

**Jackson
Little
Safety**



**County
League**

Manual

2017

I.D. No. 149-03-03



www.jacksonlittleleague.org

2017 Jackson Little League Board of Directors

Position	Name	Phone
President	Steve Hansen	715-896-1885
V-President	Bill Lloyd	715-284-0792 715-896-0442
Secretary	Rob Voss	715-299-5616
Treasurer	Barbara Hagenbrock	715-284-4743
Information Officer	Thereasa Rieck	715-299-1525
Safety Agent	Dave Dobson	715-299-2579
Play Agent	Steve Peterson	715-284-9246 715-299-7383
Coaching Coordinator	Steve Peterson	715-284-9246 715-299-7383
VP of Baseball	Bob Becker	715-299-9448
VP of Softball	Jon Stowe	715-896-0445
Concessions Chair	Denise Twite	715-284-0943
Co-Umpire-In-Chief	Kevin Gunderson	715-769-4113
Members at Large	Eric Kramer	715-284-7080
	Jasen Skar	715-896-0390
	Tasha Koresh	715-299-0151
	Jennifer Breese	715-299-9800
Fields	Phone	Location
Marks Field	715-284-1667	N. 10 th St
Dale Borreson Field		200 west 4th street
Armory Field		423 hwy 54 west
Lunda Field		1400 Tyler St
Emergency	911	

MISSION STATEMENT

Jackson Little League is a non-profit organization run by volunteers whose mission is to provide an opportunity for our area's young people to learn the game of baseball and softball in a safe and friendly environment and promote character and values in our youth.

TEN COMMANDMENTS OF SAFETY

- I. **Be Alert**
- II. **Check playing fields for safety hazards**
- III. **Wear proper equipment at all times**
- IV. **Ensure that equipment is in good shape**
- V. **Ensure that first aid is available**
- VI. **Maintain control of the situation**
- VII. **Maintain discipline**
- VIII. **Safety is a team goal**
- IX. **Be organized**
- X. **Have fun**

NOTE: If a phone is not available at the field or site, be sure someone has a cell phone to use at each practice or game.

ACCIDENT REPORTING

WHAT TO REPORT

Any incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the Safety Officer. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury. **Concussions MUST be reported.** (Sidelined for Safety Act, W.S.A. Section 118.293)

WHEN TO REPORT

All such incidents described above must be reported to the Safety Officer within 24 hours of the incident or treatment. The Safety Officer is responsible for completing an Incident Tracking Report.

The Jackson Little Safety Officer for 2017 is Dave Dobson and can be reached at:

Day Phone: (715) 299-2579
Cell Phone (715) 299-2579

The Safety Officer's contact information will be posted at the fields.

PROCEDURES IN CASE OF A MEDICAL EMERGENCY

1. Give first aid and have someone call 911 immediately if an ambulance is necessary (i.e. severe injury, neck or head injury, not breathing-error on the side of caution)
2. Notify the parents immediately if they are not on the scene.
3. Fill out a Jackson Little League Injury Report as indicated on the report form.
4. Notify league safety officer within 24 hours.
5. Talk to your team about the situation if it involves them. Often players are upset and worried about the injured player. The need to understand why the injury occurred.
- 6. BE SURE TO HAVE YOUR ORIGINAL MEDICAL RELEASE FORMS WITH THE TEAM AT ALL TIMES.**

JACKSON LITTLE LEAGUE INJURY REPORT

WHEN TO FILE:

1. Anytime a player needs to be removed from a game or practice due to an injury. Anytime a manager, coach, umpire or fan requires first aid.
2. Anytime a player seeks medical attention due to a baseball/softball injury. (Sometimes kids play injured because they don't realize the extent of their injury and you do not know that they are injured until after they have gone to the physician).

HOW TO FILE:

1. Complete the following information and put it in the safety folder at the field within 24 hours or as soon as possible.
2. Call the safety officer listed on the contact page

Name of injured person _____ Age _____ Sex: M F

Parents/Guardian's Name _____

Address of injured _____

Phone _____

Date of Injury _____ Time _____ Place/field injury Occurred _____

Team Name _____ Manager/Coach _____

Type of injury/Part of body injured _____

How did the injury occur?

Who administered first aid? _____ Was EMS called? _____ Time _____

What kind of first aid was administered? _____

Were the parents/guardians present? _____ If not, time they were notified _____

Did they require treatment at the clinic or hospital? Yes No

Name of person completing report _____ Phone _____

Time safety officer was notified _____ (Cell: 715-299-2579)

SAFETY OFFICER'S RESPONSIBILITIES

Within 24 hours of receiving the injury report, the Safety Officer will contact the injured party or the party's parents and:

- Verify the information received
- Obtain any other information necessary
- Check on the status of the injured party; and in the event that the injured party required other medical treatment (i.e. emergency room visit, doctor's visit) will advise the parent or guardian of the Jackson Little League's insurance coverage and the provisions for submitting any claims.

If the extent of the injuries is more than minor in nature, the Safety Officer shall periodically call the injured party to:

- Check on the status of any injuries
- Check if any other assistance is necessary in areas such as the submission of insurance forms, etc., until such a time as the incident is considered "closed" (i.e., no further claims are expected and/or the individual is participating in the League again).

SAFETY MANUAL AND FIRST AID KITS

Each team will be issued a Safety Manual and a First Aid Kit at the beginning of the season. Two chemical ice packs will be issued to each team with frozen ice cups available at the concession stand. The first aid kits will include the necessary items to treat an injured player until professional help arrives if needed. A first aid kit will be available at all fields as well.

VOLUNTEER APPLICATIONS AND BACKGROUND CHECKS

All board members, managers, coaches and other volunteers or hired workers who provide regular service to the Jackson Little League or/and have repetitive access to or contact with players or teams will be required to fill out the **2016 Volunteer Application Form as well as provide a government-issued photo identification card for ID verification.** The volunteer application form must be submitted annually. Additionally, the Jackson Little League will conduct a background check on each of the applicants.

Regulations started in 2007, requires leagues to meet the following, minimum requirement. All chartered local leagues must conduct a nationwide background check containing all the applicable government sex offender registry data. (This is available at no charge through the U.S. Department of Justice web site, www.nsopr.gov. A check conducted only in one state no longer meets the minimum requirements of the regulations. Information in conducting a more through background check can be found on the Little League website or at <http://littleleague.lexnisnexis.com>. See the Little League web site for more information.)

Little League International recommends that leagues go beyond the minimum by using LexisNexis® to conduct background checks. Local Little Leagues can access the LexisNexis® service only through the Little League website at <http://littleleague.lexisnexis.com> .

An individual who has been convicted or plead guilty to charges involving or against a minor, not matter when the offense occurred, will not be permitted to be a member of the Jackson Little League. Additionally, volunteers who refuse to submit a fully completed Volunteer Application will be immediately terminated or eliminated from consideration for any position.

The Board of Directors will appoint the president and two other individuals to handle the background checks. The League President shall retain each volunteer application, background check information, and any other documents obtained on file for the current year of service of that individual.

The League must complete the annual screening process prior to the individual assuming his or her duties for the current season.

FUNDAMENTALS TRAINING FOR MANAGERS AND COACHES

Baseball and softball fundamentals will be taught to managers and parents at our softball and baseball clinics. The coaches and managers may attend the annual softball and baseball clinics for our area youth. The clinic dates are published at www.jacksonlittleleague.org. See the Jackson Little League website or Facebook page for more details and other opportunities.

Coaches, managers and parents were invited to attend at no cost. If coaches are unable to attend the Jackson Little League clinics they may choose to attend any university, or other coaching clinic in other cities. A coach or manager must attend a clinic at the minimum of one clinic training session once every three years.

FIRST AID TRAINING

Coaches Safety meeting will be held on April 12, 2017. The meeting will cover common baseball/softball injuries and concussion training. Personnel from Black River Memorial Hospital will have a presentation and provide specific information at the meeting. Also at this meeting, each coach will be given a first aid kit. There will also be a first aid kit kept at each concession stand. Please notify Dave Dobson at 715-299-2579 if the first aid kit is missing or short on supplies.

An Umpire's safety training clinic will be held on Saturday, April 30, 2016. All coaches and managers are urged to attend clinics and parents are welcome if there is room available.

Note: First Aid training is required for all coaches/managers, with at least one representative from each team attending annually and a minimum of each coach/manager attending the clinic at least once every 3 years. Black River Memorial Hospital offers courses throughout the year. Call the Organizational Development Department at 715-284-5361 for availability.

FACILITY SURVEY AND MAINTENANCE

The Jackson Little League completes a Facility Survey and submit it to headquarters annually. The Safety Officer will be responsible for sending in the survey and will also keep a copy of it for the league files.

Coaches and or umpires are to walk the fields before each game to check for and report all unsafe situations or hazards in the fields and grounds. If there is a situation that needs attention the home field coach is to fill out the Field Maintenance and Game Safety Form. The forms should be put in the Safety Committee folder in the concession stand at that field. The Maintenance forms will be collected by the Safety Officer and the repairs will be completed jointly by the City of Black River Falls and the Jackson Little League.

Each team's equipment is inspected by the Parks & Recreation Department of Black River Falls before it is issued to the coach of a team. The equipment will be inspected again after the season is over. If any equipment is unsafe to use, it will be replaced immediately. The Coaches are required to regularly inspect and discard/replace bad equipment during the playing season.

A portion of the League budget will be allocated for field and team safety, equipment replacement and updated equipment.

CONCESSION STAND SAFETY PROCEDURE

No person under the age of 14 will be allowed behind the counter in the concession stand unless directly supervised by the parent or guardian. People working in the concession stand will be trained in safe food preparation by the concession manager or an experienced concession worker. Cooking instructions for food products, instructions for the operation and cleaning of equipment will be posted in the concession stand. Instructions and procedures for opening and closing duties will also be posted.

- Cooking equipment will be inspected periodically and repaired or replaced as needed. Carbon dioxide tanks will be secured so they stand upright and can't fall over. Damaged tanks or valves will be reported to the supplier immediately.
- Cleaning chemicals must be stored in a secure area away from areas of food preparations.
- A fully stocked First Aid Kit will be placed in each concession stand along with ice water cups frozen and ready to hand out when needed.
- The concession stand main entrance door will not be locked or blocked while people are inside.
- All state and local health department regulations and guidelines will be followed.

JACKSON LITTLE LEAGUE SAFETY CODE

- Responsibility for safety procedures should be that of an adult member of the local league
- Arrangements should be made in advance of all games and practices for emergency medical services.
- Managers, coaches and umpires should have training in first-aid. First Aid Kits should be available at the field.
- No games or practice should be held when weather or field conditions are not good, particularly when lighting is inadequate.
- Play area should be inspected frequently for holes, damage, glass and other foreign objects.
- Dugouts and bat racks should be positioned behind screens.
- Only players, managers, coaches and umpires are permitted on the playing field during play and practice sessions.
- Responsibility for keeping bats and loose equipment off the field of play should be that of each regular player, especially the on deck batter.
- Procedure should be established for retrieving foul balls batted out of the playing area.
- During warm-up drills, players should be spaced so that no one is endangered by wild throws or missed catches.
- Equipment should be inspected regularly. Make sure it fits properly.
- Batters must wear approved protective helmets during practice, as well as during games.
- Batting helmets with face guard are highly recommended
- Catchers must wear catcher's helmet, mask, throat protector, chest protector, shin guards, and male catchers must wear a protective supporter at all times.
- Except when runner is returning to a base, head first slides are not permitted.
- At no time should "horse play" be permitted on the playing field.
- Players must not wear watches, rings, pins, jewelry or other metallic items.
- Catchers must wear catcher's helmet and mask with a throat protector in warming up pitchers. This applies between innings and in bullpen practice.
- No food or drink allowed in the dugouts. (Exceptions: bottled water and sport drinks)
- Never hesitate to report any present or potential safety hazard to the Safety Officer or Board Member immediately.
- No medications will be taken at the facility unless administered directly by player's parent or guardian.
- No alcohol or drugs will be used during games or practice.
- No swinging bats or throwing balls in spectator areas.
- No spectators allowed near player warm-up areas.
- No climbing fences or on dugouts.
- Always be alert for traffic and pedestrians.
- Players and spectators should be alert at all times for foul balls and errant throws.
- Parents must supervise young children who are spectators AT ALL TIMES. They are not allowed to roam around the premise unsupervised.
- Coaches are not allowed to catch pitches in both practices and games.
- Players are encouraged to use protective cups and mouth guards, especially infielders.

WARM-UP DRILLS

Use of the term “warming-up drills”, in connection with unsafe acts, refers to ball handling practice rather than calisthenics. This involves a serious accident exposure to misdirected balls. The following will reduce the danger of being struck by a misdirected ball:

1. All unauthorized people should remain off the field during drills.
2. After you have reduced the number of targets to a minimum, one of the best preventative measures is to stress that the eye must be kept on the ball. You should drill this safe practice into both adults and youngsters so that it becomes a reflex action.
3. Another danger from misdirected balls is the exposure of inexperienced batters to wild pitches. The use of a batter’s helmet is required, however, it does not justify permitting a potential pitcher to throw to an inexperienced batter until they show some control.
4. The following plan can further reduce the danger of being struck by a ball:
 - a. Throwing and catching drills should be set up with players in two lines facing each other.
 - b. Players need to pay attention at all times.
 - c. Players should never throw the ball until they have eye contact with their throwing partner.

SAFE BALL HANDLING

1. Misjudging the flight of a batted ball may be corrected by drilling with fly balls that begin easy and are made more difficult as a player’s judgment and skill improves. Everyone should eventually be able to handle balls that go overhead.
2. Besides a player never losing sight of a ball from the time it leaves the bat, the player should keep the glove positioned and the body relaxed for a last split-second move.
3. An infielder can best be protected by aggressive short hop fielding play by always keeping the “nose pointed at the ball” and looking the ball into the glove. Also, if moving forward, the player is in better position to make a throw. Play the ball, don’t let it play you.
4. It is safer for the player to knock a ball down and handle it. The glove is your friend. Keep it between you and the ball.

COLLISIONS

Collisions result in more injuries than other types of accidents. They are usually caused by errors of judgment or lack of communication between fielders. Teaching and establishing zones of defense will help to avoid collisions. These zones are particularly important when players are chasing fly balls. Communication drills with fly balls must be practiced. Players need to “call” for the ball loudly, “mine, mine, and mine”. In some situations a player may “call off” a player. This must be done loudly. At times, other fielders can yell to players to assist them and let them know where to make the play. Here are some general rules to follow:

1. The fielder at third base should catch all balls reachable and are hit between third and the catcher. Third base takes balls over pitcher's head when not defending a bunt.
2. The fielder at first base should catch all balls that are reachable between first and the catcher. First base calls can call off the pitcher.
3. Second base and shortstop can call off the other infielders.
4. Shortstop has the responsibility for fly balls hit in the center of the diamond and around second base. Since most shortstops are right handed, the glove is on the left hand making catching fly balls over second easier for the shortstop to catch.
5. The center fielder has the right to call off everyone, unless it is unreachable.
6. Outfielders should have priority over infielders for fly balls hit between them.
7. Priorities are not so easy to establish on ground balls, but most managers expect their base player to field all ground balls they can reach, cutting in front of the shortstop on slow hit grounders.
8. On bunted balls, especially in softball, the players need to call out who gets the balls. The catcher may be in the best position to call out the name of the girl to field the ball. Third base and catcher have the best angle on the throw to first. The first baseperson needs to learn to duck and get down when third base or catcher take the throw to first. Teams need to practice defending the bunt.

SLIDING SAFETY

As with other baseball/softball fundamentals, a correct slide is a safe one. It is to guard against the accident of a collision and the possibility of a player being hit by a thrown ball. Steel spikes are not allowed. The following can make the learning period safer:

1. Long grass has been found to be better than sand or sawdust to teach sliding.
2. The base must not be anchored down when learning to slide.
3. Sliding pads are recommended.
4. The player should make approaches at half speed and keep constantly in mind that hands and feet should be in the air. Once committed to slide, the player must not change his mind.
5. They recommend tennis shoes for beginning sliding and tagging practice to avoid injury to the defensive player.
6. If the ground along the baselines becomes soft on a rainy day, such weather offers an excellent opportunity to have sliding drills.
7. It should be kept in mind that headfirst sliding is not allowed unless returning to the base.

SAFE HANDLING OF BATS

The most easily prevented type of accident is the too frequent fault of beginners throwing the bat while running to first base. This unthinking act may be corrected by:

1. Having the player hand the bat to the coach to serve as a reminder before each ball is pitched.
2. Having the player drop the bat in a marked off circle near where running starts.

3. Counting the player "out" in practice whenever the player fails to drop the bat correctly.
4. Providing bats with grips that are not slippery.

Coaches and umpires should be on the alert to correct batters that have a tendency to stop into the catcher.

REMEMBER: LITTLE LEAGUE DOES NOT ALLOW ON DECK CIRCLES. THAT MEANS NO SWINGING OF BATS EXCEPT WHEN YOU ARE IN THE BATTERS BOX.

1. The player assigned to catching balls for the coach hitting flies should be given the specific assignment of warning away anyone who comes too close.
2. You should train all players and adults to walk around the on-deck circle though they do not allow it to be used. The ingrained safety habit of keeping clear may save someone a painful injury as they get older and are playing where on deck circles are allowed.

CATCHER SAFETY

The catcher has more accidents than any other player. Statistics show that the severity of injuries is less in Majors than in Minor League play. The more proficient the player is, the less the chance of injury. Assuming the catcher is wearing the required protection the greatest exposure is to the ungloved hand. The catcher must learn to:

1. In Rookie and Minors level keep the ungloved hand behind their back.
2. Once a player has reached a skill level where he or she no longer keeps his/her ungloved hand behind his back he must remember to:
 - a. Keep the hand relaxed
 - b. Always have the back of the throwing hand toward the when in the position to catch.
 - c. Hold all fingers in a cupped position near the mitt ready to trap the ball and throw it.
 - d. If a player is frequently getting the ungloved hand or arm hit by pitches, he should return to putting his hand behind his/her back until he/she achieves a higher skill level.
3. The catcher should also be taught to throw the mask and the catcher's helmet in the direction opposite the approach in going for a high fly ball.
4. As the catcher learns to play this difficult position, a good habit is to keep a safe distance back from the swinging bat. Estimate this as one foot farther from the batter than the ends of the outstretched fingers.
5. The best protection is to keep the eye on the ball.

GENERAL INATTENTION

Most ball handling accidents appear to occur due to inattention due to inaction or boredom. This situation can be offset partly by using idle time to practice basics of skillful and safe play, such as:

1. Idle fielders being encouraged to "talk it up." Plenty of chatter encourages hustle and enthusiasm.
2. Players waiting for a game or practice to start can pair off and play catch to improve their eye on the ball technique. This is also a good time to have your players stretch even if they have stretched once. You cannot stretch too much.
3. Practice should include a variety of drills and utilize "stations." Keep as many players active as possible.
4. Put a time limit on each drill and do not hold the total practice for more than two hours, or less if interest begins to lag.
5. Give idle players along the sidelines the job of studying the form of the other players to improve their own technique. They may then report on what they have learned to improve their own form on running, ball handling, throwing, batting and sliding.

CONTROL OF HORSEPLAY

Horseplay is any type of youthful high jinks that could even remotely be the cause of an accident. Even a mild form of such childish behavior can distract a player about to catch a ball or possibly when at bat, and result in an accident. Team play requires 100% cooperation between players and good sportsmanship demands courtesy to opposing players.

If show-offs and smart-alecks cannot find a sufficient outlet for their high spirits in the game or practice, you must take quick and impartial disciplinary action. It is best if you go over your expectations on behavior and your policy on dealing with misbehavior at the beginning of the season with the players and their parents to avoid any unnecessary problems later in the year.

FIRST AID AND DISEASE TRANSMISSION

When providing first aid, diseases from one person's blood or bodily fluids can be passed from one to another through breaks or cuts in the skin or through the lining of your eyes, nose and mouth. The greatest risks of infection occur when you touch blood or bodily fluids directly. The primary way Hepatitis B and HIV are transmitted is through blood-to-blood contact. To reduce the transmission of disease when providing first aid:

1. Place a barrier, such as disposable gloves or a clean dry cloth, between the victim's body fluids and yourself. Each first aid kit will have latex gloves to put on before treating an injury. Get more gloves from the concession stand.
2. Stop bleeding, cover the open wound and if there is too much blood on the uniform, it must be changed before the athlete may participate. (When a uniform change is not practical, some have recommended covering the blood with duct tape).
3. Clean all blood contaminated surfaces with the proper disinfectant before competition resumes. (A bleach-water solution works).
4. After removing gloves, immediately wash hands and other skin surfaces in contact with blood or bodily fluids.
5. Do not touch your mouth, nose or eyes while giving first aid.

RECOGNIZING OVERUSE INJURIES EARLY

The following may make a player more prone to injure themselves:

- Overuse
- Lack of flexibility
- Not enough strength and coordination
- Lack of concentration
- Recklessness
- "Burnout"
- Lack of education/knowledge

The coach may notice:

- Decrease speed of a throw
- Decrease in accuracy
- Decreased skill level
- Poor coordination
- Change in attitude or behavior

The player may notice:

- Soreness that does not go away in one or two days
- Decrease in arm strength
- Decrease in endurance
- Out of rhythm
- Change in the way he/she throws
- Poor performance

STRETCHING

A necessary part of warming up is stretching. Stretching before a sporting event to prepare the muscles for activity is important. The best time to stretch is after the players have warmed up by light jogging or playing catch. It is also beneficial to stretch after the game or practice. Stretching on a regular basis at home is a good way to prevent injury, recover from an injury, or maintain overall flexibility. Often when coaching younger athletes, stretching is overlooked because many athletes are already very flexible, but this is a very important time to teach them to stretch. By teaching the T-Ball player to stretch, you are establishing a good routine and besides some youngsters are not as flexible as others.

2015 Little League Baseball Regular Season and Tournament Pitching Rules

- a) Any player on a regular season team may pitch. (There is no limit to the number of pitchers a team may use in a game.)
- b) A player who has attained the league age of twelve (12) is **not** eligible to pitch in the Minor League.
- c) A pitcher once removed from the mound cannot return as a pitcher. Junior, Senior, and Big League Divisions only: A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game.
- d) 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:

17-18:	105 pitches per day
13 -16:	95 pitches per day
11 -12:	85 pitches per day
9-10:	75 pitches per day
7-8:	50 pitches per day

Exception: If a pitcher reaches the limit 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: A pitcher who delivers 41 or more pitches in a game **cannot** play the position of catcher for the remainder of that day.

e) Pitchers league age 14 and under must adhere to the following rest requirements:

If a player pitches:

- o 66 or more pitches in a day, four (4) calendar days of rest required.
- o 51 - 65 pitches in a day, three (3) calendar days of rest required.
- o 36 - 50 pitches in a day, two (2) calendar days of rest required.
- o 21 - 35 pitches in a day, one (1) calendar days of rest required.
- o 1-20 pitches in a day, no (0) calendar day of rest is required.

f) Pitchers league age 15-18 must adhere to the following rest requirements:

If a player pitches:

- o 76 or more pitches in a day, four (4) calendar days of rest required.
- o 61 - 75 pitches in a day, three (3) calendar days of rest required.
- o 46 - 60 pitches in a day, two (2) calendar days of rest required.
- o 31 -45 pitches in a day, one (1) calendar days of rest required.
- o 1-30 pitches in a day, no (0) calendar day of rest is required.

- g) The designated home team will be the official pitch count recorder. 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.
- h) 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.
- i) 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.
- j) The umpire-in-chief will inform the pitcher's manager that the pitcher must be removed. 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.
- k) Violation of any section of this regulation can result in protest of the game in which it occurs.
- l) A player who has attained the league age of twelve (12) is not eligible to pitch in the Minor League.
- m) A player may not pitch in more than one game in a day. (Exception: In the Big League Division, a player may be used as a pitcher in up to two games 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.

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.

Little League Softball Pitching Guidelines:

Minor Softball:	Player may pitch a total of 6 innings per game and 6 per week.
Major Softball:	Player may pitch 9 innings per week and up to 18 per week.
Junior Softball:	Player pitch in 10 per game and up to 30 innings per week.
Senior Softball:	WIAA (Wisconsin Interscholastic Athletic Association-High school rules) rules apply. Unlimited innings

These pitching guidelines are set up to prevent overuse injuries. Overuse injuries can be debilitating, especially if a player pitches with pain. These injuries cannot only put an end to playing baseball/softball, but also other sports that use the arm as well. It is up to the parents to see that the pitcher is not exceeding these guidelines by pitching in games outside Little League play that cause him or her to exceed these guidelines.

In addition to these guidelines, it is up to each coach to be aware of your player's capabilities and not let the player throw when he or she is obviously having discomfort.

Enforcing the Little League's Rules:

Coaches and umpires are trained to understand and enforce the rules of Little League at both games and practices. Board members who are present at games or practices will also see that the rules of Little League are being enforced.

Breakaway Bases:

Beginning with the 2008 season, it is mandatory that all leagues utilize bases that disengage their anchor. The rule applies to first, second and third base.

**Jackson Little League
Field Maintenance and Repair Report**

Directions: If you notice a possible hazard around the fields, practice, warm-up areas, concession stands or other Jackson Little League grounds please do the following:

1. Bring it to the attention of coaches or umpires (it may be remedied with them).
2. If the problem can't be remedied immediately, fill out a Field Maintenance and Repair Report and put it in the Safety Committee folder in the concession stand.
3. Call the Safety Officer within 24 hours to report that you filed a form.

Person Filing Report _____

Position (coach, umpire, parent, etc) _____

Date _____ **Name of Field/Area** _____

What is the problem? _____

Possible solution

Date repairs/measures taken _____

Actions taken

Safety Officer Signature _____ **Date** _____



Jackson Little League

Black River Falls, WI
www.jacksonlittleleague.org

PARENT/ATHLETE CONCUSSION

FORM

As a Parent and as an Athlete it is important to recognize the signs, symptoms, and behaviors of concussions. By signing this form you are stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury.

Parent Agreement:

I _____ have **read** the Parent Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected.

I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me.

I understand that my child cannot return to practice/play until providing written clearance from an appropriate health care provider to his/her coach.

I understand the possible consequences of my child returning to practice/play too soon.

Parent/Guardian Signature _____ Date _____

Athlete Agreement:

I _____ have **read** the Athlete Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused.

I understand the importance of reporting a suspected concussion to my coaches and my parents/guardian.

I understand that I must be removed from practice/play if a concussion is suspected. I understand that I must provide written clearance from an appropriate health care provider to my coach before returning to practice/play.

I understand the possible consequence of returning to practice/play too soon and that my brain needs time to heal.

Athlete Signature _____ Date _____

Athlete Concussion and Head Injury Information

When in Doubt, Sit Them Out!

1. Before a student may participate in practice or competition: At the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute a concussion and head injury information sheet to each person who will be coaching that youth athletic activity and to each person who wishes to participate in that youth athletic activity. No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent or guardian.
2. An athletic coach, or official involved in a youth athletic activity, or health care provider shall remove a person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or health care provider suspects the person has sustained a concussion or head injury.
3. A person who has been removed from a youth athletic activity may not participate in a youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider.

<p>These are some SIGNS concussion (what others can see in an injured athlete):</p> <ul style="list-style-type: none"> Dazed or stunned appearance Change in the level of consciousness or awareness Confused about assignment Forgets plays Unsure of score, game, opponent Clumsy Answers more slowly than usual Shows behavior changes Loss of consciousness Asks repetitive questions or memory concerns 	<p>These are some of the more common SYMPTOMS of concussion (what an injured athlete feels):</p> <ul style="list-style-type: none"> Headache Nausea Dizzy or unsteady Sensitive to light or noise Feeling mentally foggy Problems with concentration and memory Confused Slow
---	--

Injured athletes can exhibit many or just a few of the signs and/or symptoms of concussion. However, if a player exhibits any signs or symptoms of concussion, the responsibility is simple: remove them from participation. "When in doubt sit them out."

It is important to notify a parent or guardian when an athlete is thought to have a concussion. Any athlete with a concussion must be seen by an appropriate health care provider before returning to practice (including weight lifting) or competition.

RETURN TO PLAY

Current recommendations are for a stepwise return to play program. In order to resume activity, the athlete must be symptom free and off any pain control or headache medications. The athlete should be carrying a full academic load without any significant accommodations. Finally, the athlete must have clearance from an appropriate health care provider.

The program described below is a guideline for returning concussed athletes when they are symptom free. Athletes with multiple concussions and athletes with prolonged symptoms often require a very different return to activity program and should be managed by a physician that has experience in treating concussion.

The following program allows for one step per 24 hours. The program allows for a gradual increase in heart rate/physical

exertion, coordination, and then allows contact. If symptoms return, the athlete should stop activity and notify their healthcare provider before progressing to the next level.

- STEP ONE: About 15 minutes of light exercise: stationary biking or jogging
- STEP TWO: More strenuous running and sprinting in the gym or field without equipment
- STEP THREE: Begin non-contact drills in full uniform. May also resume weight lifting
- STEP FOUR: Full practice with contact
- STEP FIVE: Full game clearance

