



# Bluegrass Little League

Cardinal Run Park  
Lexington, KY

Operations Manual  
*2026 Update*



# Table of Contents

<a href="#">ABOUT THE LEAGUE</a>	<a href="#">2</a>
<b>LEAGUE AND DISTRICT OFFICIALS</b>	<b>3</b>
<b>2025-26</b>	<b>3</b>
EXECUTIVE COMMITTEE	3
Board of Directors	3
<b>COACHES AND VOLUNTEERS</b>	<b>5</b>
Volunteer Application Form	5
Code of Conduct	5
<b>GENERAL PROCEDURES</b>	<b>7</b>
Player Substitute Process	7
Rainout Reschedule Policy	8
<b>PLAYER DRAFT PROCESS (ROOKIE, MINORS, AND MAJORS)</b>	<b>9</b>
Section 1. Player Eligibility	9
Section 2. Glossary of Key Terms	10
Section 3. Evaluation Sessions	12
Section 4. Head Coach and Designated Assistant Coach	12
Section 5. Protected Players, Siblings, and Head Coach Kids	13
Section 6. Organization of Draft	14
<b>LOCAL DIVISION RULES</b>	<b>16</b>
Game Preliminaries	16
Intermediate Division	16
Majors Division	17
Minors Division	18
Rookie AA Division (Advanced Coach Pitch)	19
Rookie A Division (Introductory Coach Pitch)	21
Tee Ball Division	23
Weeball Division	25
<b>ALL-STARS &amp; SUMMER SELECT TEAMS</b>	<b>26</b>
<b>SAFETY INFORMATION</b>	<b>31</b>
Emergency Contact Information and Procedures	31
Fundamentals Training	32
First-Aid Training	33
Automatic External Defibrillator (AED)	34
First-Aid Kits	34
Accident Reporting and Tracking Procedures	36
Field and Equipment Inspection	36
Concession Stand Procedures	37
League Facility and Player Data	38
<b>Appendix A: Cardinal Run Park</b>	<b>39</b>

<b>Appendix B: Wolf Run Park</b>	<b>40</b>
<b>Appendix C: Garden Springs Park</b>	<b>41</b>

## **ABOUT THE LEAGUE**

Bluegrass Little League (BLL) takes pride in balancing fun with competitive play in a family-friendly environment. Our league was founded in 2021 as part of a merger between Southwest Lexington PONY (SWLP) and Western Little League (WLL). Both leagues independently operated at Cardinal Run Park since its inception in 2001. However, the benefits to the kids in the community made perfect sense to form BLL: more combined resources, more convenience in terms of management and operations, and more balance in ages and skill levels of kids across multiple playing divisions.

BLL 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. Our league boundary map expands into west Jessamine County, all of Versailles and Midway, and most of south Scott County, in addition to all of west Fayette County. With one of the premier youth baseball complexes in the Lexington area, Cardinal Run, BLL strives to become the place where parents in the Bluegrass Region choose for their kids' baseball experience.

**LEAGUE AND DISTRICT OFFICIALS  
2024-25**

The BLL Board of Directors is made up of many volunteers who oversee the operations of the league, serving 1-year terms. The Executive Committee of the Board of Directors has the only voting authority on all business transactions except for the league’s Annual Meeting in which all regular members may vote.

**Executive Committee**

<b>David Lovely</b>	President	president@bluegrasslittleleague.com
<b>Matt Powell</b>	VP of Baseball Operations	baseballoperations@bluegrasslittleleague.com
<b>Adam Davis</b>	VP of Marketing & Fundraising	adavis@bluegrasslittleleague.com
<b>Chris Owsley</b>	VP of Facilities	facilities@bluegrasslittleleague.com
<b>Dani Fuller</b>	VP of Administrative Operations	admin@bluegrasslittleleague.com
<b>David Hill</b>	Treasurer	cfila@bluegrasslittleleague.com
<b>Jeremy Kisling</b>	Secretary	secretary@bluegrasslittleleague.com
<b>Derek Gregory</b>	Player Agent	playeragent@bluegrasslittleleague.com
<b>Joe Rolfes</b>	Safety Officer	safety@bluegrasslittleleague.com

**Board of Directors**

<b>Ben Hughes</b>	All-Stars Director	allstars@bluegrasslittleleague.com
<b>Tyler Casey</b>	Majors Division Coordinator	majors@bluegrasslittleleague.com
<b>Preston Sexton</b>	Minors Division Coordinator	minors@bluegrasslittleleague.com

<b>Joshua Gilpin</b>	Rookie Division Coordinator	rookie@bluegrasslittleleague.com
<b>William Copper</b>	Tee Ball/Weeball Coordinator	teeball@bluegrasslittleleague.com
<b>Lauren Lovely</b>	Events Coordinator	events@bluegrasslittleleague.com
<b>AJ Colvin</b>	Team Manager Coordinator	teammanagers@bluegrasslittleleague.com
<b>James Hunsucker</b>	Web Administrator	webadmin@bluegrasslittleleague.com
<b>Emily Hughes</b>	Social Media Specialist	social@bluegrasslittleleague.com
<b>Sean Cavins</b>	Scorekeeping Coordinator	
<b>Brad "Shaggy" Davis</b>	Umpire Advisor	

**KY Little League District 3 Officials**

Bill Harp	District Administrator	<a href="mailto:littleleaguekydistrict3@gmail.com">littleleaguekydistrict3@gmail.com</a> 859-749-9562
Roy Turley	Asst. District Administrator	
Kenton Bottoms	Asst. District Administrator	

## **COACHES AND VOLUNTEERS**

### **Volunteer Application Form**

Managers, coaches, board members and any others, volunteers or hired workers, who provide regular services to BLL 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. BLL 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. As of 2024, the Volunteer Application Form also includes required annual abuse awareness training, in compliance with Little League International's updated policies.

### **Expectations of Coaches**

Any person wanting to be a Head Coach in the Spring Season or be considered for an All-Star Team position is required to attend at least one coaches' skill clinic and one umpire rules clinic, along with Little League Diamond Certification training and any other training deemed necessary by the Executive Committee of Bluegrass Little League. Additionally, a minimum of 8 volunteer field working hours is required for every coach and parent volunteer. This includes field preparation, cleanup days, and preparing fields for tournaments, among other tasks. Fields are to be locked after every use, with bases placed in dug-out boxes and field plugs inserted in field anchors where bases were removed. Green plugs indicate 60 ft, Yellow 65, and Red 70. Mounds are to stay in their initial place, and approval must be given before moving any mound. All items, i.e., pitching screens, backstop nets, pitching machines, etc., must be removed from each field after use and placed back in the area where they were taken, broken down/ put away. Coaches who do not comply with this policy will not be permitted to use this equipment, and any abuse of this policy will require explanation to the R and R Committee. Any League or Rangers coach continuing this behavior can be banned from utilizing the equipment and potentially, the field space at BGLL.

### **Code of Conduct**

In general, BLL 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 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 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, vice-presidents, division directors, and player agent shall comprise the Disciplinary Committee and review all issues concerning violations and decide on appropriate disciplinary action to the violator. The committee's decision shall be final unless appealed by the violator to the full EC of the league. If an appeal is filed, the full EC shall have discretion to determine whether or not a hearing is warranted. If a hearing is approved, the majority vote of the full EC 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-Presidents. 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:

1. Weeball – not applicable
2. Teeball – not applicable

3. Rookie A – substitutes must be Teeball players who are league age 5 or older.
4. Rookie AA – substitutes must be Rookie A players who are league age 6 or older. Eligibility for league age 5 players is subject to League approval.
5. Minors – substitutes must be Rookie players (priority going to AA players) who are league age 8 or older
6. Majors – substitutes must be Minors players who are league age 9 or older

### **Rainout Reschedule Policy**

In the event a scheduled game is canceled due to inclement weather, the division coordinator and scheduling coordinator will consult 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 EC.

## PLAYER DRAFT PROCESS (ROOKIE, MINORS, AND MAJORS)

For the spring season, Majors, Minors, and Rookie Divisions use a player draft process to assign players to teams. The underlying objective of the draft is to create teams who are comparable in skill level and age in order to create parity, broaden quality coaching, and increase competition across each division. The information below is organized into sections. These rules were developed and approved by the Executive Committee of the Bluegrass Little League Board of Directors. *The BLL Executive Committee has full authority to make variations, exceptions, and/or overrides to the rules on a case-by-case basis.*

### Section 1. Player Eligibility

Little League determines a player’s league age by **August 31** of the year in which play will occur, except for fall seasons. The chart below indicates division eligibility based on players’ league ages. The player’s league age, birthdate, skill level, grade level, and safety concerns are factors that determine a player’s selection to a division. ***Players are not necessarily guaranteed to play in the division for which they are originally registered; the evaluations and the draft ultimately determine their final placement on a team in a particular division.***

League Age	SPRING Divisions Eligible	FALL Divisions Eligible
<b>13</b>	Intermediate 50/70	Instructional Intermediate 50/70
<b>12</b>	Majors, or Minors (with approved waiver)	Instructional Intermediate 50/70
<b>11</b>	Majors or Minors	Instructional Intermediate 50/70, or Instructional Majors 46/60
<b>10</b>	Majors or Minors	Instructional Majors 46/60
<b>9</b>	Majors or Minors	Instructional Majors 46/60
<b>8</b>	Minors or Rookie	Instructional Majors 46/60 or Rookie
<b>7</b>	Rookie or Tee Ball	Rookie
<b>6</b>	Rookie or Tee Ball	Rookie or Tee Ball

<b>5</b>	Rookie (only if 1 year in Tee Ball) or Tee Ball	Rookie or Tee Ball
<b>4</b>	Tee Ball or Weeball	Tee Ball or Weeball
<b>3</b>	Weeball	Weeball

**Section 2. Glossary of Key Terms**

**Designated Assistant Coach Pick:** a player who may have participated in a league division during the previous spring season, meets the definition of a “new player,” and whose parent or legal guardian is able and willing to serve as an assistant coach to the head coach, which is designated prior to the first evaluations session to be on the head coach’s team for the current 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 a division in the previous spring season in which the coach must draft an entire team roster to participate in the same division for the current spring season

**New Player:** a player who is new to a playing division but participated in another division during the previous spring season, even though the player may have played in the division during the previous fall season. ***New for 2025: For draft and evaluation purposes, all players registered for the Rookie Division are considered “new players” each spring season.***

**Out-of-League Recruit (OLR):** a player who did not participate in any league division during the previous spring season and is recruited by a head coach ***prior to the first evaluation session*** to be on his team for the current spring season

**Protected Player:** a player labeled as an OLR or designated assistant coach pick who will be automatically placed on a specific team in coordination with the head coach and league officials

**Returning Player:** a player who participated in a playing division during the previous Spring season and is returning to the same division for the current Spring season

**Sibling:** one of two or more individuals having one or both parents/legal guardians in common and may share the same household

**Zero Pick:** placement in the “zero round” of the draft for a division, meaning the pick occurs prior to the start of the first round

### **Section 3. Evaluation Sessions**

1. All new players (as defined above) league ages 7-13 **must** participate in a player evaluation session.
2. There will be one primary session and one make-up session offered by the league. League officials will determine the date, time, and place of the sessions. Players will be organized for each primary session by their respective league age from youngest to oldest and the playing division for which they were registered.
3. Coaches must attend the sessions to grade the skill level of players. It is recommended to have two coaches per team at the sessions to observe and grade players.
4. League officials on the Rules & Regulations Committee will grade the skill level of all protected players who participate in the evaluation sessions using a numerical value grading process to determine appropriate placement in the draft.
5. Head coaches may appeal the draft placement recommendations of the league officials for all players, regardless of status, **prior to the start of the draft**. In that case, the Rules & Regulations Committee will review the matter and make a final decision.

### **Section 4. Head Coach and Designated Assistant Coach**

In the Majors and Minors divisions, a head coach may designate his/her own assistant coach and subsequently have that coach’s child as a protected player on his/her spring season’s team if any of the conditions apply:

1. 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 spring season’s head coach and/or designated assistant coach’s child is a returning player;
2. He/she had a designated assistant coach in the previous spring season but that person and his/her child have advanced to the next playing division or are no longer involved with the league;
3. He/she was a team’s designated assistant coach in the previous spring season and is assuming the responsibility as head coach in the current spring season (NOTE: if the

previous spring season's head coach's child is a returning player, the new head coach is not able to designate an assistant coach); or

4. His/her child is a returning player, he/she was not the designated assistant coach for the previous spring season, and is assuming the role of head coach in the current spring season, as long as the previous spring season's head coach AND designated assistant coach's child are not returning to the team (one child may return, but not both).

## **Section 5. Protected Players, Siblings, and Head Coach Kids**

1. **Majors and Minors:** The child(ren) of the head coach does not need to participate in a player evaluation session. One child will be slotted into the third round of the draft, while any additional children of the head coach will be slotted in the fourth and subsequent rounds.
2. **Rookie:** The children of the head coach must attend evaluations to determine whether the head coach is placed in Rookie A or AA. Their child will be graded and slotted in the proper draft slot by the Rules & Regulations Committee.
3. **Majors and Minors:** Each team may have up to one (1) designated assistant coach pick, and the pick must be announced prior to the first player evaluation session. League officials will determine the pick placement in the draft.
4. **Rookie:** Coaches may not designate their assistant coaches prior to evaluations. After evaluations, coaches may designate an assistant coach from among the pool of already-registered assistant coach volunteers within the same Rookie sub-division (A or AA).
5. Each team may have up to two (2) OLRs, and they must be announced ***prior to the first player evaluation session***. League officials will then determine their pick placement in the draft.
6. The selection or placement of siblings to a team will depend on the circumstances, such as:
  - a. 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).
  - b. 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. The same process will be used when there are multiple siblings who are new players in the draft.
  - c. A head coach who wants to protect two siblings who are new players to a division and did not play at BLL during the previous spring season must designate them as OLRs.

- d. The sibling of a designated assistant coach pick who is a new player in a draft will be treated as a protected player. In this case, the head coach may only have a maximum of one (1) OLR on his/her team.
7. Protected players and siblings who do not attend an evaluation session will be automatically placed as first-round picks (or highest round available) in the draft for a team.

## **Section 6. Organization of Draft**

### **DRAFT ORDER:**

1. Any expansion team will get first priority in the draft order, and two or more expansion teams will draw blindly among one another to determine draft order.
2. Awarding of returning teams to new head coaches in a division will be done at random.
3. The draft will use a reverse-order process for team picks based on the final standings at the end of the previous spring regular season for each division. Exceptions are made for teams who get zero picks.
4. Existing teams in a division with two or less returning players may get a “zero pick” at the discretion of the Rules & Regulations Committee, but they will maintain their respective order in the draft based on the reverse-order process. An expansion team may also get a “zero pick” at the discretion of the Rules & Regulations Committee.

### **DRAFT PROCESS:**

1. Each team will have a maximum of three (3) 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 for its position in the next round to pick a player.
2. For the Majors Division draft only, all players league age 12 on the draft board must be selected in the draft.
3. Each team will get picks in the first and second rounds, and OLRs, siblings, and designated assistant coach picks may constitute these picks.
4. Returning players for each team will be slotted beginning in the fourth round of the draft.
5. 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 league officials.
6. Players or draft positions may not be traded among teams. All rosters are final once the coaches exit the draft room.

**PLAYER/TEAM COMPOSITION:**

1. Each team will consist of no less than 10 and no more than 12 players in a division. The coaches in a division, along with league officials, will decide roster sizes prior to the start of the draft for that division. The league age team composition rules below do not apply to the Intermediate Division.
  - a. 10-player roster - no more than 6 players of any one league age
  - b. 11-player roster - no more than 7 players of any one league age
  - c. 12-player roster - no more than 8 players of any one league age
2. 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 on the Rules & Regulations Committee, but he/she may not be selected by the same team from the previous spring season.
3. Except for recruits, siblings, and/or designated assistant coach picks, players who did not attend an evaluation session will be drafted blindly (i.e. hat pick) 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/guardians that such players do intend to participate in the spring season. Otherwise, such players will be removed from the draft board.

**ROOKIE DIVISION only:****Draft and Evaluation Process**

Each player entering or returning to the Rookie A or AA divisions must re-eval each season. Evaluations will assign a baseline score to each player, ranging from 1 to 5. This baseline score will then be used for drafting purposes. If a player has already played in the AA Division, they are not eligible to return to the A Division. We will utilize this scoring process for AA Division players who are being evaluated for the Minors Division and who are not drafted. Once Minor's draft is complete, returning AA Division players from the previous Spring season will be slotted on the draft board, and any player from current evals who has a qualifying score of 2.5 will be slotted as well. NO player with less than 2.5 can enter the draft of AA, and all players on the draft board must be chosen in the AA Division. All players with a score of 2.4 and lower will be placed on the draft board for the A Division. Those who are seven and older, unless a safety concern exists, will be prioritized like 12-year-olds in a Majors Division draft, ensuring that the players who are not drafted will return to the TeeBall Division.

## LOCAL DIVISION RULES

BLL follows all Little League rules in accordance with the [Little League Rulebook](#). However, local rules are developed in the best interest of the league. This section will provide the rules specific to each playing division.

### General Reminders/Policies

- There is no on-deck circle in any division of play up through Majors; on-deck batters must remain in the dugout.
- Coaches who are not base coaches must remain inside dugouts except where specific division rules (see below) allow coaches on field.
- In an effort to discourage head-first sliding (which is prohibited in all divisions through Majors) and to reduce in-game delays, sliding mitts are not allowed during regular season or tournament play.
- Only USA stamped bats are allowed at BLL activities, including practices and pre-game cage warm ups; no USSSA bats are not to be brought to any BLL activities; players should leave these bats in a car or at home.

### Game Plan Spring Season 2026

Spring 2026 Majors, Minors, and Rookie Divisions will play no more than 15 regular-season games. There will be two or three events (practice or game play) for each division. The extended season will provide more time for practice, especially in the latter part of the season. This will enable coaches to further develop players' abilities. Teams will utilize field space as follows: the Majors and Minors Division will use fields 5 and 1 during the week, Monday through Friday, with three Saturday events, including opening day, closing day, and one regular-season play game. Rookie Divisions will host their events on fields 3 and 4 during the week, Monday through Thursday, and Saturday, except during the weeks when the Rangers are given the weekend for Tournaments. Rookie teams will play on the Friday of those three weekends. This provides the younger Rangers teams the opportunity for travel play.

There are no changes to the Weeball or T-Ball divisions. Practices including multiple teams using the same field will become commonplace, especially as these Divisions continue to grow. No standings or tournaments will conclude the season in these lower divisions.

Rangers will have three weekends, including Memorial Day, to host or travel to play tournaments. They are not allowed to utilize any other weekend outside their three given ones, once the season begins, except Spring Break, to play tournaments. Rangers will have priority

field use on Saturday and Sunday, and no other league practices will be scheduled during this time. Events being held on Saturdays will not interfere with the Rangers Baseball Club events. (No Majors or Minors Division practices allowed. Make-up games from rainouts will follow the same agreement previously established with the Rangers Baseball Club, and their events will need to be rescheduled to accommodate League play.

### **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 warm-ups (i.e., infield/outfield) before each game. Ideally, the away team shall conduct on-field warm-ups 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. Coaches may also provide lineup cards to the home plate umpire (optional). All present players must be listed on the lineup card. Coaches and umpires shall convene at home plate prior to the start of the game to review division-specific rules, ensure commitment to conduct themselves in a positive and respectful manner towards the umpires and team, and agree upon the official start time of the game.

### **Standings**

In all competitive playing divisions (Majors, Minors, Rookie A, and Rookie AA), 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.

## **SPRING DIVISIONS**

**For all Divisions, no base coach is allowed to have any item in their hands while participating**

**in the activities of coaching players. This includes and not limited to: cellphones, tablets, cameras, or clipboards. The focus should always be on the players and their safety. In addition to the stated rules and regulations for players personal equipment, sliding mitts are prohibited from use during game play and players and coaches will be given 1 warning if used. Coaches are responsible to maintain discipline and volume of their team, including parents and spectators, during all events.**

### **Majors Division**

Tournament rules are played in season with no run rules per inning in the Majors Division. Coaches in the Majors Division shall have no more than three coaches on the field during games and to maintain the safety of players in the dugouts and field at all times. Pitch counts are reviewed before the game, and instances of discrepancy are handled before the plate meeting. An ineligible pitcher who throws a single pitch will be removed from the game, and the head coach will be suspended for that game and the one following. If a rainout occurs, the suspended game will be the next scheduled game. These penalties are also in effect for players who use a non-USA Baseball bat or one found in the dugout during gameplay. Any player who pitches for any team outside of Bluegrass Little League is required to provide pitch counts to their coach and the Player Agent for BGLL. Pitch count rules are in effect no matter where the player is pitching. Failure to do so will result in suspension or removal from the League. This includes all Rangers Baseball Club activities during the Spring season as previously agreed to. All pitch counts must be communicated to the League Player Agent after game play of each tournament day.

This division advances player-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, unless the run rule is enforced: 15 runs after three innings, 10 runs after four innings and 8 runs after five innings (regular season only, not tournament). Per Little League tournament rules, a continuous batting order will be used by all teams (which also constitutes the mandatory play requirement for all players). A team may start and play a regular season game with eight (8) players, and the team will skip over the ninth position in the batting order without penalty. A courtesy runner may be used for the catcher or pitcher of record when there are two outs. The courtesy runner must be the player in the lineup who made the last out. No new inning may begin after 1 hour, 45 minutes of play in any game, 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 games do not have a time limit, however. See the [Little League Rulebook](#) for complete playing rules for this division (along with the [2026 Significant Changes](#)).

Per Little League rules, the 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**

Coaches in the Minors Division shall have no more than three coaches on the field during games, pitch counts are reviewed before the game, and instances of discrepancy are handled before the plate meeting. An ineligible pitcher who throws a single pitch will be removed from the game, and the head coach will be suspended for that game and the one following. If a rainout occurs, the suspended game will be the next scheduled game. These penalties are also in effect for players who use a non-USA Baseball bat or one found in the dugout during gameplay. Any player who pitches for any team outside of Bluegrass Little League is required to provide pitch counts to their coach and the Player Agent for BGLL. Pitch count rules are in effect no matter where the player is pitching. Failure to do so will result in suspension or removal from the League. This includes all Rangers Baseball Club activities during the Spring season as previously agreed to. All pitch counts must be communicated to the League Player Agent after game play of each tournament day.

This 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, 30 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. Exceptions: (1) a player hits a pitched ball over

the fence for a home run that gives his/her team more than five runs in the inning; (2) there is not a maximum number of runs in the last half-inning for either team in a game that reaches six innings within the time limit.

4. Run rule – 8 runs after five innings (or 4-1/2 innings if the home team is leading), 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. USSSA bats may not be brought to any BLL activities and should be left in a car or at home.
6. A courtesy runner can be used for the catcher or pitcher of record 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.
7. 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.
8. 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.
9. Each team will use a continuous batting order involving all players at the game.
10. 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.
11. A player pitcher who walks five batters or hits three batters in one inning must be removed from the pitcher position. Note, a hit-by-pitch is counted as a base-on-balls for purposes of this rule.
12. 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.
13. 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 AA Division (Advanced Coach Pitch)**

Allows players to progress after a year of introductory coach pitch. Missed swings and foul balls count as strikes, and runners may advance until stopped by the 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. Exceptions: (1) a player hits a pitched ball over the fence for a home run that gives his/her team more than six runs in the inning, or (2) there is not a maximum number of runs in the last half-inning for either team in a game that reaches six innings within the time limit.
3. Run rule – 8 runs after five innings (or 4-1/2 innings if the home team is leading), 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 run 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. USSSA bats may not be brought to any BLL activities and should be left in a car or at home.
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 home plate 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 base runner 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 walks after 6 pitches. Any exception must be approved by coaches/league officials.
14. There is no stealing and no infield fly rule. If a base runner leaves the base before the ball is hit, the base runner may be called out.
15. On a hit to the outfield, base runners 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 base runners. Play is stopped only when all base runners 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.

### **Rookie A Division (Introductory Coach Pitch)**

Allows players to transition to transition to hitting a pitched ball after Tee Ball, or to introduce the game to new players too old for Tee Ball. The ball is pitched so players 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 also continue to learn the fundamentals of the game such as fielding, hitting, throwing and defense. Rookie A is the youngest competitive division (i.e. season standings are

kept, and there is a tournament at the end of the season).

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. Exceptions: (1) a player hits a pitched ball over the fence for a home run that gives his/her team more than six runs in the inning, or (2) there is not a maximum number of runs in the last half-inning for either team in a game that reaches six innings within the time limit.
3. Run rule – 8 runs after five innings (or 4-1/2 innings if the home team is leading), 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 run 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. USSSA bats may not be brought to any BLL activities and should be left in a car or at home.
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 home plate 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 25 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 base runner 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. Missed swings and foul balls are not counted as strikes. The batter is out upon failing to hit a fair ball after six pitches unless the sixth pitch is a foul ball, in which case 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 the final pitch of the at-bat. There are no walks after 6 pitches. Any exception must be approved by coaches/league officials.
14. There is no stealing and no infield fly rule. If a base runner leaves the base before the ball is hit, the base runner may be called out.
15. 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.
16. Passed balls or throwing errors on plays at first base after which the defense no longer has a viable play on the runner result in a dead ball and base runners advancing one base, at the umpire's discretion.
17. 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.
18. **Fall Season Only:** Each batter gets a total of six pitches and six attempts to hit the ball, after which the batter may attempt one swing off a tee to put the ball in play.

### **Tee Ball Division**

Tee Ball gives young players and their parents the experience of learning the game of baseball together. Tee Ball will introduce children to running bases, hitting off of a tee, fielding balls, catching pop flies, and making outs. As a primarily developmental/introductory division, individual games will be scored, but season standings will not be kept, and there is no end-of-season tournament.

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.

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 run 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 a 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. 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. 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 base runners will advance one base only. The last batter of the inning will be declared by the offensive coach, and after he/she hits, all base runners 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.

### **Intermediate 50/70 Division**

The Intermediate Division will host approved players who meet the minimum league age of eleven and the maximum of thirteen for a sandlot-style season of play. Each player will be evaluated at the Majors evals and will not be placed on teams. Instead, players will participate in a clinic-style practice setting and a pickup-style selection for game days on an alternating schedule except those weekends when the Rangers are in tournament play. No coach may select the same players for each game, and pitchers are prioritized for thirteen-year-olds first, followed by twelve-year-olds. League age eleven players who wish to pitch must be approved before the start of the season. Those approved will not be allowed to pitch before any BGLL tournament play. This is a skill-driven League designed to prepare players for 60/90 Babe Ruth or Middle School Baseball Play. League participants in Majors and Rangers Baseball Club participants who are already playing on a Majors Team or who are on the active roster of the 13U team at BGLL will pay a discounted fee, as 13U teams are required to participate in League play in the Spring. No uniforms will be purchased for these players as they will wear their League or Rangers uniforms for games. Players outside of BGLL or those not in Majors who are league age thirteen will be required to pay a higher rate to include a Bluegrass Little League Jersey and Hat comparable to the Majors Division Uniform. All players are responsible for bringing their own equipment, ie, helmet, glove, catchers' gear, and USA Baseball Bats to all ID activities. Little League rules apply.

### **Instructional Intermediate 50/70 (Fall Only)**

This division advances Little League baseball by preparing players for the next level: pitchers throw from 50 feet, bases are 70 feet apart, and players can lead off, and games consist of 7 innings, unless run rule is enforced: 15 runs after four innings, 10 runs after five innings and 8 runs after six innings. While not required, coaches may use a continuous batting order, but they must ensure all players play at least six consecutive defensive outs and report defensive substitutions to the scorekeeper. Only nine players allowed on defense at any given time. A team may start and play a regular season game with eight (8) players, and the team will skip over the ninth position in the batting order without penalty. A courtesy runner may be used for the catcher or pitcher of record when there are two outs. The courtesy runner must be the player in the lineup who made the last out if using a continuous batting order or a player not currently in the lineup if using a 9-player batting order. No new inning may begin after two (2) hours of play in any game, which will be determined by the time in which the third out was made in the previous bottom-half of the last inning. Players are not permitted to wear metal cleats during regular season play. Players may use either USABat Standard bats or BBCOR bats in this division. See the [Little League Rulebook](#) for complete playing rules for this division (along

with the [2026 Significant Changes](#)).

Per Little League rules, the 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

## **ALL-STARS & SUMMER SELECT TEAMS**

*Updated May 2024 and approved by the ASSC*

BLL 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 Majors, Minors, and Rookie Divisions, will be selected to fill sanctioned All-Stars teams that will represent BLL.

- 7U team will be selected from Rookie A and/or AA players league age 6 or 7. This team must compete in the Coach Pitch tournament.
- 8U team will be selected from Rookie A, Rookie AA, and/or Minors players league age 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.
- 10U team(s) will be selected from Majors and/or Minors league ages 9 or 10. This team must compete in the 8-10-year-old Tournaments.
- 11U team will be selected from Majors and/or Minors players league age 11. This team must compete in the 9-11-year-old tournament.
- 12U team will be selected from Majors players league age 12. This team must compete in the Little League Majors tournament.

### *Selection Process*

1. The All-Stars Selection Committee (ASSC) is responsible for coach selection and final roster approval of all teams. The ASSC shall consist of the President, Vice-Presidents, All-Stars Director, Player Agent, and respective Division Directors.
2. Any current head or assistant BLL coaches in good standing (with all necessary background checks, abuse awareness training, and diamond leader certificate up-to-date) are eligible to be considered for selection as a head coach/manager for an All-Stars Team. Coaches will declare interest by notifying the All-Stars Coordinator and completing an All-Stars Manager Questionnaire. ASSC will review candidates and finalize selections. Interviews may be conducted with candidates as needed.
3. Parents must register players through the league website to declare interest in the All-Stars program and to acknowledge program expectations. Registration does not guarantee participation. Players must meet all Little League eligibility requirements,

which will include proof of residency and/or school attendance within the league boundary.

4. **Player Selection – Little League, 9-11 Year Old, and 8-10 Year Old Tournament Teams**

Little League encourages leagues to consider input from multiple groups when selecting All-Stars teams. “LA” means League Age, which is a player’s age determined by Little League rules as of August 31 of the current year. Team selection will be conducted as outlined below:

- a. **Players** will vote for up to (six) 6 of their peers per tournament team. Manual paper ballots will be used to collect player votes. The All-Stars Coordinator will conduct the process on-field prior to/immediately following a regularly scheduled game. Players should NOT vote for themselves but ARE permitted to vote for teammates.
  - i. LL players will vote for LA12, LA11, LA10, and LA9.
  - ii. MD players will vote for LA11, LA10, and LA9.
  - iii. Player votes will be weighted based on their division of play for league ages that cross two (2) playing divisions (e.g., LA11, LA10, and LA9). For players LA11, LA10, and LA9, each vote cast by a LL player will count as two (2) votes and each vote cast by a MD player will count as one (1) vote.
  - iv. Following completion of the voting process, the two (2) players earning the highest number of votes per age group will automatically be placed on the All-Stars roster corresponding to their league age. For any age groups that will support multiple teams, these players will be placed on the first-team roster.
- b. **Head Coaches** will vote for 8 players per tournament team. Voting will be conducted via online poll. Coaches ARE permitted to vote for players from their regular season team.
  - i. LL coaches will vote for LA12, LA11, LA10, and LA9.
  - ii. MD coaches will vote for LA11, LA10, and LA9.
  - iii. Coaches’ votes will be weighted based on their division of play for league ages that cross two (2) playing divisions (e.g., LA11, LA10, and LA9). For players LA11, LA10, and LA9, each vote cast by a LL coach will count as two (2) votes and each vote cast by a MD coach will count as one (1) vote.
  - iv. Following completion of the voting process, the four (4) players earning the highest number of votes per age group will automatically be placed on the All-Stars roster corresponding to their league age. In the event one or more of these players have earned a roster position through the player vote process, the player(s) receiving the next highest number of votes will

be placed on the roster until six (6) positions are filled.

- c. Each **All-Stars Head Coach** will select 6-8 players to complete the team roster.
  - d. As part of their selections, Head Coaches may request that certain players “play up” in an age division. These requests must be submitted to the All-Stars Director to be reviewed on an individual basis, and are subject to approval by the All-Stars Selection Committee and the player’s parents.
  - e. Multiple teams may be created for the 8-10 year old tournament teams. A similar process will be used. The two (2) players receiving the highest number of player votes per age group that have not been assigned to the first-team will automatically earn a position on the second-team. Coaches will complete a second round of voting via online poll. The four (4) players earning the highest number of coach votes per age group will automatically be placed on the second-team roster. In the event one or more of these players have earned a roster position through the player vote process, the player(s) receiving the next highest number of votes will be placed on the roster until six (6) positions are filled.
  - f. An All-Stars player evaluation day will be conducted by the All-Stars Director with support from non-voting assistants. This optional activity is open to all eligible players previously identified through the registration process. All regular season Head Coaches and Division Directors are expected to attend. Coach voting will occur following evaluation sessions, with All-Stars Team Manager player selection taking place immediately thereafter.
  - g. Proposed rosters will be presented to the Allstars Selection Committee for review and final approval. All voting results will be strictly CONFIDENTIAL. The six (6) players selected to each team via player and coach voting will be shared with the respective All-Stars Team Manager ONLY (names only in alphabetical order).
5. **Player Selection – Coach Pitch Tournament Team(s).** LL encourages leagues to consider input from multiple groups when selecting All-Stars teams. Team selection will be conducted as outlined below:
- a. **Head Coaches** will vote for six (6) players. Voting will be conducted via online poll. Coaches ARE permitted to vote for players from their regular season team.
  - b. Coaches’ votes will be weighted based on their division of play for age groups crossing two (2) playing divisions. For players LA8, each vote cast by a MD coach will count as two (2) votes and each vote cast by a RD-AA coach will count as one (1) vote. For players LA6 and LA7, each vote cast by a RD-AA coach will count as two (2) votes and each vote cast by a RD-A coach will count as one (1) vote.
  - c. Following completion of the voting process, the six (6) players earning the

- highest number of votes will automatically be placed on the All-Stars rosters corresponding to their league age.
- d. **All-Stars Head Coaches** will select 5-6 players to complete the team roster. It is HIGHLY encouraged to roster a minimum of 12 players.
  - e. As part of their selections, All-Stars Head Coaches may request that certain players “play up” in an age division. These requests must be submitted to the All-Stars Director to be reviewed on an individual basis, and are subject to approval by the All-Stars Selection Committee and the player’s parents.
  - f. Multiple teams may be created for the Coach Pitch Tournament. Following completion of the first-team team roster, the six (6) players earning the next highest number of coach votes that have not been assigned to the first-team team will automatically be placed on the second-team roster. The All-Stars Team Manager will complete the roster with 5-6 additional selections.
  - g. An All-Stars Player Evaluation Day will be conducted by the All-Stars Director with support from non-voting assistants. This optional activity is open to all eligible players previously identified through the registration process. All regular season Head Coaches and Division Directors are expected to attend. Coach voting will occur following evaluation sessions, with All-Stars Team Manager player selection taking place immediately thereafter.
  - h. Proposed rosters will be presented to the Allstars Selection Committee for review and final approval. All voting results will be strictly CONFIDENTIAL. The six (6) players selected to each team via vote results will be shared with the respective All-Stars Team Manager ONLY (names only in alphabetical order).

All of the above teams will play in their age group district tournament (KY District 3) in late June or early July. Winners of the District Tournaments will advance to compete in the Kentucky State Little League Tournaments, usually in mid-to-late late July, against all other District champions throughout the state of Kentucky. In addition, the Little League (12U) Tournament team may advance beyond the state championship level. The winner of the Kentucky state championship will play in the Little League Great Lakes Regional Tournament in Whitestown, IN against other state champions for a chance to play in the Little League World Series in Williamsport, PA.

Finally, BLL 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 BLL Board of Directors and regular season managers.

## SAFETY INFORMATION

BLL's Safety Officer for the 2025 season is Joe Rolfes ([safety@bluegrasslittleleague.com](mailto:safety@bluegrasslittleleague.com), 859-230-3197).

### 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	859-323-5909
Makenna David Pediatric Emergency Center 1000 S. Limestone	
Baptist Health Lexington (Central Baptist) 1740 Nicholasville Road	859-260-6100
Saint Joseph Hospital One Saint Joseph Drive	859-313-1000

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

**Garden Springs Park** address is **2005 Dogwood Drive**; it is between Garden Springs Drive, Oleander Drive, and Tearose 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**

BLL 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, BLL requires first-aid training for coaches and managers, with at least one coach or manager from each team attending. BLL 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. BLL 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

BLL requires a first-aid kit to be fully stocked and available at each game and practice for all teams. At Wolf Run and Garden Springs Parks, coaches are encouraged to have a kit with them at all times. 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**

BLL 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 BLL'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**

BLL 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

BLL 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**

BLL 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**

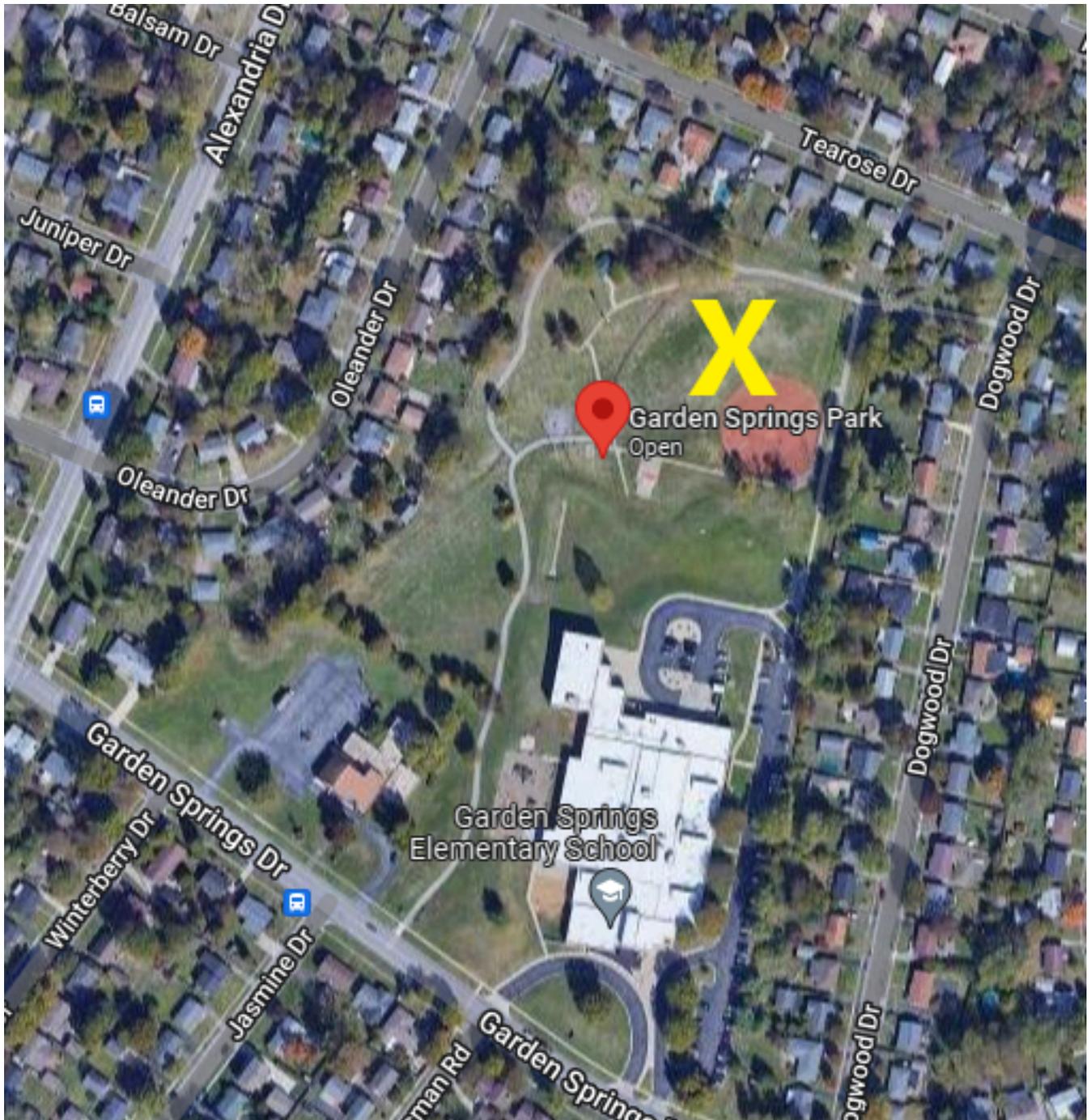
BLL will complete the annual Little League Facility Survey. The survey will help the league identify concerns and ways to improve its facilities, even if facilities have not noticeably deteriorated. The underlying purpose of conducting the survey is to prevent injuries. BLL will also submit league player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



Appendix A: Cardinal Run Park



**Appendix B: Wolf Run Park**



Appendix C: Garden Springs Park