

## **SBILL SAFETY RULES**

- 1) No player should be holding a bat in the dugout at any time.
- 2) No 'on deck circles' are allowed whether inside or outside the field of play (except for Junior/Senior's). The only player that may have a bat in his/her hand is the player at bat!
- 3) All equipment must be kept off of the playing field (equip bags, bats, extra baseballs, etc). All equipment must be properly stored in the team's dugout.
- 4) No throwing baseballs, batting practice, or playing catch within the walkways and common area.
- 5) Offensive players must keep helmets on while on the playing field (batters, base runners, and players coaching a base). They may not be taken off until the player has returned to the dugout.
- 6) Make sure proper safety equipment is being used by all players. Only a properly equipped player may warm up a pitcher at any time. Catchers must wear a cup as well as full catcher's gear.
- 7) Teams may only take batting practice from home plate or by hitting into an approved hitting net. Teams MAY NOT take batting practice in the outfield or take soft toss hitting practice into any fence on any field.
- 8) Players must remain under the covered portion of the dugout at all times while awaiting their turn at bat.
- 9) At least one adult MUST be in the dugout to supervise the players. No player should stand on the bench/climb the fence at any time.
- 10) Take the time to properly warm up before the game (stretching)
- 11) Maintain discipline on the field, keep players alert.
- 12) Ensure the First Aid Kit is available.
- 13) Safety is EVERYONE'S responsibility!