



**Safety Meeting
March 21, 2026**





Agenda

- ▶ Introductions & Meeting Goals – Matt Hodges 5 min
- ▶ First Aid Training and Little League Safety Awareness – Timothy Healy 20 min
- ▶ Safety Code – Matt Niemi 10 min
- ▶ Field Management – Justin Rogers 10 min
- ▶ Sportsmanship & Code of Conduct – Matt Hodges 5 min
- ▶ Questions?



Safety Meeting Attendance

- ▶ via Computer:
 - ▶ Add your name, league, & team to the chat
- ▶ via Phone:
 - ▶ Email name, league & team to Liz Desrochers – hopkintonlittleleague@gmail.com



HLL Executive Board

- ▶ President – Matt Hodges (617-909-2655)
- ▶ VP Baseball – John Krammes (617-407-8637)
- ▶ VP Softball – Chris Rommel (401-338-7691)
- ▶ VP Challenger – Carrie Rych (978-490-6217)
- ▶ Secretary – Elisabeth Desrochers (203-451-0498)
- ▶ Treasurer – Arthur Marshall (717-572-6861)
- ▶ Player Agent – Georgia Hall (617-970-1191)
- ▶ League Information Officer – Billie Jenssen (978-855-3974)



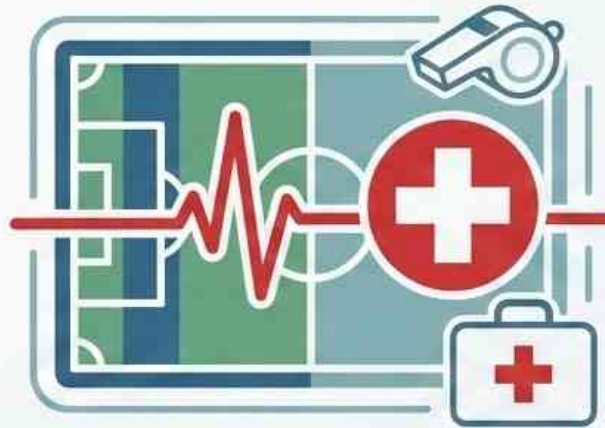
HLL League Directors & Key Members

- ▶ Majors – Drew Griffin (617-543-1339)
- ▶ Minors – Arthur Marshall (717-572-6861)
- ▶ Farm – Gabe Recos (508-259-3691)
- ▶ 12U – Sarah Fecko (617-429-3396)
- ▶ 10U – AJ Doyle (617-548-2753)
- ▶ Non-Draft Baseball Brian Colella (508-259-0891)
- ▶ Non-Draft Softball – Keith Simard (508-272-5331)
- ▶ Challenger – Carrie Rych (978-490-6217)

- ▶ Safety – Matt Niemi (978-407-5637)
- ▶ Fields – Justin Rogers (617-201-4468)

First Aid Awareness

for HLL Coaches



Timothy Healy EMT-P

BLS- HC—F/A Instructor

thealy@hopkintonfd.org

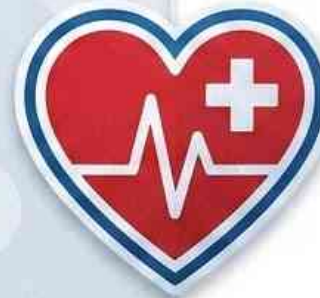


Goals



Address Common Conditions

Focus on Sudden
Death and Youth
Sport Safety Policies
& Procedures.



Recommend Certification

First Aid & CPR.

NATIONAL GOVERNING BODIES (NGBs)

Many children participate in sport programs governed by National Governing Bodies (NGBs). These entities strive to **promote fair play**, increase **physical activity**, and provide critical **life lessons, values, and morals** to their members, all in a **safe environment**.

EMERGENCY ACTION PLANS



Training modules on best practices for response.

SUDDEN CARDIAC ARREST



Educational content on recognition and immediate action.

BRAIN AND NECK INJURY



Best practices for concussion and neck injury management.

EXERTIONAL HEAT STROKE



Prevention, recognition, and cooling protocols.

Providing critical training for a safer sports environment.

LEGAL PROTECTION

MGL 112 Section 12V: Good Samaritan Law



**ACT IN
GOOD FAITH**



**ATTEMPT TO RENDER
EMERGENCY CARE**

CPR & Defibrillation



**NOT LIABLE
FOR ACTS
OR OMISSIONS**



**WITHOUT
COMPENSATION**



**EXCEPT FOR
GROSS NEGLIGENCE
OR WILLFUL
MISCONDUCT**

AED Required at School Facilities

MGL 112 Section 54C



a) Requirements & Certified Staff

- One AED per school facility where instruction is provided.
- One certified AED provider (AHA/Red Cross standards) on staff.
- AED and provider readily available at school-sponsored athletic events.



b) Hardship Waivers & Funding

- Request hardship waiver from DESE if unable to comply.
- DESE, with DPH, provides list of grants & funding sources for AED purchase.



c) Personal Liability Protection

- Good faith exemption from liability for uncompensated staff rendering emergency care.
- Does not cover gross negligence or willful/wanton misconduct.



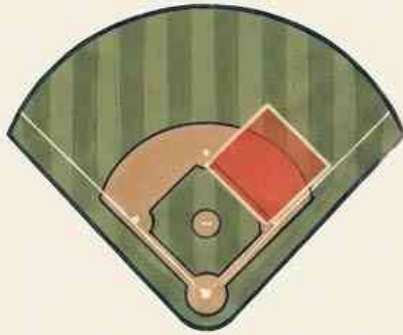
d) Regulations & Implementation

- DESE & DPH establish regulations for implementation, training, support, and supervision.





INJURY OVERVIEW



2-8%

The overall incidence of injury in baseball is 2-8%



**PEAK AROUND
12 YEARS**

The number of injuries increase with age and peak around 12 years.



4 PER YEAR

The average mortality is about 4 per year.



Most common baseball injuries: strains, fractures

What happens

- Games: strains/sprains, fractures, contusions (bruises)
- Fractures are more common, concussions less than other sports
 - Concussions not common, but more in games than practice

Where it happens

Home plate (24%), First base (20%), Second base (19%), Pitcher's mound (18%)

When it happens

- Games: Fourth inning (30%), Third Inning (20%)
- Practice: 1-2 hours into practice (41%), NOT first 1/2 hour (11%)

Who it happens to

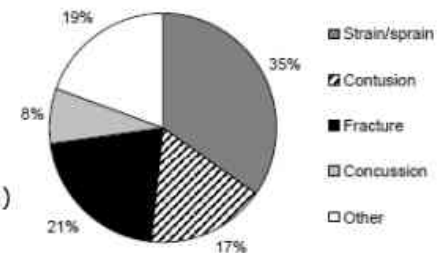
- Games: Base runner (23%), Pitcher (19%), Batter (16%)
- Practice: Pitcher (27%), NOT Base runner (9%), NOT Batter (3%)

Why it happens

- Practice: Fielding and pitching; Games: Fielding, Base running, Batting, Pitching
- NOT sliding, throwing (not pitching), catching

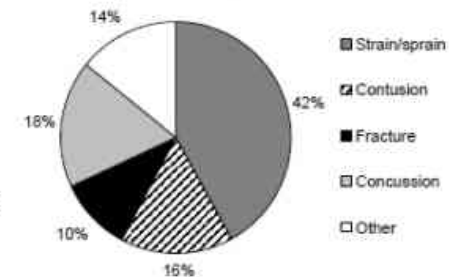
Baseball

Competition n=35,200



All sports

Competition n=754,091



The ONE-PAGER

1. Be ready:

where's your Med Kit, Medical releases, Emergency numbers?

2. Prevent the problem:

inspect the field, warm-up the players, use helmets/mouthpieces/nets

3. Assess the problem:

Head or eye injury, LOC, Deformity, Knocked-out tooth, Bee sting (allergic) (=call '911')

Does the player look & act normal? (=treat)

4. Treat the problem:

Stop bleeding with pressure

RICE (rest, ice, compression, elevation)

a) Hit below the head (RICE)

b) Strain or sprain (RICE)

c) Bleeding (gauze, apply pressure, bandage)

d) Bloody nose (squeeze nostrils, ice)

e) Bee sting (remove stinger, ice; EpiPen or '911' if allergic)

f) Heat illness (shade, remove clothing, cold pack in pits or water on body)



1. Be Ready

Got the med kit?:



INJURY OVERVIEW



2. PREVENT THE PROBLEM



The Field:



Walk the field before practices and games (e.g. holes)



Pull damaged equipment (e.g. cracked helmets)



Check the weather (e.g. heat, rain, lighting possible?)



The Players:



Follow rules for safe play



Warm-up before play (stretch at end)



Begin the season slowly, not too much



Use proper training and form



Hydrate

3. Assess the Problem

-  **1 Stop play**
-  **2 Get First Aid Kit (with med forms) and your phone**
-  **3 Keep others away**
-  **4 Assess the player:** ask “what happened?”
-- Problems with ABC (airway, breathing, circulation), moving, deformity, alertness?
-  **5 Decide: mild injury** (treat) or **severe injury** (call ‘911’)
-  **6 Contact parent and HLL** (incident form)



Know your limits:
If you’re not comfortable,
don’t touch ‘em, don’t
move ‘em, call 911.

Treat The Problem

Mild injury: treat ('RICE' everything)



Rest: Stop activity, protect injury.



Ice: Apply cold for 15-20 mins.



Compression: Wrap snugly, not tight.



Elevation: Keep above heart level.

Severe injury: call '911'









Immediate professional help is needed.

- Difficulty breathing
- Severe bleeding
- Loss of consciousness
- Head/neck injury

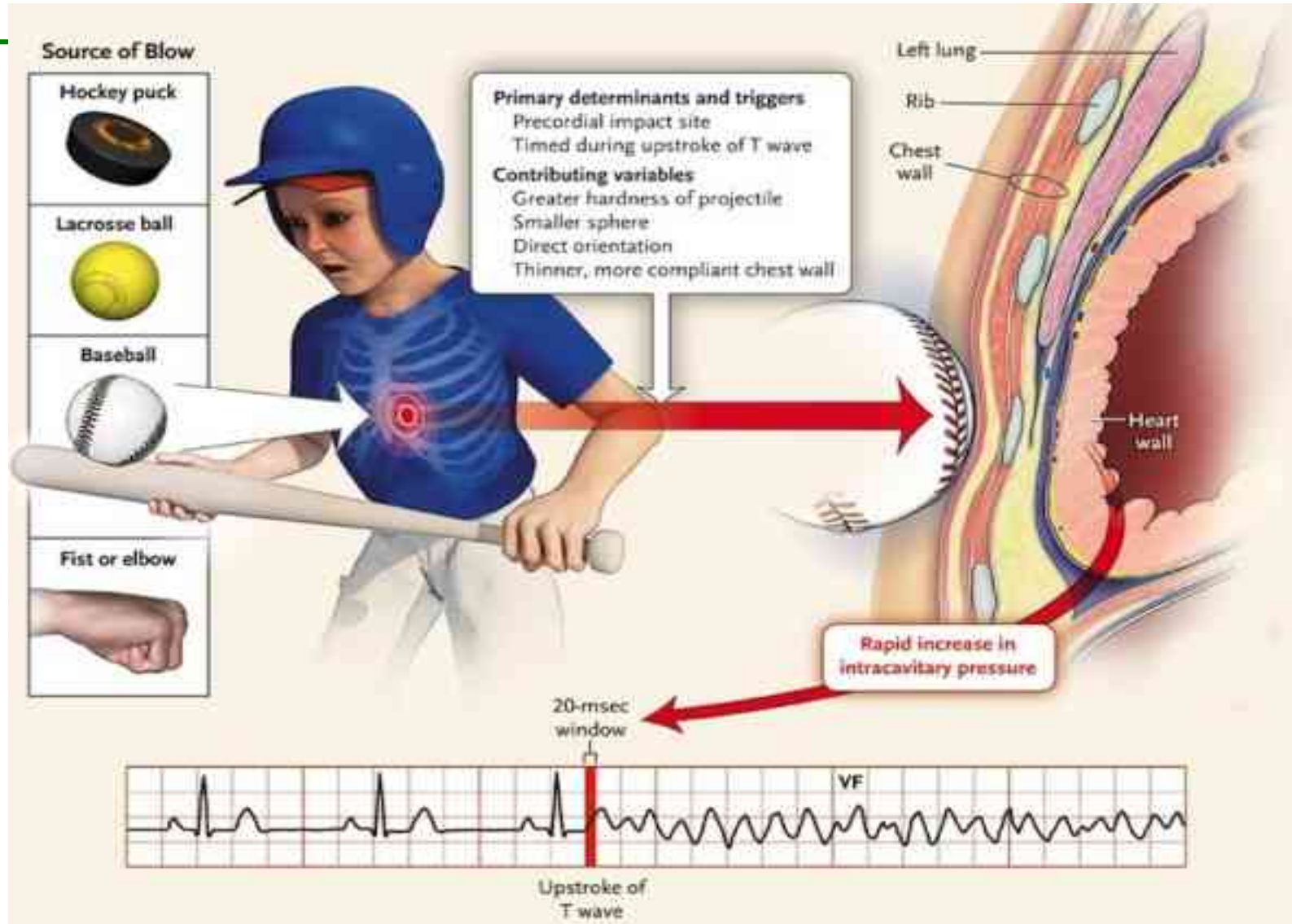
Severe injury: Call '911'



-  **g) Head injury** (possible concussion, call "911")
-  **h) Loss of consciousness** (watch for vomiting)
-  **i) Deformity** (possible fracture or dislocation, splint, call "911")
-  **j) Eye injury** (leave object in, cover)
-  **k) Knocked-out tooth** (rinse, keep tooth wet, see dentist <1hr)
-  **l) Bee sting** (if allergic and no EpiPen, call "911")








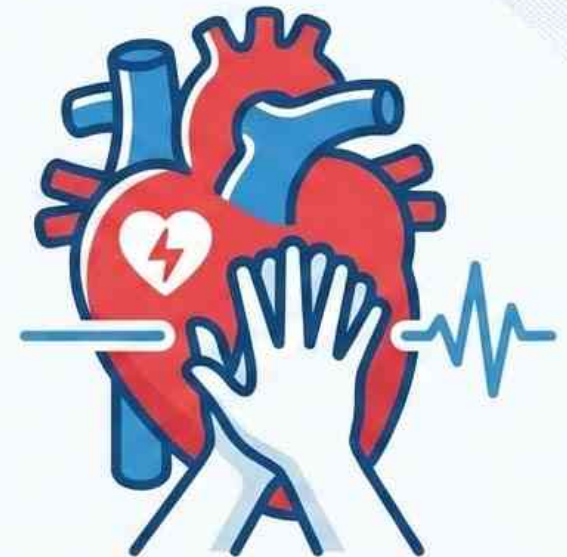
A large graphic on a red background. On the left, the text "9-1-1" is written in large, white, bold, sans-serif font. Below it, the text "CALL IF YOU CAN" is written in white, bold, sans-serif font, underlined. Below that, the text "TEXT IF YOU CAN'T" is written in white, bold, sans-serif font. On the right, there is a white smartphone icon with rounded corners and a red dot at the bottom. Inside the phone's screen is a white speech bubble containing the text "9-1-1" in red, bold, sans-serif font.





CPR - AED

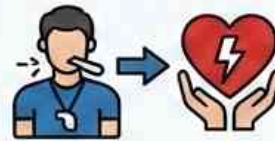
-  Ensure Scene Safety
-  Recognize Cardiac Arrest
-  Call 911, Get AED, Alert via Social Media
-  Begin Compressions & Ventilations
-  Minimize Interruptions



Access to AED 1-3 minutes



Recommendations



- Train coaches CPR/AED use and Location



- Emergency Action Plan for Athlete or spectator that is rehearsed at least annually.⁽¹⁾

Obstructed Airway

Heimlich Maneuver

Five and five

Give five back blows



Give five abdominal thrusts



©MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. ALL RIGHTS RESERVED.

- a) Hit below the head (contusion, bruise),
- b) Strains (muscles) and sprains (ligaments)

RICE

Rest: avoid using the injured part, avoid the activity

Ice: for 20 min every hour, reduces swelling

Compression: entire limb, not too tight

Elevation: raise injury higher than the heart, reduces swelling

If they can't tighten the muscle or the limb is deformed, it is more serious. Call '911'



c) Bleeding

Prevention: players cannot wear jewelry

Treatment: Put on gloves, flush with water to clean, press gauze pad on wound to stop bleeding, bandage.

- If deep, can't be pinched closed, or bleeding won't stop, call '911'.
- If player dizzy or lost a lot of blood, lie down with feet up (shock), call '911'.
- Bloody equipment? Disinfect with 10% bleach/90% water solution for 30 seconds.





ABCs of Bleeding Control

Introduction | A-Alert | B-Bleeding | C-Compression | Stop the Bleed Course v. 2.0



A-Alert



B-Bleeding



C-Compression

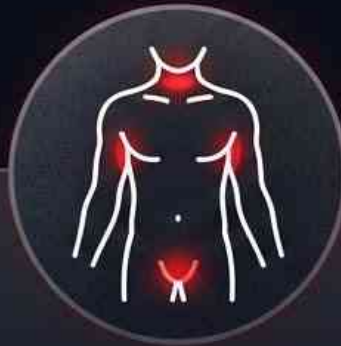
ABCs of Bleeding Control

Introduction | A-Alert | **B-Bleeding** | C-Compression | Stop the Bleed Course v. 2.0

B Bleeding



Arms and legs



Neck, armpits, and groin



Body



ABCs of Bleeding Control

Introduction | A-Alert | B-Bleeding | C-Compression | Stop the Bleed Course v. 2.0

C Compress - Packing



- For large wounds, superficial pressure is not effective
- If bleeding is from a deep wound, pack gauze tightly into the wound until it stops the bleeding
- hold pressure until help arrives





Instructions For Use



1. Apply dressing pad to wound and wrap elastic bandage around limb



2. Slip elastic bandage through V-notch of pressure applicator



3. Draw bandage through pressure applicator to tighten firmly



4. Fold bandage back over applicator to apply pressure to wound



5. Wrap bandage over pressure applicator overlapping pad edges



6. Secure bandage in place with closure clip at end of bandage

d) Bloody Nose

Squeeze the fleshy part of the nose (up to five minutes)

Ice on the bridge of the nose (reduces swelling, promotes clotting)

(Tilting the head back doesn't help, just makes the blood run down their throat)



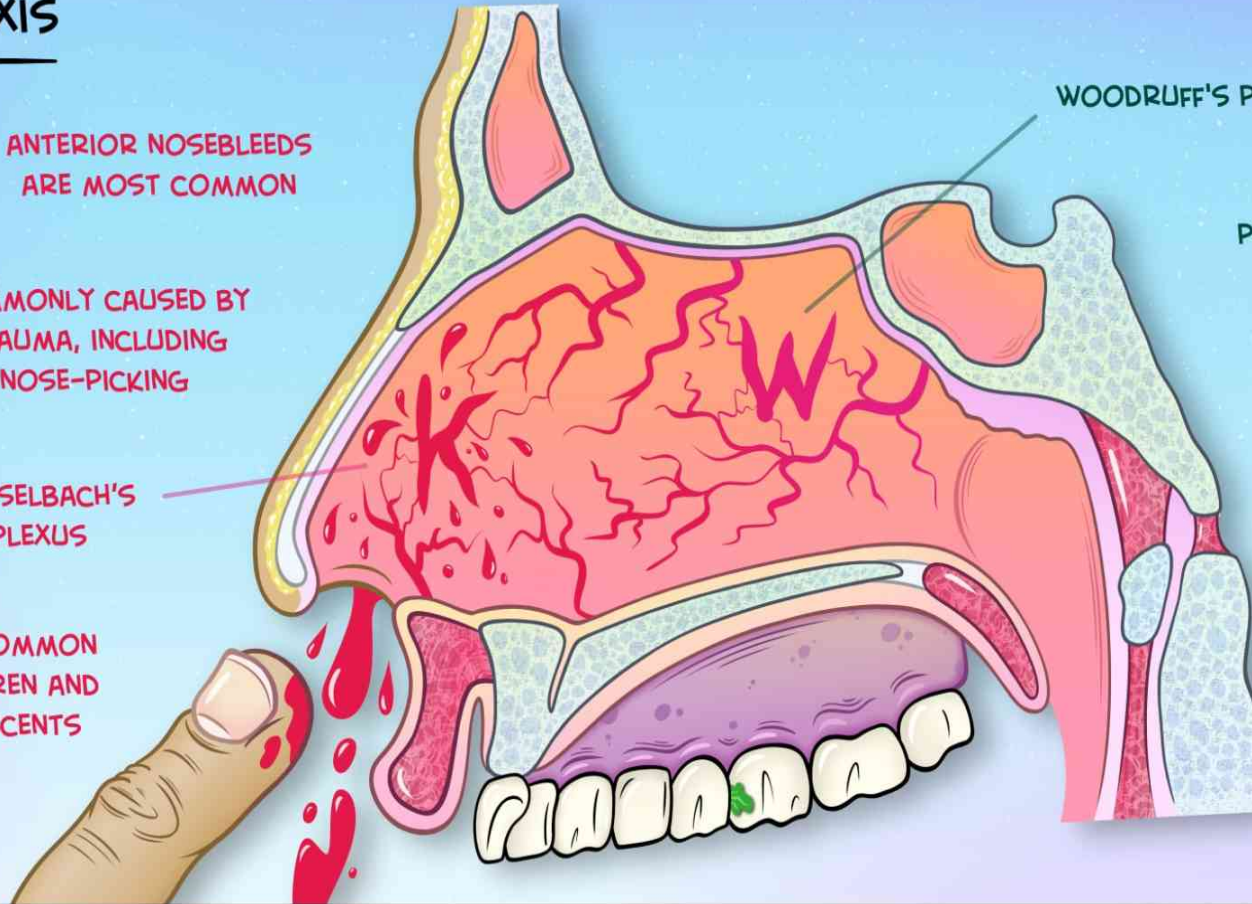
EPISTAXIS

ANTERIOR NOSEBLEEDS
ARE MOST COMMON

COMMONLY CAUSED BY
TRAUMA, INCLUDING
NOSE-PICKING

KIESSELBACH'S
PLEXUS

MORE COMMON
IN CHILDREN AND
ADOLESCENTS



WOODRUFF'S PLEXUS

POSTERIOR BLEEDING
IS LESS COMMON

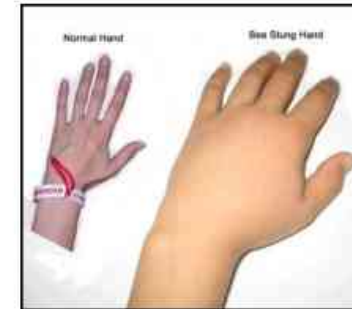
ASSOCIATED WITH
HYPERTENSION AND
ATHEROSCLEROSIS

USUALLY SEEN
IN THE ELDERLY

e) Bee sting, f) Heat illness

Bee Sting

use credit card to scrape the skin to get the stinger out, then ice.
 if allergic (wheezing, large areas of rash, hard to swallow), use EpiPen or '911'



Heat Illness

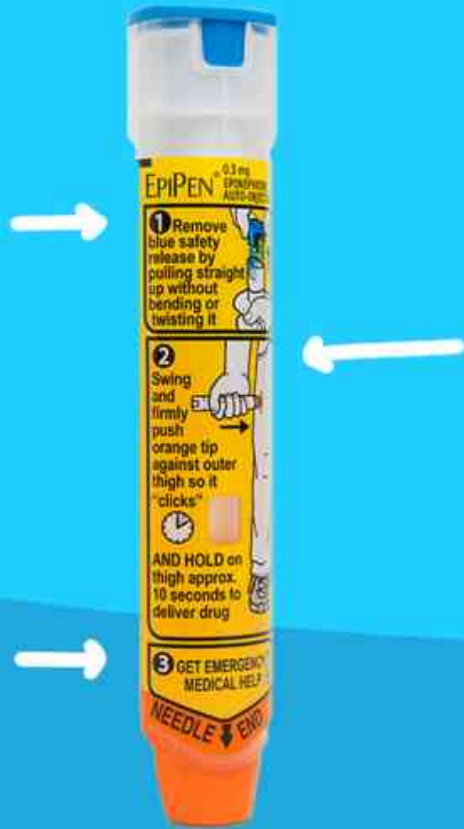
Drink before thirsty.

On hot days, mandatory break for both teams every three innings

- signs: cramps, fainting, rash; -> heavy sweating, dizzy, nausea, pale; -> stops sweating, high body temp
- what to do: shade, lay on back, remove clothing, cold pack in pits or water on body



© ADAM, Inc.









© 2024 Elsevier, Inc



g) Head Injury, h) Loss of consciousness – always severe

If there is a collision, or hit by ball (a hit ball is faster than thrown ball)

- If the player lost consciousness, call '911' (even if they feel fine)
- If they didn't, consider hospital (effects can be delayed)
 - Rest player for 15 minutes
 - Not acting right (headache >15 min, vomiting, unequal pupils, imbalance)

Player with a concussion should not return to play for a week, only after doctor approval.



j) Eye injury, k) Knocked-out tooth

Eye

- If any vision problem, bulging, pupils not equal, blood in eye, call '911'
 - If dirt in the eye, bruise, scrape, probably ok
- If something is stuck in the eye, don't remove it
- Have player close eyes, ice, cover both eyes with eye shield, tape in place

Tooth

- Use pressure to control bleeding
- If tooth is out, handle from white not root, rinse it, keep tooth wet, see dentist <1hr





Lightning

Do's and Don'ts

Do

Go Inside When You Hear Thunder or See Lightning!

Find a Sturdy House, Building, Car With A Roof

Stay Indoors For at Least 30 Minutes After You Last Hear Thunder



Don't

Retreat to Dugouts, Sheds, Pavilions, Picnic Shelters or Other Small Structures

Use or Touch Electronics, Outlets, Corded Phones or Windows

Go Under or Near Tall Trees, Swim or Be Near Water, Stand Near Metal Objects



weather.gov/lightning



Safety Code

Matt Niemi



Reference Materials

- ▶ **Medical release forms** emailed from coaches, available on HLL web site
- ▶ All forms must be completed, signed by parent or legal guardian, and provided to head coach prior to practice
- ▶ Forms must be readily accessible by the Head Coach at all practices and games; keep with Team Medical Kit

- ▶ **Signed Code of Conduct** – Player, Parent, ALL Coaches (collected by LDs)



In Case of Emergency

- ▶ Notify League Safety Officer and League President within 24 hours

– Matt Niemi

matthewaniemi@gmail.com

978-407-5637

– Matt Hodges


hodges.matt@gmail.com

617-909-2655

- ▶ Fill out **incident report form** located on HLL website and **email** it to League Safety Officer and League President (DO NOT mail forms!)

- ▶ Talk with other coaches about the incident to ensure accurate detail of events

- ▶ Follow up with those involved



HOPKINTON LITTLE LEAGUE INJURY REPORT

Date of Injury: _____ Time: _____

Injured is a:

Player Coach Umpire Spectator

If Player, state Division: _____ Team Name: _____

Name of Injured: _____

Street: _____ Phone: _____

INJURY: _____

REPORT COMPLETED BY: _____

Signature: _____

TYPE OF ACCIDENT

Struck by:	Collision with:	Other:
<input type="checkbox"/> Pitched ball	<input type="checkbox"/> Other Player	<input type="checkbox"/> Tripped
<input type="checkbox"/> Batted ball	<input type="checkbox"/> Fence	<input type="checkbox"/> Fell
<input type="checkbox"/> Thrown ball	<input type="checkbox"/> Backstop	<input type="checkbox"/> Sliding
<input type="checkbox"/> Bat	<input type="checkbox"/> Other	<input type="checkbox"/> Other:

CONTRIBUTING FACTORS/CONDITIONS

<input type="checkbox"/> uneven field, hole, bump, etc.	<input type="checkbox"/> awkward position
<input type="checkbox"/> foreign object, glass, stone, etc.	<input type="checkbox"/> player out of position
<input type="checkbox"/> congestion at game/practice	<input type="checkbox"/> lack of grip on bat
<input type="checkbox"/> weather, rain, sun, darkness	<input type="checkbox"/> poor running form
<input type="checkbox"/> lack of, poor fit of equipment	<input type="checkbox"/> wild pitch
<input type="checkbox"/> mishandled ball	<input type="checkbox"/> wild throw
<input type="checkbox"/> mishandled bat	<input type="checkbox"/> wild swing with bat
<input type="checkbox"/> poor evasive action	<input type="checkbox"/> distracted, lack of attention
<input type="checkbox"/> incorrect sliding form	<input type="checkbox"/> horseplay
<input type="checkbox"/> not watching ball	<input type="checkbox"/> other:

TREATMENT

No Treatment Needed:

First Aid at Field TYPE: _____

Transport to Doctor/Hospital by:

Ambulance Fire Police Parent

Coaches: Complete one form for every injury occurring during practice or games. Give copy to the parent of any injured child and send a copy to the Safety Officer and League President and indicate whether faulty equipment or field conditions were a contributing factor so these may be immediately corrected.

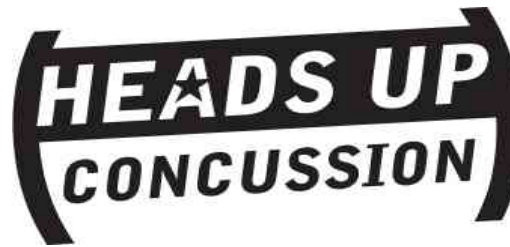
Comments/Suggestions: _____

Safety Officer: Matt Niemi - matthewaniemi@gmail.com
League President: Matt Hodges - Hodges.Matt@gmail.com



Safety and Communications

- ▶ **Call 911 for Emergency**
- ▶ Direct Emergency Contact Numbers
 - HPD at 508-497-3401
 - HFD at 508-497-2323
 - Poison Control at 800-222-1222
- ▶ Information for Emergency Personnel
 - Location of the field
 - Age of child
 - Time and type of injury
 - How the injury occurred
 - Emergency Medical Release Form
 - In the absence of a parent let Medics choose hospital



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs or symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

> SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

> SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

ACTION PLAN

As a coach, if you think an athlete may have a concussion, you should:

1. **Remove the athlete** from play.
2. **Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a health care provider.** Do not try to judge the severity of the injury yourself. Only a health care provider should assess an athlete for a possible concussion.
3. **Record and share information about the injury**, such as how it happened and the athlete's symptoms, to help a health care provider assess the athlete.
4. **Inform the athlete's parent(s) or guardian(s)** about the possible concussion and refer them to CDC's website for concussion information.
5. **Ask for written instructions from the athlete's health care provider** about the steps you should take to help the athlete safely return to play. Before returning to play an athlete should:

- > Be back to doing their regular school activities.
- > Not have any symptoms from the injury when doing normal activities.
- > Have the green-light from their health care provider to begin the return to play process.

For more information and to order additional materials **free-of-charge**, visit: www.cdc.gov/HEADSUP.

The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other health care provider.

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.



Safety Code

- ▶ Safety is the responsibility of Adult Members of the local league
- ▶ Only *coaches and volunteers who have been cleared through National Background Check* are permitted on the playing field during games and practices
- ▶ **Volunteer Requirement since 2024: Little League Abuse Awareness and Prevention Program**

COURSES - REQUIRED COURSE

FOR ALL TRAINING

ABUSE AWARENESS TRAINING COURSE

What you'll learn:

The safety and well-being of all participants in the Little League® program continues to be paramount and this course is required to be completed by all volunteers each year.



The safety and well-being of all participants in the Little League® program continues to be paramount, and it is on all of us to do our part to provide a fun, memorable, and safe experience each year. **With the requirement of all volunteers to complete Abuse Awareness training each year**, we are proud to announce the launch of the new Little League Abuse Awareness Course.

This course, which serves as a replacement for the programs previously available through third-party organizations like USA Baseball, is custom to the Little League program and provides an easier learning experience for our volunteers. **Required to be completed by all volunteers each year**, this course is available as part of the training and education courses at [LittleLeague.org/Training](https://www.littleleague.org/university/training/), making signing up for the course even easier for our volunteers.

[LOGIN TO TRAINING PORTAL](#) [CREATE AN ACCOUNT](#)

<https://www.littleleague.org/university/training/>



CERTIFICATE OF COMPLETION

GRANTED TO

Matthew Niemi

FOR SUCCESSFULLY COMPLETING

Abuse Awareness 2026

DATE COMPLETED

10-Jan-2026

CERTIFICATE ID

109108937



CHILD PROTECTION

Little League requires every chartered league to follow a set of core child protection policies to help keep children safe. Protecting players is our highest priority, and these policies ensure volunteers understand their responsibilities both on and off the field.

Your league has confirmed that all of the following policies are in place:

1. Annual Background Checks

HOPKINTON LL confirms that all volunteers with regular contact with players complete annual background checks through J.D. Palatine (JDP), as required by Little League Regulation I(c) 8 and 9. Anyone with a disqualifying offense is prohibited from participating in any Little League activity. Background check laws vary across the country, and any additional requirements that apply to your league can be found at <https://www.littleleague.org/player-safety/child-protection-program/state-laws-background-checks-leagues/>. Your league is responsible for understanding and complying with any applicable state laws regarding background checks.

2. Annual Abuse Awareness Training

HOPKINTON LL requires all volunteers to complete the Little League Abuse Awareness Training each year before assuming any duties. This training helps volunteers recognize, prevent, and respond to misconduct and abuse. Little League Abuse Awareness Training can be found at <https://www.littleleague.org/university/articles/abuse-awareness-training-course/>.

3. Mandatory Reporting of Child Abuse

HOPKINTON LL acknowledges that all volunteers are mandatory reporters under federal law and must report suspected child abuse, including sexual abuse, to the proper authorities within 24 hours. Reports should also be shared with the League President and District Administrator. State reporting requirements vary, and any laws that apply to your league can be found at <https://www.littleleague.org/player-safety/child-protection-program/state-specific-information-child-abuse/>. Your league is responsible for understanding and complying with any applicable state laws.

4. Non-Retaliation Policy

HOPKINTON LL has adopted a policy that prohibits retaliation against anyone who makes a good-faith report of suspected abuse or misconduct. This ensures volunteers feel safe coming forward with concerns.

5. One-on-One Interaction Policy

HOPKINTON LL has adopted the Little League One-on-One Interaction Policy, which requires that all interactions between adults and minors be observable and interruptible by another adult. This reduces opportunities for misconduct while still supporting positive mentoring relationships.



Safety Code

- ▶ Inspect field for holes, fence damage, glass, foreign objects, etc
- ▶ Keep loose bats and equipment off the playing field
- ▶ Keep First Aid kit stocked – report to LD if needs replenishing
- ▶ Inspect equipment regularly – report problems to LD
- ▶ Only official NOCSAE Certified helmets may be worn
- ▶ Catchers helmet must have a neck guard
- ▶ Two piece Catchers helmets are not allowed



Safety Code - continued

- ▶ Catchers must wear catcher's helmet, face mask, throat protector, chest protector, shin guards and cup
- ▶ Players warming up the pitcher must wear the catcher's helmet and face mask and appropriate gear
- ▶ There is no head first sliding while advancing to a base, only if returning to the base after rounding or aborting a steal attempt
- ▶ Players may not wear watches, rings, pins, jewelry, or other loose metallic objects
- ▶ Safety 1st bases on **all fields**
- ▶ No on-deck batters – **No player should handle a bat until it is their time to bat (consider keeping bats outside the dugout)**



Batting Cage Safety

- ▶ EMC and Carrigan
 - ▶ **No baseball/softball activities - swinging or throwing – in area outside of the cages**
 - ▶ Soft toss and tee work allowed in designated areas / OF

- ▶ Pyne
 - ▶ Soft toss and tee work allowed in designated areas / OF

- ▶ Report safety concerns to League Director or Fields Director



Safety Guidelines – Bats (Baseball)

- ▶ Wooden bats are permitted for use in HLL
- ▶ Coaches should inspect bats brought by players and not provided by HLL prior to the start of each game. **(As of Jan 2018, ONLY USA BASEBALL APPROVED BATS CAN BE USED – DOUBLE A & ABOVE)**
- ▶ Tee Ball thru Single A
 - ▶ May use bats 26 in or shorter, WITH USA Baseball sticker, provided by HLL
 - ▶ Inspected and available during Field Cleanup, or thru League Directors



Tee Ball:

Under the USABat standard, certified Tee Ball bats (26" and shorter) will feature the USA Baseball mark and text which reads [ONLY FOR USE WITH APPROVED TEE BALLS](#).

NOTE: Approved Tee Ball bats may also be used for Coach Pitch/Machine Pitch Minor Divisions only with the use of [approved Tee Balls](#).

Minor/Major Divisions:

It shall not be more than 33 inches in length; nor more than 2 3/4 inches in diameter, and if wood, not less than fifteen-sixteenths (15/16) inches in diameter (7/8 inch for bats less than 30") at its smallest part. Wood bats taped or fitted with a sleeve may not exceed sixteen (16) inches from the small end.

NOTE 1: Solid one-piece wood barrel bats do not require a USA Baseball logo.



Safety Guidelines – Bats (Softball)

Little League Softball

Rule 1.10

The bat must be a softball bat which meets Little League specifications and standards as noted in this rule. It shall be a smooth, rounded stick and made of wood or a material tested and proved acceptable to Little League standards. The bat shall be no more than 33 inches (34 inches for **Junior/Senior League**) in length, not more than two and one-quarter (2-1/4) inches in diameter, and if wood, not less than fifteen-sixteenth (15/16) inches in diameter (7/8 inch for bats less than 30 inches) at its smallest part. Non-wood bats shall be printed with a BPF (bat performance factor) of 1.20. Bats may be taped or fitted with a sleeve for a distance not exceeding 16 inches from the small end. Colored bats are acceptable. A non-wood bat must have a grip of cork, tape, or composition material, and must extend a minimum of 10 inches from the small end. Slippery tape or similar material is prohibited. **An illegal or altered bat must be removed. PENALTY – 6.06(d).**

Approved Ruling: If the specification mark(s) on a bat are not legible, that bat cannot be used and shall be removed from the game.



Safety Guidelines – Bats

BATS

1. Wooden bats are permitted for use in HLL.
2. Bats cannot be more than 33" in length and no more than 2 5/8" in diameter. In addition, if the bat is made of wood, it cannot be less than 15/16" in diameter at its smallest point.
3. In the Farm League and above, all bats must be between 27" and 33" long, and all non-wood bats must comply with USA Baseball standards and bear the USA Baseball logo. Non-wood bats that do not have the USA Baseball logo may not be used in HLL games, scrimmages, or practices.
4. In Tee Ball through Single A, bats 26" or shorter produced prior to the 2017 bat rule change may be used ONLY if the bat has been inspected by a league official and a USA Baseball Tee Ball Sticker has been affixed to it.
5. If an umpire, coach, or board member suspects an illegal bat may be or has been used, they may request that the bat be inspected. Such an inspection shall be performed by the umpires assigned to that game.
6. Illegal bats shall be removed from play immediately upon discovery.
7. Penalties for use of an illegal bat.
Definitions: Use under this rule occurs during a game when a ball is put in play by being struck by a bat that does not bear the USA Baseball logo (Majors, Minors, and Farm) or a USA Baseball Tee Ball Sticker (Tee Ball through Single A)
 - A. No penalty shall be incurred if the ball has not been put in play by an illegal bat, but the bat shall be removed from play immediately.
 - B. First offense – Batter is automatically out. Any other outs recorded on the play stand as called. Runners not called out during the play return to the base they occupied prior to the ball being put in play by the illegal bat.
 - C. Second offense – Same as First Offense and the Head Coach is ejected.
 - D. Third offense – Same as First and Second offenses, and Team using the illegal bat forfeits the game and Head Coach suspended for next game. The reported score for the forfeit will be 2-0. The game declared a forfeit may continue as a scrimmage. All pitching regulations remain, and pitch counts must be reported.
8. All incidents of illegal bat use shall be reported by umpires to the Umpire Coordinator, League Director, VP of Baseball (who will maintain a list of such incidents), and HLL President. Such reports shall include the name of the player who used the illegal bat and the name of that player's head coach.



Safety Guidelines – Accident Injury Reminders

► Do

- Provide (if trained) or assist in obtaining medical attention for those who require it
- Promptly complete Injury Reports
- Obtain Dr.'s note to play after concussion
- Carry First-Aid Kit and Medical Form Info
- Have charged phone with parent numbers & Hopkinton Emergency numbers
- See Lightning, Hear Thunder? Seek shelter away from field for at least 30min.
 - May result in cancelled game; reschedule as needed



Safety Guidelines – Accident Injury Reminders

▶ Don't

- Administer or supply any medication (exception if trained: Epi Pen, Inhalers)
- Transport injured individuals
- Leave child unattended: players, umpires, dog house workers
- Hesitate to report any present or potential safety hazard



Safety Guidelines – Parking

– Carrigan Park

- Park in Marshall St Lot - behind Carrigan 1, 1st base line
- Please do not park at the 85 Main Street lot during their regular business hours including Saturday

– EMC Park

- Please park in lines to allow for maximum parking
- DO NOT Park on the driveway in or out
- Cars parked illegally will be tagged and towed
- DO NOT park in restricted areas
- DO NOT in the HCA parking lot



AED – Automated External Defibrillators

- ▶ Will be available at all 3 field complexes (EMC, Carrigan, Pyne)
- ▶ Carrigan (Dog house)
- ▶ Pyne (Equipment shed)
- ▶ EMC (Dog house)
- ▶ Other Fields – First Responder vehicles will have AEDs
- ▶ Self-test nightly; if malfunction will chirp and/or have red indicator light (instead of green)
- ▶ Call Matt Niemi (978-407-5637) if malfunction observed
- ▶ Stop the Bleed Kits available at fields next to AED





Final Review

- ▶ Keep your first aid kit readily available
- ▶ Activate EMS system when needed – call 911
- ▶ Designate someone to watch for responders
- ▶ Remember Do's and Don'ts
- ▶ Know the bat rule and inspect player bats
- ▶ AED Devices available at all HLL fields



Field Management

Justin Rogers/Bo McIntyre



What we've been up to...

2022-2025

- EMC
 - Cages – Repaired holes
 - Egan – Infield repaired
 - McIntyre – Infield redone
 - Colella – Infield redone
 - New bases including safety base
 - All fences fixed
- Carrigan
 - Carrigan 1 complete field renovation fall of 2024
 - Carrigan 2 complete field renovation fall of 2024
 - C2 Batting cage replaced fall of 2024
 - Irrigation fixed on both fields
 - All fences fixed
 - Repaired and painted C1 Tower
- Pyne
 - New Tractor
 - Replaced wood seats on bleachers
- School Fields
 - No new improvements

For 2026

- EMC
 - Maintain fields and repair as needed
- Carrigan
 - Maintain fields and repair as needed
- Pyne
 - Repair and clean infield to make game ready for 2026 season
 - Parks & Rec plan for Redevelopment with Cricket field has been tabled.
- School Fields
 - Clean up and maintain for practices
- Capital Improvements
 - Looking at long term capital improvements at all HLL fields



Field Cleanup Day

- ▶ Clean-up Day: 3/28/2026 (Saturday) 10:30/11:00 AM
- ▶ Field crew members at each field w/list of tasks
- ▶ League/teams will be assigned to each complex/field
 - ▶ Field Leads will direct activities.

10:30	11:00	Field Assignments
12U/10U	8U/Challenger	Carrigan
Majors		EMC Egan
Minors		EMC Collela
Single A	Farm	EMC McIntyre
Instructional		Pyne
Co-ed Tee Ball	6U	Elmwood

- ▶ What to bring: Gloves, Rakes, Shovels, Leaf blowers, Tarps, Tree pruners/loppers, wheelbarrows!



Field Maintenance Training 2026

▶ **Field Maintenance**

▶ **Training will be on Saturday 4/18 at Carrigan 9AM**

▶ **Need a volunteer from every team**

▶ **Infield & Outfield Lines**

▶ Seeking volunteers to assist (e.g. coaches with a.m. games/practices)

▶ Find one or two NON-coach parents on your team to help. Kids show up 30 min before the game. It takes only 15 minutes, tops, and makes a HUGE difference to the field appearance

▶ **Infield**

▶ **As needed tractor grooming to preserve infield and avoid compacting/weeds; will train on use**

▶ **Watering of infields (EMC)**

▶ **Proper use raking techniques**

▶ **Proper use of clay and Turface / Gamesaver / rain material – less is more!!!**

▶ **Tarp fields every night after if you are the last practice or game. Tarps at all fields.**

▶ **If pitching batting practice use provided mats to cover grass.**



Field Duties Before & After Play

BOTH COACHES ARE RESPONSIBLE FOR ENSURING IT IS DONE – DO NOT LEAVE

Home team coach is responsible after Practices and Game

→ **Before the Game:**

- ◆ Wet down infield “skin” with hose to reduce dust (if required)
 - Only use EMC hoses if you have been trained, they are high pressure
- ◆ Proper Placement of portable mound at Carrigan 1 (distance/alignment/edge)
- ◆ **Optional:** Assign parents Scoreboard duty (Carrigan 1)

→ **After the Practice/Game**

- ◆ Rake batter’s box and pitcher’s mound and drag the infield
 - Rake to the middle of mound, don’t push out to the grass = Lips!
 - Rake high spots to fill any holes, especially in front of the pitching rubber
- ◆ Rake base baths, DO NOT rake toward the grass = Lips!! – rake up/down the baseline
- ◆ Tarp fields after the last practice and games of the day.
 - Do not cover the tarps with anything sharp!!
- ◆ Proper Storage of portable mound at Carrigan 1 – Foul territory behind third base / left field line
- ◆ Hold team meetings in the outfield or wait until after the fields have been prepped
- ◆ Allow a minimum of 15 - 30 minutes in between practices or games for prep

Players/Parents/Coaches:

- ◆ After the Practice/Game: Clean the dugout and field area of all litter or trash and place in the respective recycling or trash cans located at each of the fields. Leave the field in the same or better condition as when you arrived.

Parking





Sportsmanship & Code of Conduct

Matt Hodges



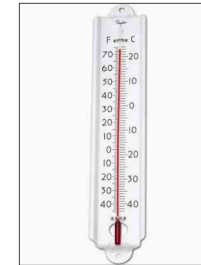
Sportsmanship and Code of Conduct

- ▶ Head coaches are responsible for the behavior of the players, parents and fans at the game. Any discourteous treatment of players, umpires or coaches is unacceptable. Any such acts will be reported to the HLL Board of Directors and corrective action will be taken.

THIS



NOT THIS



- ▶ Only head coaches are allowed to discuss matters with an umpire during a game. Remember many of the umpires are often kids themselves and not adults. Violation can result in an ejection as well as disciplinary action by the HLL Board of Directors.
- ▶ No one may question or argue ball/strike calls in any circumstance.
- ▶ Provide Feedback, Both Positive and Constructive



Code of Conduct

Hopkinton Little League

Short Form Code of Conduct Agreements

The following HLL Player Short Form Code of Conduct and HLL Parent Short Form Code of Conduct Agreements are intended to present in a simplified manner the behavioral expectations enumerated by the full HLL Code of Conduct.

These short form descriptions in no way supersede or limit the obligations and expectations created by HLL Code of Conduct which all parents signed during the registration process. To review that document in full, please visit the HLL website Documents section at <http://hopkintonlittleleague.com/Documents.asp>.

Both the Player and Parent Codes of Conduct must be read and signed prior to participation in the current HLL season.



Parent Code of Conduct

- I understand that HLL is organized, maintained, and administered by **unpaid volunteers**.
- **I will remember that the point of Little League is for the children to have fun.** Winning is NOT the primary goal. This is NOT College or High School athletics and should not be viewed with the degree of competitiveness that would be appropriate for those levels.
- I will be respectful of all players, coaches, league administrators, and umpires, and will not engage in displays of anger or frustration.
- I understand that minimum playing time rules are dictated by HLL and agree to respect coaching decisions regarding position and batting order.
- I will not approach players, umpires, or coaches before, during or immediately after games or practices with anything other than support.
- I am responsible for the behavior of my guests (grandparents, other relatives, friends, etc.) and will take steps to control their behavior if necessary.
- I agree to notify the HLL Board of Directors of questionable conduct such as abusive behavior by a player, coach or fan. The Board may be contacted by email at hopkintonlittleleague@gmail.com
- If I do not feel I can behave appropriately, my best choice will be to leave the field until the game or practice is over.



— PLEASE REMEMBER —

- 1. These are KIDS.**
- 2. The umpires are KIDS too.**
- 3. This is a GAME.**
- 4. Coaches are VOLUNTEERS.**
- 5. Your child is NOT being scouted by the Red Sox today.**



*Thank You
Hopkinton Little League*



Coach's Etiquette

- ▶ **NO TEAM IS ALLOWED ON A FIELD WHILE A TEAM IS PRACTICING**; please wait until the field has been cleared prior to taking the field
- ▶ Weekday practices that start at 4:00 are 90 minutes long and **must** end at 5:30 not 5:45
- ▶ Batting Cages:
 - ▶ Home Team Has Cage for 30 Mins starting 1-hr Prior to game time
 - ▶ Away Team has cage for 30 Mins starting ½-hr prior to game time
- ▶ There is no infield before a game; players should warm up in the outfield while fields are being prepped
- ▶ Home team prep's field and rakes / covers after game
- ▶ Home team has 1st base dugout
- ▶ Know Your General and League Specific Rules



GameChanger Statistics Privacy Settings

▶ **No Person Besides Coaching Staff** should have access to statistics.

▶ How To Edit Stat Settings:

1. Log into your account and go to your GameChanger team page.
2. Click on "Team Settings" in your "Team News" tab.
3. Scroll down to "Stat Settings," click "Who can see stats," and make sure only "Confirmed Members" have access.
4. View your current settings or click "Edit" to update.
5. Edit your Stat Settings so they are for "Confirmed Members" only and under "Confirmed Members can see" Select "No Stats" and click "Save."



- Documents Tab

DOCUMENTS

Coaching Documents

Adobe PDF file [2023 HLL Coaches Clinic](#) - Slides from the HLL Coaches Clinic with HHS softball and baseball coaches.

Adobe PDF file [Safety Meeting](#) *- Deck used for the 3/29/2025 Safety Meeting via Teams

Code of Conduct Documents

Adobe PDF file [Code of Conduct Player and Parent Agreement](#) - This is the short form of our Code of Conduct that parents and children need to sign and submit to their coach.

League Documents

Adobe PDF file [HLL Constitution / By-Laws](#)

Adobe PDF file [HLL Heat Index Guidance](#)

Adobe PDF file [Parade Layout](#) - HLL Parade - Map of Common

Adobe PDF file [HLL Rule Book - Updated 2025](#) - Rules for the spring Hopkinton Little League

Parent Documents

Adobe PDF file [Abuse Training Documentation](#) - supporting documentation for new abuse training

Adobe PDF file [Child Protection Program](#) - child protection updates from Little League

Adobe PDF file [Injury Report Form](#) - in the event someone gets hurt at a game, this form must be filled out

Adobe PDF file [Medical Release Form](#) - this form needs to be filled out and sent to your team's head coach in the spring

Adobe PDF file [Volunteer Application](#) - This application must be completed if you have any on field presence (coach, assistant coach, etc.) ... updated for 2026

Sizzler Documents

Adobe PDF file [2025 Sizzler Coaches Meeting](#)

Adobe PDF file [Sizzler Rules](#)

- Coaches Corner Tab

HLL COACHING DETAILS

2024 Volunteer Application

As required by Little League International, volunteers (head coaches, assistant coaches, on the field helpers, etc.) must complete an **ANNUAL volunteer application**. (This is essentially the same as the CORI process you go through to volunteer in school, but you need to go through one specific to Hopkinton Little League too.)

You cannot be on the field at practice or in a game IN ANY CAPACITY (keeping scorebook, managing the bench, etc.) unless you fill out the volunteer application. **Even if you have been cleared in previous years or for different sports, you still need to be cleared by HLL in 2024.**

A copy of your driver's license (or other government ID), Social Security Number and 3 references are REQUIRED to process the application. References can include friends, co-workers, etc.; basically anyone that is willing and able to vouch for you. (One must be familiar with you in interacting/volunteering with kids.)

If you'd like to help, please submit the attached volunteer application to:

Hopkinton Little League
P.O. Box 32
Hopkinton, MA 01748
ATTN: Assistant Safety Manager

Emailed forms will not be accepted. We must receive them in hard copy.

All information is kept confidential.

Abuse Training Documentation

Starting in 2024, all volunteers will need to complete Abuse Training. Supporting documentation can be found here: [Abuse Training Documentation](#).

Player Injury Report

The Head Coach must immediately report any injury of a player, coach or fan to the league president and league safety officer.

League President - Gabe Recos: grecos@pidc-construction.com
Safety Officer - Matt Niemi: matthewaniemi@gmail.com

Click [here](#) for the Injury Report.



Key Items & Dates

- ▶ Update your teams ASAP
- ▶ Forms: Medical form, Code of Conduct
- ▶ Playoffs will be Single Elimination, 6 team leagues will have 1 & 2 seed bye
- ▶ Work out player & coach conflicts early (i.e. call ups, coach availability)!
- ▶ Practices – Update Drills, Have a plan!
- ▶ Focus on FUN – equal playing time, all positions, everyone pitches
- ▶ Brush off bad calls and move on!
- ▶ Ask Questions, Communicate, Educate, Follow, Alert us

Dates

- ▶ Practices start next week – 4/1
- ▶ Regular season starts weekend of April 20-21



Questions?

Thank you