit” on the bottom when done.
H. Playoffs / Post Season

Q. How is seeding done for the playoffs?
A. The web site automatically determines the seeding for each league based on a team’s winning percentage. If two or more teams have the same winning percentage, the web site will attempt to rank them according to how they fared head-to-head. If still tied, the final tiebreaker employed is “strength of schedule” which gives teams points for wins against others with stronger winning records. If still tied, the seeding order will be determined randomly by the league commissioner.

The higher seed is the home team. If more than one game is played consecutively between teams, the home team designation alternates after the first game.

Q. How long are playoff games?
A. All playoff games shall go six innings. [Exception: If 4 ½ innings are played and one team cannot win because of the application of the five run rule, then the game does not have to be continued.]

Q. How are the District All Star teams selected?
A. Westport Little League fields 9U, 10U, 11U, and 12U teams to represent Westport as part of District 2 in CT. The 10U, 11U and 12U teams are organized in strict accordance with the technical rules of Little League International. WLL takes the selection process for these teams very seriously to ensure procedural fairness and to form the best teams that WLL can enter into the various tournaments. This process is run by our Board via a District Selection Committee (the “Committee”) that carefully evaluates Head Coach candidates, including via interviews. Head coach selection is based on: 1) the candidate’s Little League eligibility, 2) suitability for the position, 3) the baseball talent of the candidate's child seeking to play on the team (if applicable), 4) availability, 5) prior experience on similar teams, and 6) feedback from commissioners, other coaches and parents. The player selection process varies by team, becoming more formal as the age group increases.

With respect to the 12U team selection, for example, the criteria for consideration include, but are not limited to, the following: 1) performance on the field in Little League (most heavily weighted to the current season), as observed by the Majors Head Coaches and first Assistant Coaches (total of two coaches per Majors team) from the then current Spring season, who will have an opportunity to make written recommendations for player selection, 2) performance on prior District All Star teams and in WYTB or other similarly competitive club programs, 3) input from other Little League coaches, the Majors Commissioner and WYTB and such club program coaches, 4) maturity and sportsmanship, 5) availability during the summer, 6) a player’s performance at an evaluation (with the assistance of independent evaluators) and 7) addressing the specific needs of a particular team for it to be as successful as possible within the rules of the applicable tournament.

The Committee will have final decision-making authority on rosters for each of the teams and reserves the right, in certain circumstances, to recommend modifications to a roster proposed by a Head Coach. All players selected, and their parents, must sign a Commitment Letter, a copy of which can be obtained from the Summer Commissioner, which sets forth the player's commitment to the District team and to abide by certain requirements and a code of conduct.
Q. If my child chooses not to play on, or does not make, a District team, what other options does he/she have to play organized baseball in Westport over the summer?
A. In addition to our District teams, we have traditionally offered a range of options, at a variety of age levels, for children who want to play organized baseball during the summer. These options, which include participation in tournaments in District 1 or District 2, participation in house leagues and playing friendlies against teams from neighboring towns, will be made available typically by early June. Children playing on summer teams are required to have played Little League in Westport in the immediately preceding Spring. The level of commitment for these teams will be far less than that required for inclusion on our District teams. Players on District teams that are eliminated from their District tournaments are eligible to participate in other non-District tournaments held thereafter.

I. Practices

Q. Is there a good on-line resource for coaches?
A. Yes. Please refer to “Training Resources” section of our website. One good one is run by the national Little League at http://www.littleleaguecoach.org. To log in, use the email address of info@westportlittleleague.com and the password of wllcoach.

Q. Can I use an electric pitching machine at my practice?
A. The following rules apply in reference to the use of pitching machines:
   1. May be used in the batting cages
   2. Not allowed on fields without the express consent of the league President or Vice President
   3. Be careful, do not allow kids near the machine
   4. Batting helmets must be used
   5. No kids are allowed to operate pitching machines for any reason

Q. Can I throw soft-toss to players hitting into the fence instead of a special net?
A. Absolutely not. This practice ruins balls, damages the fence which can be costly to repair, and risks injuries to players and bystanders from ricocheted balls. Most of the fields as well as the batting cages are equipped with a hitting net which should be used instead. Each field should also have an L-screen.

Q. How do I cancel, reschedule, or add additional practices for my team?
A. All official practices must be approved by the Field Scheduler. Failure to do so may result in our insurance not covering any resulting accidents, thus making you potentially personally vulnerable to any resulting liability.
4. Westport Spring 2018 Pitch Count Rule Implementation

Sections that do not apply to our Westport Leagues have been omitted or revised accordingly. During the preseason, all pitchers (all ages, all leagues) are limited to the lesser of two innings (six outs) or 50 pitches unless further restricted by notice of the VP of Baseball. **In A/AA, all pitchers are additionally limited to three innings per game.**

All pitching regulations include any games played in the Little League 50/70 Program.

**Regulation VI – Pitchers:**

a. Any player on a regular season team may pitch. *(NOTE: There is no limit to the number of pitchers a team may use in a game.)*

b. A pitcher once removed from the mound cannot return as a pitcher.

c. The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:

<table>
<thead>
<tr>
<th>League Age</th>
<th>Pitches per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>11-12</td>
<td>85</td>
</tr>
<tr>
<td>9-10</td>
<td>75</td>
</tr>
<tr>
<td>7-8</td>
<td>50</td>
</tr>
</tbody>
</table>

**Exception:** If a pitcher reaches the limit imposed in Regulation VI (c) for his/her league age while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: 1. That batter reaches base; 2. That batter is put out; 3. The third out is made to complete the half-inning. **Note 1: A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day.**

**Note 2:** Any player who has played the position of catcher in four or more innings in a game is not eligible to pitch on that calendar day.

d. Pitchers league age 14 and under must adhere to the following rest requirements:
   - If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
   - If a player pitches 51 - 65 pitches in a day, three (3) calendar days of rest must be observed.
   - If a player pitches 36 - 50 pitches in a day, two (2) calendar days of rest must be observed.
   - If a player pitches 21 - 35 pitches in a day, one (1) calendar day of rest must be observed.
   - If a player pitches 1 - 20 pitches in a day, no (0) calendar day of rest must be observed.

**NOTE: Under no circumstances shall a player pitch in three (3) consecutive days.**

**Exception:** If a pitcher reaches a day(s) of rest threshold while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: (1) that batter reaches base; (2) that batter is retired; or (3) the third out is made to complete the half-inning or the game. The pitcher will only be required to observe the calendar day(s) of rest for the threshold he/she reached during that at-bat, provided that pitcher is removed or the game is completed before delivering a pitch to another batter.

e. Each league must designate the scorekeeper or another game official as the official pitch count recorder.
f. The pitch count recorder must provide the current pitch count for any pitcher when requested by either manager or any umpire. However, the manager is responsible for knowing when his/her pitcher must be removed.

g. The official pitch count recorder should inform the umpire-in-chief when a pitcher has delivered his/her maximum limit of pitches for the game, as noted in Regulation VI (c). The umpire-in-chief will inform the pitcher’s manager that the pitcher must be removed in accordance with Regulation VI (c). However, the failure by the pitch count recorder to notify the umpire-in-chief, and/or the failure of the umpire-in-chief to notify the manager, does not relieve the manager of his/her responsibility to remove a pitcher when that pitcher is no longer eligible.

h. Violation of any section of this regulation can result in protest of the game in which it occurs. Protest shall be made in accordance with Playing Rule 4.19.

j. A player who has attained the league age of twelve (12) is not eligible to pitch in a league junior to the Westport Majors.

k. A player may not pitch in more than one game in a day.

NOTES:

1. The withdrawal of an ineligible pitcher after that pitcher is announced, or after a warm-up pitch is delivered, but before that player has pitched a ball to a batter, shall not be considered a violation. Little League officials are urged to take precautions to prevent protests. When a protest situation is imminent, the potential offender should be notified immediately.

2. Pitches delivered in games declared “Regulation Tie Games” or “Suspended Games” shall be charged against pitcher’s eligibility.

3. In suspended games resumed on another day, the pitchers of record at the time the game was halted may continue to pitch to the extent of their eligibility for that day, provided said pitcher has observed the required days of rest.

Example 1: A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes on the following Thursday. The pitcher is not eligible to pitch in the resumption of the game because he/she has not observed the required days of rest (four days required; pitcher can pitch on Saturday.)

Example 2: A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes on Saturday. The pitcher is eligible to pitch up to 85 more pitches in the resumption of the game because he/she has observed the required days of rest.

Example 3: A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes two weeks later. The pitcher is eligible to pitch up to 85 more pitches in the resumption of the game, provided he/she is eligible based on his/her pitching record during the previous four days.

Note: The use of this regulation negates the concept of the “calendar week” with regard to pitching eligibility.
5. WLL Rule Modifications & Considerations

All Westport Little League rule modifications supersede the Green Book and thus, barring further modification from a League Commissioner, are not optional!

Applicable to all Leagues:
Note: An “inning” is defined as three consecutive outs.
- **Draft:** All players will be required to attend an evaluation session supervised by all the coaches such that as even teams as possible may be assembled. Draft rules will be determined by the respective League Commissioners.
- **Playing time:** All players must spend at least 60% of the game in the field (e.g. 4 of 6 innings, 3 of 4 or 5 innings, 2 of 3 innings). With the exception of Majors, no player may sit more than 1 inning until everyone else has sat out 1 inning (unless injured).
- **Mercy Rule:** There is no mercy rule. However, there is a run limit a team may score in the first five innings. If either team reaches this limit in the first five innings, the limit shall then apply to the sixth inning and beyond. Run limits are specified below.

In Majors:
- **Infield Play:** There is no requirement for infield play. However, coaches are encouraged to give players who are interested the opportunities to play infield positions.
- **Age:** No Little League age 12 year old is permitted to play in a division other than the Majors unless written permission is granted by their parents.
- **Run Limit:** The run limit for Majors is 6 runs.
- **Forfeits:** A team must field at least eight players to start a game, and field at least seven players once a game has started, to avoid a forfeit.

In AAA:
- **Infield Play:** All players must play at least one inning in the infield, although at least two is recommended.
- **Run Limit:** The run limit for AAA is 5 runs.
- **Forfeits:** A team must field at least seven players at all times to avoid a forfeit.

In AA:
- **Pitching:** Pitchers are subject to removal after hitting (not grazing) three batters in a game.
- **Infield Play:** All players must play at least one out of the first four innings in the infield, although at least two is recommended.
- **Stealing:** Each team is limited to three steal attempts (successful or not) per inning, but of second or third base only, not home. Steal attempts are limited to one base, regardless of where the ball ends up.
- **Overthrows:** Runners get the base they were pursuing at the time of the pitch, plus one more, but may not advance to home from any base but third.
- **Infield Fly Rule:** The infield fly rule is not in effect.
- **Run Limit:** The run limit for AA is 5 runs.
- **Forfeits:** A team must field at least seven players to start a game, and field at least six players once a game has started, to avoid a forfeit.
In A:

- **Pitching**: Kids pitch innings 1, 2, and 6. A spring-loaded pitching machine pitch is used for innings 3-5. In addition to the Pitch Count Rules (per Chapter 4, though 35 pitches max is recommended), no player may pitch more than one inning per game. No coach pitching is allowed. If a ball in play hits the machine, or a coach feeding the machine, it is an automatic single but the ball is dead. Coaches must make a concerted attempt to get out of the way of any balls hit at them. When using the pitching machine, the pitcher position is on the mound next to the machine, never in front, until the ball is in play (coaches should take great care to enforce this to avoid injuries). The coach of the team at-bat always has the first right of refusal to feed the machine, and may defer to the opposing coach if preferable.

- **Infield/Outfield Play**: All players must play at least two of the first four innings of the game in the infield. If a team has at least 10 players, they must have four outfielders. An outfielder may play no closer than 15 feet from the infield until the ball reaches the batter.

- **Position**: No player may play more than 3 innings at any one position unless a game goes into extra innings.

- **Stealing**: There is no stealing. This includes passed balls, wild pitches and pick off plays. Any player deemed intentionally trying to steal an illegal base will be immediately called out for delaying the game.

- **Overthrows**: Runners get the base they were pursuing at the time of the pitch, plus one more, but may not advance to home from any base but third.

- **Limited Advancement**: No runner may advance past the base they were pursuing at the time of the pitch once the ball is grounded through the infield or is in the glove of any player no further than 15 feet from the infield.

- **Infield Fly Rule**: The infield fly rule is not in effect.

- **Run Limit**: The run limit for A is 4 runs.

- **Forfeits**: A team must field at least seven players to start a game, and field at least six players once a game has started, to avoid a forfeit.

- **Coaching**: Aside from the usual first and third base coaches, another coach should stand behind and to one side of the catcher against the backstop to help with returning balls back to the pitcher.

**Best Practices and Ground Rules for the use of Pitching Machines**

If a ball in play hits the machine, or a coach feeding the machine, it is an automatic single but the ball is dead. Coaches must make a concerted attempt to get out of the way of any balls hit at them. When using the pitching machine, the pitcher position is on the mound next to the machine, never in front, until the ball is in play (coaches should take great care to enforce this to avoid injuries). The coach of the team at-bat always has the first right of refusal to feed the machine, and may defer to the opposing coach if preferable.
Injuries

Be it fear of getting hit by the ball, their small stature, or immaturity, A and AA players are more prone to injury at this age than when they get older. Below are guidelines on how to modify regular season games where an injury has occurred.

1. If a player purports to be injured (for any reason) prior to or during his/her first at-bat and cannot complete it, an umpire shall have broad discretion in excusing the player from batting. If excused, in accordance with Green Book Rule 4.04 Note 2, he/she shall be skipped over without penalty, as if the at-bat never occurred (although for the purposes of pitch count, the pitches thrown are counted). In rare instances, where the umpire suspects gamesmanship, the umpire may call the player out. This player may return to the line-up at any time.

2. If a player purports to be injured prior to any subsequent plate appearance, the umpire shall determine if the injury is physical or psychological. A) If physical, if prior to an at-bat, in accordance with Green Book Rule 4.04 Note, he/she shall be skipped over without penalty. If during an at-bat, the player should be pinch-hit for, with an inherited count, by the player making the last out. The injured player may return to the line-up at any time. B) If psychological, if – in the rare case -- the player is deemed unable to play at all, he/she shall be excused from the game and in accordance with Green Book Rule 4.04 Note, he/she shall be skipped over without penalty. If the player will not bat but is otherwise OK, e.g. he/she can still play the field, an out will be recorded.

Reminder: Green Book rule 6.02(b) states that if a batter is legally in the batter’s box at the time of the pitch, i.e. even if he/she jumps out of the box, the pitch shall be called as thrown. Rule 6.02(c) states that if the batter is not legally in the batter’s box at the time of the pitch, the pitch shall be automatically called a strike.
6. League Specific Rule Differences

In 2008, Little League district administrators voted to make it mandatory that all 12s be allowed to play in the Majors. This change signals a fundamental shift away from “making” the Majors about baseball maturity as opposed to age maturity. Therefore, coaches should keep this in mind when considering how to apply any rules that allow the restriction of playing time. In 2013, Westport Little League adopted a continuous batting rule for the Majors division.

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<tr>
<th></th>
<th>Majors (gr 6-7)</th>
<th>AAA (gr 5)</th>
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<th>A (gr 3)</th>
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<td><strong>Infield Play</strong></td>
<td>N/A</td>
<td>1 inn per player min</td>
<td>1 of first 4 inn per player min; although 2 recommended</td>
<td>2 of first 4 inn per player; 3 inn max per position</td>
<td>Rotate</td>
<td>Rotate</td>
<td>Rotate</td>
</tr>
<tr>
<td><strong>Outfield Position</strong></td>
<td>Standard</td>
<td>Standard</td>
<td>3 outfielders; 15' beyond dirt until ball crosses plate</td>
<td>4 outfielders; 15' beyond dirt until ball crosses plate</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Overthrows</strong></td>
<td>Per Green Book</td>
<td>Per Green Book</td>
<td>Base pursuing at time of pitch +1 (+1 may not be home)</td>
<td>Base pursuing at time of pitch +1 (+1 may not be home)</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Stealing</strong></td>
<td>Unlimited</td>
<td>Unlimited</td>
<td>3 team tries per inning; no stealing home</td>
<td>none</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Hit Advancement</strong></td>
<td>Unlimited</td>
<td>Unlimited</td>
<td>Unlimited</td>
<td>One base infield or in glove of fielder &lt;=15' past infiel</td>
<td>One base infield; two bases outfield on fly</td>
<td>One base infield; two bases outfield on fly</td>
<td>One base infield; two bases outfield on fly</td>
</tr>
<tr>
<td><strong>Infield Fly</strong></td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td><strong>Dropped 3rd Strike</strong></td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td><strong>Coaches</strong></td>
<td>1st &amp; 3rd</td>
<td>1st &amp; 3rd</td>
<td>1st &amp; 3rd</td>
<td>1st, 3rd, behind &amp; side of catcher</td>
<td>1st, 3rd, behind &amp; side of catcher</td>
<td>1st &amp; 3rd; two on-field</td>
<td>1st &amp; 3rd; two on-field</td>
</tr>
<tr>
<td><strong>Forfeits</strong></td>
<td>8 players to start; 7 at all times</td>
<td>7 at all times</td>
<td>7 players to start; 6 at all times</td>
<td>6 at all times</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Time Limit</strong></td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>2 hrs</td>
<td>1.5 hrs</td>
<td>1.5 hrs</td>
<td>1.25 hrs</td>
</tr>
<tr>
<td><strong>Complete Game</strong></td>
<td>4 inn / 3.5 if home team ahead</td>
<td>4 inn / 3.5 if home team ahead</td>
<td>4 inn / 3.5 if home team ahead</td>
<td>3 inn / 2.5 if home team ahead</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
</tbody>
</table>
7. CAP League (Grades PK-2) Rules

ALL RULES MUST BE FOLLOWED: COACHES MAY NOT CHANGE RULES!

1. All CAP 1 and CAP 2 games are limited to 1.5 hours. CAP K games are limited to 1.25 hours. These times include warming up.

2. Each player MUST wear his or her team hat and shirt (*tucked in*); baseball pants are highly recommended.

3. Tees are encouraged for use during PK/K games for all but the most advanced hitters. **Cap 1** is all coach pitch. In **Cap 2**, all pitching is done using a spring-loaded pitching machine ("Best Practices and Ground Rules for the use of Pitching Machines" may be found on page 5-2.)

4. Each team will have a continuous batting order.

5. Home team will take the first base sideline and the visitor will be on the third base sideline.

6. Visitor bats first.

7. Each team will bat until the opposing team gets three outs or until the offensive team scores four (4) runs.

8. The offensive team will provide a parent/coach pitcher and catcher. The offensive team may have an adult coaching first and third bases (*from foul territory*). **Cap K** may have an adult coach at second base.

9. Batters and runners may advance at their own peril. However, once they have reached a base they may **NOT** be tagged out simply because they overran a base. Batters and runners may advance as follows:

   **Cap K**: Only one (1) base including an overthrow, unless the ball is hit into the outfield on the fly, then two (2) bases are permitted.

   **Cap 1**: Up to two (2) bases including an overthrow.

   **Cap 2**: Advancement is unlimited.

10. **Cap K** and **Cap 1**: Defensively, teams may have two (2) coaches on the field (*coaches may NOT touch the ball when in play*) and are allowed six (6) infielders on the field; four (4) infielders in "regular" positions; one just in front of second base and one near the pitcher’s mound, but no closer to the batter than the adult pitcher.

11. **Cap 2**: With the exception of the coach operating the pitching machine, NO coaches are permitted on the field during play and only five (5) infielders are allowed.

12. It is illegal to lead, steal or slide on the base paths. No contact is permitted between offensive and defensive players.

13. There are NO walks, strikeouts, hit batters; the infield fly rule is not in effect.
8. Grades PK/K FAQ

Q. What is my primary role as a PK/K coach?
A. The majority of children in PK/K have never played baseball, or perhaps any organized team sport, before. Therefore, your primary role as a coach is to teach your players the concept of rules and teamwork in the overall context of the sport of baseball.

Q. How are teams for PK/K assembled?
A. Children at this young age are not going to like anything if it is not perceived as fun. In order to create a fun environment, as well as reduce a child’s apprehensions about trying something new, the league places a heavy emphasis on assembling teams comprised of friends and schoolmates. It is therefore essential that you encourage all interested families to write the names of their child’s friends on their registration application so we may best try to accommodate them accordingly.

Q. How large are teams and what do I tell parents who wish to help?
A. As children of this age often have a very short attention span, PK/K teams are intentionally kept to only 10-11 players while we encourage as many parents as would like to help out. However, we do require all assistant coaches receive NYSCA certification, so if a parent shows interest, please have them complete the on-line training course before allowing them on the field.

Q. When does the season begin and end?
A. The season for the PK/K league begins in late April, immediately following the public school April Break, and ends in mid June. Games are typically an hour and a half long and scheduled for Saturdays. The complete schedule is always posted on the Westport Little League web site as are any cancellations or delays.

Q. Is there a special training guide I need to use for practices or am I on my own?
A. Before the season starts, we will have a mandatory clinic to go over recommended drills and answer general questions about the season. How you structure your practices is up to you.

Q. What is the proper way to pitch to kids of this age? How many chances should I give a batter to hit the ball during a game?
A. Coach pitch should be used with discretion. If employed, please keep in mind that most adults are more than 1.5 times as tall as a five year old. Imagine a nine foot tall pitcher throwing to you from the front of a LL pitching mound. The ball would be coming down at a steep angle, even if thrown underhand. If you want to practice pitching to your kids, we strongly advise setting a towel down on the dirt just before the grass, and kneeling on it to pitch overhand. Kids need to get used to an overhand motion release point. Throw the ball more like you are throwing a dart to keep the trajectory at a minimum.

Game-flow is paramount with young kids. The more time that goes by with no action, the greater the chance the kids will start building dirt castles in the infield. If coach pitch is employed, always start with at least three balls in your glove. This way you can pitch three in a row rather quickly. In general, try to keep each at-bat to less than two minutes. Typically, each set of three pitches should take half a minute. After two sets of non-contact, you should either switch to a tee or have the adult catcher grasp the bat with the player and swing with him starting with the next pitch.
Q. What’s the best advice I can give parents about how kids can practice hitting at home?
A. The best way for kids to learn hitting is to use a tee. A level swing is a key component of proper form. One inexpensive indoor solution is to screw two plant holder hooks into the basement ceiling and hang a tarp from them. It takes hundreds of swings to change your form. The only way to do that is hit off a tee until you have muscle memory.

Q. My player was clearly out but does not want to leave the base. Is that OK?
A. No. The minimum eligibility age of five was chosen because you have to draw the line somewhere between playtime and organized sports.

Q. For a variety of reasons, my PK/K baseball team would be better off if we were allowed to bat through our entire line-up. As long as the other team agrees, is this OK?
A. No. Games should always follow the traditional three-outs rule and league imposed four runs maximum per inning. Chances are pretty good at this level you will get through most of your line-up. If, however, in the rare instance you truly find yourself struggling to get through your lineup, the coaches may agree to extend a given at-bat for the ostensible purpose of saving time by declaring a “new inning”, whereby all base-runners are removed, the number of outs is reset to zero, and the defense huddles and resets itself.

While it seems innocent enough on the surface to bat through a line-up, and it certainly does save the extra time it takes at this age getting kids on and off the field and situated, we have found that this can lead to the defense stop trying to make outs figuring “it doesn’t matter anyhow”. The removing of base-runners and the huddle part (where the coach can high-five the defense and move kids around if he/she so chooses) is to underline that the defense has indeed accomplished something. Resetting the outs to zero reinforces the three-outs rule.

Q. Is it mandatory that I rotate players to all defensive positions?
A. No—but this is an issue of safety, not fairness or competitiveness. If a child cannot catch a thrown ball to a degree you feel his risk of injury is minimal, you do not have to play him at a base. However, in the interest of fairness, please be sure you give all capable players a chance to play positions “up front” where most balls are hit. At this level, the word “competitiveness” should not be a rationale for anything you do.

Q. Is it mandatory that I change my batting order each week?
A. No—but there is no reason at this level, even if kids can’t hit at all without help, for all your players not to get an equal number of at-bats throughout the season. If, for convenience, you want to always hit in jersey number order, that’s fine as long as you begin the next game with where you left off in the previous one.

Q. Where does the on-deck batter stand?
A. Nowhere! For safety reasons, there is no on-deck batter. No player should be holding a bat, let alone swinging one, unless it is their turn to bat.

Q. Some of the kids on my team like to keep score. What should I tell them?
A. Prior to the start of the game, coaches should remind their players that because at this grade level no scores are kept, please don’t ask what the score is. As there always seem to be kids on the team who will keep track anyhow, there’s no compelling need to address this (other than to remind a player not to ask you again) unless it is being used to taunt the other team.
9. Top 40 Little League Baseball Rule Myths

All of the following statements are **FALSE**

*(p e r  L i t t l e  L e a g u e  R u l e s)*

Read the explanations and rule references to find out why.

1. **The hands are considered part of the bat.** The hands are part of a person's body (check any anatomy book). If a pitch hits the batter's hands the ball is dead; if he swung at the pitch, a strike is called (NOT a foul). If he was avoiding the pitch, he is awarded first base. Rules: 2.00 PERSON, TOUCH, STRIKE (e) and 6.05(e).

2. **The batter-runner must turn to his right after over-running first base.** The batter-runner may turn left or right, provided that if he turns left he does not make an attempt to advance. An attempt is a judgment made by the umpire. The requirement is that the runner must immediately return to first after overrunning or over-sliding it. Rule: 7.08(c-EXCEPTION and j)

3. **If the batter breaks his wrists when swinging, it’s a strike.** A strike is a judgment by the umpire as to whether the batter attempted to strike the ball. Breaking the wrists, or the barrel of the bat crossing the plate are simply guides to making the judgment of an attempt, these are not rules. Rule: 2.00 STRIKE

4. **If a batted ball hits the plate first it’s a foul ball.** The plate is in fair territory. There is nothing special about it. If a batted ball hits it, it is treated like any other batted ball.

5. **The batter cannot be called out for interference if he is in the batter’s box.** The batter's box is not a safety zone. A batter could be called out for interference if the umpire judges that interference could or should have been avoided. The batter is protected while in the box for a short period of time. After he has had time to react to the play he could be called for interference if he does not move out of the box and interferes with a play. Many people believe the batter's box is a safety zone for the batter. It is not. The batter MAY be called out for interference although he is within the box. The key words, impede, hinder, confuse or obstruct apply to this situation. An umpire must use good judgment. The batter cannot be expected to disappear. If he has a chance to avoid interference after he has had time to react to the situation and does not, he is guilty. If he just swung at a pitch, or had to duck a pitch and is off-balance, he can't reasonably be expected to then immediately avoid a play at the plate. However, after some time passes, if a play develops at the plate, the batter must get out of the box and avoid interference. The batter should always be called out when he makes contact and is outside the box. Rules: 2.00 INTERFERENCE, 6.06(c)

6. **The ball is dead on a foul tip.** There is nothing foul about a foul tip. If the ball nicks the bat and goes sharp and direct to the catcher's hand or glove and is caught, this is a foul tip by definition. A foul tip is a strike and the ball is alive. It is the same as a swing-and-miss. If the ball is not caught, it is a foul ball. If the nicked pitch first hits the catcher somewhere other than the hand or glove, it is not a foul tip, it is a foul ball. Rules: 2.00 FOUL-TIP, STRIKE

7. **The batter may not switch batter’s boxes after two strikes.** The batter can switch boxes at any time, provided he does not do it after the pitcher is ready to pitch. Rule: 6.06(b)

8. **The batter who batted out of order is the person declared out.** The PROPER batter is the one called out. Any hit or advance made by the batter or runners due to the hit, walk, error or other reason is nullified. The next batter is the one who follows the proper batter who was called out. Rule: 6.07(b, 1)

9. **The batter may not overrun first base when he gets a base-on-balls.** Rule 7.08(c-EXCEPTION and j) simply state that a batter-runner must immediately return after overrunning first base. It doesn't state any exceptions as to how the player became a runner. It could be a hit, walk or error. In Little League the runner may overrun. In Professional baseball, he may not. To overrun means that the runner’s momentum carried him straight beyond the base after touching it. It does not mean to turn and attempt to advance. Nor does it mean that he stepped over it or stopped on it and then got off of it.

10. **The batter is out if he starts for the dugout before going to first after a dropped third strike.** The batter may attempt first base anytime prior to entering the dugout or a dead ball area. The batter becomes a runner when the third strike is not caught. Therefore, if there are 2 outs and there is a runner at first, first and second, or bases loaded, the batter creates a force by becoming a runner. These runners are all forced to advance and an out may be obtained by making a play on any one of them. If the bases are loaded the catcher may step on home or throw to third, second or first. Rule: 6.05(c), 6.09(b) Casebook interpretation
11. **If the batter does not pull the bat out of the strike zone while in the bunting position, it's an automatic strike.** A strike is an attempt to hit the ball. Simply holding the bat over the plate is not an attempt. This is umpire judgment. A bunt is a batted ball not swung at, but INTENTIONALLY met with the bat. The key words are "intentionally met." If no attempt is made to make contact with a ball outside the strike zone, it should be called a ball. An effort must be made to intentionally meet the ball with the bat. Rule 2.00 STRIKE, BUNT

12. **The batter is out if a bunted ball hits the ground and bounces back up and hits the bat while the batter is holding the bat.** The rule says the BAT cannot hit the ball a second time. When the BALL hits the bat, it is not an out. Also, when the batter is still in the box when this happens, it's treated as simply a foul ball. If the batter is out of the box and the bat is over fair territory when the second hit occurs, the batter would be out. Rules: 6.05(h) and 7.09(b)

13. **The batter is out if his foot touches the plate.** To be out, the battery's foot must be ENTIRELY outside the box when he contacts the pitch and the ball goes fair or foul. He is not out if he does not contact the pitch. There is no statement about touching the plate. The toe could be on the plate and the heel could be touching the line of the box, which means the foot is not entirely outside the box. Rule: 6.06(a)

14. **The batter-runner is always out if he runs outside the running lane after a bunted ball.** The runner must be out of the lane AND cause interference. He is not out simply for being outside the lane. He could be called for interference even while in the lane. This is a judgment call. The runner may step out of the lane a step or two before the base if he moves from within the lane to out of it. If he is out of the lane the whole distance to the base and is hit with a throw, he should be out. Rules: 2.00 INTERFERENCE, 6.05(l), 7.09(k)

15. **A runner is out if he slaps hands or high-fives other players, after a home run is hit over the fence.** The ball is dead on a home run over the fence. You can't be put out while the ball is dead except when you pass another runner. Rules: 5.02, 7.05(a)

16. **Tie goes to the runner.** There is no such thing in the world of umpiring. The runner is either out or safe. The umpire must judge out or safe. It is impossible to judge a tie.

17. **The runner gets the base he's going to, plus one on a ball thrown out of play.** When a fielder other than the pitcher throws the ball into dead ball area, the award is 2 bases. The award is from where the runners were at the time of the pitch if it is the first play by an infielder before all runners have advanced or from where each runner was physically positioned at the time the ball left the throwers hand on all other plays. Rule: 7.05(g)

18. **Anytime a coach touches a runner, the runner is out.** Rule 7.09(i) says the runner is out if the coach PHYSICALLY ASSISTS the runner. In most cases, hand slaps, back pats or simple touches are not physical assists.

19. **Runners may never run the bases in reverse order.** In order to correct a base running mistake, the runner MUST retrace his steps and retouch the bases in reverse order. The only time a runner is out for running in reverse, is when he is making a travesty of the game or tries to confuse the defense. Rules: 7.08(i), 7.10(b)

20. **The runner must always slide when the play is close.** There is no "must slide" rule. When the fielder has the ball in his possession, the runner has two choices; slide OR attempt to get around the fielder. He may NOT deliberately or maliciously contact the fielder, but he is NOT required to slide. If the fielder does not have possession but is in the act of fielding, and contact is made, it is a no-call unless the contact was intentional and malicious. Rule: 7.08(a, 3) this rule does not apply to professionals.

21. **The runner is always safe when hit by a batted ball while touching a base.** The bases are in fair territory. A runner is out when hit by a fair batted ball while touching a base, except when hit by an infield-fly or after the ball has passed a fielder and no other fielder had a play on the ball. If the runner is touching first or third, he is not out unless the ball touches him over fair territory. If one foot is on the base and the other is in foul ground and he is hit on the foul ground foot, he is not out. It is a foul ball. (If the ball has not passed beyond first or third.) Rules: 5.09(f), 7.08(f)

22. **A runner may not steal on a foul tip.** There is nothing foul about a foul tip. If the ball nicks the bat and goes to the catcher's glove and is caught, this is a foul tip by definition. A foul tip is a strike and the ball is alive. It is the same as a swing-and-miss. If the ball is not caught, it is a foul ball. Rules: 2.00 FOUL TIP, STRIKE

23. **It is a force out when a runner is called out for not tagging up on a fly ball.** A force play is when a runner is forced to advance because the batter became a runner. When the batter is out on a caught fly, all forces are removed. An out on a failure to tag-up, is NOT a force out. Any runs that cross the plate before this out will count. Rules: 2.00 FORCE PLAY, 4.09

24. **An appeal on a runner who missed a base cannot be a force out.** A runner must touch all the bases. If the runner misses a base to which he was forced, because the batter became a runner, and is put out before touching that base,
the out is still a force play. If this is the third out, no runs may score. The base can be touched or the runner can be touched, either way it's a force out. Rules: 2.00 FORCE PLAY, TAG, 7.08(e), 7.10(b)

25. A runner is out if he runs out of the baseline to avoid a fielder who is fielding a batted ball. The runner MUST avoid a fielder attempting to field a BATTED ball. A runner is out for running out of the baseline, only when attempting to avoid a tag. Rules: 7.08(a), 7.09(L)

26. Runners may not advance when an infield fly is called. An Infield-fly is no different than any other fly ball in regard to the runners. The only difference is that they are never forced to advance because the batter is out whether the ball is caught or not. Rules: 2.00 INFIELD-FLY, 6.05(d), 7.10(a)

27. No run can score when a runner is called out for the third out for not tagging up. Yes it can. This is not a force play. A force play is when a runner is forced to advance because the batter became a runner. When the batter is out on a caught fly, all forces are removed. An out on a failure to tag-up, is NOT a force out. Any runs that cross the plate before this out will count. Rules: 2.00 FORCE PLAY, 4.09, 7.10(a)

28. A pitch that bounces to the plate cannot be hit. A pitch is a ball delivered to the batter by the pitcher. It doesn't matter how it gets to the batter. The batter may hit any pitch that is thrown. A pitch that bounces before reaching the plate may never be a called strike. Rule: 2.00 PITCH. (If the ball does not cross the foul line, it is not a pitch.)

29. The batter does not get first base if hit by a pitch after it bounces. A pitch is a ball delivered to the batter by the pitcher. It doesn't matter how it gets to the batter. If the batter is hit by a pitch while attempting to avoid it, he is awarded first base. Rules: 2.00 BALL, PITCH, 6.08(b).

30. If a fielder holds a fly ball for 2 seconds it’s a catch. A catch is legal when the umpire judges that the fielder has COMPLETE control of the ball. The release of the ball must be voluntary and intentional. Rule: 2.00 CATCH

31. You must tag the base with your foot on a force out or appeal. You can tag a base with ANY part of the body. Rules: 2.00 FORCE PLAY, PERSON, TAG, 7.08(e)

32. The ball is always immediately dead on a balk. In Federation rules it is, not in any others. If a throw or pitch is made after the balk call, the ball is delayed dead. At the end of the play the balk may be enforced or not depending on what happened. On a throw; if ALL runners advance on the play, the balk is ignored. If not, the balk award is enforced from the time of pitch. On a pitch; if ALL runners INCLUDING the batter, advance on the play, the balk is ignored. Otherwise, it is no-pitch and the balk award is made from the time of the pitch. Rule: 8.05 PENALTY

33. If a player's feet are in fair territory when the ball is touched, it is a fair ball. The position of the player's feet or any other part of the body is irrelevant. A ball is judged fair or foul based on the relationship between the ball and the ground at the time the ball is touched by the fielder. Rule: 2.00 FAIR, FOUL

34. The ball must always be returned to the pitcher before an appeal can be made. An appeal may be made anytime the ball is alive. The only time the ball must go to the pitcher, is when time is out. The ball cannot be made live until the pitcher has the ball while on the rubber and the umpire says "Play." If time is not out, the appeal can be made immediately. Rule: 2.00 APPEAL, 5.11, 7.10

35. With no runners on base, it is a balk if the pitcher starts his windup and then stops. A pitch is a ball delivered to the batter by the pitcher. If the ball is not delivered, it is not a pitch. Therefore it cannot be a balk. If this happens with runners on base it is a balk. The rule for LL is different. It is an illegal pitch and a ball with or without runners on base. Rule: 2.00 PITCH.

36. The pitcher must come to a set position before a pick-off throw. The pitcher is required to come to a complete stop in the Set position before delivering the pitch, not before making a throw. Rule: 8.05(m)

37. The pitcher must step off the rubber before a pick-off throw. If the pitcher steps off the rubber he is no longer the pitcher, he is a fielder. He can throw to a base from the rubber, provided he does not break any of the rules under rule 8.05

38. If a fielder catches a fly ball and then falls over the fence it is a home run. As long as the fielder is not touching the ground in dead ball territory when he catches the ball, it is a legal catch if he holds onto the ball and meets the definition of a catch. If the catch is not the third out and the fielder falls down in dead ball territory after catching the ball, all runners are awarded one base. If the fielder remains on his feet in dead ball territory after the catch, the ball is alive and he may make a play. Rules: 2.00 CATCH, 5.10(f), 6.05(a), 7.04(b)

39. The ball is always dead when any umpire is hit by the ball. If an umpire is hit by a batted ball before it passes a fielder, the ball is dead. On any other batted or thrown ball, the ball is alive when the umpire is hit with the ball. Umpire interference also occurs when the plate umpire interferes with the catcher's attempt to prevent a stolen base. Rules: 2.00 INTERFERENCE, 5.09(b), 5.09(f)

40. The home plate umpire can overrule the other umpires at anytime. The umpire who made a call or ruling may ask for help if he wishes. No umpire may overrule another umpire's call. Rules: 9.02(b, c)
### 10. Player/Coach Skills Matrix

Westport Little League Player/Coach Skills Matrix and Curriculum  
Prepared by Integrated Sports Training

<table>
<thead>
<tr>
<th>Core Skill Areas</th>
<th>League</th>
<th>PK/K</th>
<th>1</th>
<th>2</th>
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<td>Full stretching &amp; exercise routine</td>
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<tr>
<td>Pre-game &amp; pre-practice routine</td>
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</tr>
<tr>
<td>Proper 1-step technique from the pivot position</td>
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<td>Full wind-up motion</td>
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<td>Grip and throw; fastball; change-up</td>
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<td>Pitching from full wind-up and set positions</td>
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<td><strong>Baserunning/Sliding:</strong></td>
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<td>From a base, through a base, around the bases</td>
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<td>Basic fundamentals of baserunning, no lead offs</td>
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<td>Taking a lead-off [1] and stealing from each base</td>
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<td>Straight-in bent leg slide</td>
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<tr>
<td>Pop-up, hook and fade away</td>
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<td><strong>Hitting/Bunting:</strong></td>
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<td>Fundamentals of hitting and hitting off a tee</td>
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<td>Grip; stances; straight away, open</td>
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<td>Distance from the plate and bat coverage</td>
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<td>The technique of the complete swing</td>
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<tr>
<td>Pull hitting, hitting straight away, hitting to the opposite field</td>
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<td>Drag, push and squeeze bunt techniques</td>
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<td>x</td>
<td>x</td>
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<tr>
<td>Safe &amp; proper technique for catching fly balls</td>
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<td>x</td>
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<td>Complete fielding &amp; throwing technique straight on ground balls</td>
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<td>Catching fly balls on the run; forehead, backhand</td>
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<td>How to wear the equipment</td>
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<td>Catching position and receiving the ball</td>
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<td>Making the play at the plate</td>
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<td>Relaxed and ready positions, blocking a ball straight on</td>
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<td>Throwing technique to each base, tag play at the plate</td>
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<td>Catching a pop-up, making a play on a pass ball</td>
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<td>Receiving and framing the pitch, giving signs</td>
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<td>Fielding bunts, double play foot work, intentional walks [2]</td>
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<td><strong>1st/2nd/3rd/Shortstop Bases:</strong></td>
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<td>Fielding positions, cut-off and relay technique</td>
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<td>Defending the bunt, double play technique</td>
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<td>Double play footwork and throws</td>
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<td>Pick-off play techniques</td>
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<td>First - footwork and technique for receiving throws</td>
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<td>Second - receiving throws at 2nd and 1st base</td>
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<td>Third - receiving throws, defending the bunt technique</td>
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<td>Shortstop - receiving throws at 2nd and 3rd base</td>
<td>Advanced</td>
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</tbody>
</table>
### Throwing:
- 1-step motion: Getting Started
- Grip and 2-step motion, for short, medium, long throws: Basic

### Coaching:
- **Drills and Fun Activities**
  - For each of the 7 skills included: Getting Started
  - How to organize a practice and game: Getting Started
- **Fun Practice Planner**
  - A practice planner framework: Getting Started
- **Practice Drills**
  - Multiple drills for each position for the 10 skills: Basic
- **Practice Plans**
  - Practice planning framework and sample set of plans: Basic
- **Coaches Checklist**
  - Coaching tips sheet for all 10 skills: Basic
- **Offensive & Defensive Game Strategies**
  - Complete off/def system of play, multiple situations: Advanced

### Coaching at 1st & 3rd:
- Coaching base runners: Advanced
- Coaching signals: Advanced
- Making a line-up: Advanced

### Footnotes
1. Little League rules do not allow leading prior to pitch reaching the plate (Majors Division)
2. Little League rules allow intentional walks but do not require a pitch to be thrown (Majors Division)
11. ASMI Position Statement for Youth Baseball Pitchers

Updated April 2013

With the rise in elbow and shoulder injuries in youth baseball pitchers, the adult community needs to take steps to prevent these injuries. Research points to overuse as the principle risk factor. Poor pitching mechanics also contribute to injury risk. Another suggested risk factor is poor physical fitness.

Throwing curveballs has been suggested as a risk factor, but the existing research does not support this concern. However, a youth pitcher may not have enough physical development, neuromuscular control, and proper coaching instruction to throw a curveball with good mechanics. Throwing curveballs too early may be counter-productive, leading to arm fatigue as well as limiting the youth's ability to master fastball mechanics.

Thus, the recommendations for preventing injuries in youth baseball pitchers are:

1. Watch and respond to signs of fatigue (such as decreased ball velocity, decreased accuracy, upright trunk during pitching, dropped elbow during pitching, or increased time between pitches). If a youth pitcher complains of fatigue or looks fatigued, let him rest from pitching and other throwing.
2. No overhead throwing of any kind for at least 2-3 months per year (4 months is preferred). No competitive baseball pitching for at least 4 months per year.
3. Do not pitch more than 100 innings in games in any calendar year.
4. Follow limits for pitch counts and days rest.
5. Avoid pitching on multiple teams with overlapping seasons.
6. Learn good throwing mechanics as soon as possible. The first steps should be to learn, in order: 1) basic throwing, 2) fastball pitching, 3) change-up pitching.
7. Avoid using radar guns.
8. A pitcher should not also be a catcher for his team. The pitcher-catcher combination results in many throws and may increase the risk of injury.
9. If a pitcher complains of pain in his elbow or shoulder, discontinue pitching until evaluated by a sports medicine physician. Inspire youth pitchers to have fun playing baseball and other sports. Participation and enjoyment of various physical activities will increase the youth's athleticism and interest in sports.
Example limits for number of pitches thrown in games

<table>
<thead>
<tr>
<th>Age</th>
<th>2006 USA Baseball Guidelines</th>
<th>2010 Little League Baseball Regulations</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Daily Limits</td>
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</tr>
<tr>
<td>17 - 18</td>
<td>N/A</td>
<td>105 / day</td>
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<tr>
<td>15 - 16</td>
<td>N/A</td>
<td>95 / day</td>
</tr>
<tr>
<td>13 - 14</td>
<td>75 / game</td>
<td>95 / day</td>
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<td>11 - 12</td>
<td>75 / game</td>
<td>85 / day</td>
</tr>
<tr>
<td>9 - 10</td>
<td>50 / game</td>
<td>75 / day</td>
</tr>
<tr>
<td>7 - 8</td>
<td>N/A</td>
<td>50 / day</td>
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<tr>
<td>Weekly Limits</td>
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<tr>
<td>13 - 14</td>
<td>125 / week; 1000 / season; 3000 / year</td>
<td>21 - 35 pitches = 1 day rest</td>
</tr>
<tr>
<td>11 - 12</td>
<td>100 / week; 1000 / season; 3000 / year</td>
<td>36 - 50 pitches = 2 days rest</td>
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<tr>
<td>9 - 10</td>
<td>75 / week; 1000 / season; 2000 / year</td>
<td>51 - 65 pitches = 3 days rest</td>
</tr>
<tr>
<td>7 - 8</td>
<td>N/A</td>
<td>66 + pitches = 4 days rest</td>
</tr>
</tbody>
</table>

Example high school limits (not verified by ASMI) shown [here](#).

For further discussion on this topic, visit the [ASMI Forum](#).

References: