



Western Little League

Cardinal Run Park
Lexington, KY

Operations Manual
2021



Table of Contents

ABOUT THE LEAGUE	3
LEAGUE AND DISTRICT OFFICIALS	4
COACHES AND VOLUNTEERS	5
Volunteer Application Form	5
Code of Conduct	5
GENERAL PROCEDURES	7
Player Substitute Process	7
Rainout Reschedule Policy	8
Player Draft Process	8
LOCAL DIVISION RULES	12
Game Preliminaries	12
Intermediate Division	12
Majors Division	13
Minors Division	13
Rookie Division	14
Teeball Division	16
Weeball Division	17
ALL-STARS & SUMMER SELECT TEAMS	18
SAFETY INFORMATION	20
Emergency Contact Information and Procedures	20
Fundamentals Training	21
First-Aid Training	21
Automatic External Defibrillator (AED)	22
First-Aid Kits	23
Accident Reporting and Tracking Procedures	24
Field and Equipment Inspection	24
Concession Stand Procedures	25
League Facility and Player Data	26
Appendix A	27
Appendix B	28
Appendix C	29

ABOUT THE LEAGUE

Western Little League (WLL) takes pride in balancing fun with competitive play in a family-friendly environment. Our league has a proud history. Founded in 1959, its original name was Gardenside Little League. All games and practices of Gardenside occurred at Wolf Run Park, which the league still uses for practices and to store equipment. In 1971, Gardenside Little League became Kentucky's first representative in the Little League World Series in Williamsport, Pennsylvania that you see played on ESPN every August. In 2001, when Cardinal Run Park was founded, our league name changed to Western Little League to represent the western part of Fayette County. Our league is constantly evolving to meet the needs of our community. Little League Baseball allows kids to start playing baseball before they actually turn 4-years-old, which is a younger age than what most other youth baseball leagues allow. And in 2017, we became the only local Little League program in the Lexington area to have an Intermediate division for players ages 11-13 that provides an advanced level of baseball to players.

LEAGUE AND DISTRICT OFFICIALS 2020-21

The WLL Board of Directors is comprised of many volunteers who oversee the operations of the league, serving 1-year terms. The Board of Directors appoints an Executive Committee to advise with and assist all other league officials in all matters concerning its interests and the management of the league affairs. Further, the Executive Committee has the only voting authority on all business transactions except for the Annual Meeting (see constitution and by-laws for complete information). Currently, the Executive Committee includes the President, Vice-President, Secretary, Treasurer, Player Agent, All-Stars Coordinator, Intermediate Coordinator, Majors/Minors Coordinator, Rookie Coordinator, Teeball Coordinator, and Weeball Coordinator.

WLL Board of Directors

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COACHES AND VOLUNTEERS

Volunteer Application Form

Managers, coaches, board members and any others, volunteers or hired workers, who provide regular services to WLL and/or have repetitive access to or contact with players or teams must fill out an application form as well as provide a government-issued photo identification card for identity verification. WLL will search criminal and sex offender registry records using online Volunteer Application Forms, on all applicable, via the database that Little League provides to local leagues as part of their charter.

Code of Conduct

In general, WLL expects that any league official, manager, coach, parent, or spectator shall adhere to the following terms:

- Comply with both local and Little League rules at practices and games.
- Exhibit and encourage good sportsmanship, regardless of a call made by an umpire or the outcome of any game. The umpires shall have the authority and discretion during a game to penalize the wrongdoer according to the infraction up to and including expulsion from the game.
- Offer instruction to players to the best of one's ability and in a manner that is constructive and supportive.
- Do not ridicule, demean, verbally abuse, threaten, or engage in inappropriate physical contact with any player, coach, manager, spectator, umpire, league official, parent, or other individual under any circumstances.
- Do not engage in any behavior that endangers the physical well-being of a player.
- Do not use profane, obscene or vulgar language in any manner at any time.
- Do not appear on the field of play, stands, or anywhere on the park complex while in an intoxicated state. Intoxicated will be defined as an odor or behavior issue.
- Do not gamble on any play or outcome of any game with anyone at any time.
- Do not smoke cigarettes (or e-cigarettes) while on the playing field or in any dugout.
- Do not tamper or manipulate any league rosters, schedules, draft positions or selections, official scorebooks, rankings, financial records or procedures.

Violation of this Code of Conduct may result in disciplinary action, which may include any of the following:

Ejection – The violator may be ejected from a game either by an umpire who is officiating the game or by a league official. A league official may also eject a violator from a practice, activity, or event. Upon being ejected, the violator must leave immediately without further incident, or they may be subject to further disciplinary action by league officials or even removal by local law enforcement. He/she will be automatically suspended from participating in or spectating the team's next scheduled game, and this cannot be appealed.

Probation – The violator will be advised in writing of the offense and the period and terms of probation during of which it is expected that no further violations will occur.

Suspension – The violator will be advised in writing of the offense and the period and terms of suspension during of which the violator is prohibited from participating in any league games, practices, activities, or events.

Dismissal – the violator will be advised in writing of the offense and informed that he/she is dismissed from participating in any league games, practices, activities, or events for the remainder of the season or other designated period of time.

Barred – the violator will be advised in writing of the offense and informed that he/she is barred from participating in present or future games, practices, activities, or events permanently or for a specified period of time.

The league president, respective division coordinator, and other league officials selected by the president shall review all issues concerning violations and decide on appropriate disciplinary action to the violator. The panel's decision shall be final unless appealed by the violator to the executive board of the league. If an appeal is filed, the executive board of the league shall have discretion to determine whether or not a hearing is warranted. If a hearing is approved, the majority vote of the executive board will determine the outcome on the matter.

Given league events occur at parks owned and operated by the Lexington Division of Parks and Recreation, any league official, manager, coach, parent, or spectator shall also adhere to terms of the Division's "[Physical and Verbal Altercation Policy](#)."

GENERAL PROCEDURES

Player Substitute Process

The league Player Agent maintains a list of players who can substitute in games when a team needs an additional player. The purpose of the substitute list is to ensure that a team will not have to forfeit a game due to a lack of players. A team should only request a substitute if it knows or reasonably expects it will not have the required number of players present for a game. A team is not required to request a substitute but may elect to play without a full roster and receive an automatic out each inning, as per established local rules. Furthermore, the practice of “shopping” the substitute list and basing the decision to request a substitute on the perceived abilities of the substitute is inappropriate. If a team is concerned about the abilities of a potential substitute, it should not request a substitute.

Operation of the Substitute List

To request an additional player, the coach must contact the Player Agent, who will attempt to secure a player. There is no guarantee that the Player Agent can secure a player. It is to a team’s advantage to request a substitute with as much advance notice as possible. The Player Agent will attempt to secure as many substitutes as a team needs to have a full roster for the game. If the Player Agent is not readily available and a team has an urgent need for a substitute, the coach should contact the President or Vice President. A team cannot request a particular individual or individuals to substitute. While the Player Agent seeks to distribute substitute opportunities among all eligible substitutes, various factors may result in some substitutes being sourced more frequently than others.

In-Game Substitute Participation

If a team requests a substitute but enough of the team’s players ultimately are present, the coach may not dismiss the substitute from the game. This is a courtesy to the family of the substitute who has adjusted its schedule, sometimes on very short notice, to be present at the game. A substitute must play at least the same number of minimum required defensive outs and offensive at-bats as all other players on the team. A substitute in a Minors, Majors, or Intermediate game may not pitch in the game. Coaches must give proper consideration for the safety of substitutes when assigning defensive positions.

Eligible Players

Substitute ages for each division are as stated below:

- i. Weeball – not applicable
- ii. Teeball – not applicable
- iii. Rookie – substitutes must be Teeball players who are league age 5 or older. Eligibility for league age 5 players is subject to League approval.
- iv. Minors – substitutes must be Rookie players who are league age 8 or older
- v. Majors – substitutes must be Minors players who are league age 9 or older
- vi. Intermediate – substitutes must be Intermediate or Majors players who are league age 11 or older

The Player Agent will initially identify age-eligible players from each team and will confirm with their respective coaches whether they are comfortable with the age-eligible players serving as substitutes in the higher division. A player who is placed in a lower division because of safety concerns is not eligible to substitute in a higher division. Players league age 11 in the Intermediate Division are automatically presumed to be eligible as substitutes for other teams in the same division. However, Intermediate Division coaches must notify the Player Agent of any such players who are starters, as non-starters will be given preference over starters when sourcing substitutes from among this group. This is done to provide additional playing experience for players who are non-starters.

Rainout Reschedule Policy

In the event a scheduled game is cancelled due to inclement weather, the head coaches of the respective teams will consult with the division coordinator and scheduling coordinator to determine a date to reschedule the game within 10 calendar days. The game will be rescheduled on one of the days identified prior to the start of the regular season as a “makeup day.” However, no team will be required to play three games within seven consecutive calendar days. Exceptions to this rule must be approved by the Executive Committee.

Player Draft Process

The Intermediate, Majors, Minors, and Rookie Divisions currently use a player draft process to assign players to teams. The underlying objective of the draft is to create teams who are equal in skill level and age in order to create parity, broaden quality coaching, and increase competition across each division. Little League determines a player’s league age by **August 31** of the year in which play will occur, except for fall seasons.

Definitions

- Players league age 13 must play in Intermediate
- Players league age 12 are eligible to play in Intermediate or Majors
- Players league age 11 are eligible to play in Intermediate, Majors, or Minors
- Players league age 10 are eligible to play in Majors or Minors
- Players league age 9 are eligible to play in Majors, Minors, or Rookie
- Players league age 8 are eligible to play in Minors or Rookie
- Players league age 7 are eligible to play in Rookie or Teeball
- Players league age 6 are eligible to play in Rookie or Teeball
- Players league age 5 are eligible to play in Rookie (having played one year of Teeball) or Teeball
- Players league age 4 are eligible to play in Teeball or Weeball
- Players league age 3 must play in Weeball

The player’s league age, birthdate, skill level, grade level, and safety concerns are factors that determine a player’s selection to a division.

New Player: any player who may have played in the division during the fall season prior but not during the previous spring season

Returning Player: any player who played in the division during the previous spring season

Evaluation Session: a formal event in which players are evaluated on their skill level by coaches and league officials in preparation for the draft

Expansion Team: a newly formed team that did not exist in the division in the previous spring season in which the coach must draft an entire roster

Sibling: one of two or more individuals having one or both parents/legal guardians in common

Recruit: any player who did not play in a league division during the previous spring season and recruited by a coach prior to the draft to be on his team

Protected Player: a player labeled as a recruit, designated assistant coach pick, and/or sibling who will automatically placed on a specific team in coordination with the head coach and league officials

Head Coach & Designated Assistant Coach: A head coach may designate his/her own assistant coach and subsequently have that coach's child as a protected player on a current year's team if any of the conditions apply:

- He/she is new to the division and assigned a team, either at random or due to only one team opening, even if the previous year's head coach and/or designated assistant coach's child is a returning player;
- He/she had a designated assistant coach in the previous year but that person and his/her child moved up to the next age division;
- He/she was a team's designated assistant coach in the previous year and is assuming the responsibility as head coach in the current year, unless the previous year's head coach's child is a returning player; or
- His/her child is a returning player, he/she was not the designated assistant coach the previous year, is assuming the role of head coach in the current year, and the previous year's head coach or designated assistant coach's child is not returning to the team.

Evaluation Sessions

- The following types of players must attend a formal evaluation session: new players (including siblings and recruits), returning players who want to change teams, and returning players whose team collapsed from the previous spring season.
- All new players league ages 7 thru 13 must participate in a player evaluation session, regardless of their original registered division. All new players league ages 5 or 6 who wish to be considered for the Rookie Division must participate in a player evaluation session.

- There will be one primary session and up to two make-up sessions offered by the league. League officials will determine the date, time, and place of the sessions.
- Coaches must attend the sessions to grade the skill level of players. League officials on the coaches' committee, who are not coaches in the division, will grade the skill level of recruits, siblings, and designated assistant coaches' children to determine pick placement in the draft.

Draft Rules

1. The order of team picks is determined by how teams finished during the previous spring season of regular-season play, not during the post-season tournament.
2. Any expansion team will get first priority in the draft order, and two or more expansion teams will draw blindly to determine draft order. An expansion team may also get a "zero pick" at the discretion of the Coaches Committee.
3. Awarding of teams to new coaches in a division will be done at random.
4. The draft will use a reverse-record order process for team picks. For example, the team that finished last in the previous spring season of regular-season play will pick first in each round, while the team that finished first will pick last. Exceptions are made for expansion teams (see rule #2).
5. Each team will have a maximum of three minutes per pick per round. If time expires, the next team in the draft order proceeds with its pick and the team whose time expired must wait its position in the next round to pick a player.
6. Each team will comprise of no less than 10 and no more than 12 players. There shall be no more than six players of any one league age with a roster of 10 players, no more than seven players of any one league age with a roster of 11 players, and no more than eight players of any one league age with a roster of 12 players.
7. Any player league age 13 new to the league must be drafted and cannot be a recruit.
8. Each team will get picks in the first and second rounds, and recruits, siblings, and designated assistant coaches' children may constitute these picks.
9. The head coach's child will automatically be slotted as the team's third round pick in the draft. This pick must be announced prior to the start of the draft.
10. League officials will determine the pick placement of a team's designated assistant coach's child in the draft. This pick must be announced prior to the start of the draft.
11. Each team may pick siblings who are new players in a draft if it will not exceed its minimum player/age group. Once the first sibling is picked, the next pick for that particular team must be his/her sibling(s). When a sibling is a returning player, league officials will determine the pick placement of the sibling who is a new player in the draft, and the team must pick any other siblings in the rounds to immediately follow.
12. In the case of two siblings who are new to a division and didn't play at WLL the previous spring season, the head coach must designate both siblings as his two recruits or one sibling as a recruit and the other sibling as a "sibling pick;" however, if the latter, the coach may not have more than three "protected" players as part of the draft process.
13. Each team may have up to two recruits and must be announced prior to the first player evaluation session. League officials will determine their pick placement in the draft. These picks must be announced prior to the start of the draft.

14. Except for recruits, siblings, and/or designated assistant coaches' children, players who did not attend an evaluation session will be drafted blindly according to their age once all players who attended a session have been picked in the draft. Recruits, siblings, and/or designated assistant coaches' children who did not attend a session will be automatically placed as first-round picks (or highest round available) in the draft.
15. Players or draft positions may not be traded among teams.
16. Any returning player to a division, for any reason, will be granted the right to reenter the draft with a justifiable reason approved by league officials, but he/she may not be selected by the same team from the previous spring season.
17. Only the head coach and designated assistant coach, or someone approved by the head coach, of each team is allowed in the draft room. Anyone whose child is eligible to be drafted is not allowed in the draft room, except for head coaches, or their designee, and designated assistant coaches. Other exceptions must be approved by the division coordinator.
18. Except for recruits, siblings, and/or designated assistant coaches' children, players who did not attend an evaluation session will be drafted blindly according to their age once all players who attended a session have been picked in the draft. However, each respective division coordinator will confirm with the parents that such players do intend to play. Otherwise, such players will be removed from the draft board. Recruits, siblings, and/or designated assistant coaches' children who did not attend a session will be automatically placed as first-round picks (or highest round available) in the draft.
19. All rosters are final once the coaches exit the draft room.
20. Placement of players who registered after the completion of the draft will be determined by the league officials in accordance to their age and the number of children per team. This will be done in the best interests of all players and teams in the division.

LOCAL DIVISION RULES

WLL follows all Little League rules. However, local rules are developed in the best interest of the league. This section will provide the rules specific to each age playing division.

Game Preliminaries

Adult volunteers from both the home and away teams must prepare the playing field before each game. This includes raking or dragging the infield dirt, chalking base lines and batters' boxes, and setting the bases into the ground anchors. Head coaches are encouraged to identify a few parents from their teams to help with field preparation throughout the season.

Each team may have no more than 10 minutes for on-field warmups (i.e., infield/outfield) before each game. Ideally, the away team shall conduct on-field warmups approximately 20 minutes prior to the start of the game, while the home team shall conduct such warmups approximately 10 minutes prior to the start of the game. The home team shall remain on the field defensively to begin the game at the official start time. Times for warmups will need to be shortened if there is not enough time in between the end of one game and the start of another game on the same field.

Coaches must submit lineup cards to the scorekeepers, if applicable, and opposing teams before the start of the game. All present players must be listed on the lineup card.

Standings

In all competitive playing divisions, standings will be primarily determined by a points system. A win is worth two points, a tie is worth one point, and a loss is worth zero points. The following factors will determine tie breakers for teams with the same amount of points and overall record (in order): head-to-head, runs allowed, runs scored, and coin flip.

Intermediate Division

Advances Little League baseball by preparing players for the next level: pitchers thrown from 50 feet, bases are 70 feet apart and players can lead off, and games consist of 7 innings. Nine players always play on offense and defense, with substitutions allowed. However, a team may start and play a regular season game with eight (8) players, and the team will skip over the ninth (9th) position in the batting order without penalty. There is not a time limit on games, but a new inning may not start after 10:00 PM. Players are not permitted to wear metal cleats during regular season play; only during Little League Tournament Play for the Intermediate 50/70 Division.

Maximum pitch count for league ages 11 and 12 is 85 pitches per day, while players league age 13 are allowed a maximum of 95 pitches per day. A player may not pitch in three consecutive days. Days of rest are as follows:

- a. 66 or more pitches in a day, player must rest for four (4) calendar days
- b. 51 – 65 pitches in a day, player must rest for three (3) calendar days
- c. 36 – 50 pitches in a day, player must rest for two (2) calendar days

- d. 21 – 35 pitches in a day, player must rest for one (1) calendar day
- e. 20 or less pitches in a day, zero (0) calendar days of rest

Majors Division

Advances kid-pitch through Little League's most traditional division of play. Pitchers throw from 46 feet, bases are 60 feet apart, and games consist of 6 innings. Nine players always play on offense and defense, with substitutions allowed. However, a team may start and play a regular season game with eight (8) players, and the team will skip over the ninth (9th) position in the batting order without penalty. There is not a time limit on games, but a new inning may not start after 10:00 PM.

Maximum pitch count is 75 pitches per day for league ages 9 and 10 and 85 pitches per day for league ages 11 and 12. A player may not pitch in three consecutive days. Days of rest are as follows:

- a. 66 or more pitches in a day, player must rest for four (4) calendar days
- b. 51 – 65 pitches in a day, player must rest for three (3) calendar days
- c. 36 – 50 pitches in a day, player must rest for two (2) calendar days
- d. 21 – 35 pitches in a day, player must rest for one (1) calendar day
- e. 20 or less pitches in a day, zero (0) calendar days of rest

Minors Division

Prepares players to move up to the Majors Division. Coaches start to work on individual skills such as hitting, defense and pitching. This level introduces players to kid pitch. Players can steal bases and learn base stealing.

1. A game will consist of 6 innings. Yet, no new inning may start after 1 hour, 45 minutes of play, which will be determined by the time in which the third out was made in the previous bottom-half of the last inning. A regular season game may end in a tie. The spring season tournament championship does not have a time limit, however.
2. Maximum pitch count is 50 pitches per day for league age 8, 75 pitches per day for league ages 9 and 10, and 85 pitches per day for league age 11. Days of rest are as follows:
 - a. 66 or more pitches in a day, player must rest for four (4) calendar days
 - b. 51 – 65 pitches in a day, player must rest for three (3) calendar days
 - c. 36 – 50 pitches in a day, player must rest for two (2) calendar days
 - d. 21 – 35 pitches in a day, player must rest for one (1) calendar day
 - e. 20 or less pitches in a day, zero (0) calendar days of rest
3. There is a 5-run limit per inning per team.
4. Mercy rule – 10 runs after four innings (or 3-1/2 innings if the home team is leading) or 15 runs after three innings (or 2-1/2 innings if the home team is leading).
5. All bats must have the “USA” bat stamp and cannot exceed 2 5/8” in barrel diameter.
6. Every rostered player present at the start of the game must participate in that game for a minimum of six (6) consecutive defensive outs and at least one (1) at-bat.
7. A courtesy runner can be used for the catcher at any time to speed up the pace of the game, and the courtesy runner must be the player who made the last out or was the last

- batter who came to the plate if no outs were recorded in the previous inning.
8. A team must have at least eight players at the designated start time of a game. If after 10 minutes from the designated starting time the team does not have at least eight players, the team must forfeit the game.
 9. Each team may have a maximum of 10 players on the field while on defense. However, a player may not sit out on defense for more than two innings at any point during the game.
 10. Each team will use a continuous batting order involving all players at the game.
 11. Coaches may freely substitute players in and out of the game but must inform the scorekeeper and opposing team of all changes. However, once a player is removed from pitcher, he/she may not return as pitcher during the same game.
 12. A player pitcher who walks five batters or hits three batters in one inning must be removed from the pitcher position.
 13. Fake-bunt-swings are not permitted, meaning a player may not square around to bunt while batting, return to their normal batting stance while the pitcher releases the ball, and attempt to swing at the pitched ball. A violation of this rule will result in a dead ball, any base runners must return to their previous base, and the batter will be called out. The call will be made at the discretion of the umpire.
 14. Fall Season Only: There are no walks (a batter hit by a pitch may advance to first base). On ball four, a coach will pitch the ball to finish the count. Players may not steal when a coach is pitching.

Rookie Division

Allows players to grow after Teeball. The ball is pitched to kids so they can learn to see the ball coming out of a pitcher's hand. They learn to follow the ball all the way into the catcher's mitt. They learn the fundamentals of the game such as fielding, hitting, throwing and defense.

1. A game will consist of 6 innings. Yet, no new inning may start after 1 hour, 15 minutes of play, which will be determined by the time in which the third out was made in the previous bottom-half of the last inning. A regular season game may end in a tie. The spring season tournament championship does not have a time limit, however.
2. There is a 6-run limit per inning per team.
3. Mercy rule – 10 runs after four innings (or 3-1/2 innings if the home team is leading) or 15 runs after three innings (or 2-1/2 innings if the home team is leading). If a substantial amount of time is remaining at the time in which the mercy rule takes effect, the teams should continue to play (modified if agreed-turn off the scoreboard) with the purpose of developing the players that need it most.
4. All bats must have the "USA" bat stamp and cannot exceed 2 5/8" in barrel diameter.
5. Every rostered player present at the start of the game must participate in that game. Players can be on the defensive bench for a maximum of two innings per game.
6. Each team may have a maximum of 10 players on the field while on defense.
7. Each team will use a continuous batting order to include all players who are present and physically able to play.
8. A team must have at least eight players at the designated start time of a game. If after 10 minutes from the designated starting time the team does not have at least eight players, the team must forfeit the game.

9. The pitcher must wear a helmet or another approved safety mask. The defensive pitcher must stand behind the coach pitcher and within 6 feet of the edge of the dirt of the mound area.
10. There is a limit of two defensive coaches in the outfield and one defensive coach behind the homeplate area. Defensive coaches in the outfield can give instructions, provided they maintain a stationary position while the ball is in play. Coaches shall not physically assist a player during a live ball situation. The defensive coach behind home plate may not provide instruction to the defensive team. The exception to this rule is to make sure that the catcher's position will not interfere with the batter or other safety reasons.
11. A coach from the offensive team must pitch to the batter from a position of at least 35 feet from home plate. The ball must be thrown overhand. Any exception must be approved by the coaches/league officials.
12. The coach pitcher must try to get out of the way when the ball is hit. Any batted ball that strikes the coach pitcher is considered a hit, the batter gets to advance to first base, and the ball is dead. Baserunner(s) will only advance if they are forced to advance by the batter advancing to first base. If the ball is hit to the outfield, the coach pitcher should move into foul territory, removing oneself from the field of play, thereby removing ambiguity regarding baserunner advancement as far as the coach pitcher is concerned.
13. Each batter is allotted a total of six pitches to hit a fair ball. There is no bunting. The batter must try at a full swing. The batter is out if there are three strikes before the sixth pitch. Missed swings and foul balls are counted as strikes. The batter is also out if failing to hit a fair ball after six pitches unless the sixth pitch is a foul ball, then the at-bat may be extended. However, the batter is out if the catcher catches the ball off the bat before the ball ever hits the ground (foul tip) on a third strike or final pitch of the at-bat. There are no base-on-balls after 6 pitches. Any exception must be approved by coaches/league officials.
14. There is no stealing and no infield fly rule. If a baserunner leaves the base before the ball is hit, the baserunner may be called out.
15. On a hit to the outfield, baserunners must be stopped by the defense. A ball returned to an infielder who demonstrates control does not automatically result in time being called by the umpire(s). Baserunners caught between bases may advance at their own risk, and the defense is free to make a play on these baserunners. Play is stopped only when all baserunners have been stopped by the defense and/or time is called by an umpire and/or the coach pitcher calls for the ball.
16. A courtesy runner can be used for the catcher when there are two outs in the half-inning to speed up the pace of the game, and the courtesy runner must be the player who made the last out or was the last batter who came to the plate if no outs were recorded in the previous inning.
17. Fall Season Only: Each batter gets a total of seven pitches. If the last pitch is a foul ball, then the at bat continues unless the catcher catches the ball off the bat before the ball ever hits the ground. In this case, the batter is out. If the batter fails to put the ball in fair play after the seventh pitch, the batter is ruled out.

Teeball Division

Lets children and parents have the experience of learning a game together. Teeball will introduce children to running bases, hitting off of a tee, fielding balls and catching pop

1. A game will consist of 4 innings. Yet, no new inning may start after 50 minutes of play, which will be determined by the time in which the third out was made in the previous bottom-half of the last inning. A regular season game may end in a tie. The spring season tournament championship does not have a time limit, however.
2. There is a 7-run limit per inning per team.
3. Mercy rule – 15 runs after three innings (or 2-1/2 innings if the home team is leading). If a substantial amount of time is remaining at the time in which the mercy rule takes effect, the teams should continue to play (modified if agreed-turn off the scoreboard) with the purpose of developing the players that need it most.
4. All bats must have the “USA” bat stamp and cannot exceed 2 5/8” in barrel diameter. No bat shall exceed 26 inches in length.
5. Every rostered player present at the start of the game must participate in that game.
6. Each team may have a maximum of 12 players on the field while on defense. A team may choose not to use a catcher while on defense, but the defensive team may not pull the catcher to have an “extra” infielder. Regular infield positions must still be observed. The head coach may make this decision at any point in the game.
7. Each team will use a continuous batting order to include all players who are present and physically able to play.
8. The catcher must wear a helmet with facemask and stand outside the batter’s circle on the opposite side of the batter so that he/she can view the batter’s face until the ball is hit.
9. Outfielders must remain in the outfield until the ball is hit.
10. The pitcher must wear a helmet with facemask or a safety mask at parent’s discretion and must maintain contact with the pitching rubber with at least one foot until the ball is hit. He/she who fields a ball struck by a batter within 15 feet on either side or in front of the pitcher’s rubber must try to throw to a base to record an out.
11. A defensive team may have up to three coaches in the outfield. The defensive team may also have one coach positioned in foul territory between the batter’s circle and his team’s dugout so long as he does not obstruct play in any way. Coaches shall not physically assist a player during a live ball situation. Coaches can provide instructions to players at any moment, provided it does not impede the flow of the game.
12. One offensive coach should remain in the dugout always to maintain order as well as to keep track of and organize equipment.
13. Offensive teams may have a coach at first, second, and third bases. The coaches at first and third bases will stand in the designated coaching boxes in foul territory, while the coach at second base will stand behind the base not to obstruct the play or line of sight for any defensive player. At no time shall a coach touch or otherwise assist a batter,
14. On a ball that reaches the outfield after being struck by a batter, a defensive infielder must gain control of the baseball for the umpire to consider stopping the play and for base runners from further advancing. This will be at the discretion of the umpire. The defensive infielder does not have to make a play on the lead base runner for the umpire

to stop play, however.

15. If a player on defense is not paying attention during live ball situations, the coach, umpire, or scorekeeper may remove that player from the field for their own safety.
16. Each batter will be allowed seven swings. If contact is not made with the ball after the seventh swing, the batter is out. No out will be called on a seventh swing foul ball. There is no bunting. The batter must try at a full swing. The umpire may rule that the batter did not take a full swing and call a foul ball. The batter will be called to swing again.
17. A batter who throws the bat outside of the batter's circle may be called out by the umpire. The general rule is that a bat thrown with enough force to injure someone will be called an out. Bats rolling outside the circle are left to umpire discretion. In the event of such an occurrence, runners may not advance.
18. There is no stealing. If a runner leaves the base before the ball is hit, the play will be called dead and the runner must return to the base. The batter will hit again.
19. Baserunners may only advance one base on a ball struck by a batter that does not reach the outfield grass. An overthrow on a defensive play to first base will result in a dead ball and no runners may advance.
20. All new players to this division must attend a skills assessment session. League officials will evaluate each player's skill set to determine team assignments. Each team/coach is allowed up to four requests from players, and those are honored according to when players are registered.

Weeball Division

Introduces basic skills to young players. All players hit off a tee and play the field. Outs and runs are not recorded. It is a great opportunity for families to get involved with our league for the first time. Each team is limited to seven players. The distance between bases is 40 feet. Games and practices are limited to about 45 minutes.

1. A game will consist of 3 innings, with no new inning to start after 45 minutes of play.
2. Runs and outs will not be recorded in a game.
3. All bats must have the "USA" bat stamp and cannot exceed 2 5/8" in barrel diameter. No bat shall exceed 26 inches in length.
4. Every rostered player present at the start of the game must participate in that game.
5. A "soft compression" baseball will be used for every game.
6. Each half-inning is complete once all offensive players have batted.
7. After each batter puts the ball in fair play, the batter will advance to first. All other baserunners will advance one base only. The last batter of the inning will be declared by the offensive coach, and after he/she hits, all baserunners will advance all the way to home plate.
8. Coaches may be positioned anywhere on the field as long as they do not interfere with play.

ALL-STARS & SUMMER SELECT TEAMS

WLL offers additional opportunities for players to participate in higher levels of competition. The first is the selection to league all-stars teams in various age groups. The goal of the program is to further develop players who exhibit elevated levels of baseball talent during the spring regular season. Players who are selected to teams will participate in sanctioned Little League tournaments during the summer once the spring regular season ends.

All-Stars team players from our Intermediate, Majors, Minors and Rookie Divisions, will be selected to fill sanctioned All-Stars teams that will represent WLL.

- 8U team will be selected from Rookie and/or Minors players ages 6, 7, or 8. League age 9-year-olds who played in the Rookie Division during the spring regular season are ineligible for this team. This team must compete in the Coach Pitch tournament.
- 9U team will be selected from Majors and Minors players ages 8 or 9. This team must compete in the 8- to 10-year-old division tournament.
- 10U team will be selected from Majors and Minors ages 9 or 10. This team must compete in the 8- to 10-year-old division tournament.
- 11U team will be selected from Intermediate and Majors players age 11. League age 11-year-olds who played in Minors Division during the spring regular season are ineligible for this team. This team must compete in the 9- to 11-year-old division tournament.
- 12U team will be selected from Intermediate and Majors players ages 11 or 12. This team must compete in the Little League Majors tournament.
- 13U team will be selected from Intermediate players ages 11, 12 or 13. This team must compete in the Intermediate 50/70 tournament.

Selection Process

1. Regular season team managers in the Intermediate and Majors Divisions will meet to nominate candidates for the 11U, 12U, and 13U All-Stars teams from their respective teams based on ability and current season's performance. The WLL Board of Directors, through counsel from the All-Stars Coordinator, maintains the right to add or subtract players from the list of nominees at their sole discretion. Collectively, these nominees will make up a list from which each regular season team manager will be able to vote for nine (9) players for each team. The top 9 vote-getters will automatically be selected to the team. Each regular season team manager may not vote for players who are on his regular season team. The team managers in the Majors, Minors, and Rookie Divisions will follow the same format for selecting the 8U, 9U, and 10U teams.
2. Following the votes from the regular season team managers, the manager for each respective All-Stars team has the right to select any additional players from the nomination pool up to a roster max size of 14.

In summary, each of the All-Stars teams will be comprised of:

- 9 players selected by regular season team managers
- 2-5 players selected by the team manager of each respective All-Stars team
- 1 team manager selected by WLL Coaches Committee
- 1-2 additional assistant coaches (must be approved coach from regular season)

All of the above teams will play in their age group Little League District Tournament (District 3) in late June or early July. Winners of the District Tournaments will advance to compete in the State Tournament, usually in late July, against all other District champions throughout the state of Kentucky. In addition, the Majors and Intermediate tournament teams may advance beyond the state championship level. Winner of the State Tournament will play in the Little League Regional Tournament against other state champions for a chance to play in the Little League World Series in Williamsport, PA or the Little League Intermediate World Series in Livermore, CA.

Finally, WLL offers additional opportunities for non-sanctioned All-Stars teams for players in all age divisions. These “select” teams are assembled in large part to help develop players who may eventually compete on one of the future sanctioned teams. Members of these teams are selected by managers and parents with input from the WLL Board of Directors and regular season managers.

SAFETY INFORMATION

Emergency Contact Information and Procedures

Emergency

Fire – Police – Rescue	911
Lexington Police Department (non-emergency)	859-258-3600
Lexington Fire Department (non-emergency)	859-231-5600

Area Hospitals

UK Children's Hospital Makenna David Pediatric Emergency Center 1000 S. Limestone	859-323-5909
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Baptist Health Lexington (Central Baptist) 1740 Nicholasville Road	859-260-6100
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Saint Joseph Hospital One Saint Joseph Drive	859-313-1000
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The most important help you can provide to a victim who is seriously injured is to call for professional medical help. Make the call quickly, preferably from a cell phone near the injured person. If this is not possible, send someone else to make the call from a nearby telephone. Be sure that you or another caller follows these steps.

1) First dial 9-1-1.

2) Give the dispatcher the necessary information. Answer any questions that he or she might ask. Most dispatchers will ask:

- a) *The exact location or address of the emergency?* Include the name of the city or town, nearby intersections, landmarks, etc., as well as the field name and location of the facility, if applicable.

Cardinal Run Park address is **2000 Parkers Mill Road**; it is about 1.2 miles southwest from Versailles Road and about 1 mile east from Man O War Boulevard

Wolf Run Park address is **1816 Maywick View Lane**; it is between Roanoke and Cross Keys Roads

Castlewood Park address is **201 Castlewood Drive**; it is between Bryan Avenue, Park View Avenue, and Highland Park Drive

- b) *The telephone number from which the call is being made?*
c) *The caller's name?*
d) *What happened* – i.e., a baseball related incident, bicycle accident, fire fall, etc.?
e) *How many people are involved?*

- f) *The condition of the injured person(s)* – i.e., unconscious, chest pains, or severe bleeding?
- g) *What help is being given* (first aid, CPR, etc.)?

- 3) **Do not hang up until the dispatcher hangs up.** The dispatcher may be able to tell you how to best care for the victim.
- 4) **Continue to care for the victim until professional help arrives.**
- 5) **Appoint someone to go to the street and look for the ambulance** or fire engine to flag them down, if necessary. This saves valuable time. Remember, every minute counts.

Fundamentals Training

WLL will provide and require fundamentals training, with at least one coach or manager from each team attending, during the year. Fundamentals include hitting, sliding, fielding, pitching, etc. League officials will organize the training during the spring season. A minimum of one participant per team must attend training annually, though training qualifies a volunteer for three years. Training will be broken down to specific divisions of play and appropriate to the age and skills of the players involved. Training may also be provided through short videos accessible via the league website.

Standard Warm-Up Exercises/Stretches

- Brisk jog (foul pole to foul pole or baseline to outfield fence)
- High knees (short jog, lift knees high)
- Butt kicks (short jog, try to kick feet backwards up toward bottom)
- Karaoke run (crossover steps laterally)
- Jumping jacks
- Arm windmills (forward and reverse)
- Neck circles (left & right, full rotation)
- Torso trunk circles
- Specific stretching for body area, if needed
- Resistance bands

Preventing Injuries in Pitchers

- Watch and respond to signs of fatigue
- Follow limits to pitch counts and days rest
- Learn good throwing mechanics
- Pain in elbow or shoulder should be evaluated by a sports medicine physician

First-Aid Training

In addition, WLL requires first-aid training for coaches and managers, with at least one coach or manager from each team attending. WLL will utilize licensed, medical professionals from our league and/or community to present the training, and, when possible, this training will coincide with the league coaches' meeting that occurs every year prior to the start of the spring season. WLL may offer online training as an option for coaches as well. A minimum of one participant per team must attend training annually, though training qualifies a volunteer for three years.

Common Injuries with Baseball

- Contusions
- Muscle pulls and strains
- Over-use injuries
- Sprains
- Fractures
- Injuries to small joints
- Facial injuries, including teeth and eye injuries
- Insect bites and stings
- Heat illness
- Triage and Emergency Management

Ways to Prevent Injuries

- Pre-participation health screenings; at least through a medical release form asking for health concerns and medications
- Proper maintenance of playing site
- Pay close attention to playing conditions: coldness, heat and humidity, severe weather
- Make sure players know basics of good nutrition, especially water replacement on hot days)
- Proper athletic conditioning
- Avoid over use
- Consistent and proper use of all protective equipment
- Careful compliance with all Little League rules

Automatic External Defibrillator (AED)

There is an AED present at Cardinal Run Park for use in emergency situations. The AED is contained within a white metal box inside of the equipment room marked with **EMERGENCY DEFIBRILLATOR** on the front. Instructions on AED use are contained within the device. The equipment room is located on the right side of the building housing the concession stand. The equipment room door is marked with an AED sign. See the photos below of the AED device and its location at Cardinal Run Park.



First-Aid Kits

WLL requires a first-aid kit to be fully stocked and available at each game and practice for all teams. At Wolf Run Park, a kit will be inside the equipment room. At Cardinal Run Park, a kit will be in the main equipment room. At a minimum, each kit will have the following items:

- Cold pack
- Large and small adhesive bandages
- Gauze
- Elastic, self-adhering bandage
- Athletic tape
- Antiseptic wipes
- Rubber gloves
- Antibiotic/pain-relieving ointment
- Children's pain-relieving chewable tablets
- Insect bite and sting relief ointment

A list of items will be included in each kit. Please notify the Safety Officer if items are used so that kits can be replenished and remain fully stocked during the season.

Use PRICE Guide for Treating Injuries

P – Protection: protect the injured person and the area being treated, but also protect yourself

R – Rest: allow an injury time to heal

I – Ice: apply ice to reduce the pain and inflammation

C – Compression: use a stretchy bandage to help reduce the swelling

E – Elevation: elevate injured area to above the heart to reduce the flow of blood to the area

Accident Reporting and Tracking Procedures

WLL requires an Accident Notification Form to be filled with the Safety Officer within 48 hours of an incident. This form applies to incidents that cause any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first-aid. Reporting incidents can come in a variety of ways. Most typically, they are phone conversations. At a minimum, the following information must be given:

1. Name and phone number of the person involved
2. Date, time, and location of the incident
3. As detailed a description of the incident as possible
4. Preliminary estimation of the extent of any injuries
5. Name and phone number of the person reporting the incident

Upon receiving the report, the Safety Officer will contact the injured party or the party's parents to:

1. Verify the information received
2. Obtain any other information deemed necessary
3. Check on the status of the injured party
4. In the event that the injured party required other medical treatment, advise the parent or guardian of WLL's insurance coverages and the provisions for submitting any claims

If the extent of the injuries are more than minor in nature, the Safety Officer shall periodically contact the injured party to (a) check on the status of any injuries and (2) to check if any other assistance in areas until such time as the incident is considered "closed" (i.e., no further claims are expected and/or the individual is participating in the league again).

Field and Equipment Inspection

WLL requires coaches and umpires to walk fields for hazards before use. This is a collective responsibility and does not fall on any one party. Take a common-sense approach and routinely look for:

1. Holes, damage, rough or uneven spots, slippery areas, and long grass
2. Glass, rocks, or foreign objects
3. Damage to screens or fences, including holes, sharp edges, or loose edges
4. Unsafe conditions around backstop, pitcher's mound, or warning track
5. Proper attire by the catcher at all times, including in the bullpens and in between innings

WLL also requires coaches and umpires to regularly inspect equipment and replace as needed. Regular safety inspection of equipment is essential. Managers, coaches, and umpires should:

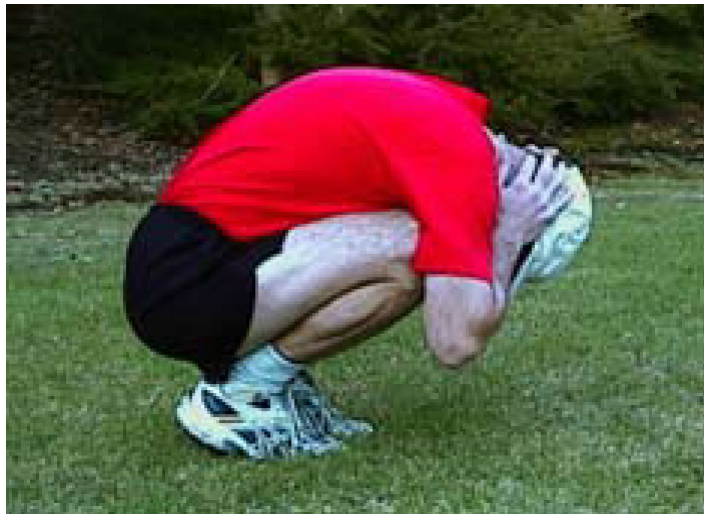
1. Be sure all equipment is Little League approved
2. Inspect all bats, helmets, and other equipment on a regular basis; dispose of unsafe equipment properly
3. Adjust loose equipment on players
4. Have all players remove all personal jewelry
5. Parents should be encouraged to provide safety glasses for players who wear glasses
6. Repair or replace defective equipment

Thunderstorm Precautions

1. Take caution when you hear thunder, because doing so means you are close enough to

get struck by lightning. During a game, the umpires will clear the field in the event of approaching storm.

2. Move to a safe environment immediately. Do not go under a tree or stay in the dugout if at all possible. The concession area, for example, is a safe, sturdy shelter. Otherwise, have players go with their parents or guardians to get inside their automobiles.
3. Stay away from water, metal pipes, and telephone lines. If you feel your skin begin to tingle or your hair feels like it is standing on end, squat low to the ground, balancing on the balls of your feet. Make yourself the smallest possible target, tuck your head between your legs, and minimize your contact with the ground.



Concession Stand Procedures

WLL ensures to have a healthful concession stand. Concession stand workers will undergo proper training in safe food handling, preparation, and procedures. Written procedures will be posted in the concession stand area. In general, the concession stand will follow these steps:

1. Keep the menu simple, and keep potentially hazardous foods (meats, eggs, dairy products, protein salads, cut fruits and vegetables, etc.) to a minimum. Use only foods from approved sources, avoiding foods that have been prepared at home or precooked foods and leftovers.
2. Use a food thermometer to check on cooking and holding temperatures of potentially hazardous foods.
3. Rapidly reheat potentially hazardous foods to 165° F.
4. Foods that require refrigeration must be cooled to 41° F as quickly as possible and held at that temperature until ready to serve.
5. Frequent and thorough hand washing remains the first line of defense in preventing foodborne disease.
6. Only healthy workers should prepare and serve food. Workers should wear clean outer garments and should not smoke in the concession area.
7. Avoid hand contact with raw, ready-to-eat foods and food contact surfaces.
8. Use disposable utensils for food service, and never reuse disposable dishware.
9. Ice used to cool cans or bottles should not be used in cup beverages and should be stored

- separately. Use a scoop to dispense ice; never use the hands.
10. Rinse and store wiping cloths in a bucket of sanitizer, and change the solution every two hours.
 11. Keep foods covered to protect them from insects. Store pesticides away from foods. Place garbage and paper wastes in a refuse container. Dispose of wastewater in an approved method.
 12. Keep foods stored off the floor at least six inches. Clean the concession area each day and discard unusable food.

League Facility and Player Data

WLL will complete the annual Little League Facility Survey. The survey will help the league identify concerns and ways to improve its facilities, even if facilities have not noticeably deteriorated. The underlying purpose of conducting the survey is to prevent injuries. WLL will also submit league player registration data or player roster data, coach and manager data to the Little League Data Center.

Appendix A



Appendix B



Appendix C

