



NJ District 18 Little League Program Participation Plan

The information in this document is not intended or implied to be a substitute for guidelines published by the New Jersey Department of Health but rather in addition to those guidelines. All content, including text, links and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and as such NJ District 18 Little League makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to practice and competition.

Practice and Competition: All players, coaches, staff, spectators and other attendees must adhere to specifically required guidelines from the New Jersey Department of Health ([NJ DOH Guidance for Sports Activities](#)). Furthermore, because teams utilize both public and private fields for practice and competition, additional requirements may be in place based on guidelines set forth by the hosting township, county or private facility. Any additional guidelines should be provided to the visiting team by the hosting team prior to their arrival with adequate notice.

Guidelines Prior to Practice or Competition:

- Screen athletes, coaches, staff and any other participants with a temperature check and health questionnaire prior to arrival at the field. Anybody showing symptoms of COVID-19 shall not be permitted to participate ([CDC symptom checklist](#)).
- Do not come to practice or competition if you or any member of your household is not feeling well or is showing symptoms of COVID-19.
- Do not come to practice or competition if you or any member of your household has been exposed to a person with COVID-19 within the past 14 days.
- Do not come to practice or competition if you are not comfortable with, are not prepared to or do not comply with the guidelines set forth by the NJ DOH, Little League International or the complex at which you are practicing/competing.
- Adults 65 years and older or people of any age with serious underlying medical conditions are strongly encouraged not to attend practice or competition at this time.



Guidelines During Practice or Competition:

- **Healthy Practices:** All players, coaches, umpires and spectators should practice “good hygiene” by regularly washing their hands with soap and water or using hand sanitizer that contains at least 60% alcohol. Avoid touching your eyes, nose and mouth. Players and coaches should avoid all unnecessary contact during practice or competition. Post-game handshakes should be replaced by “tipping caps” as a sign of good sportsmanship.
- **Social-distancing:** Players, coaches, umpires and spectators should maintain 6-feet of distance whenever possible.
- **Face-coverings:**
 - Coaches/Spectators: Encouraged to wear face-coverings at all times when 6-feet of social distancing is not possible.
 - Players: Should not wear face-coverings when actively participating in vigorous activity during practice or competition. Players are encouraged to wear face-coverings when not engaging in vigorous activity or when in close-contact areas where distancing is not feasible (ie. in dugouts). Players are permitted to wear a face-covering any time if the player or their parent/guardian/caretaker deem it necessary.
 - Umpires: Encouraged to wear face-covering whenever applicable and possible. “Plate” umpires calling pitches will be encouraged to wear masks over the lower half of their standard protective facemask.
 - General/All: Face-coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.
- **Drinks & Snacks:** All players, coaches, spectators and umpires should bring their own food or beverages that are clearly labeled with their name. There should not be any shared food or beverages.
 - Sunflower seeds, gum, chewing tobacco etc., are not allowed in dugouts or on the field. All players and coaches are to refrain from spitting at all times.
- **Player Equipment:** Players should use their own equipment whenever possible. If equipment must be shared, it should be cleaned and then disinfected with an EPA-approved disinfectant against COVID-19 and allowed sufficient time to dry before being used by a new player.
- **Baseballs/Softballs:** Each team should use their own balls while in the field during competition.
- **Umpire Placement:**
 - 46/60: Umpires on the 46/60 diamond will call games from behind the mound. There will be 1 umpire on all 46/60 games.
 - 50/70: Umpires on the 50/70 diamond will call games from behind the plate. There will be 2 umpires on all 50/70 games.
 - 60/90: Umpires on the 60/90 diamond will call games from behind the plate. There will be 2 umpires on all 60/90 games.