

WEST SIDE LITTLE LEAGUE (WSLL) SAFETY CODE

2010

GENERAL RULES

- 1. All Players age 13 and younger should be accompanied to games, practices, clinics, tryouts and any other WSSL sponsored activities by a parent or other designated adult. This person should stay with the player during the entirety of the activity or arrange for another parent or adult to stay, unless it has been cleared by the coach. Two adults must be at every practice, be it another coach, parent, or sitter and at least one of them must have a cell phone. No coach is allowed to run a practice without another adult present.**
- 2. Every player must provide his/her coach with a Medical Release Form on the first game or practice of the season. These forms are available on the WSSL website, www.westsidebaseball.org and must be completed by the player's parent or guardian. Coaches must have these forms at every game and practice.**
- 3. WSSL complies with Little League Official Regulation 1, Sections 8 & 9 regarding "Little League Volunteer Application" and Background checks and will use Little League CHOICEPOINT Program to carry out these mandatory background checks**
- 4. NO DOGS are allowed on the ball-fields, even if leashed. Leashed dogs must be held by an adult outside the fenced area of the fields and should not be tied to the fence.**
- 5. Coaches and/or umpires must take their teams off the field whenever there is lightning or dangerous wind conditions.**
- 6. Parents of players who wear glasses are encouraged to provide Safety Glasses.**
- 7. Players must not wear watches, rings, pins, jewelry or other metallic items.**
- 8. Metal spikes or cleats are NOT allowed.**

EQUIPMENT

- 1. All batting helmets, catcher's gear, baseballs and softballs are Little League approved**
- 2. All equipment is check for defects by WSSL equipment manager and at least one Board Member during the pre-season (January through March) and broken and/or unsafe equipment is safely discarded in opaque black garbage bags so as not to be picked up from garbage and re-used.**
- 3. Coaches are instructed to check equipment before every game and practice and to report broken and/or defective equipment for immediate replacement.**
- 4. All Catchers MUST wear protective cups at games and practices. Protective cups and athletic supporters are provided in the equipment bags for Hardball 7's, 8's & 9's and are to be worn by the catcher on top of his uniform.**

9's catchers may also purchase their own cup and supporter to wear under their uniform. Catchers ages 10 and up are expected to obtain their own protective cup and athletic supporter to wear under their uniform.

5. ALL male players in 9 Minors are strongly encouraged to wear a protective cup and athletic supporter to all games and practices.
6. ALL male players in the Middles, Majors, Juniors and Senior Hardball Divisions MUST wear a protective cup and athletic supporter to all games and practices. It is the parents and player's responsibility to adhere to this rule, otherwise player will not be allowed to participate.
7. A face mask is provided in every equipment bag for use by coaches and volunteer umpires.

Batters

1. Batters must wear Little League approved NOCSAE protective helmets during batting practices and games. Batting/catcher's helmets shall not be painted unless approved by the manufacturer.
2. Batters in Hardball 9's MUST wear batting helmets with attached face masks which can be exchanged for plain batting helmets AFTER they reach 1st base.
3. Little League regulations prohibit on-deck batters. **NO ON-DECK CIRCLE** for players ages 12 and younger.
4. Players are not to handle a bat, even while in the dugout, until it is his/her time at bat.

Catchers

1. All Catchers must wear catcher's helmet (with face mask and throat guard), long model chest- protector, shin guards and protective cup with athletic supporter in games and practices.
2. All Catchers must wear catcher's helmet (with face mask and throat guard) whenever they warm up pitchers –before games, between innings, in the bullpen and at any and all practices.
3. All Male Catchers must wear protective cups and athletic supporters either on top of the uniform or underneath it.
4. Managers and Coaches are NOT to warm up pitchers. Catchers should warm up pitchers

Balls

The WSLL uses Reduced impact or Safe/Soft balls for T-Ball 6's, Hardball 7's, 8's and 9's, Challengers and for Softball Minors and for all indoor clinics and practices. In Softball Majors, Safe/Soft balls are used until the pitchers are deemed proficient enough to handle regulation Softballs.

Bases and Baserunners

1. Head-first slides are not permitted, except when a runner is returning to a base.
2. Anchored bases are not allowed on ANY WSLL field
3. Breakaway bases will be installed on the Majors field at 103rd & Riverside North (Spring 2008)
4. Base runners are not to remove their helmets at any time while on the field.
5. Players serving as 1st or 3rd base coaches must wear batting helmets.

Field Safety

1. All managers, coaches, umpires and parents designated by the coach are **REQUIRED** to walk the fields before games to pick up stones, pieces of glass and other obstacles and to identify and fix or fill any hazardous areas they find such as holes or ruts.
2. Garbage cans **MUST** be removed from the field of play before any player enters the field.
3. Bicycles are **NOT** to be chained to the inside of fences that define the field of play.
4. Spectators are **NOT** allowed on the playing field. No one is allowed to sit or stand on the field of play, including the dugouts which are to be occupied only by players and coaches. Siblings are **NOT** allowed in the dugouts.
5. Field prep supplies are to be removed from the field before game start and put in a safe area away from players and spectators (preferably back in the storage room).
6. Protective fence coverings are in place on the 72nd and 103rd & Riverside North field. Please report any problem with these coverings to a Coach or League official.
7. **WARNING--** At 72nd & Riverside –Before, during and after every 8's and 9's game and practices a parent or other adult **MUST** be assigned as a Crossing Guard between the field and the painted rocks just south of the field. Children (particularly younger siblings of players) are in danger of being struck by bicycles when crossing this bike path .

First Aid

1. All coaches, managers, division heads, volunteer umpires and WSLL Board members will attend a First Aid Lecture on February 7th, 2010.
2. Prior to the beginning of the season every coach will receive a copy of the WSLL Safety Manual which will include emergency phone numbers and the numbers of local police precincts.
3. An approved First Aid Kit is provided in each equipment bag along with two extra ice packs.
4. Extra ice packs and extra First Aid kits are placed in plain view in each of the three storerooms in Riverside Park. (72nd, 77th and 103rd)

5. Division Heads for teams that play in Central Park, Morningside Park and DeWitt Clinton fields will be given extra ice packs to distribute to coaches and teams as needed.