

Belmont Redwood Shores Little League Safety Rules

- Responsibility for safety procedures belongs to every adult involved with Belmont Redwood Shores Little League (BRSL).
- Each team must have a first aid kit and at least 2 functional ice packs present at every game and practice.
- Each player, manager, designated coach, umpire, team safety officer shall use proper reasoning and care to prevent injury to him/her and to others.
- Only league-approved managers and/or coaches are allowed to conduct practices.
- A plan should be in place in advance of all games and practices for emergency medical services.
- Only league-approved managers and/or coaches will supervise batting cages.
- A manager, coach or designated adult representative from each team attending each practice/game should have in his or her possession a completed and signed "Consent to Treat/Release" form for each player, and a "Special Medical Conditions/Needs" form if one has been supplied by the player's parent/guardian.
- No games or practices should be held when weather or field conditions are bad, particularly when lighting is inadequate.
- Only players, managers, coaches, umpires, and approved adult volunteers are permitted on the playing field or in the dugout during games and practice sessions.
- During practice and games, all players should be alert and watching the batter and ball on each pitch.
- Managers and Coaches may NOT warm up pitchers before or during a game. Only players are permitted to warm up pitchers.
- Except when runner is returning to a base, headfirst slides are not permitted.
- At no time should "horse play" be permitted on the playing field or dugout.
- Parents of players who wear glasses should be encouraged to provide "safety glasses".
- Player must not wear watches, rings, pins, jewelry, or metallic items during games and practices.
- All Belmont Redwood Shores Little League volunteers and persons having contact with the teams and players must submit a fully completed volunteer form to the league.

- Managers, coaches, and team safety officers, should have training in first-aid. This training can be attained by attending the first-aid training presentation at a BRSLL meeting on February 27, 2013 at the RWS Library.
- All managers are required to attend Belmont Little League-sponsored skills and safety clinic and all coaches are strongly encouraged to attend as well.
- All equipment must be checked regularly by managers for any defects, proper fit and should be in good working order. Any broken and/or defective equipment should be returned to the Equipment Manager so it can be destroyed and replaced.
- Play area should be inspected frequently for holes, damage, stones, glass and other foreign objects.
- All team equipment should be stored within the team dugout, or behind screens, and not within the area defined by the umpires as "in play".
- Responsibility for keeping bats and loose equipment off the field of play should be that of a coach assigned for this purpose.
- Batters must wear Little League approved protective helmets, that are in good condition, during batting practice and games.
- Catchers must wear catcher's helmet, mask, throat guard, long model chest protector, shin guards and protective cup with athletic supporter at all times (males) for all practices and games. NO EXCEPTIONS.
- Managers should encourage all male players to wear protective cups and supporters for practices and games.
- The Catcher must wear approved catcher's helmet and mask with a throat guard and proper catcher's mitt in warming up pitchers. This applies between innings and in the bullpen during a game and also during practices.
- During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches.
- All pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by, and thus endanger, spectators (i.e., playing catch, pepper, swinging bats, etc.)
- During games, a player may only swing a bat when s/he is at-bat and receives permission from the umpire to take practice swing(s).
- Reduced-impact balls will be used in the T-Ball division.
- Double / breakaway first bases will be used in all divisions to minimize collisions.
- Breakaway bases will be used in all divisions.
- While your team is batting, all players not on a base, at bat, or coaching a base must remain in the dugout. An exception may be made for a pitcher and catcher to warm up for the next defensive inning, if there is a place for them to do so safely. There is no on-deck circle; the on-deck batter must remain in the dugout. An approved adult volunteer must be in the dugout at all times.

- Players that base coach must wear a helmet while on the field of play.
- Climbing dugout walls or fences is not allowed.
- Throwing the bat at any time, including after a hit or other swing, is prohibited.
- Spectators must be a safe distance from the field and/or protected by a fence.

Adults are allowed on the field only if they are managers, coaches, umpires, or have been asked to assist by the manager or umpire.

- *These BRSLL rules have been collected and summarized from various sources including the 2013 Little League Rule Book, BRSLL division supplemental rules, and BRSLL codes of conduct.