

New Castle Baseball and Softball Safety Rules

General Rules:

- Responsibility for safety procedures should be that of an adult member of the local league.
- No games or practices 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.

*During warm up drills, players should be spaced so that no one is endangered by wild throws or missed catches.

- Responsibility for keeping bats and loose equipment off the field of play should be that of a regular player assigned for this purpose.
- Procedure should be established for retrieving foul balls batted out of the playing area.
- During practice sessions and games, all players should be alert and watching the batter on each pitch.
- During warm up drills, players should be spaced so that no one is endangered by errant balls.
- Equipment should be inspected regularly and fit properly.
- Pitching machines, if used, must be in good working order and must be operated only by an adult manager or coach.
- Batters must wear helmets during games, as well as during practices. All players in the Junior-Senior divisions must wear batting helmets with cages. NO EXCEPTIONS!

* All males players are required to wear a protective cup during games AND practices.

- Catchers must wear a catcher's helmet (with face mask and throat guard), chest protector and shin guards. Male catchers must wear long-model chest protector (divisions below Junior/Senior League), protective supporter and cup at all times.
 - Always slide whenever there is a play at any base other than 1st. No head first sliding except in a run down or pick-off or when a runner is returning to a base.
 - During sliding practice, bases should not be strapped down.
 - At no time should "horse play" be permitted on the playing field.
 - Parents of players who wear glasses should be encouraged to provide "Safety Glasses".
 - Catchers (including coaches) must wear a catcher's helmet, face mask and throat guard when warming up pitchers. This applies between innings and in bullpen practice.
 - There are no "on deck" batters. This means no player should handle a bat, even while in an enclosure, until it is his/her time at bat. The only exception is with the supervision of a coach either off a tee or with a soft toss. **DO NOT HIT A REGULAR BASEBALL AGAINST THE CHAIN LINK FENCE.** In addition, players may not use "donuts" or other weights placed at the end of the bat, which could easily fly off and injure someone.
- *Coaches should not pat fannies, hug players or make any other inappropriate physical contact. Please limit physical contact to the occasional high-five or hand shake.
- Players who are ill or injured should remain under supervision of the coach until released to the parent or guardian. Coaches should have cell phone with them at all games and practices.

Always have a first aid kit and ice packs at all games and practices

PITCHING RULES... BOYS BASEBALL ONLY!!

COACHES MUST ADHERE TO THE FOLLOWING PITCHING RULES AT ALL TIMES:

The number of pitches allowed is based on the pitchers age. Specific rest periods are required when a pitchers reaches a higher threshold of pitches delivered in one day.

The table below gives an overview of pitches that will be allowed per day for each age group:

<u>Age</u>	<u>Maximum # of pitches</u>
13-16	90
11-12	80
10 and under	70

The rest period required is listed below:

- If a player pitches 61 or more pitches in a day, three (3) full calendar days of rest must be observed
- If a player pitches 41-60 pitches in a day, two (2) full calendar days of rest must be observed
- If a player pitches 21-40 pitches in a day, one (1) full calendar day of rest must be observed
- If a player pitches 20 or less pitches in a day, no calendar day or rest is required before pitching again

COACHES PLEASE BE AWARE OF THE PITCH COUNT.

. Coaches need to keep count of number of pitches thrown. If a player has thrown the maximum number of pitches in a game, he can NOT continue pitching. In addition, regardless of the number of pitches allowed, lower pitch counts in the 50-60 range are appropriate for players 10 and under and all other players during the beginning of the season.

Coaches please be cognizant of this fact. An excessive pitch count will greatly increase the likelihood of injury to the player.