



THREE RIVERS LITTLE LEAGUE

2023 SAFETY MANUAL



ASAP PLAN



2023 SAFETY MANUAL



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Dear Managers and Coaches:

Welcome to another exciting season of Three Rivers Little League Baseball. Three Rivers Little League is gearing up for 2023 season. As one of the largest leagues in the U.S. Three Rivers is unique in its high altitude and cold climate.

The Three Rivers Board of Directors continues to put players' safety first. We look at our many fields every year and their individual needs for improvements in playability, but more importantly in safety.

Along with adhering to Coronavirus/COVID 19 local restrictions, every year, the Three Rivers Board of Directors continues to improve the safety of it's players and their environment by:

- Ensuring that all individuals that have contact with Three Rivers youth including but not limited to managers, coaches, assistant coaches, and umpires have the proper current background check approved before they enter the field or spend time around Three Rivers' youth.
- Continuing to update Safety Manual with important and pertinent information to help managers and coaches.
- Reviewing field status for every field including utilized practice fields and create a board approved priority list of improvements that is focused on the safety of our players.
- Educating coaches on cold and hot weather safety issues.
- Working closely with area field managers to improve all aspects of field safety.
- Ensuring all managers and coaches have completed the concussion safety awareness certification and have a certificate of completion for the current year.
- Working with area field managers on increasing number of safety signs within each facility, including playground areas, common traffic areas.
- Improving the filling out and turning in of injury report forms.
- Issuing official warnings to managers and coaches that violate safety rules and codes, record the warnings within the regional coaching manager and notify the Board of Directors of the violation.



- Requiring that a cell phone and a first aid kit are available at all practices and games.
- Growing community awareness by distributing a copy of the Parent Code of Conduct and Safety Rules to each parent, guardian, and volunteer.
- Ensuring fields are tobacco free and permitting smoking only permitted in designated areas away from Three Rivers players and youth.

To help our managers and coaches comply with the Three Rivers Safety Standards, the Board of Directors has put forth a mandate of the Safety Rules to be followed as outlined in this manual. Each manager will appoint a team safety officer who will assist the manager and coaches of the team with safety guidelines at practice and games. Managers and coaches are required to sign the Coach's Code of Conduct and Safety Code prior to opening day.

Remember that safety awareness includes the volunteers parents and the players of Three Rivers Little League. SAFETY FIRST.

Holly Strablizky, President

2/22/2023

Date

Michael Dobbs, Safety Officer

2/22/23

Date



Safety Mission Statement

To provide the safest possible environment for our players, parents, coaches, umpires, and volunteers at every event and every field always.

Three Rivers strives to develop citizenship, teamwork, and physical well-being, by engaging the best and brightest minds and volunteers with the upmost integrity and sportsmanship.

Three Rivers promotes the virtues of character, courage and loyalty, and strives to develop superior citizens as well as superior athletes.

Little League Parent / Volunteer Pledge

- I will teach all children to play fair and do their best.
- I will positively support all managers, coaches, and players.
- I will respect the decisions of the umpires.
- I will praise the good effort despite the outcome of the game.



Three Rivers Little League

Member Responsibilities





In Case of Emergency Dial 911

Three Rivers Little League

Address: PO Box 2184
Glenwood Springs, CO 81602
Email: info@3riverslittleleague.com

Safety Officer: Michael Dobbs

Phone: 7812965328
Email: mjdobbs1@icloud.com

Aspen Police:	970-920-5400
Pitkin Co Sheriff's Department:	970-920-5307
Aspen Fire Department:	970-925-5532
Avon Police:	970-748-4040
Eagle Co Sheriff's Department:	970-479-2201
Eagle River Fire Protection District:	970-748-9665
Basalt Police:	970-927-4316
Basalt Fire Department:	970-704-0675
Pitkin Co Sheriff's Department:	970-920-5307
Eagle Co Sheriff's Department:	970-328-7697
Carbondale Police:	970-963-2662
Carbondale Fire Department:	970-963-2491
Garfield Co Sheriff's Department:	970- 945-0453
Town of Eagle Police:	970-479-2200
Town of Eagle Fire Department:	970-328-7244
Eagle Co Sheriff's Department:	970-479-2201
Edwards Police Department:	N/A Call Sheriff
Eagle Co Sheriff's Department:	970-479-2201
Eagle River Fire Protection District:	970-748-9665



Glenwood Spring Police: 970-384-6500
Glenwood Springs Fire Department: 970-384-6480
Garfield Co Sheriff's Department: 970- 945-0453

Gypsum Police: 970-328-8500
Gypsum Fire Department: 970-524-7101
Eagle Co Sheriff's Department: 970-479-2201

Vail Police: 970-479-2200
Vail Fire Department: 970-477-3474
Eagle Co Sheriff's Department: 970-479-2201

Valley View Hospital Phone: 970.945.6535
Valley View Hospital Address: 1906 Blake GWS, CO 81601

Avon Emergency & Urgent Care Phone: 970-688-7000
Avon Emergency & Urgent Care Address: 50 Buck Cr. Rd. Avon, CO 82620

Vail Health Hospital Phone: 970-476-2451
Vail Health Hospital Address: 180 South Frontage Road West Vail, CO
81 657

Aspen Valley Hospital Phone: 970.925.1120
Aspen Valley Hospital Address: 0401Castle Creek Road
Aspen, CO 81611

Eagle Urgent Care: (970) 926-6340
Eagle Urgent Care Address: 0377 Sylvan Lake Road Suite 120 (lower level)
Eagle, CO 81631

Basalt After- Hours Medical Care Phone: (970) 544-1250
Basalt After- Hours Medical Care Address: 234 Cody Lane
Basalt, CO 81621



Member Responsibilities

The President

The President of Three Rivers is responsible for ensuring that the policies and regulations of the Three Rivers Safety Officer(s) are carried out by the entire membership to the best of his or her ability.

Three Rivers Safety Officer(s)

The main responsibility of the Three Rivers Safety Officer(s) is to develop and implement the League's safety program.

The Three Rivers Safety Officer(s) is the link between the Board of Directors of Three Rivers and its managers, coaches, umpires, team safety officers, players, spectators, and any other third parties at any facility regarding safety, rules and regulations.



Three Rivers Safety Officer Responsibilities

- Coordinating the individual Team Safety Officers to provide the safest environment.
- Assisting parents and individuals with insurance claims and will act as a liaison between the insurance company and the parents and individuals.
- Explaining insurance benefits to claimants and assisting them with filing the correct paperwork.
- Keeping the First Aid Log. This log will list where accidents and injuries are occurring, to whom, in which divisions (juniors, intermediate, major/minors, and minors), at what times under what supervision.
- Checking fields with Field Managers and the District Safety officer and listing areas needing attention.
- Acting immediately in resolving unsafe or hazardous condition once a situation been brought to his/her attention.
- Making spot checks at practices and games to make sure all managers have their First-Aid Kits and Safety Manuals.
- Tracking all injuries and near misses to identify injury trends.
- Making sure that safety is a monthly Board Meeting topic and allowing experienced people to share ideas on improving safety.

Three Rivers Members

Will adhere to and carry out the policies as set forth in this safety manual.

Three Rivers Information Officer

Responsible for maintaining Three Rivers' website at www.3riverslittleleague.com and updating the safety information and other important information for parents and players on a weekly basis. The Information Officer will send a list of all Coaches and Players to Little League's data center at <https://apps.littleleague.org/dc/account/login> by March 30, 2023.



Managers and Coaches

The Manager is a person appointed by the president of Three Rivers to be responsible for the team's actions on the field, and to represent the team in communications with the umpire and the opposing team.

1. *The Manager* shall always be responsible for the team's conduct, observance of the official rules and deference to the umpires.
2. *The Manager* is also responsible for the safety of his players. He/She is also ultimately responsible for the actions of designated coaches and the Team Safety Officer (TSO)
3. *If a Manager* leaves the field, the *Manager* shall designate a Coach *as* a substitute and such *Substitute Manager* shall have the duties, rights and responsibilities of the *Manager*.

General:

Manager will:

- Take possession of this safety Manual supplied by Three Rivers.
- **Appoint a volunteer** parent as a Team Safety Officer (**TSO**). The **TSO** must be able to be present to all games and must own or have access to a **cell phone** for emergencies when games or practices take place. In the event the official TSO is unavailable the team's manager will appoint a temporary TSO for the day.
- The team's manager will hold a **mandatory training session on First Aid fundamentals** given by Three Rivers with his/her designated coaches and TSO. The training session will go over this safety manual, first aid procedure, and an emergency plan in the event of an injury at a Three Rivers event.
- Meet with all parents on "Parents' Day" to discuss Little League philosophy and safety issues.
- Cover the basics of safe play with his/her team before starting the first practice.
- Return the signed Three Rivers coaches Code of Conduct and the Three Rivers safety Code to the Three Rivers Safety Officer before the first game.
- Notify parents that if a child is injured or ill, he or she cannot return to practice unless they have a note from their doctor. This **medical release** protects you if the child should become further injured or ill. **There are no exceptions to this rule.**
- Encourage players to bring water bottles to practices and games.
- Tell parents to bring **sunscreen** for themselves and their child.
- Encourage your players to wear **mouth protection**.



Season Play

Managers will:

- Work closely with the Three Rivers Safety Officer to make sure equipment is in first rate working order.
- Make sure that telephone access is available to all activities including practices. It is mandatory that a cellular phone is always on hand.
- Not expect more from their players than what they players are capable of.

Pre-Game and Practice

Managers will:

- Make sure players are healthy, rested and alert.
- Make sure that players returning from being injured have a medical release form signed by their doctor. Otherwise, they can't play.
- Make sure players are wearing the proper uniform and catchers are wearing a cup.
- Make sure that the equipment is in good working order and is safe.
- Agree with the opposing manager on the condition of the playing field. If the two managers cannot agree, the President or a duty delegated representative shall make the determination.
- Enforce the rule that no bats and balls are permitted on the field until all the players have done their proper stretching.

During the Game

Managers will:

- Make sure that players carry all gloves and other equipment off the field and to the dugout when their team is up at bat. No equipment shall be left lying on the field, either in fair or foul territory.
- Keep players **ALERT!**
- Always maintain discipline.
- Be organized.
- Keep player s and substitutes sit tin g on the team's bench or in the dugout unless participating in the game or preparing to enter the game.
- Make sure catchers are wearing the proper equipment.
- Encourage everyone to think **SAFETY FIRST.**
- Observe the "**no on-deck**" rule for batters and keep players behind the screens at all times. No Players should handle a bat in the dugout s at any time.



Managers will:

- Keep players off fences.
- Get players to **drink** a little a lot!
- Not play players that are ill or injured.
- Attend to players that become injured or ill in a game.
- Not lose focus by engaging in conversation with parents or passerby's

Post-Game

Managers will:

- Do cool down exercises with the players.
- Those who throw regularly (pitcher and catchers should ice their shoulders and elbows.
- Catchers should ice their knees.
- Discuss any safety problems with the Team Safety Officers that occurred before, during or after the game.
- If there was an injury, make sure an accident report was filled out and given to the Three Rivers Safety Officer.
- Return the field to its pre-game condition, per Three Rivers policy.
- *Notify parents if their child has been injured. (There are no exceptions to this rule.)*

The Season

During the Season, the TSO (Team Safety Officer) will:

- Keep a Safety Log of all injuries that occur on his or her team.
- Inspect players' equipment for cracks broken straps on a routine basis.
- Communicate any safety infractions to the Three Rivers Safety Officers or any other Board Member.
- Help managers and designated coaches give First-Aid if needed.
- Act as a conduit between parents, manager s, the Three Rivers Safety Officer and the Kid s.
- Fill out accident reports if an injury occurs.
- Report an injury to the Three Rivers Safety Officer within 12 hours of the occurrence.
- Track the First-Aid Kit inventory and ask the Three Rivers Safety Officer for replacement s when needed.



Pre-Game

Before the game starts the TSO will:

- Make sure that this *Safety Manual* and the *First-Aid Kit* are present.
- Greet the players as they arrive and make sure everyone is feeling all right.
- Watch the player when they stretch and do *warm up* exercises for signs of stress injury.
- Check equipment for crack and broken straps.
- *Walk the field*, remove broken glass and other hazardous materials.
- Fill out the pre-game safety checklist and hand to the umpire.
- *Be ready to go into action if anyone should get hurt.*

Game

During the game the TSO will:

- *Watch players* to see that they are alert at all times.
- In case of injury, *help the team manager* treat the player until professional help arrives.
- Act as the *conduit* between the Three Rivers Safety Officer, the team manager, the player and his or her parents.

Post-Game

After the game the TSO will:

- *Record* any safety infractions or injuries in his/her Safety Log.
- *Report any injuries* to the Three Rivers Safety Officer within 12 Hours of the occurrence.
- Fill out an accident investigation report and send a copy to the Three Rivers Safety Officer if there is an injury requiring medical attention.
- Assist parents if a child must go to a hospital or to see a doctor.
- Provide *insurance documentation* to the hospital if necessary.
- Follow-up with parents to make sure the child is all right.

If a Manager has not appointed a TSO, then he or she must assume these Responsibilities.



HAVE YOU:

- " Walked field for debris/foreign objects
- " Inspected helmets, bats, catchers' gear
- " Made sure a First Aid kit is available
- " Checked conditions of fences, backstops, bases and warning track
- " Made sure a working phone is available.
- " Held a warm-up drill.



Field and Game Safety Checklist

All umpires, managers and coaches are responsible for checking field SAFETY conditions before each game.

Field Condition	Repairs Needed?		Catcher s Equipment	Repairs Needed?	
	YES	NO		YES	NO
Backstop Repair			Shin Guards OK		
Homeplate Repair			Helmet OK		
Bases Secure			Throat protector OK		
Bases Repair			Catchers Cup (Boys)		
Pitcher's Mound			Chest Protector		
Batter Box Level			Catchers Mitt (Boys)		
Batter Box Marked					
Grass Surface (even)					
Gopher Holes					
Infield Fence Repair			Safety Equipment		
Outfield Fence Repair			First-Aid Kit		
Foul Ball Net Repair			Medical Release Form (Each Player)		
Foul Lines Marked			Ice Packs for Contusions		
Sprinkler Condition			Blanket for Shock		
Warning Track			TRLL Safety Manual		
Coaches Boxes Level			Injury Report Forms		
Coaches Boxes Marked					
Dirt Needed					
Dugouts	YES	NO	Players Equipment	YES	NO
Fencing Needs Repair			Batting Helmets OK		
Bench Needs Repair			Jewelry removed		
Roof Needs Repair			Bats Inspected		
Bat Racks			Shoes/Cleats Checked		
Helmet Bag/Rack			Uniforms Checked		
Trash Cans			Athletic Cups (Boys)		
Clean Up Needed			Little League patch		
Spectator Areas	YES	NO			
Bleachers Need Repair					
Hand Rails Need Repair					
No Smoking					
Parking Area Safe					
Protective Screens OK					
Bleachers Clean					



Codes of Conduct





Coaches Code of Conduct

Coaching Three Rivers Little League Baseball and Softball is a privilege that is not to be taken for lightly. As a Manager or coach, appointed by the Three Rivers Little League Board of Directors, you have an important role in the development of the young children in our community. We strive to teach each child the values of trust, good sportsmanship, good citizenship, responsibility, respect, fair play and teamwork. These values they will use throughout their lives and careers. Baseball and softball embody the discipline of teamwork. They challenge players to develop athletic skills and increase their knowledge of the game learning tactics and strategy. The very nature of baseball and softball teach that while every player eventually strikes out, or is on a losing team, there is always another chance for success in the next at-bat or game. Three Rivers expects each manager and coach to adhere to the following.

Sportsmanship

1. I will promote good sportsmanship, teach strong skills, and have fun in the process.
2. I realize, accept and will practice the principle that a team's reputation is built not only on its playing ability, but also on its sportsmanship, courtesy and manner.
3. I understand verbal abuse of an official, coach, player, or spectator, including obscene gestures, will not be tolerated and that the offender may be removed from Three Rivers' fields at the discretion of an umpire or Three Rivers board member. (Feel free to remove yourself from a game! Appoint one of your assistant coaches to take over, cool off and prevent suspension/expulsion from the league.)
4. I understand coaches will refrain from complaining about perceived bad calls to players and fans.
5. I understand all discussions will be held in conversational tones. Under no circumstances will a coach, fan, or player yell at an umpire, coach, fan, or player. The lone exception to this rule is when a coach or player shouts to another coach or teammate during a play as part of that play.
6. I understand profanity is expressly always forbidden at Three Rivers events.

Rules and Policies

1. I will know and understand the rules and abide by them (whether local or national). I will instruct my team members in the rules and coach my team in such a way as to motivate each player to compete according to the rules at all times.



2. I will adhere to all Little League safety guidelines from the Three Rivers handbook and the Three Rivers Safety Manual, including completing the Heads-Up Concussion course.
3. I will understand the local league participation rules for my division. All coaches must ensure that each player get minimum opportunities to bat and play the field in each game. I also understand that specific rules are also in place to limit the number and frequency of innings pitched by a particular player.
4. I will fully comply with the Player/Parents Code of Conduct.

The Umpires

1. I recognize baseball is a game of interpretations, and as a result, disputes will occur from time to time. However, it is important that players learn respect. All disputes that are taken up with the umpire will be handled in a civil manner. I understand only managers may initiate such discussions with an umpire. The managers/coaches will conduct themselves with decorum and once the umpire has made his/her final ruling, the managers will make no further field protest. Off-field protests may be lodged with the Board of Directors per league policy.
2. I understand most of the umpires are "in training" as well as the players. I recognize that all umpires will make mistakes, and as manager/coach, I will give the umpires the respect their position deserves.

The Parents and the League

1. I will maintain an open line of communication with players and their parents. I will be approachable. When approached by a parent to discuss any issue, I will interact and respond in a courteous manner.
2. I will understand and be able to explain the goals and objectives of Three Rivers. Three Rivers is organized through Little League International, meant for the enjoyment and development of all players and members.
3. I will ensure that parents and fans of the team always conduct themselves with sportsmanship and maturity.
4. I will make sure that coaches and players are the only persons allowed in the dugout during a game.
5. I will support (through participation and organization of parents) Three Rivers in all fundraising efforts and field improvement efforts along with other duties that may be assigned to teams from time to time. I will make every effort to recruit a team parent.



The Team

1. I will conduct practices in an organized manner, with a planned agenda that focuses on specific skill development appropriate for the skill level.
2. I will focus on providing instruction commensurate with players abilities, so all players can advance their skills towards their full potential, gain confidence and develop self-esteem, as well as establish a solid foundation for further baseball/softball competition.
3. I will teach each player, especially through personal example, to be humble and generous in victory and proud and courteous in defeat.
4. I understand that managers are appointed by the league to be responsible for the team's actions on the field and to represent the team in communications with the umpires, opposing teams and league. If a manager leaves the field, he shall designate a coach as a substitute who will then be responsible and held accountable for the manager's duties.

Non-Game Duties of Managers or his/her Team Coordinator

1. I will maintain open communication with players and parents to inform them of practices, games and other responsibilities in a timely and efficient manner.
2. I will attend all required coaches meetings, safety and umpiring clinics unless I am out of town or have a significant previously made commitment. If I cannot attend, I will ensure that one of my assistant coaches attends on my behalf.
3. I will complete, obtain and submit to the League all required paperwork, which will include Volunteer Applications, Raffle Tickets and Monies collected.
4. I will make sure that I maintain a coaches' book containing Player Medical Releases, Three Rivers house rules, a copy of the national Little League rule book, a roster of registered and eligible players, and make sure it is present at practices and games.
5. I understand that I am the point of contact between my team, opposing teams, and the league officials. I am responsible for my team.
6. I will have Fun.

Signed" ☐ _____

Date _____

Please Print Name _____



A Coach's Character Counts

Character of a Little League Coach

The combination of ethical strength, integrity, and the fortitude to do what's right for the team, league and all members of Three Rivers, even when no one is watching.

Demonstrate the attributes of:

- **Respect**
- **Fairness**
- **Caring**
- **Trustworthiness**
- **Responsibility**
- **Citizenship**



Sport Parent Code of Conduct

We, the Three Rivers Little League, have implemented the following Sport Parent Code of Conduct for the important message it holds about the proper role of parents in supporting their child in sports. Parents should read, understand and sign this form prior to their children participating in our league.

Any parent guilty of improper conduct at any game or practice will be asked to leave the sports facility and be suspended from the following game. Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games.

Preamble

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles:

- Trustworthiness,
- Respect,
- Responsibility,
- Fairness,
- Caring, and
- Good Citizenship.

The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

Parent/Guardian Signature



10 Things Parents and Fans Should NOT do while during games or practice.

1. Do not yell out instructions to players. Player(s) are trying to concentrate on what the game and coaches and apply what they've learned in practice.
2. Do not yell at coaches, managers, or umpires, or any official at any time.
3. Do not yell or put down the officials.
4. Do not put down the other team in any way.
5. Do not visibly lose your cool.
6. Do not lecture coaches or managers about mistakes made after the game.
7. Do not bring drugs or alcohol to games or practices.
8. . Do not use noise makers of any kind during a game.
9. Do not forget how to laugh and have fun.
10. Do not forget that Three Rivers baseball and softball are just games played by kids in the grass and dirt.



Frequently Asked Questions

General Questions

How big is Three Rivers?

- Our average Spring Season is approximately 375 to 430 players. With as many as 37 teams from Aspen to Glenwood Springs to Vail.
- Three Rivers' capacity with available fields is 430 players and 37 teams.
- Three Rivers is comprised of more than 120 volunteers that give their valuable time to help our Three Rivers youth learn the game and embrace the Little League Baseball's motto: Loyalty, Character, and Courage.
- Thank You to all of the volunteers that help make Three Rivers successful every year.
- The Three Rivers website can be found at www.3riverslittleleague.com. Check the website for current events and information regarding players, divisions, and the league.

How are registration fees used?

- Three Rivers is a non-profit 501c3 volunteer organization.
- Registration fees pay for equipment, uniforms, field improvements, field maintenance, utilities, insurance, and administrative expenses, umpires, and player scholarships.

Do Three Rivers Board of Directors get paid?

- No, unlike some other Youth Sports Organization, the Board of Directors for TRLL is 100% volunteer. No Director receives any financial compensation for their services to the league.

How are revenues generated?

- In addition to registration fees, Three Rivers actively pursues donations from Corporations, local businesses and private sources. As an active non-profit organization, Three Rivers also requires all our Spring teams to seek and obtain a team sponsor.
- Three Rivers runs a State Licensed raffle fund raiser every spring.

How is the league organized?

- Three Rivers is chartered by Little League International, and must follow their rules, regulations and guidelines.



- There are 4 baseball divisions and 2 softball divisions based on Little League's league age chart. Minors are typically 7-10 yo; Majors are typically 10-12 yo; Intermediate. (50/70) are typically 12-13 yo; Juniors are typically 13-14 yo. Each division within each valley (Roaring Fork and Eagle) will have a Town Representative or Player Agent assigned.
- Three Rivers is part of Little League International, which is broken down by 5 regions in the U.S. and 4 International regions. Three Rivers is a part of Colorado District 1 within the Southwest Region.

What is the procedure if I have an issue with a manager of coach?

- After the game, assess the situation and its seriousness, then decide if it can be dealt with between coaches. If it cannot, take to the area representative.
- If the issue is still not satisfied, your next contact would be the Board of Director's representative and/or the valley player agent.
- If the issue is still not satisfied, the next step would be to contact the current president of the Board of Directors.

Can I become a Three Rivers board member?

- Each year in September, the Board of Directors must be re-elected. Any adult resident living within the TRLL boundaries can apply to become a board member. All applicants must undergo and pass a background check, be nominated and voted onto the board.

What are the boundaries of Three Rivers?

- The Three Rivers boundary map is located on www.3riverslittleleague.com.

Registration Questions

When do I register my Player for Three Rivers baseball or softball?

- Registration for the Spring Season usually opens in early December.
- Early-Bird fees are offered between opening day and mid-February.
- Registration closes at the end of assessments and is designated on www.3riverslittleleague.com.
- Online registration is available through www.3riverslittleleague.com



What documentation do I need for Registration?

- All players are required to submit a Birth Certificate for Age Verification and Proof of Residency, a school verification form, LL registration form, medical release, parent code of conduct, and media release form.

What age group can my Child play?

- A Player's "League Age" is determined by the age according to the Little League International age chart.
- All players must be assessed prior to the league draft.
- Players will be assessed and then it will be determined what team and division they play.
- All players will be placed into a draft after assessments.

How do I request a Refund?

- Refunds can only be requested through the current league registrar. Please email info@3riverslittleleague.com.

Team Selection and Draft Questions

How are Managers/ Coaches Selected?

- Managers and coaches do not have tenure and are selected and assigned every year.
- Manager and coach selection are made at the March board meeting or sometimes before.
- Managers and coaches are required to fill out a Three Rivers coaches' application as well as a Little League Volunteer application and submit to and pass a Background Check.
- Three Rivers Board of Directors may vote on and appoint manager and coaches based on previous experience in other volunteer organizations, and the conduct in prior Three Rivers seasons.
- If you are interested, please email- info@3riverslittleleague.com



Are there Tryouts or Assessments for players and what is involved?

- Assessments are held on the last weekend of February and/or the following days of the week. Assessments are scheduled by the Three Rivers BOD.
- Assessments will be based on fielding, catching, throwing, batting, and pitching. We will run enough repetitions to allow assessing coaches to record a score on the Player Assessment form.
- All players are required to tryout to be best placed in the appropriate division.

How does the Draft Work?

- The draft for each division will be held at a location and time determined by the Player Agent.

Does Little League get a list of the players and coaches?

- Yes, Three Rivers is required to send a list of all players, teams, managers and coaches to the Little League International Data Center before regular season play begins.

If you have any other questions, or a question that should be in the FAQ, please email them to 3riverslittleleague@gmail.com and put "FAQ" in the Subject Line.

LITTLE LEAGUE® CHILD PROTECTION PROGRAM

OVERVIEW

The safety and well-being of all participants in the Little League® program is paramount. Little League promotes a player-centric program where young people grow up happy, healthy, and, above all, safe. Little League does not tolerate any type of abuse against a minor, including, but not limited to, sexual, physical, mental, and emotional (as well as any type of bullying, hazing, or harassment). The severity of these types of incidents is life-altering for the child and all who are involved.

The goal of the Little League Child Protection Program is to prevent child abuse from occurring through an application screening process for all required volunteers and/or hired workers, ongoing training for its staff and volunteers, increased awareness, and mandatory reporting of any abuse. Little League is committed to enforcing its Child Protection Program, as highlighted below under “Enforcement.”

Local Little League programs should establish a zero-tolerance culture that does not allow any type of activity that promotes or allows any form of misconduct or abuse (mental, physical, emotional, or sexual) between players, coaches, parents/guardians/caretakers, spectators, volunteers, and/or any other individual. League officials must remove any individual that is exhibiting any type of mental, physical, emotional, or sexual misconduct and report the individual to the authorities immediately.

Little League continues to keep up-to-date with all of its safety policies and procedures within the [Child Protection Program](#), including adherence to the youth protection standards of [SafeSport](#) and USA Baseball’s [Pure Baseball program](#). The Child Protection Program provides the resources necessary for a local league Board of Directors to successfully fulfill its requirements.

FEDERAL LAW PROTECTING YOUTH INVOLVED IN OUR PROGRAMS

In 2018, the “Protecting Young Victims from Sexual Abuse and SafeSport Authorization Act of 2017,” also known as the [SafeSport Act](#), became Federal Law. This national law increases the standard of care and makes it a crime for an individual involved in a national governing body sports organization, including Little League, to ignore, or not report to law enforcement, any reasonable suspicion of an act of child abuse, including sexual abuse, **within 24 hours**. The law applies to all employees, volunteers, or hired workers of Little League and makes all indicated Little League individuals’ mandatory reporters in the eyes of the law.

All chartered Little League programs must adhere to the following requirements:

- Conduct annual background checks on volunteers and hired workers. Prohibit anyone with any offenses that would disqualify them as a participant in any Little League activity.
- Report Child Abuse, including sexual abuse involving a minor, to the proper authorities within 24 hours.
- Adopt a policy that prohibits retaliation against “good faith” reports of child abuse.
- Adopt a policy that limits one-on-one contact with minors without being in an observable and interruptible distance from another adult.
- Volunteers and/or hired workers who have contact with minors are strongly encouraged to complete the [Abuse Awareness Program](#) training, provided by USA Baseball, or comparable training.

CHILD PROTECTION PROGRAM DEFINITIONS

Defining child abuse is the first step in battling it. Child abuse can take several different forms, and it is important to understand what is considered child abuse and other terms that are mentioned throughout the Child Protection Program.

Abuse or Neglect: The Federal Child Abuse Prevention and Treatment Act (CAPTA) (42 U.S.C.A §5106g), as amended by the CAPTA Reauthorization Act of 2010, defines child abuse and neglect as, at a minimum, “any recent act or failure to act on the part of a parent or caretaker which results in death, serious physical or emotional harm, sexual abuse or exploitation;” or “an act or failure to act which presents an imminent risk of serious harm.”

Different types of Child Abuse or Neglect

- **Neglect** is the negligent failure of a minor’s caretaker to provide adequate food, clothing, shelter, medical care, or supervision which threatens harm to a minor’s health, safety, or welfare.
- **Physical Abuse** is any non-accidental, intentional, deliberate act that results in physical injury.
- **Emotional and Psychological Abuse** is any act that diminishes the sense of identity, dignity, and self-worth by humiliation, intimidation, verbal assault, and emotional deprivation.
- **Sexual Abuse** is any type of maltreatment, violation, or exploitation that refers to the involvement of the child in sexual activity to provide sexual gratification or financial benefit to the perpetrator.
- **Bullying** is the intentional, repetitive harmful act, words, and behavior that makes the victim feel hurt, scared, and/or ashamed. Bullying can also be an imbalance of real or perceived power between the bully and the victim. Different types of bullying include, but are not limited to, physical bullying, verbal bullying, emotional bullying, harassment, and hazing.
- **Grooming** is the process where an individual creates a relationship with a minor or the minor’s family to gain trust so he or she can take advantage of a minor for a sexual purpose.

Child/Minor: Any individual who is younger than age 18 or who is not an emancipated minor.

Little League Programs and Activities: Any games, practices, tournaments, approved activities, and approved special games are considered Little League programs and activities.

Little League Volunteer or Hired Worker: Refers to any person in the organization who provides regular service to the league and has contact with minors: coaches, managers, the Board of Directors, program workers, coaches, bus and carpool drivers, maintenance workers, or anyone that has repetitive access to or contact with players or teams.

VOLUNTEER APPLICATION PROCESS

With the above definitions, we have a better understanding of child abuse, which will prevent potential child abusers from entering the ranks of Little League. Another aspect of prevention is screening all applicants who wish to be a manager, coach, member of the Board of Directors, and any other person, volunteer, and/or hired worker who provides regular services to the league and/or have repetitive access to or contact with players or teams.

Little League requires a five-step process for selecting individuals to fill any of the above positions:

1. **Application** — All local leagues are required to use the [Little League Official Volunteer Application](#) for all managers, coaches, members on the Board of Directors, and any other person, volunteer, and/or hired worker who provides regular service to the league and/or has access to minors. The Little League Official Volunteer Application is available through the [JDP Quick App](#), [for leagues that utilize Sports Connects](#) or online at [LittleLeague.org/BackgroundChecks](#). The applicant must also submit a government-issued photo identification card (e.g., driver’s license) for the league to verify that the information on his/her volunteer application is correct (e.g., spelling of the name, address, date of birth, etc.). The completed volunteer application enables the local Little League program to run and review a background check.
2. **Background Check** — An annual background check, in compliance with Little League Regulation I(c) 8 and 9, is required to be conducted on every individual before the applicant assumes *any* of his/her duties for the current season.



The background check must, at a minimum, meet the standard of a nationwide criminal search, a national sex offender registry search and a review of the [U.S. Center for SafeSport's Centralized Disciplinary Database](#) and the Little League International Ineligible/Suspended List. The criteria for exclusion are detailed below. Information regarding free background check services is available at [LittleLeague.org/BackgroundChecks](#).

3. Interview — The applicant must be interviewed by an approved board member, and if selected to participate, should be educated on the position regarding Little League's Child Protection Program and their role in the protection of minors in the program. They should also be aware that as a volunteer, they are a mandatory reporter per the [SafeSport](#) Law.

4. Reference Checks — A minimum of three reference checks must be completed by an approved board member before a new volunteer is allowed participation in a Little League program. All information from reference checks should be documented, dated, and signed by the leader conducting the reference check. Reviewing the reference check is important to determine if any information from the reference differs from what is represented on the volunteer application and/or during the review. It is not required to conduct reference checks on returning volunteers and/or hired workers.

5. Exclusion of Certain Individuals — No local league shall permit any person to participate in any manner whose background check reveals a conviction for, guilty plea, no contest plea, or admission to any crime involving or against a minor. An individual is also prohibited from participating as a volunteer or hired worker if they appear on the [U.S. Center for SafeSport's Centralized Disciplinary Database](#) and/or Little League International Ineligible/Suspended List. A local league may prohibit any individual from participating as a volunteer or hired worker if the league deems the individual unfit or inappropriate to work or volunteer. If a potential volunteer appears on the National Sex Offender Registry, the league must contact Little League International (570-326-1921) before appointing the volunteer to participate in any capacity in the league. Little League International will advise of the next steps and provide assistance to the decision-maker in the process.

BACKGROUND CHECK PROCESS

Per Little League Regulation 1(c) 8 & 9, every individual is required to complete a volunteer application **every year** before the applicant assumes *any* of his/her duties for the current season. The individual is required to consent to a background check during the volunteer application process. The local league Board of Directors must conduct, review, and verify that the background check process is completed.

Little League provides every league up to 125 free background checks through our preferred background check provider, [JD Palatine \(JDP\)](#). JDP offers a quick and easy option for potential volunteers to complete their volunteer application and a background check in the same process - the [JDP QuickApp](#). In order to use this tool, the League Official only needs the potential volunteer's full name and email address. The League Official then inputs the potential participant's information into the JDP platform, which automatically sends an email to the potential participant with a secure link to the Little League Official Volunteer Application in order for them to submit their own information for a background check.

For leagues that utilize [Sports Connect](#), there is an additional opportunity for potential volunteers to conduct the Official Little League Volunteer Application and background check in one platform. Sports Connect and JDP are integrated together to provide a process for the league officer to review and approve a potential volunteer directly in the Sports Connect platform. For more information on how a league can utilize the Sports Connect/JDP Integration, visit [LittleLeague.org/JDPSC](#).

Local Little League programs should conduct a background check which is concurrent with the Little League International fiscal year, October 1 to September 30. The background check must, at a minimum, meet the standard of a nationwide criminal search, a national sex offender registry search and a review of the [U.S. Center for SafeSport's Centralized Disciplinary Database](#) and the Little League International Ineligible/Suspended List. Background checks conducted by JDP for local little leagues include all of the required database searches. Local leagues may utilize other background check providers but will need to confirm the provider's ability to satisfy all of the above requirements for a complete

search, which may require contacting Little League International to gain access to the Little League International Ineligible/Suspended List.

NOTE: Some states have enacted laws that require additional background check requirements that are different from or supplement those mandated by Little League. For additional information on state requirements, visit LittleLeague.org/StateLaws. Local leagues are required to satisfy both the state-specific requirements and the Little League requirements.

The league's Board of Directors must review the results of the background check with the Little League Official Volunteer Application and a government-issued photo identification card to verify that the information provided on both is identical (full name, DOB, and address). The league should confirm that the full **legal** name is correct (for example, John J Smith JR. not Johnny Smith). Some states and local counties only provide full legal name and DOB as identifiers for the National Criminal Database.

Offenses that Prohibit Participation

Ensuring the safety of players is the most important job of a Little League volunteer. Unfortunately, the reality is that there are individuals in this world who intentionally cause harm to minors. Prohibiting those individuals from participating is every Little League participant's responsibility. The following offenses prohibit an individual from participating:

- Any pending charge, conviction, no contest plea, guilty plea, or admission to any crime involving or against a minor.
- An individual is listed on either of the U.S. Center for SafeSport's Centralized Disciplinary Database and/or Little League International Ineligible/Suspended List.
- If an individual has any pending charge, conviction, no contest plea, guilty plea, or admission to any crimes that are considered sexual in nature or listed on the National Sex Offender Registry, they must contact the Little League International (570-326-1921) before appointing the individual as a volunteer to participate in any capacity in the league.
- **NOTE:** If an individual involved with a league, or any activity of the Little League program, is under investigation for any type of child abuse, or has a pending charge against, or involving, a minor, that individual must be suspended until the outcome of the investigation or pending charges are complete and the allegations are resolved.

*If a local league becomes aware of information, by any means whatsoever, that an individual, including, but not limited to, volunteers, players, and hired workers, has been charged with, convicted of, pled guilty, pled no contest, or admitted to any crime involving or against a minor, the local league must **immediately** contact the applicable governmental agency to confirm the accuracy of the information before allowing the volunteer to participate in their position or per their Little League Constitution suspend the volunteer until the information is received and reviewed.*

PROPERLY HANDLING SENSITIVE DOCUMENTS

It is necessary to require the volunteers and/or hired workers to complete a volunteer application and consent to a background check, but the local Little League program also has due diligence to protect the information that is provided. To protect the privacy of volunteers and others, the following best practices have been established:

- The local League President shall only share, on a need-to-know basis, any personal, non-public record or information contained in the volunteer application or attached documents, with other League Officers to make personnel decisions.

• If a league is utilizing the JDP QuickApp, the records of a volunteer will remain on the JDP Portal as long as the local league is an active user with JDP. If a league is still utilizing paper Volunteer Applications, the league must adhere to the following protocol:

- The local League President must maintain the record of a volunteer in a locked, secured location for at least two (2) years after the volunteer is no longer in the league. When it comes time to dispose of these records, they must be **shredded or confidentially destroyed**, as they contain sensitive personal information. All actions concerning these records must comply with any applicable laws.
- If a local Little League Board of Directors has records utilized for reviewing a potential volunteer's background check, they must maintain these records the same length of time that the league maintains the volunteer's application. The records must be maintained in a locked and secured area, such as the League President's home, and not in a clubhouse or similar public facility. The record must also be properly shredded or confidentially destroyed when it is time to dispose of the records.

MANDATORY REPORTING OF CHILD ABUSE

When an allegation of abuse is made against a Little League volunteer, the organization must protect the child from any further potential abuse by keeping the alleged abuser away from all children in the program until after the incident is reported to one or more of the below outlets **and** completely investigated.

Investigating Suspected Abuse

Once a report of abuse has been made, the league should promptly notify the alleged abuser that they are temporarily suspended until the investigation is completed. Little League urges local leagues to work with a lawyer who can advise them about the rights of an alleged abuser. If the investigation substantiates the allegations, the local league must assure that the individual will not have any further contact with the children in the local league.

All information and statements received from the parties involved with the incident (suspect, victim, witness, etc.) must be passed onto the proper authorities as explained below. **Local Little League officials should not attempt to investigate suspected abuse. Let law enforcement and child services professionals conduct the investigation.**

Reporting

[Child abuse laws vary from state to state](#). Please refer to the law of your specific state, but federal law establishes a nationwide standard of duty to report suspected child abuse. Any individual who participates in the league must report suspected child abuse, including sexual abuse, within 24 hours to the proper authorities. If a case of abuse is suspected within a league, it must be reported to the appropriate child services organizations and/or local law enforcement, as well as their League President and District Administrator. **REMEMBER: If you or someone else is in immediate and serious danger, you should call 911.**

After making a report to law enforcement, individuals may also consider contacting one of the following organizations for additional support:

- [U.S. Center for SafeSport](#)
- [The National Center for Missing and Exploited Children's](#)
- [The Childhelp National Child Abuse Hotline](#)
- *Please note that these organizations are not affiliated with Little League International and the information shared has been approved by these organizations.*

After reporting to the correct enforcement agencies, the local Board of Directors should also contact Little League International at 570-326-1921.

Suspending/Terminating

If there are any allegations against an individual in the league, the local league must take the next step and assure that the individual will not have any further contact with the children in the local league. Little League urges local leagues to work with an attorney who can advise them about the rights of an accused abuser.

Suspending

- If there are any type of allegations against an individual, the league must promptly notify the alleged abuser that they are suspended until the end of an external investigation.

Terminating

- If the allegations are substantiated, the local league must notify the alleged abuser that they are terminated from their position. The league's Board of Directors should then communicate with the members of their local league about the termination. (see below)

IMPORTANT: If an individual is suspended, this information is not necessary to report to the Little League International, but assistance, in terms of best practices, is available. If a league has banned, or will ban, an individual from their league, they must report this to Little League International.

Communication from the League

The local league's Board of Directors must be prepared to contact parents if a substantiated abuse allegation is made against a volunteer or participant within their league. The league must remember that both parties (suspect and victim) have privacy rights. The league must only provide a public record, without any commentary, about an arrest that involves claims of child abuse. Do not violate the privacy rights of individuals in your state, however, Little League parents do have a right to public records. Public records are documents received from a governmental body/agency that are available to the general public (i.e., police or sheriffs' records, court records, a statement from the arresting police department). If a league is contacted by the media, assistance is available by contacting Little League International or the [Little League International Communications department](#). Additional tips on how to handle crisis communications can also be found on [Little League University](#).

NON-RETALIATION FOR REPORTING

Concern has been expressed over the potential for criminal or civil liability if a report of abuse is subsequently found to be unsubstantiated. However, potential reporters should not be afraid to come forward in cases where they either have firsthand knowledge of or a good faith belief that abuse has occurred, even if there is a possibility that the report is wrong. Many states provide immunity to those who report suspected child abuse in "good faith." Little League policy prohibits retaliation, of any kind, when a good faith report of child abuse is made.

APPROPRIATE ONE-ON-ONE INTERACTION GUIDELINES

An adult participant should not allow themselves to be alone with a minor (who is not their child) and should always position themselves in an area where they can be observed by others. Minors must always be supervised by appointed volunteers and/or hired workers who have completed the mandated background check. If an adult participant finds himself or herself alone with a child, he or she should remedy the situation by removing themselves to an area within an observable and/or interruptible distance of another adult over the age of 18.

Practices or games

- **Encourage the Buddy System:** There is safety in numbers. Encourage players to move about in groups of two or more children of similar age, whether an approved adult is present or not. This includes travel, leaving the field, or using the restroom areas. It's far more difficult to victimize a child if they're not alone. If an approved adult must accompany a minor to another location, a minor of the same age or another approved adult should accompany them. All interactions between minors and adults should be observable and within an interruptible distance of another adult.
- **Shower and Toilet Facilities:** Most Little Leaguers® can use toilet facilities on their own, so there should be no need for an adult to accompany a child into restroom areas. However, there can sometimes be special circumstances under which a child requires assistance to use the toilet facilities. For example, within the Tee Ball and Challenger divisions, there may be a need for adult assistance, but there should still be adequate privacy for that child and there must be another approved adult who is within an observable and/or interruptible distance from you and the child you are assisting. Again, the "buddy system" should be utilized in instances like this.
- **Access to Certain Facilities:** Little League volunteers and/or hired workers must not allow any minors to enter an unsecured area without reviewing the area first. Controlling access to areas where children are present, such as the dugout or locker rooms, protects them from potential abuse and/or harm by outsiders. It's not easy to control the access of large outdoor facilities, but visitors could be directed to a central point within the facility. Individuals should not be allowed to wander through the area without the knowledge of the Little League approved individuals.
- **Proper Supervision:** Minors must always be within the visual contact of an approved volunteer and/or hired workers when outside to verify that they are not approached by a stranger or an individual who is not permitted near the minors. Also, this helps to verify that the minors are participating in safe activities. If you cannot see a player, then they are not being properly supervised. Adults should still respect the minor's privacy in shower and toilet facilities as outlined above.

Transportation

- **Rooming:** Players must room with players of the same age and gender when traveling overnight for Little League-approved tournaments. Girls' rooms should not be adjacent to boys' rooms, and rooms should not have adjoining access, either between children or children and adults.
- **Car Safety:** When traveling in a vehicle with minors, adults must have at least two minors in the vehicle at all times.
- **Rides:** Children dropped off too early or picked up late are potential targets. Little League parents and volunteers should be encouraged to pick up and drop off on time. Little League encourages talking to the youth participating in our program about safety issues. Children should be warned about the risk of strangers and how to avoid accepting rides from anyone that was not pre-arranged by their parent/legal guardian. Children should also be told to always tell someone if they're approached by a stranger for any reason, even if it seems innocent, like to help the stranger find a pet. If a player is left unattended after a practice/game by their parent or guardian, the coach or manager must ask another approved adult to stay behind to wait for the parent/guardian.

Physical Contact

- Physical contact between volunteers and/or hired workers with minors should be very limited. Some examples of appropriate physical touch should be limited to high fives or administering appropriate first aid.

PROHIBITED ONE-ON-ONE INTERACTION GUIDELINES

To minimize the chance of an individual's opportunity to groom a minor, the following practices relating to one-on-one interactions between a minor athlete and an approved adult volunteer or hired worker should be followed:

- A minor athlete will not be left unattended or unsupervised at any time. The minor athlete should always be within the sight of an approved adult volunteer.
- Volunteers or hired workers are prohibited from being alone with minor athletes unless:
 - There is an emergency.
 - There is written permission from the minor athlete's parent/legal guardian.
 - The volunteer or hired worker is the minor athlete's parent/legal guardian, sibling, or personal care assistant.
- Volunteers or hired workers should not interact one-on-one with unrelated minor athletes in settings outside the regular scope of the official Little League program (e.g., the volunteer's home, a restaurant, a vehicle, personal communication including electronic communication).
- Minor athletes may not reside with unrelated volunteers or hired workers for the purpose of participation qualification.

NOTE: If a volunteer is in a position where he/she is left alone with a player, they should not leave the child so long as the volunteer has exhausted all of the options above to comply with the guidelines of the policy. Likewise, if a child is injured and must be transported to a hospital, urgent care, or treatment center, the volunteer should not leave the child alone if all options have been exhausted to comply with the policy in an emergency where medical treatment is necessary.

TRAINING AND EDUCATION TO PREVENT CHILD ABUSE

Education is an important tool for both Little League children and volunteers. It empowers them to recognize potentially compromising situations, and it places a barrier between abusers and their victims. Here are a few education tools and prevention suggestions for our Little League volunteers, hired workers, and children.

- **Training:** Training is strongly encouraged for all Little League participants, including players. Little League has Abuse Awareness training videos available to all Little League individuals through USA Baseball's Pure Baseball initiative and the SafeSport Organization. The free Abuse Awareness for Adults courses provides resources to create a positive and safe environment for all athletes, coaches, parents, legal guardians, and umpires by understanding how to recognize misconduct and abuse of all types. Topics covered include how to identify and report incidents and what abuse awareness policies should be in place. The free Abuse Awareness for Minors course provides resources to identify what abuse is and what to do if someone is being abused.
 - [Pure Baseball Abuse Awareness Training](#) (for both adults and players)
 - [SafeSport Reporting Training](#)
 - Please note that these organizations are not affiliated with Little League International and the information shared has been approved by these organizations.
- **Meet with Volunteers:** Since Little League is a volunteer-led program, our membership changes from year to year. It is important to hold regular meetings in which both volunteers and parents can talk about child abuse and ask questions. The Child Protection Program and Policy should be reviewed with participants annually. Since Little League could not exist without the time and effort from volunteers and parents, it is important to communicate directly with the volunteers. For that reason, the Little League Child Protection Program should be freely copied and distributed to all adults in the local league.
- **Make Our Position Clear:** Little League has a clearly defined policy for dealing with child abuse. Make adults and minors aware that Little League will not tolerate child abuse in any form. Suspected abuse must be reported and retaliation for good faith reporting is prohibited.
- **Stress the Role of Adults:** Minors should be encouraged to take an active role in protecting themselves, but the responsibility for ensuring their safety ultimately rests with the adults. We can identify potentially uncomfortable situations, for ourselves, as well as for children. The welfare of our Little Leaguers is the highest priority in any situation.
- **Participate in ASAP:** More than 90% of leagues in the United States participate in the [A Safety Awareness Program \(ASAP\)](#). Basic safety procedures can help in the identification and prevention of child abuse.

Leagues can also include their own additional best practice to prevent child abuse in their league's ASAP program. One of the requirements for the ASAP program is to properly distribute the plan, which should incorporate the Little League Child Protection Program as well.

- **Provide Additional Resources:** Many organizations will gladly assist our efforts to protect our young people, several of which are listed below. Feel free to provide the name of the below organizations and the websites to parents, volunteers hired workers, umpires, as well as minors.
 - [SafeSport](#)
 - [USA Baseball- Pure Baseball](#)
 - [National Center for Missing and Exploited Children](#)
 - [American SPCC](#)
 - *Please note that these organizations are not affiliated with Little League International and the information shared has been approved by these organizations.*

BULLYING AND EMOTIONAL WELLNESS

Little League is focused on the total well-being of our players. Any type of bullying can have serious effects on players. Anyone who engages in harassment, in any form (verbal, physical, cyber, etc.), or commits violence or acts of intimidation shall be prohibited from participating in Little League. This applies to player-to-player, adult-to-player, player-to-adult, and adult-to-adult interactions. We strive to have a safe and encouraging environment at all Little League functions.

The following types of behavior will not be accepted in the Little League culture:

- **Physical Bullying:** Hitting, pushing, shoving, punching, strangling, hair-pulling, stealing, excessive tickling, or any other deliberate and inappropriate touching.
- **Verbal Bullying:** Hurtful, deliberate name-calling, banter, taunting, intimidating, threatening, gossiping, and teasing.
- **Emotional Bullying:** Rejection, terrorizing, extorting, humiliating, blackmailing, rating/ranking of personal characteristics, such as race, disability, ethnicity, or perceived sexual orientation, manipulating friendships, isolating, and peer pressure.
- **Social/Cyber Bullying:** Deliberately excluding, alienating, ignoring, spreading rumors, impersonation, inappropriate photographs, video shaming, and hacking social media accounts.
- **Harassment:** Harassment includes bullying and all of the actions listed above, as well as subjecting someone to unwanted sexual advances, involving physical contact or explicit written or verbal language.
- **Hazing:** An initiation, ritual process involving different types of harassments that intentionally humiliates the individual or a group.

Creating a Player-Centric Environment

Both children and adults may experience frustration at times. It is important to recognize when a person needs to take a break from activities to calm down. Adult volunteers and hired workers should never escalate a situation when someone is upset. Instead, they should attempt to de-escalate any stressful situation.

Little League recommends that local leagues create and issue a "Code of Conduct" that is upheld by players, managers, coaches, board members, umpires, other volunteers, and parents. This should be reviewed each season to establish a safe environment for everyone involved with the local Little League season.

If an individual (player, volunteer, or parent) feels they are stressed out and cannot handle the situation, they should remove themselves from the area until the issue is de-escalated. These situations might include:

- A coach screaming at an umpire - the game should be paused until the coach and umpire can remove themselves until the issue is de-escalated.
- A player getting emotional about a bad play and starts to break down on his teammates - The coach should remove the player from the dugout until he can resolve the issue.

- A parent in the crowd that does not agree with the placement of their child in the lineup/field - A volunteer should remind the parent about respecting the game and ask them to step away or to respect the coach's decision.

Create a positive area for players to enjoy the game by implementing a "Cheer Only Zone" at the field to remove the negativity for players. Leagues can utilize training tools for their board members on how to implement a positive coaching experience through:

- [Positive Coaching Alliance](#) ("PCA")
 - PCA offers resources for coaches, parents, athletes, and leaders to make better athletes and better people. As young people return to playing sports after going through the trauma of being away from school, friends, and sports due to the coronavirus, we need to make sure our coaches are equipped with the skills to deal with their social and emotional needs.
- [Live Like Sam](#)
 - Live Like Sam supports youth from diverse backgrounds to develop a healthy sense of self-identity, character, purpose, and connection to the community by fostering positive well-being through educational programming and mental fitness initiatives. Live Like Sam aims to help individuals and their families thrive by empowering and championing youth development. We believe that social and emotional conditioning gives young adults the tools to positively impact their lives, the lives of others, and to succeed in life.

Please note that these organizations are not affiliated with Little League International and the information shared has been approved by these organizations.

APPLICABILITY

The Child Protection Policy and the elements of the broader program apply to anyone who has any involvement in a local Little League program, as well as anyone who participates in Little League-approved programs and activities, including, but not limited to, Boards of Directors, volunteers, managers, coaches, umpires, spectators, players, and hired workers who provide regular services to the league and/or have repetitive access to or contact with players or teams. Anyone with questions on who the Child Protection Policy applies to should contact the Little League International.

ENFORCEMENT

Local leagues should establish a culture that does not allow any type of activity that promotes or allows any form of mental, physical, emotional, or sexual misconduct behavior between players, coaches, parents, volunteers, hired workers, and any other individual. League officials must remove any individual that is exhibiting any type of mental, physical, emotional, or sexual misconduct and report the individual to the authorities immediately.

Any violations of the policies set forth herein may result in the suspension or revocation of the local league's tournament privileges and/or charter by action of the Charter or Tournament Committees in Williamsport, Pennsylvania.

Little League® Volunteer Application – 2023

Do not use forms from past years. Use extra paper to complete if additional space is required.



This volunteer application should only be used if a league is manually entering information into JDP or an outside background check provider that meets the standards of Little League Regulations 1(c)9. **THIS FORM SHOULD NOT BE COMPLETED IF A LEAGUE IS UTILIZING THE JDP QUICKAPP.** Visit LittleLeague.org/localBGcheck for more information.

A COPY OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION MUST BE ATTACHED TO COMPLETE THIS APPLICATION.

All RED fields are required.

Name _____ Date _____
First Middle Name or Initial Last

Address _____

City _____ State _____ Zip _____

Social Security # (mandatory) _____

Cell Phone _____ Business Phone _____

Home Phone: _____ E-mail Address: _____

Date of Birth _____

Occupation _____

Employer _____

Address _____

Special professional training, skills, hobbies: _____

Community affiliations (Clubs, Service Organizations, etc.): _____

Previous volunteer experience (including baseball/softball and year): _____

1. Do you have children in the program? ☐ Yes ☐ No
If yes, list full name and what level? _____

2. Special Certification (CPR, Medical, etc.)? If yes, list: _____ ☐ Yes ☐ No

3. Do you have a valid driver's license? ☐ Yes ☐ No
Driver's License#: _____ State _____

4. Have you ever been charged with, convicted of, plead no contest, or guilty to any crime(s) involving or against a minor, or of a sexual nature?

If yes, describe each in full: _____ ☐ Yes ☐ No
(If volunteer answered yes to Question 4, the local league must contact Little League International.)

5. Have you ever been convicted of or plead no contest or guilty to any crime(s)? ☐ Yes ☐ No

If yes, describe each in full: _____
(Answering yes to Question 5, does not automatically disqualify you as a volunteer.)

6. Do you have any criminal charges pending against you regarding any crime(s)? ☐ Yes ☐ No

If yes, describe each in full: _____
(Answering yes to Question 6, does not automatically disqualify you as a volunteer.)

7. Have you ever been refused participation in any other youth programs and/or listed on any youth organization ineligible list? ☐ Yes ☐ No

If yes, explain: _____

(If volunteer answered yes to Question 7, the local league must contact Little League International.)

In which of the following would you like to participate? (Check one or more.)

☐ League Official ☐ Umpire ☐ Manager ☐ Concession Stand
☐ Coach ☐ Field Maintenance ☐ Scorekeeper ☐ Other _____

Please list three references, at least one of which has knowledge of your participation as a volunteer in a youth program:

Name/Phone

IF YOU LIVE IN A STATE THAT REQUIRES A SEPARATE BACKGROUND CHECK BY LAW, PLEASE ATTACH A COPY OF THAT STATE'S BACKGROUND CHECK. FOR MORE INFORMATION ON STATE LAWS, VISIT OUR WEBSITE: LittleLeague.org/BgStateLaws

AS A CONDITION OF VOLUNTEERING, I give permission for the Little League organization to conduct background check(s) on me now and as long as I continue to be active with the organization, which may include a review of sex offender registries (some of which contain name only searches which may result in a report being generated that may or may not be me), child abuse and criminal history records. I understand that, if appointed, my position is conditional upon the league receiving no inappropriate information on my background. I hereby release and agree to hold harmless from liability the local Little League, Little League Baseball, Incorporated, the officers, employees and volunteers thereof, or any other person or organization that may provide such information. I also understand that, regardless of previous appointments, Little League is not obligated to appoint me to a volunteer position. If appointed, I understand that, prior to the expiration of my term, I am subject to suspension by the President and removal by the Board of Directors for violation of Little League policies or principles.

Applicant Signature _____ Date _____

If Minor/Parent Signature _____ Date _____

Applicant Name (please print or type) _____

NOTE: The local Little League and Little League Baseball, Incorporated will not discriminate against any person on the basis of race, creed, color, national origin, marital status, gender, sexual orientation or disability.

LOCAL LEAGUE USE ONLY:

Background check completed by league officer _____ on _____

System(s) used for background check (minimum of one must be checked):

Review the Little League Regulation 1(c)(9) for all background check requirements

☐ JDP (Includes review of the U.S. Center of SafeSport's Centralized Disciplinary Database and Little League International Ineligible/Suspended List) * **OR**

☐ National Criminal Database check ☐ U.S. Center of SafeSport's Centralized Disciplinary Database and Little League International Ineligible/Suspended List
☐ National Sex Offender Registry

*Please be advised that if you use JDP and there is a name match in the few states where only name match searches can be performed you should notify volunteers that they will receive a letter or email directly from JDP in compliance with the Fair Credit Reporting Act containing information regarding all the criminal records associated with the name, which may not necessarily be the league volunteer.

Only attach to this application copies of background check reports that reveal convictions of this application.



JDP

RISK MITIGATION SPECIALISTS

A photograph of a Little League baseball game. In the foreground, a player in a blue jersey with the number 7 on the back is standing on a base. In the background, a pitcher in a red jersey is in the middle of a throwing motion. Other players in red jerseys are visible in the background, and the field is green grass with brown dirt bases.

LITTLE LEAGUE® BACKGROUND CHECKS

LITTLE LEAGUE® SEARCH ACTIVITY RECENT STATISTICS



Did you know background checks are required for all of these positions?

- Coaches
- Practice Coaches
- Board Members
- Umpires
- Misc. positions
- Equipment manager
- Field maintenance
- Scorekeeper
- Announcer
- General volunteer
- Concession worker
- Team parent

Some crimes that exclude a volunteer from participating with Little League®

- Aggravated Child Abuse
- Child Abuse/Child Abuse 2nd Degree
- Felony Child Abuse-Serious Injury
- First Degree Child Molestation
- Risk of Injury to Child
- Sexual Activity with a Child
- Sexual Conduct with Minor
- Showing Obscene Material to a Minor

CRIMINAL RECORD SOURCES

- Approximately 851,870 individuals are on the state sex offender registries.¹
- **Background checks conducted through local or state law enforcement do not meet the Little League® minimum requirements. Little League® requires a national check, not just local or state.**
- In order to use the JDP system you must have the volunteer's social security number and date of birth. If the volunteer has a middle name, that information is also required. The accuracy of the information reported is increased when using the SSN, DOB and middle name.

¹The National Center for Missing and Exploited Children, "Registered Sex Offenders in the United States Per 100,000 Population," The National Center for Missing and Exploited Children, http://www.missingkids.com/en_US/documents/Sex_Offenders_Map.pdf (Accessed September 27, 2016)



Sex offender registry checks alone are not comprehensive. They do not include individuals with drug, assault, robbery, murder, theft, and driving violations. It is vital to know about any and all violations before volunteers and coaches are working with children.

Be confident with your background screening choices.

SAMPLE LETTER

Dear Little League Applicant:

You are receiving this letter because you have applied to be a volunteer or employee of Little League. JDP has been selected to verify the information you provided on your application.

As part of the verification process, we provide information from various government agencies and sex offender registries. In most states, we alert Little League only when a criminal record matches at least two of a person's personal identifiers, such as name and date of birth, or name and Social Security number.

However, sex offender registries from several states list offenders by name and do not provide sufficient personal identifiers to help differentiate between two people with the same name. Little League is aware of the fact that these states do not provide any other personal identifiers and still requires JDP to report any match of an applicant's name if it is associated with a criminal record, even when no other information is made available by government officials. Please find the report that was provided to Little League attached for your review.

Little League is aware this record may not be yours, and they are committed to investigating the situation before approving or denying your application or concluding that the record belongs to you. Please be assured this information is confidential and will not be provided to anyone other than Little League.

Little League understands that the government's reporting of various records by name alone creates a burden on everyone involved. However, we believe that a thorough review process to while inconvenient, is a better alternative than the potential harm to a child.

If you have any questions, the report provided to Little League is attached to this letter, please contact JDP's Consumer Center at (844) 899-9424 . Our hours of operation for our Consumer Center are Monday through Friday from 8 a.m. to 4:30 p.m. Eastern time.

If you have any questions about the status of your application, please contact your local Little League office. Please note, you will receive additional information from Little League should any further action be taken. Thank you for your patience with this process.

Sincerely,

JDP

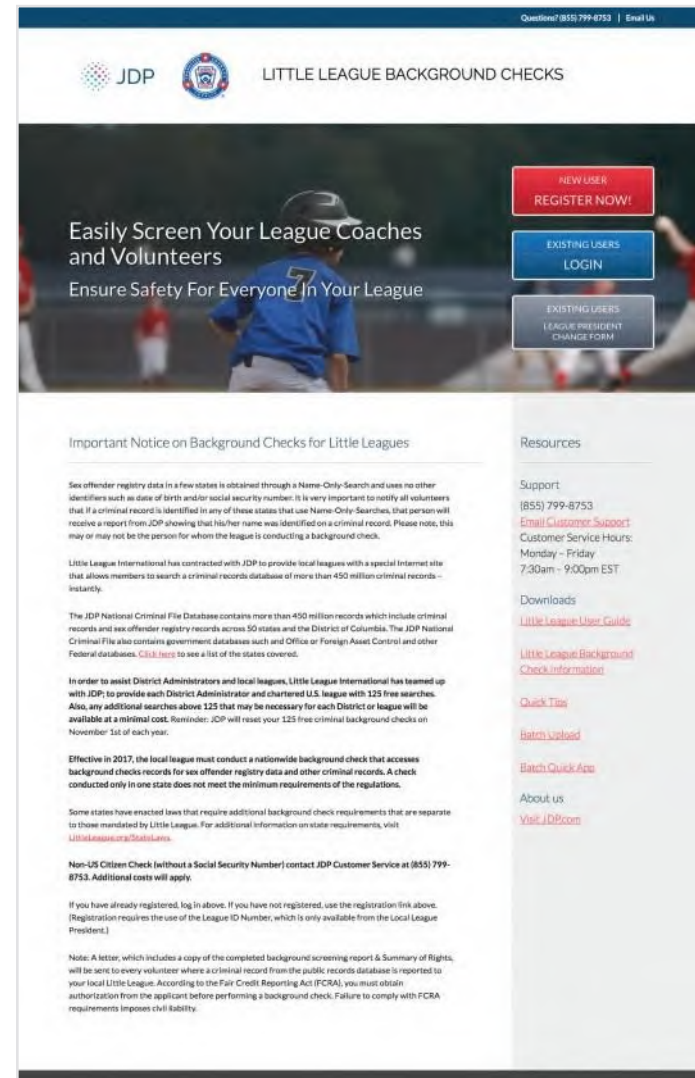
LITTLELEAGUE® BACKGROUND SCREENING WEBSITE

Start screening your coaches and volunteers.

For more information, visit
www.jdp.com/littleleague-backgroundcheck/

The web page includes:

- New League Registration
- Login Access to Perform Background Checks
- Little League Announcements
- Resources Including: User Guide and Home Safe Flyer
- Customer Support Contact Information
- President Change Form



LITTLE LEAGUE® BACKGROUND SCREENING REGISTRATION

Register Your League!

Visit www.jdp.com/littleleague/ to sign up today.

The signup portal includes:

- Fast Registration Process
- Easy-to-use Platform
- Customer Support Contact Information

Questions? (855) 799-8753 | Email Us

JDP LEAGUE BACKGROUND CHECK REGISTRATION

COMPLETE THE SIGN UP STEPS BELOW.

Welcome
Enter your information to complete your account setup.

Name*

Email*

ENTER

League Profile

Please Note: * Required Field

Little League Name*

Contact Person*

Phone*

Address*

City*

State*

Zip*

League ID*

Contact Person Email*

Fax

Address 2

SELECT A STATE

NEXT

Contact
JDP
363 Grant Street
Suite 4300
Pittsburgh, PA 15219
Ph: (855) 799-8753
littleleague@jdp.com


Connect
jdp.com
littleleague.org

Privacy
We privacy is important to us. JDP is
committed to protecting your privacy. For
Full Privacy Policy, please visit
http://www.jdp.com/privacy-policy

ORDERING PLATFORM

Login & Welcome

Visit <https://www.jdpalatine.net/sso/login.taz> to login.



The image shows a login and welcome screen for JDP. On the left is the JDP logo, which consists of a cluster of purple and blue dots of varying sizes. To the right of the logo is the text "JDP" in a large, dark blue, sans-serif font. Further to the right is a login form with a light blue border. The form contains two input fields: "Username:" and "Password:". Each field has a "Forgot" link next to it: "Forgot Username?" and "Forgot Password?". Below the password field is a blue "Login" button. At the bottom of the screen, there is a thin, light gray horizontal bar. Below this bar, centered, is the copyright notice: "© 2001-2018 – This Software Copyrighted – All Rights Reserved."

ORDERING PLATFORM

Login & Welcome

Once logged in you will view your welcome screen which includes the JDP HelpDesk with legislative information, and the JDP Customer Support Center.

The screenshot shows the JDP web application interface. At the top is a dark blue header with the JDP logo on the left, a search bar with a 'Last Name' dropdown, a 'Search' input field, and a 'Go' button on the right. Below the header is a navigation bar with four buttons: 'HOME' (highlighted), 'ORDER', 'REPORTS', and 'UTILITIES'. The main content area has a white background. It starts with a 'Welcome LLGuest' message, followed by a timestamp: 'Your last login was on Jan 18, 2018 at 12:21 PM MST'. Below this is a large light blue box with a dark blue header 'News & Announcements'. Inside this box, it says 'Welcome to JDP, your Risk Mitigation Specialists!' and 'Visit the [JDP Help Desk](#) to stay up to date on:' followed by a bulleted list: 'Federal and State Specific Laws', 'FCRA and other Consumer Report Resources', 'FCRA and State Specific Forms', and 'Legislative Alerts'. Below the list, it says 'Visit the [JDP Customer Support Center](#):' followed by another bulleted list: 'Customer Service Contact Info Including: Live Chat, Email, Phone', 'System Demonstration', and 'Other User Information'. To the right of the light blue box is a white box with a dark blue header 'Contact Us'. It contains contact information: 'Phone: 855-940-3232', 'Fax: 724-799-8460', 'Email: customerservice@jdp.com', and the JDP address: 'JDP, Oxford One Centre 301 Grant Street, Suite 4300, Pittsburgh, PA 15219'.

ORDERING PLATFORM

Ordering Process

To order a background check click on 'Order' and then 'Next'.

The screenshot displays the JDP Ordering Platform interface. At the top, there is a blue header with the JDP logo, a search bar with 'Last Name' and 'Go' buttons, and a user profile 'LLGuest'. Below the header is a navigation bar with 'HOME', 'ORDER' (circled in orange), 'REPORTS', and 'UTILITIES' buttons. On the left, a sidebar under the 'ORDER' tab lists options: 'New Order', 'Batch Order', 'Draft Orders', 'Applicant Pending', 'Applicant Ready', and 'XML Ready'. The main content area is titled 'Select Searches for Order' and features a section labeled 'Investigative' with a checked option 'National Database Plus Alias Names/Sex Offender'. At the bottom right, there are two buttons: 'QuickApp' and 'Next' (circled in orange), separated by the word 'or'. A 'Cancel' button is also visible on the left side of the main content area.

ORDERING PLATFORM

Ordering Process

Enter the volunteer's information and click 'Next'.

The screenshot shows the JDP Ordering Platform interface. At the top, there is a blue header with the JDP logo on the left, a search bar with a dropdown for 'Last Name', a 'Search' button, and a 'Go' button. On the right of the header, it says 'LLGuest' with a dropdown arrow. Below the header is a navigation bar with four buttons: 'HOME', 'ORDER', 'REPORTS', and 'UTILITIES'. The main content area is titled 'Applicant' on the left and 'Little League - Demo - Little League Volunteer Background Check' on the right, with 'Order Entry step 1 of 3' below it. There is a 'Reference:' label and an empty text box. Below that is the 'Applicant Info' section. A light blue box contains the instruction: 'Please provide the applicant's legal name as shown on a driver's license or other government issued identification.' Below this are several input fields: '* Last Name:', '* First Name:', '* Middle Name:', 'Generation:' (with a dropdown arrow), '* SSN:', '* Confirm SSN:', and '* DOB:'. There is also a checkbox labeled 'No middle name'. Below these is an '* E-mail Address:' label and an empty text box. At the bottom left of the form is a 'Cancel' button. At the bottom right is a 'Next →' button, which is circled in orange. At the very bottom of the page, there is a copyright notice: '© 2001-2018 - This Software Copyrighted - All Rights Reserved.'

ORDERING PLATFORM

Ordering Process

Enter the volunteers address and click 'Next'.

The screenshot displays the JDP Ordering Platform interface. At the top, there is a blue header with the JDP logo on the left, a search bar with 'Last Name' and 'Go' buttons in the center, and a user profile 'LLGuest' on the right. Below the header is a navigation bar with buttons for 'HOME', 'ORDER', 'REPORTS', and 'UTILITIES'. The main content area is titled 'Applicant Address' and includes a breadcrumb trail: 'Little League - Demo - Little League Volunteer Background Check Order Entry step 3 of 4'. The form section is labeled 'Current Address' and features radio buttons for 'Domestic' (selected) and 'International'. Below these are input fields for 'Current Address' (with a placeholder 'STREET ADDRESS'), 'ZIP CODE', and 'CITY'. A '+ Previous Address' button is located below the input fields. At the bottom of the form, there are 'Save Draft' and 'Cancel' buttons on the left, and a 'Next →' button on the right, which is circled in orange. A copyright notice '© 2001-2018 - This Software Copyrighted - All Rights Reserved.' is visible at the bottom center.

ORDERING PLATFORM

Ordering Process

Confirm the county jurisdiction and click 'Next'.

County Criminal Records Search

Little League Corporate - Little League Basic Package
Order Entry step 3 of 4

State	County	Name	Date of Birth
PA	ALLEGHENY	DEMO, HEIDI	01-01-1970

+ County Developed Jurisdictions

Save Draft Cancel

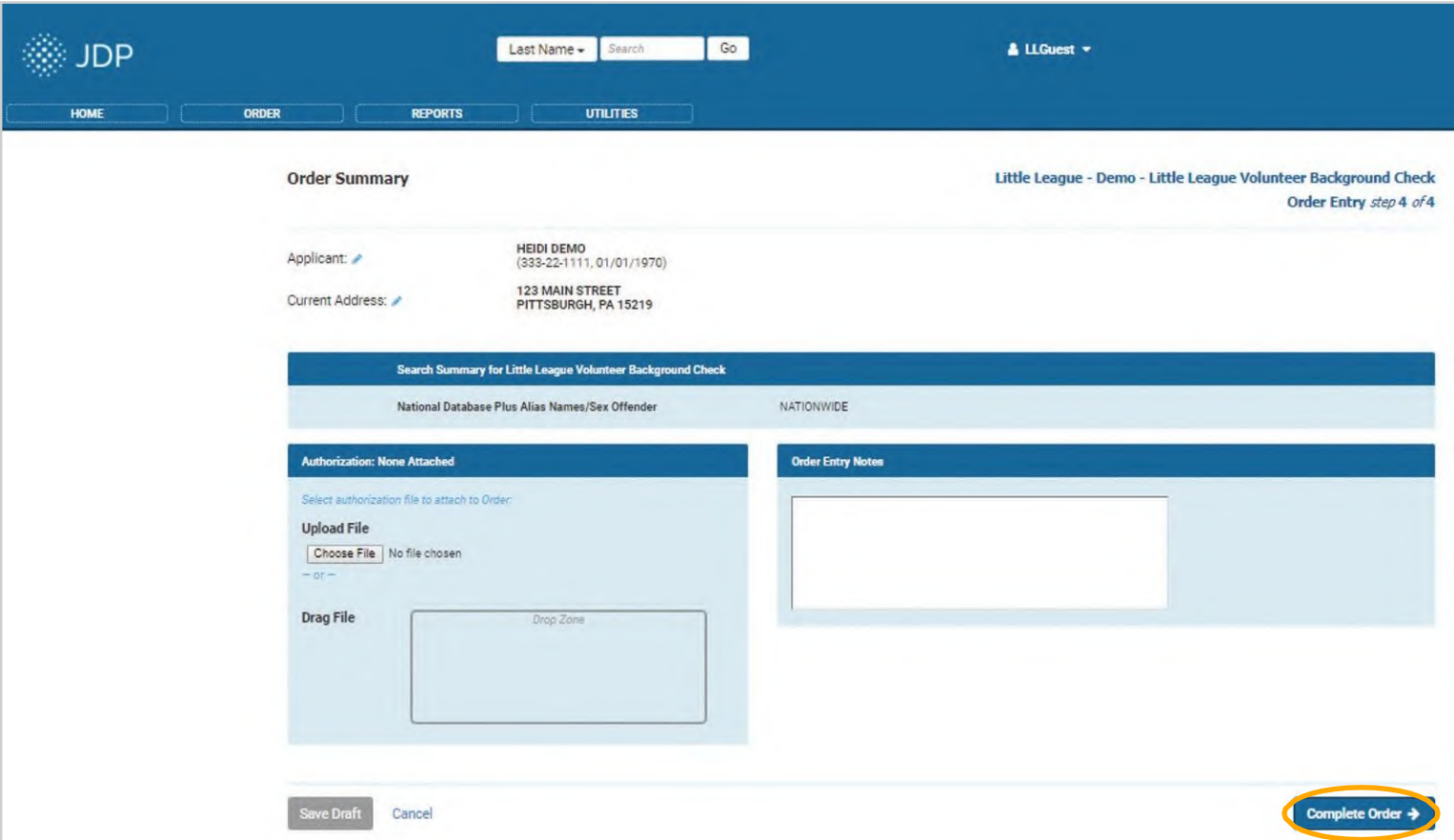
Next →

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ORDERING PLATFORM

Ordering Process

Review the order and click 'Complete Order'.



JDP Last Name Search Go LLGuest

HOME ORDER REPORTS UTILITIES

Order Summary Little League - Demo - Little League Volunteer Background Check
Order Entry step 4 of 4

Applicant: HEIDI DEMO
(333-22-1111, 01/01/1970)

Current Address: 123 MAIN STREET
PITTSBURGH, PA 15219

Search Summary for Little League Volunteer Background Check

National Database Plus Alias Names/Sex Offender NATIONWIDE

Authorization: None Attached

Select authorization file to attach to Order:

Upload File

Choose File No file chosen

or

Drag File

Drop Zone

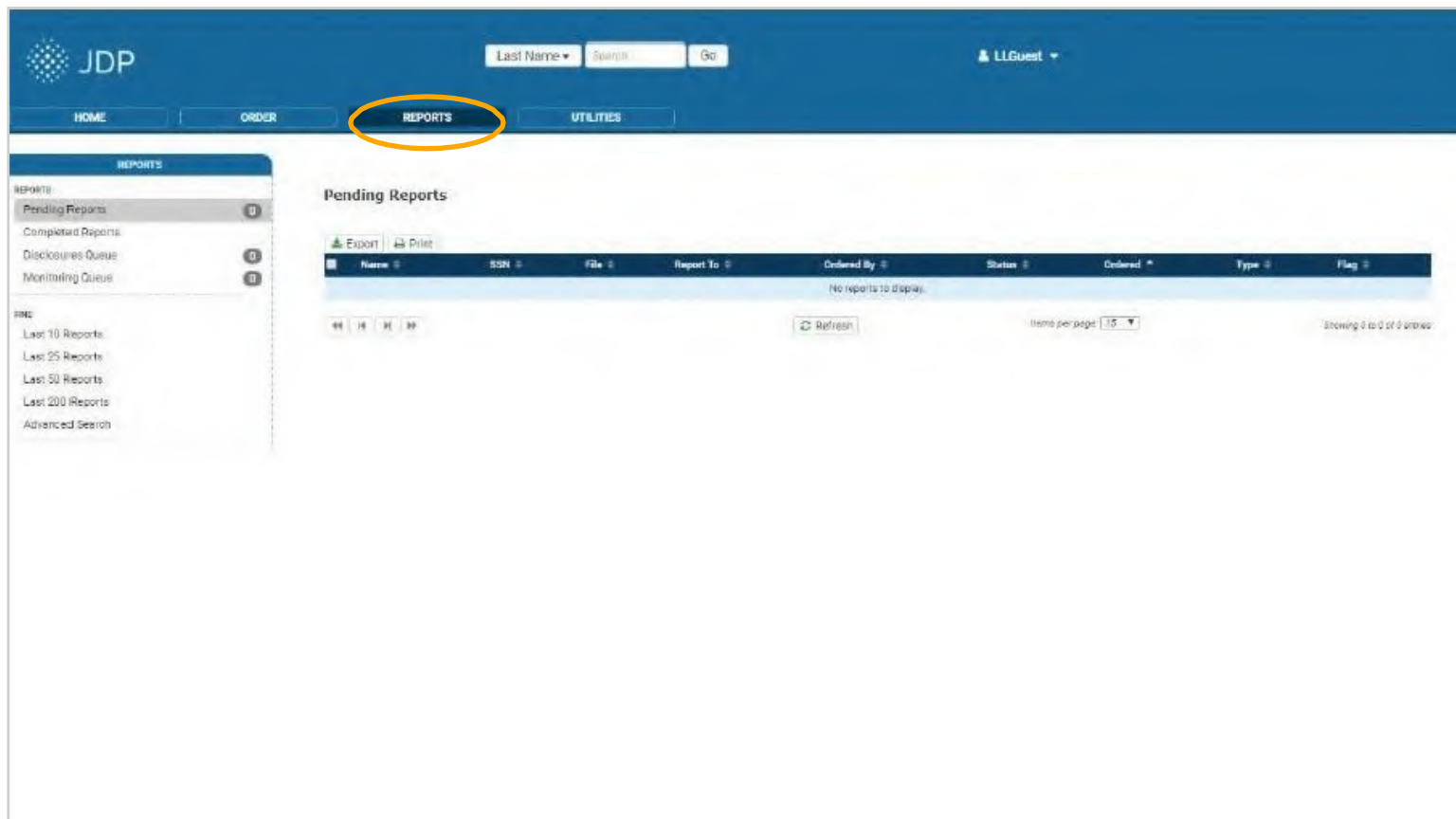
Order Entry Notes

Save Draft Cancel **Complete Order →**

ORDERING PLATFORM

Ordering Process

To review the volunteer background checks, click on the 'Reports' tab.





JDP Little League® Customer Support

Phone: (855) 799-8753

Fax: (724) 799-8460

Email: littleleague@jdp.com

Please contact us with any questions you have or if you need assistance. Thank you and we look forward to serving you.



SEGURO PARA COMPETIR

CONSEJOS para PROTEGER A LOS NIÑOS ATLETAS del abuso sexual

Todos los niños atletas merecen tener una experiencia deportiva segura y divertida. Utilice estos consejos para ayudar a su hijo a tener una.

Realice un plan de juego

Haga las siguientes preguntas para averiguar si la prevención del abuso sexual infantil es una prioridad para el programa de deportes juvenil en el que participa su hijo.

- ¿Se verifican los antecedentes de todo el personal que tiene acceso a los jóvenes?
- ¿El personal recibe capacitación sobre cómo reconocer e informar el abuso sexual infantil? ¿Cada cuánto tiempo?
- ¿Existe algún código de conducta/ética del personal? ¿Trata sobre comportamientos inapropiados?
- ¿Cuál es el procedimiento para informar de su organización?

Conozca el juego

Todos los programas de deportes juveniles deberían tener políticas que traten lo siguiente:

Hostigamiento y acoso: debe haber una política de tolerancia cero.

Comunicación entre el entrenador y el atleta: el personal debe hablar con los jóvenes solo sobre asuntos relacionados con el deporte. Los padres deben estar incluidos en todas las comunicaciones, incluidas aquellas vía mensaje de texto, o medios de comunicación social.

Vestuarios y baños: estas áreas deben estar supervisadas por dos miembros del personal del mismo sexo que los niños que lo utilizan. El personal debe respetar la privacidad de los niños mientras los supervisa. Los padres deben tener acceso a las instalaciones para ayudar a sus hijos y a aquellos con discapacidades.

Supervisión: los niños deben ser supervisados por al menos dos miembros del personal mientras realizan actividades en equipo.

Viajes: el personal no debe alojarse en la misma habitación de hotel que los jóvenes.

Entre en acción

Los abusadores sexuales infantiles, a menudo, buscan jóvenes cuyos padres no se involucran. Ayude a proteger a su hijo al participar activamente en sus experiencias atléticas.

Asista a prácticas y juegos: podrá conocer al personal y controlar el trato de los niños.

Hable con su hijo sobre estar en el equipo: si no le gusta, averigüe por qué. Esto puede indicar una inquietud o problema más serio.

Ayude a los niños a poner límites: enséñeles que tienen el derecho a ser tratados con respeto, incluso por los adultos.

Enseñeles a decir "no": explíqueles que está bien defenderse de alguien que los haga sentir confundidos o incómodos. Utilice juegos de roles para practicar esta habilidad.

Hable con un responsable: hable sobre comportamientos alarmantes con el entrenador del equipo. Si el asunto sigue sin resolverse, hable con la administración de la organización.

Informe: comuníquese inmediatamente con la policía local si sospecha de abuso sexual infantil. Llame al National Center for Missing & Exploited Children® al 1-800-THE-LOST® (1-800-843-5678) para obtener asistencia adicional.

Sea un jugador del equipo: no todos los niños tienen a alguien que los cuide. Informe comportamientos alarmantes incluso cuando su hijo no es el niño afectado.

Conozca los comportamientos alarmantes

Estas señales de advertencia no siempre indican abuso, pero cruzan límites apropiados entre el entrenador y el atleta.

Distraer a los jóvenes para darles especial atención o hacerles regalos.

Pasar tiempo a solas con los niños como en sesiones de prácticas privadas.

Tocar a los niños de maneras que no están relacionadas con el entrenamiento deportivo.

Contarles a los jóvenes historias o chistes inapropiados o sexuales.

Hacer comentarios no relacionados con el deporte sobre la apariencia de los niños.

Para obtener más recursos visite www.SafeToCompete.org

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SAFE to COMPETE: Protecting child Athletes from Sexual Abuse

DISCUSSION GUIDE: AGES 5-10

It's never too early to start the conversation about personal safety with your child.

What to Talk About

TRUSTED ADULTS:

Trusted adults are people a child can count on to make them feel safe, listen, and help.

Tell Them

"If anything ever makes you feel sad, scared, confused, or uncomfortable, you can tell a trusted adult and they'll help make things right! But not everyone is a trusted adult. If an adult says or does something to make you sad, scared, confused, or uncomfortable, you should tell another trusted adult about what happened."

CHECKING FIRST:

Kids are often trusting of offers from adults, but it's important that they check first with parents or guardians before accepting anything from or going anywhere with someone— even coaches or teammates' parents.

Tell Them

"It's important that I know where you are and who you are with. Check first with me before going anywhere, helping anyone, or accepting anything."

IT'S OK TO SAY "NO!":

Children may not feel comfortable objecting to an adult who makes them feel sad, scared, confused, or uncomfortable, especially if they are made to feel that way by someone they know and may have trusted, like a coach or teammate.

Tell Them

"It's OK to say 'No!' to anyone, even an adult, who makes you feel sad, scared, confused, or uncomfortable. If someone touches you in a way that makes you feel uncomfortable you can say 'no' and 'stop'. If that ever happens tell me or another trusted adult about what happened."

How to Talk About It

TACKLE THE TOUGH STUFF:

The idea of discussing personal safety with younger children can be hard, especially safety issues involving sexuality. Children in various sports often find themselves being positioned, caught, assisted, "spotted", or otherwise in appropriate physical contact with coaches. By having open conversations with children about their bodies and the types of appropriate touch, you empower children with the knowledge they need in order to recognize any inappropriate physicality from adults.

Tell Them

"There are parts of your body that your bathing suit covers that are private. If anyone touches you there or anywhere else that makes you feel uncomfortable, tell them to stop and tell me or another trusted adult."

IT'S ALL IN THE APPROACH:

Kids are more likely to be open and honest with adults when they know they can count on them to listen attentively and react calmly. When discussing personal safety, it's important not to overwhelm or scare younger children. Try to keep the tone of discussion calm and conversational. If a child ever discloses an incident of abuse, do your best to respond in a measured and calm manner.

Tell Them

"Telling me was the right thing to do. We'll make sure this doesn't happen again."

Take Action

Contact local law enforcement immediately. Call the National Center for Missing & Exploited Children® at 1-800-THE-LOST for additional assistance.



SafeToCompete.org

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SAFE to COMPETE: Protecting child Athletes from Sexual Abuse

DISCUSSION GUIDE: AGES 11-17

Discussing personal safety is increasingly important as tweens and teens grow more independent.

What to Talk About

PHYSICAL CONTACT:

From stretching exercises to tackling drills, different sports require varying degrees of physical contact between athletes and coaching staff. Talking to adolescents about appropriate touch is important in helping them recognize any inappropriate contact by peers or adults.



"You have the right to tell anyone who touches you in a way that makes you feel uncomfortable to stop."

POWER DYNAMICS:

Child sexual abuse victims are often emotionally linked to their abusers, and these abusers are often authority figures. Coaches, training staff, and even team captains often wield a great deal of authority over younger athletes. This may deter victims from disclosing abuse in fear that they may lose their place on a team, be harmed, discredited, or otherwise retaliated against.



"No one has the right to threaten or coerce others. If they do, tell a trusted adult about what happened."

CHECKING IN:

Youth are often trusting of offers from adults, but it's important that they check first with parents or guardians before accepting anything from or going anywhere with someone— even coaches or teammates' parents.



"It's important that we communicate about where you are and who you are with. Check in with me before changing plans or going somewhere."

How to Talk About It

DON'T EXAGGERATE:

Teens may dismiss the message and real risks if they hear sensational stories.

TALK OFTEN:

It can be hard to engage tweens and teens in serious conversations about their personal lives, safety, and other tough topics. You might strike out the first time you try to have these conversations, but keep trying! The more often you discuss safety, the easier it gets.

KEEP EMOTIONS IN CHECK:

If a young person ever discloses a suspicion or incident of abuse, do your best to respond in a measured and calm manner. Reassure them that reporting the abuse was the right thing to do, and reaffirm that you are there to support them.



Contact local law enforcement immediately. Call the National Center for Missing & Exploited Children® at 1-800-THE-LOST for additional assistance.



SafeToCompete.org

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Safety Code





Safety First and Foremost.

Three Rivers League Wide Safety CODE

The Three Rivers BOD has mandated the following *Safety Code*. All managers and coaches will read this *Safety Code* and then read it to the players on their team. Signatures are required in the spaces provided below acknowledging that the manager and coaches understand and agree to comply with the *Safety Code*. Please hand the signed form back to your BOD representative or Player Agent.

Catchers:

- Male catchers must wear a fiber or plastic type cup and a long-model chest protector.
- Female catchers must wear long or short model chest protectors.
- All catchers must wear chest protector with a neck collar, catcher's helmet with throat guard, and shin guards, all of which must meet Little League specifications and standards.
- All catchers must wear a mask, "dangling" type throat protector and catcher's helmet.
- Catcher must wear a catcher's mitt (not a first baseman's mitt or fielders' glove) of any shape, size or weight consistent with protecting the hand.
- Catchers may not catch, whether warming up a pitcher, in practices or games without wearing full catcher's gear and an athletic cup as described above.

Equipment:

- Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose or the team's manager and designated coaches.
- Equipment should be inspected at each use for the condition of the equipment as well as for proper fit.
- Batters must wear a Little League approved protective helmet during batting practices and games.
- Parents of players who wear glasses should be encouraged to provide "**safety glasses**" for their children.
- Manager will only use official Little League balls (T-ball, LLI baseballs).
- All male players will wear athletic supporters and cups during games/practices. Catcher must wear a cup. Manager should encourage that cups be worn by players.
- Players are encouraged to wear mouth pieces.
- All Fields must have break-away bases.



Rules

- Foul ball batted out of the playing area will be returned to the umpire via a manager or coach through the dugout. At no time will it be allowed, during a game, to throw a ball over the fence.
- In Minors and Majors, headfirst slides, are not permitted unless returning to a base.
- Intermediate and Junior divisions, headfirst slides are allowed.
- In Minors and Majors on-deck batters are not permitted.
- Intermediate and Juniors on-deck batters are permitted if the field is marked for and provides safe distance from home plate. The use of bat "donuts" is not allowed, you may only use bat sleeves in the on-deck circle.
- In Minors and Majors, shoes with metal spikes or cleats are not permitted. Shoes with molded cleats are permissible.
- Intermediate and Juniors, shoes with metal spikes or cleats are allowed. Please make sure that the facility permits the use of metal spikes.
- Player will not wear watches, rings, pins, jewelry or other metallic items during practices or games. (Exception: Jewelry that alerts medical personnel to a specific condition is permissible and this must be taped in place.)
- No food or drink, at any time, in the dugouts. (Exception: bottled water, sports supplement drinks, and water from drinking fountains)
- Managers will never leave an unattended child at a practice or game.
- Never hesitate to report any present and potential safety hazard to the Three Rivers Safety Officer immediately.
- Make arrangements to have cellular phone available when a game or practice is at a facility that does not have public phones.
- All speed limit signs in and around facilities and fields will be adhered to.
- No legal or illegal drugs are allowed on or near a facility or field at any time.
- No medication will be taken at a facility or field unless administered directly by the child's parent or guardian; this includes ibuprofen, aspirin and Tylenol.
- No playing in any parking lot at any time.
- No swinging bats or throwing baseballs at any time within the walkways and common areas of any facility or field.
- No throwing rocks.
- No climbing fences on the fields and around facilities.
- No pets are permitted at facilities or fields at any time. This includes dogs, cats, horses, etc.
- Observe all posted signs.
- Players and spectators should be alert at all times for foul balls.



Safety

- Responsibility for safety procedures belong to every adult member of TRLL.
- Each player, manager, designated coach, umpire, team safety officer shall use proper reasoning and care to prevent injury to him/herself and to others.
- Only league approved managers and/or coaches are allowed to practice with teams.
- Only league approved managers and/or coaches will supervise batting cages.
- Arrangement should be made in advance of all games and practices for emergency medical services.
- Managers, designated coaches, and umpires will have mandatory training in First Aid.
- First-aid Kits are mandatory for each team manager to have available at all games and practices.
- No games or practices will be held when weather or field conditions are - particularly when lightening is present.
- The play area will be inspected before games and practices for holes, stones, glass and other foreign objects.
- Team equipment should be stored with the team dugout or behind fences - not within the area defined by the umpire as "in play"
- Only players, manager, coaches, and umpires are permitted on the playing field or in the dugout during games and practice sessions.

Warm-Up

- 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 endangering spectators.
- Manager and coaches will be issued citations, when violations are committed and noted.



PLAY IT SAFE



I have read the Three Rivers Little League Safety
Code and pledge to adhere to its rules and
regulations

Team

Division

Year

Print Name of Manager

Manager Signature

Date

Print Name of Coach

Coach Signature

Date

Print Name of Coach

Coach Signature

Date



HELP Make Three Rivers SAFER

Do you have a Safety IDEA?

Three Rivers welcomes all ideas to help make our facilities and fields safer for all of our players and their families.

Submit your idea to Three Rivers by giving it to a board member or the League Safety Officer or by emailing it to info@3riverslittleleague.com.

If your idea is implemented during the season, your idea will be in next year's Safety Manual and you will receive a gift card.

Thank you for support and ideas in making Three Rivers Little League safer.



Training Program





TRLL Coaches Safety Meeting

Three Rivers BOD and Player Reps are responsible for holding safety meetings.

1. Turn in all volunteer forms for all manager and coaches.
2. Hand out Safety Manual.
3. Go over Incident reporting forms.
4. Go over Claim forms.
5. Go over Pre-game checklists.
6. Code of Conduct - signed and turned in prior to the first game.
7. Safety Code- signed and turned in prior to the first game.
8. Safety rules - catchers/pitchers and warming up.
9. First Aid Class & use of AED (Automated External Defibrillator).
10. First Aid Kits
 - a. Managers to have on-site at all times.
 - b. Managers to have cold packs on-site and available at all times.
11. Weather related safety warnings to all managers.



Injuries

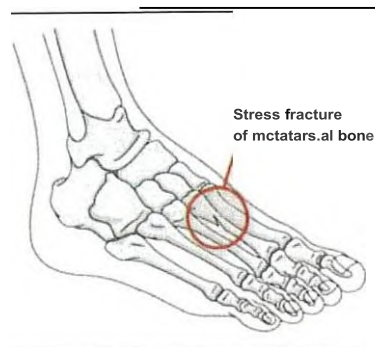
1. Types of Youth Sports Injuries

a. Acute Injuries

- i. Acute injuries are caused by a sudden trauma. Examples of trauma include collisions with obstacles on the field or between players. Common acute injuries among young athletes include contusions (bruises), sprains (a partial or complete tear of a ligament), strains (a partial or complete tear of a muscle or tendon), and fractures.

b. Overuse Injuries

- i. Not all injuries are caused by a single, sudden twist, fall, or collision. Overuse injuries occur gradually over time, when an athletic activity is repeated so often, parts of the body do not have enough time to heal between playing.



A Stress Fracture is a common overuse injury in young athletes.

- ii. Overuse injuries can affect muscles, ligaments, tendons, bones, and growth plates. For example, overhand pitching in baseball can be associated with injuries to the elbow. Swimming is often associated with injuries to the shoulder. Gymnastics and cheerleading are two common activities associated with injuries to the wrist and elbow.
- iii. Stress fractures are another common overuse injury in young athletes. Bone is in a constant state of turn over- a process called remodeling. New bone develops and replaces older bone. If an athlete's activity is too great, the breakdown of older bone occurs rapidly, and the body cannot make new bone fast enough to replace it. As a result, the bone is weakened, and stress fractures can occur-most often in the shinbone and bones of the feet.

c. Catastrophic Sports Injuries

- i. Many sports, especially contact sports, have inherent dangers that put young athletes at special risk for severe injuries. Even with rigorous training and proper safety equipment, children are at risk for severe injuries to the head and neck with damage to the brain or spinal cord.
- ii. Catastrophic injuries have been reported in a wide range of sports, including ice hockey, wrestling, football, swimming, soccer, pole vaulting, cheerleading, and gymnastics. It is important for coaches, parents, and



athletes to be aware of the guidelines and regulations developed for each sport to prevent head and neck injury.

1. Concussion

- a. Concussions are mild traumatic brain injuries. They are caused by a blow to the head or body that results in the brain moving rapidly back and forth inside the skull.
- b. Although some sports have higher instances of concussion—such as football, ice hockey, and soccer—concussions can happen in any sport or recreational activity.
- c. In 2010, the American Academy of Pediatrics recommended that young athletes with concussions be evaluated and cleared by a doctor before returning to sports. The American Academy of Neurology issued a similar statement, and stressed that doctors who clear athletes for return to sports should be trained in managing and assessing sports concussions.

d. Growth Plate Injuries

- i. Growth plates are areas of developing cartilage tissue near the ends of long bones. When a child becomes full-grown, the growth plates harden into solid bone.
- ii. Because growth plates are the last portion of bones to harden (ossify), they are vulnerable to fracture. Growth plates regulate and help determine the length and shape of adult bone, therefore, injuries to the growth plate can result in disturbances to bone growth and bone deformity.
- iii. Growth plate injuries occur most often in contact sports like football or basketball and in high impact sports like gymnastics.



2. Preventing Baseball Injuries

- a. Injuries in young athletes are on the rise, but elbow and shoulder injuries in children are on the verge of becoming an epidemic. Thousands of children are seen each year complaining of elbow or shoulder pain. Damage or tear to the ulnar collateral ligament (UCL) is the most common injury suffered and is often caused by pitchers throwing too much. This ligament is the main stabilizer of the elbow for the motions of pitching. When it becomes damaged, it can be difficult to repair and rehabilitate.
- b. How is an elbow or shoulder injury diagnosed?
 - i. If a young athlete is throwing too hard, too much, too early, and without rest, a serious elbow or shoulder injury maybe on the horizon. If the athlete complains of elbow or shoulder pain the day after throwing, or movement of the joint is painful or restricted compared to the opposite side, see a physician familiar with youth sport s injuries immediately.

c. How can overuse baseball injuries be prevented?

- Warm up properly by stretching, running, **Maximum Pitch Counts**

	<i>Age</i>	<i>Pitches/Game</i>
■ Rotate playing other position s besides Pitcher	7- 8	50
	9 - 10	75
• Concentrate on age-appropriate pitching	11- 12	85
• Adhere to pitch count guidelines, such as those established by Little League Baseball	13- 16	95
	17- 18	105

- Avoid pitching on multiple teams with overlapping seasons

- Don't pitch with elbow

Rest Periods Required

	<i>Ages 14 and under</i>	<i>Ages 15- 18</i>	<i>Required # of Rest Pitches</i>
or shoulder pain, if the pain persists, see a doctor	66+	76+	4 calendar days
■ Don't pitch on consecutive days	51- 65	61- 75	3 calendar days
	36- 50	46- 60	2 calendar days
■ Don't play year-round	21- 35	31- 45	1 calendar day

- Never use a radar gun
- Communicate regularly about how your arm is feeling and if there is pain
- Develop skills that are age appropriate

Age Recommended for Learning Various Pitches

<i>Pitch</i>	<i>Age</i>
Fastball	8 ± 2
Slider	16 ± 2
Change-up	10 ± 3
Forkball	16 ± 2
Curveball	14 ± 2
Knuckleball	15 ± 3
Screwball	17 ± 2



- Emphasize control, accuracy, and good mechanics
- Master the fastball first and the change-up second, before considering breaking pitches
- Speak with a sports medicine professional or athletic trainer if you have any concerns about baseball injuries or baseball injury prevention strategies



Dynamic Warm-Up for Baseball Players

To prepare for a game, baseball players traditionally warm up using static stretches and short sprints, along with fielding, throwing, and hitting practice.

After the formal team warm-up, players tend to do arm circles, or other exercises, to prepare for more intense movement.

The traditional warm-up for a game takes an hour or more and uses the entire baseball field.

In contrast to a pre-game situation, players participating in showcases and baseball combines have neither the time nor the space for the traditional warm-up.

Because of this, many players fail to warm up properly before showcases, hindering performance and increasing the chances of injury.

Benefits of Dynamic Warm-ups

By using dynamic warm-up routines and exercises, players can be ready to take the field for specific baseball activities, such as throwing or batting.

A dynamic warm-up routine:

- Gradually prepares the muscles for baseball-specific movements
- Decreases the chance of injury while enhancing strength, flexibility, and power.
- Increases motor unit recruitment and synchronization, whereas static stretching decreases motor unit function.

Sample Dynamic Baseball Warm-Up Exercises and Stretches

Use this warm-up to get you ready and properly stretch your body, so you can take the field at baseball showcases or combines with less risk of injury.

Activity	Reps/Distance
Arm swings	5 times forward and backward, both arms 5 times side-to-side, both arms
Arm circles Elbow Circles	5 times each direction, both arms



Wrist circles

Neck rotations

Trunk rotations

5 times each direction

Hip rotations

Leg Swings

5 times forward and backward, each leg

5 times side-to-side, each leg

Prisoner squats then skip.

10 times

10 yards out and back

Knee to chest to lunge
To high knee skip.

5 times each side

10 yards

Backward lunge with twist
To high knee skip

5 times each side

10 yards

Side shuffles
Carioca

15 yards out and back

Side shuffle to sprint

20 yards out and back

After you finish general baseball warm-up exercises, you can prepare for the specific activities you'll be tested on, such as throwing and fielding.



Equipment Safety





Three Rivers Team Equipment

Three Rivers' equipment is checked and tested when it is issued, however it is the Manager's responsibility to maintain and monitor its condition. Managers should inspect equipment before each game and each practice.

The Three Rivers Equipment Manager will promptly replace damaged and ill -fitting equipment.

Players often use their own gear. This equipment can be used if it meets the requirements as outlined in this Safety Manual and the Official Little League Rule Book.

At the end of the season, all equipment must be returned to the TRLL Equipment Manager. Coaches Books and Safety Manuals must also be turned in with the equipment.

- Each team, at all times in the dugout, and shall have at a minimum four (4) protective helmets which must meet NOCSAR specification and standards. These helmets will be provided by TRLL at the beginning of the season. If players decide to use their own helmets, they must meet NOCSAE specification and standards.
- Each helmet shall have an exterior warning label. **NOTE:** the warning label cannot be embossed in the helmet but must be placed on the exterior portion of the helmet and be visible and easy to read.
- Use of a helmet by the batter and all base runners is mandatory.
- Use of a helmet by an adult base coach is optional.
- All male players must wear athletic supports.
- Male catchers must wear the metal, fiber or plastic type cup and a long-model chest protector.
- Female catchers must wear long or short model chest protectors.
- All catchers must wear chest protectors with a neck collar, throat guard, shin guards and catcher's helmet. All of the above must meet Little League specifications and standards.
- All catchers must wear a mask, "dangling" type throat protector and catcher's helmet during practice, pitcher warm-up and games. Note: Skullcaps are not permitted.
- If the gripping tape on a bat becomes unraveled, the bat must not be used until it is repaired.
- Bats that are fractured in anyway, must be discarded. Bats with dents are not to be used.
- Only official Little League ball will be used during practices and games.



Three Rivers Team Equipment (Continued)

- Make sure that the equipment issued to you is appropriate for the age and size of the kids on your team. If it is not, get replacements from the TRLL Equipment Manager.
- Make sure helmets fit.
- Replace questionable equipment immediately by notifying the TRLL Equipment Manager.
- Make sure that players respect the equipment that is issued.
- Multi-colored gloves can no longer be worn by pitchers.
- All fields have break-way bases.
- Yellow Safety caps on outfield fences.



LITTLE LEAGUE BASEBALL 2021 Equipment Guidelines

Before purchasing equipment for your son or daughter to use in playing Little League Baseball, please review the following guidelines taken from the rules cited in the Little League rulebook.

Bats (Rule 1.10)



All non-wood and laminated bats used in the Little League (Majors) and below, Intermediate (50-70) Division, Junior League divisions, and Challenger division shall bear the USA Baseball logo signifying that the bat meets the USABat – USA Baseball's Youth Bat Performance Standard. All BPF – 1.15 bats will be prohibited beginning with the 2018 season. Additionally, starting in 2018, the bat diameter shall not exceed 2 3/4 inches for these divisions of play. Additional information is available at LittleLeague.org/batinfo.



Glove or Mitt (Rule 1.12 - 1.15)



The first baseman may wear a glove or mitt not more than 12" long from top to bottom and not more than 8" wide across the palm.

The pitcher's glove shall be of one solid uniform color other than white or gray, or if multi-colored, white and light gray shall not be included in the colors. No pitcher shall wear sweat bands on their wrist or arm. Elbow Sleeves are not permitted.

Helmets (Rule 1.16)



All helmets must bear the NOCSAE stamp. Helmets may not be repainted and may not contain tape or re-applied or new decals. Label your child's helmet by using a Sharpie type pen.

Catcher's Equipment (Rule 1.12 and 1.17)



The catcher must wear a catcher's mitt. Male catchers must wear a cup with an athletic supporter. All catchers must wear: chest protector (long or short model) with a neck collar, throat guard, shin guards, and catcher's helmet with mask. The catcher's helmet must bear the NOCSAE stamp (skull caps are not permitted). All catchers must wear a "dangling" type throat guard during infield / outfield practice, pitcher warm-up, and games. Dangling means the throat guard will still hang down and protect the throat when the catcher is looking straight up.

Miscellaneous (Rule 1.11)



Shoes with molded cleats are permitted at all levels. Junior League may wear metal cleats. Players must not wear watches, bracelets, rings, pins, and jewelry (metallic or non-metallic). Jewelry that alerts medical personnel to a specific condition is permitted.



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Copy and post in dugouts

Don't Swing It

... Until You're Up to the Plate!



(Photos from North Scott, Iowa, Little League)

Don't let this happen to you, or to a teammate.

REMEMBER:

Don't pick up your bat until you leave the dugout, to approach the plate.

"1. The on-deck position is not permitted in Tee Ball, Minor League or Little League (Majors) Division. 2. Only the first batter of each half-Inning will be allowed outside the dugout between the half-Innings in Tee Ball, Minor League or Little League (Majors) Division."