

EVERGREEN LITTLE LEAGUE 2007 Managers Calendar & Responsibilities

Activities Managers are required to participate in and Key Dates		Seniors (15-16)	Juniors (13-14)	Majors (10-12)	Minors (9-12)	Farm (8-9)	Pee Wee (7-8)	TBall (5-6)	Softball (7-12)
Age's									
Managers Meeting - LeyVa 7:30pm		1/31	1/31	1/17	1/17	1/17	1/17	1/17	1/17
Submit Application by		1/31	1/31	12/31	12/31	12/31	1/31	1/31	1/31
Board Approves Managers		2/7	2/7	1/10	1/2	1/2	2/6	2/6	2/6
Field Prep		TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD
Managers Meeting/ Board Meeting		3/13	3/13	3/13	3/13	3/13	3/13	3/13	3/13
Parents/Players/Managers Orientation							3/8	3/1	
Pre-Season Clinics		1/13, 2/10, 2/18	2/18	1/6, 1/13	1/6, 1/13	1/6, 1/13	na	na	1/13, 20
Tryouts		3/3, 3/4	3/3, 3/4	1/20-21, 1/27	1/20-21, 1/27	1/27-8, 2/4	Not Required		1/20
Draft		3/14	3/5	1/29	2/5	2/8	Teams are Assigned		1/22
Umpire Mechanics Clinic LeyVa - MANDATORY		2/11	2/11	2/11	2/11	2/11	Optional		2/11
AI and AI Clinic - MANDATORY		February 17th in Oak Grove HS, 8am-noon for 9-12 yr olds, 12:30 to 4:30pm for 5-8 yr olds							
Positive Coaching Clinic - MANDATORY		3/10, 9am to 11am - tentative							
Rules Clinics (must attend at least 2)		Every Monday starting 2/12, except school holidays, 7:30pm (moves to 8pm on 3/11)							
Board Meetings		2nd Tuesday every month at Quimby							
Practice Starts - After Safety OK's fields		3/6	3/6	2/4	2/10	2/10	3/10	3/10	2/4
St. John's Jamboree		Saturday March 17 (approx 11am to 2pm)							
Games Start		5/12	4/2	3/19	3/19	3/19	3/19	3/19	3/19
Games End (approx)		6/2	6/2	5/26	5/26	5/26			5/26
Post Season Tournaments									
	Fun	na	na	na	6/2 to 6/9	6/2 to 6/9	na	na	na
	Play-offs	na	na	6/2 to 6/9	na	na	na	na	na
	TOC (approx)	6/16	6/16	6/16	na	na	na	na	6/16
All Stars Announced		6/15	6/15	6/15	6/15	na	na	na	6/15
All Star begins		6/25	6/25	6/25	6/25	na	na	na	6/25
Umpire as required		Umpire other teams games							
		Umpire Own Games							

Honor The Game	Be a "Double Goal Coach"	Communication
Teach players fundamentals	Plan your practices	Identify Team Sponsor by Jamboree
Teach players to have fun and enjoy the game	Come prepared to every game	
Teach players good sportsmanship	Organize your parent volunteers	
Teach players to do their best	Select your coaches and umpires	
Lead by example	Ensure Field is Prepped before and after every game, have your team pick up trash	



Little League Coach and Manager Clinic **with al and Al**

2007

Date: SATURDAY, FEB 17th
Time: (see session times below)
Place: Oak Grove High School,
 258 Blossom Hill Road, San Jose, Ca
Contact: Dick Schoonover
LLDist59@aol.com 408 978 0241



Al Price and Al Herback

MORNING TRAINING SESSION:

For baseball & softball coaches working with players 9 – 12 years old.
 Learn how to teach the fundamental skills of the game and plan fun and effective practices. Lots of drills, games and fun activities for your players.

8:00 am to 8:20 am - REGISTRATION
8:20 am - INTRODUCTIONS
8:30 am to 12:15 pm – HANDS ON TRAINING SESSION

AFTERNOON TRAINING SESSION:

For coaches and parents working with players 5 – 8 years old.
 Learn how to introduce the skills of the game in a creative, fun and effective way. You are presented with complete, ready-to-use sample practice plans that include many drills and fun activities.

12:30 pm to 12:50 pm - REGISTRATION
12:50 pm - INTRODUCTIONS
1:00 pm to 4:30pm – HANDS ON TRAINING SESSION

*****Coaches and managers please come prepared to participate, wear comfortable clothing and bring a glove.**

Little League Coach and Manager Program Training Materials

Coaches, the training materials will be available for purchase at the clinic or if you cannot make it, you can order and purchase them online.

Leagues, remember you qualify for 20% off with Bulk Orders of \$300.00 or more. Order online at www.alandalbaseball.com and it will arrive in about 3-5 days.

"Your program has helped our league tremendously! It is an important factor in our growth."
 – Cregg Cowan, Mountainview Little League

To date over 1 million coaches, managers, players and their parents have taken advantage of the education program training materials.

"The strength of the Little League program is the adult volunteer... I am really delighted that Little League has taken the step to create the Little League Education Program for Managers & Coaches and to welcome al & Al into the Little League Family."
 – Steve Keener, President and CEO, Little League Baseball

Al and al have presented their program in live training sessions to more than 90,000 Coaches and 50,000 players around the world. Their unique approach has been recognized internationally for its merit.

"The al and Al clinic not only shows you with hands on; drills, games and activities, it gives you the program to follow which makes implementation easier. These clinics and materials can help all coaches improve their skills and the result is that "More Kids Stay in Little League Because They Have Fun!"
 – Nick Houmis (Coaching Coordinator, Livingston National LL)



To learn more and to place an order go to
www.alandalbaseball.com



SPONSORS

Evergreen Little League, P.O. Box 730968, San Jose, CA 95173
www.ell-baseball.com

Since 1962, Evergreen Little League has provided for hundreds of young boys and girls the opportunity to play little league baseball. The league is continually growing, with a current enrollment of over 600 boys and girls ranging from 5 to 16 years old.

Registration fees cover 50% of the cost of operation of the League. While we work very hard to make our league affordable to all who want to play baseball, we rely on fundraisers and sponsors to cover the remaining 50%. Costs incurred include insurance, bats, balls, catcher's gear, field equipment, field maintenance, uniforms, trophies, pictures, website, newsletters, and much more.

We would be grateful for any donation of your choice to help our league continue its efforts, providing the children of our community the opportunity to make new friends, experience team spirit, sportsmanship, and the game of baseball.

To find out more about becoming a sponsor contact Scott Krstetter (408) 314-3675
sponsorship@ell-baseball.com or donate now via paypal under the Sponsorship button on our website <http://ell-baseball.com>.

Sponsorship levels include:

- **Team Sponsor \$250**
 - Sponsor listing on our website
 - Sponsor invitation to our ELL events
 - Optional Team Plaque
- **League Sponsor \$500**
 - Above plus:
 - Sponsor Advertising in one of our Newsletters
 - Display Table at our Jamboree on March 18th 2006.
- **Gold Sponsor \$1000**
 - Above plus:
 - Sponsor Advertising in all of our 2005 Newsletters
 - Sponsor Banner displayed at our home games
- **Friend of the League \$ (any amount)**

All donations are tax deductible as Evergreen Little League is a qualified non-profit organization! Please make checks payable to:

**Evergreen Little League
PO Box 730968
San Jose, CA 95173**



SPONSOR APPLICATION

Evergreen Little League, P.O. Box 730968, San Jose, CA 95173
www.ell-baseball.com

We encourage all our Little League families to patronize our sponsors.

Sponsor Name					
Street Address					
City		State		Zip	
Contact Person		Phone			
Title		Email			

All Sponsors will receive their name and phone numbers, if desired, in our monthly newsletter and on our web site at <http://ELL-Baseball.com>.

CHECK ONE OF THE FOLLOWING:

- ☐ **Team Sponsor** - \$250 donation
 - o Sponsor listing on Website
 - o Invitation to ELL events
 - o Optional Team Plaque

- ☐ **League Sponsor** - \$500 donation
 - o Above plus:
 - o Advertisement in Hummer Newsletter for 3 month's
 - o Display Table at our Jamboree on March 18th 2006 .

- ☐ **Gold Sponsor** - \$1000 donation
 - o Above plus:
 - o Advertisement in Hummer Newsletter for entire season
 - o Sponsor advertisement and/or Logo Banner displayed at home games

- ☐ **Friend of the League** – Any amount

Team Requested: _____

Division: Sr, Jr, Major, Minor, Farm, PeeWee,
TBall, Softball, Challenger

Signature: _____ Date: _____

Please make checks payable to the Evergreen Little League. Donation is tax-deductible and our Federal I.D. is 52-12344910.

Please forward this form, a check and a business card to:

EVERGREEN LITTLE LEAGUE
P.O. Box 730968
San Jose, CA 95173

League Use Only

Team Assigned: _____

Division: _____

Date: _____

Changes to the 2006 Official Regulations and Playing Rules For all Divisions of Little League Softball®

PROOF-OF-AGE REQUIREMENTS

ACCEPTABLE FORMS OF PROOF OF BIRTH DATE

1. Original proof of age document, if issued by federal, state or provincial registrars of vital statistics in the country in which the Little Leaguer is participating.
2. If country of participation differs from the country of proof of age document, original proof-of-age document issued by federal, state or provincial registrars of vital statistics, or local offices thereof, are acceptable proof of age, provided the document was filed, recorded, registered or issued within one (1) year of the birth of the child.
3. An original document issued by federal, state or provincial registrars of vital statistics, or local offices thereof, listing the date of birth, with reference to the location and issue date of the original birth certificate, is acceptable. (The original birth certificate referenced must have been filed, recorded, registered or issued within one (1) year of the birth of the child.) Also issued by these agencies are photocopies of the certificate of live birth with the certification also photocopied, including the signature, and include the seal impressed thereon. Such documents are acceptable without "live" signatures, provided the original filed, recorded, registered or issued date of the birth certificate was within one (1) year of the date of birth.
4. For children born abroad of a parent or parents who are U.S. citizens, any official government document issued by a U. S. federal agency or service, is acceptable. For military dependents, Department of Defense identification cards and military hospital certificates are acceptable. These must be originals, not copies, and must refer to a filing, recording, registration, or issue date that is within one (1) year of the birth of the child.
5. A "Statement in Lieu of Acceptable Proof of Birth" issued by a District Administrator is acceptable.

NOT ACCEPTABLE AS SOLE PROOF OF BIRTH: Baptismal Certificate; Certificate of Blessing; Certificate of Dedication; Certificate of Circumcision, etc.; Hospital Certificate; photocopied records.

Note: Little League International has authorized the Regional Directors for Latin America, Europe (including Middle East and Africa), and Asia/Pacific, to adopt a policy that excludes No. 1 above. Local Little Leagues and districts in those regions will be informed of the regional policy.

HOW TO OBTAIN ACCEPTABLE DOCUMENTS PROVING DATE OF BIRTH

Certified copy-of-birth records may be obtained from the Registrar of Vital Statistics of each state, province or local office where the child was born. For U.S.-born persons, addresses of these offices or bureaus, fees required, and other pertinent information are supplied by the United States Department of Health and Human Services (National Center for Health Statistics). A database listing the method for obtaining birth records from any U.S. state or territory is available at the following Internet address:

<http://www.cdc.gov/nchs/howto/w2w/w2welcom.htm>

Individual states may also have on-line instructions on how to obtain "rush" birth records. To find out a state's latest policies regarding birth records, go to the Internet site listed below and type "birth records" into the search field, designate the appropriate state, then click on "SUBMIT."

<http://www.firstgov.gov/>

Persons in the U.S. who need a copy of a non-U.S. birth record should contact the Embassy or the nearest Consulate of the country in which the birth occurred. Addresses and telephone numbers for these offices are listed in the U.S. Department of State Publication 7846, "Foreign Consular Offices in the United States," which is available in many local libraries. Copies of this publication may also be purchased from the U.S. Government Printing Office, Washington, DC 20402. Such proof-of-birth records must meet the criteria for acceptable proof listed above.

HOW TO OBTAIN A "STATEMENT IN LIEU OF ACCEPTABLE PROOF OF BIRTH"

When an "Acceptable Proof of Birth" as described previously is not available, then the appropriate number of items in **EACH** of these **FOUR** groups are required so that the participant may obtain a "Statement in Lieu of Acceptable Proof of Birth," which is required for such a participant to be eligible for regular season or tournament play:

Group 1 – Any one (1) of the following, provided the date of birth is listed: a naturalization document issued by the United States Department of Justice; photocopy of birth certificate; original birth certificate or government record of birth if not containing a filing, recording, registration, or issue date within one (1) year of the date of birth; passport; **PLUS...**

Group 2 – Any two (2) of the following, provided the date of birth is listed: Baptismal Certificate; Certificate of Blessing; Certificate of Dedication; Certificate of Circumcision; or any other religious-related certificate; Hospital Certificate; School Record (must be dated, and date of issue must be at least two years prior to current season); Social Security document; Welfare Department document; adoption record. Any item in this group must be an original document, not a copy; **PLUS...**

Group 3 – Any two (2) of the following: A written, signed and notarized statement from...

- ... the doctor who delivered the child;
- ... a hospital administrator where the child was delivered;
- ... the principal or headmaster of the school the child attends;
- ... a Social Worker with personal knowledge of the child's date of birth;
- ... a Priest, Rabbi, Minister, Mullah, or other titled religious figure with personal knowledge of the child's date of birth;
- ... the child's pediatrician or family doctor.

NOTE: In each statement in Group 3, the writer must describe his/her responsibilities or his/ her relationship to the child, and must attest to his/her personal knowledge that the child was born on the date claimed; **PLUS...**

Group 4 – A written, signed and notarized statement from one or both parents, or the legal guardian (as appointed by a court of jurisdiction), attesting to the date of birth claimed.

The league president will forward the above documentation to the District Administrator (or, if the team is traveling, the Tournament Director). If in the opinion of the District Administrator, such evidence is satisfactory, a "Statement In Lieu of Acceptable Proof of Birth" will be issued. This statement will be considered to be acceptable proof of age from that point forward, throughout the child's Little League experience, provided all the information submitted is accurate. (Note: If the District Administrator is unable to review the documents, they may be submitted to the appropriate Regional Headquarters.)

NOTE: Situations where players use the name of an adopting family or the name of the family with whom they live, but whose births are recorded under the surname of the natural father or mother, will be handled as follows: The president of the league will obtain from the parents or guardian a document that qualifies under Proof-of-Age Requirements, as well as a copy of the adoption papers (if the player has been legally adopted. If the player was not adopted, a notarized statement from the mother and/or father or legal guardian (as appointed by a court of jurisdiction), saying that the player living under one or the other of their surnames is the same player for whom the birth certificate was issued) is also required.

These documents will be submitted to the District Administrator. If the documents are found to be acceptable, a "Statement in Lieu of Acceptable Proof of Birth" will be issued and all original documents returned. The information submitted will be kept confidential.

Regulation I(c) 7B

The policy must include coverage for claims involving each of the following: 1. athletic participants, and, 2. sexual abuse and molestation.

Regulation I (g)

A local Little League is not permitted to sponsor, administer, underwrite, or otherwise support, any team or teams, any individual or group, for the purpose of participating in a non-Little League Baseball program or event. Violation may result in revocation of charter and/or suspension of tournament privileges. While Little League does not recommend or endorse participation in more than one baseball program, this does not prohibit an individual who plays in a chartered Little League, or a group of such individuals, from participation in a non-Little League program, subject to the provisions of Regulation IV (a) Note 2, and the provisions of the Tournament Rules and Guidelines regarding participation in other programs.

Regulation I (a) – Junior/Senior/Big League

NOTE 2: Junior/Senior/Big League players may participate in other softball programs during the regular season and tournament subject to the provisions of Regulation IV.

Regulation III (a)

Note: If a local league elects to roster less than nine (9) players at the Tee Ball and/or Minor League levels, rules 3.03 Note 2, 4.16 and 4.17 do not apply.

Regulation III (c)

NOTE: For the 2006 season only, a regular season Little League (Majors) team may carry more than eight (8) players who are league age 12. This will not be the case in 2007 and in subsequent years, when the limit of eight (8) players who are league age 12 per team will again be imposed.

Regulation III (f)

Regular Season, special games and tournament teams in all divisions of softball must be composed of either: 1. all females, or 2. all males. (Managers and coaches may be of either gender.)

IV - THE PLAYERS

- (a) **Little League (Majors) Division:** Any candidate who will attain the age of 9 years before January 1 and who will not attain the age of 13 before January 1 of the year in question shall be eligible to compete in Little League Softball (subject to the Local League Board of Directors alignment of this division). This means that a youngster who will be 13 years old on January 1 or later, is eligible to play that year; a youngster who will be 13 years old on the previous December 31 or earlier will not be eligible for either Local League play or tournament play at any time during the calendar year in question.

Minor League Division: Any candidate who will attain the age of 7 years before January 1 and who will not attain the age of 13 before January 1 of the year in question shall be eligible to compete in the Minor League Division Softball (subject to the Local League Board of Directors alignment of this division). This means that a youngster who will be 13 years old on January 1 or later, is eligible to play that year; a youngster who will be 13 years old on the previous December 31 or earlier will not be eligible for either Local League play or tournament play at any time during the calendar year in question.

Tee Ball Division: Any candidate who will attain the age of 5 years before January 1 and who will not attain the age of 9 before January 1 of the year in question shall be eligible to compete in the Tee Ball Division Softball (subject to the Local League Board of Directors alignment of this division). This means that a youngster who will be 8 years old on January 1 or later, is eligible to play that year; a youngster who will be 9 years old on the previous December 31 or earlier will not be eligible for either Local League play or tournament play at any time during the calendar year in question.

Exception for 2006 only: A child who is league age 4, and who was born from January through July of 2001, is eligible for Tee Ball in 2006. If such participant completes the Tee Ball season in 2006, he/she may be eligible for Minor League Coach Pitch/Machine Pitch in 2007, at the discretion of the local league.

Junior League: Any youngster who will attain the age of 13 years before January 1 and who will not attain the age of 15 years before January 1 of the year in question shall be eligible to compete. This means that a youngster who will be 15 years old on January 1 or later is eligible to play that year; a youngster who will be 15 years old on the previous December 31 or earlier will not be eligible for either Local League or tournament play in the Junior League at any time during the calendar year in question.

A 12-year-old player who is otherwise eligible under all conditions would be eligible for selection to the Junior League Division tournament team. However, a local Little League's board of directors could decide that players league-age 12 in the league will not try out for the Junior League Division, and will be eligible for only the Little League ("Majors") Division/Minor League Division.

If a player is selected to and participates in one or more regular season games on a Junior League team, he/she will be ineligible to participate in the Major Division from that point forward in regular season and/or tournament play.

Regarding a player who moves up the Junior League Division during the season, to be eligible for selection to the Junior Division Tournament team, the player would have to play in half of the Regular Season games for which he/she was eligible, as of June 15.

Any player who is league age 12 must be permitted to play in the Major Division. The local league cannot force any player who is league age 12 to play in the Junior League Division.

Senior League: Any youngster who will attain the age of 13 years before January 1 and who will not attain the age of 17 years before January 1 of the year in question shall be eligible to compete. This means that a youngster who will be 17 years old on January 1 or later is eligible to play that year; a youngster who will be 17 years old on the previous December 31 or earlier will not be eligible for either Local League or tournament play in the Senior League at any time during the calendar year in question.

Big League: Any youngster with amateur status who will attain the age of 14 years before January 1 and who will not attain the age of 19 years before January 1 of the year in question shall be eligible to compete. This means that a youngster who will be 19 years old on January 1 or later is eligible to play that year; a youngster who will be 19 years old on the previous December 31 or earlier will not be eligible for either Local League or tournament play in the Big League at any time during the calendar year in question.

NOTE: Little League accident insurance covers only those activities approved or sanctioned by Little League Baseball, Incorporated.

A unit Little League (Majors), Minor League, Tee Ball, Junior, Senior or Big League team shall not participate as a Little League (Majors), Minor League, Tee Ball, Junior, Senior or Big League team in games with other teams of other programs or in tournaments except those authorized by Little League Baseball.

Little League (Majors), Minor League, Tee Ball, Junior, Senior and Big League participants may participate in other programs during the Little League (Majors), Minor League, Tee Ball, Junior, Senior and Big League regular season, provided such participation does not disrupt the Little League (Majors), Minor League, Tee Ball, Junior, Senior or Big League season.

NOTE 1: See Tournament Rules, Page T-4 ("Participation in Other Programs"), regarding participation in non-Little League programs during the International Tournament ("All-Stars").

NOTE 2: Consistent with a manager's ability to conduct the affairs of his or her team, a manager may remove a player from the team, subject to Board of Directors approval, for the current season if the player repeatedly misses practice or games. If a player is repeatedly missing practices or games, the manager must make the Local League aware of the situation immediately.

- (b) Each candidate must present acceptable proof of age to the league president (or district administrator, if the Big League is administered as a district operation) at least 48 hours before the player selection plan is put into operation. When and if such formal proof of age is not available, the league president (or district administrator, if the Big League is administered as a district operation) shall gather as much documentary evidence as possible and promptly forward it to the District Administrator. If, in the opinion of the District Administrator, such evidence is satisfactory, a statement to that effect will be sent to the league president which shall be acceptable in lieu of a birth certificate. Such statement will be held in the local Little League files (or district files, if the Big League is administered as a district operation) as acceptable proof-of-age.
- (c) The president of the Local League (or district administrator, if the Big League is administered as a district operation) MUST certify and be responsible for the eligibility of each candidate previous to player selection. **Note:** At the time of registration, a player must designate whether he or she will try out for baseball or softball. No player may be on the roster of more than one team in the Little League program.
- (d) "League Age" for a Little League Softball participant in any division is that age attained prior to January 1 in any given season. Thus, a child whose 12th birthday is on the previous December 31 or earlier has a League Age of 12; a child whose 12th birthday is on January 1 or later has a league age of 11. This principle applies regardless of age.
- (e) "League Age" is that age attained prior to January 1 in any given season. Thus, a youngster whose 12th birthday is on the previous December 31 or earlier has a League Age of 12; a youngster whose 12th birthday is on January 1 or later has a League Age of 11. This principle applies regardless of age.
- (f) **Little League (Majors) Division, Junior/Senior/Big League:** Any candidate failing to attend at least 50 percent of the spring tryout sessions, shall forfeit league eligibility unless an excuse is presented which is accepted by a majority of the Board of Directors.

Minor League and Tee Ball: Any eligible player who qualifies and becomes available after player assignment should be assigned to a team.

NOTE: A Local League should accept registrations until the time of player selections. Thereafter, registration may be closed.

- (g) Player roster forms supplied by Little League Headquarters must be completed and filed no later than June 2, 2006. Players claimed under Regulation II (d) and/or IV (h) must be declared on appropriate forms available from Little League Headquarters annually. It is highly recommended that rosters be supplied to Headquarters via the Little League Data Center. **Look for related information on line at www.littleleague.org.**
- (h) If a person had previously resided within the league boundaries for two years while serving that league as a dedicated manager, coach or member of the Local League Board of Directors for two years, his or her sons and/or daughters are eligible to try out and be selected by teams in that league (1) provided such service to the league from which the person has moved has continued, (2) subject to written agreement from the league within whose boundaries they currently reside and (3) supported by a recommendation of the District Administrator, to Regional Director to the Charter Committee.

Regulation IV(h) – Processing Procedure

The league president will process a IV(h) form. Once the president completes the form, he/she must compile "residency requirement" verification that each youngster meets the conditions of IV(h) as outlined above. The league president will present this verification to the District Administrator for review. Once the district administrator verifies the documentation meets the regulations, the district administrator will sign the IV(h) form granting his or her approval. The league and the district will maintain the form and documentation in their files. This verification process is only required once during a participant's career. The league must maintain this form and documentation for this player for the duration of his/her career until the player graduates from the program or breaks service with the league. Tournament team players will be required to carry a copy of this form and documentation with them throughout the tournament. If contested during tournament play, the league will be required to produce the documentation. Additionally, if it is determined at a later date that the player does not meet the conditions of IV(h), the player is ineligible for further participation. Situations in which documentation is not available must be referred to the Charter Committee through the regional office for a decision. The decision of the Charter Committee is final and binding.

- (i) Every player on a team roster will participate in each game for a minimum of six (6) defensive outs and bat at least one (1) time. **PENALTY:** The player(s) involved shall start the next scheduled game, play any previous requirement not completed for Section (i) and the requirement for this game before being removed.

The manager shall for the:

- A. First Offense - receive a written warning.
- B. Second Offense - a suspension for the next scheduled game.
- C. Third Offense - a suspension for remainder of the season.

NOTE 1: If the violation is determined to have been intentional, a more severe penalty may be assessed by the Board of Directors. However, forfeiture of a game may not be invoked.

NOTE 2: There is no exception to this rule unless the game is shortened for any reason, at which time the Local League may elect not to impose a penalty on the manager/coach.

Big League: Mandatory play does not apply.

Minor League and Tee Ball: If a league uses 15 to 20 player rosters they may reduce the Mandatory Play Rule to three (3) defensive outs and one (1) at bat per game.

- (j) Any request for a waiver pertaining to the eligibility of a player, team, manager or coach must be submitted in writing, by the president of the local Little League through the district administrator, to their respective Regional Director not later than June 3 of the current year. Requests submitted after that date will not be considered.

AGE ALIGNMENT FOR JUNIOR LEAGUE, SENIOR LEAGUE AND BIG LEAGUE

At the Little League 22nd International Congress in Ottawa, Canada, in 2001, District Administrators voted overwhelmingly to alter the age structure in the Junior League, Senior League and Big League Softball Divisions. The new age structure allows greater flexibility in these divisions and is intended to increase participation.

The objectives are: 1. To allow leagues with enough personnel to have a two-year age structure, while smaller leagues could retain a three-year structure for Senior League and/or Big League, and; 2. To aid in the retention of players in all age groups, particularly 13 and 16 year olds.

Under the new structure, Big League Softball will remain available to 16, 17 and 18 year olds. However, with the 14 -16 year olds being the "swing" ages, a league COULD structure its program several ways.

The table below gives each of the possible combinations allowable under the new regulations.

	Junior League	Senior League	Big League
League A	13, 14	15, 16	17, 18
League B	13, 14	14, 15, 16	17, 18
League C	13, 14	14, 15, 16	16, 17, 18
League D	13, 14	14, 15	16, 17, 18
League E	13, 14	15, 16	16, 17, 18
League F	13	14, 15, 16	16, 17, 18
League G	13	14, 15, 16	17, 18
League H	13	14, 15	16, 17, 18
League I		13, 14, 15, 16	15, 16, 17, 18
League J			14, 15, 16, 17, 18

NOTE: Players league age 12 are eligible for the Junior League division at the option of the local league board of directors. Any player who is league age 12, and who plays in one or more games during the regular season at the Junior League level, is eligible only for selection to the Junior League Division Tournament Team.

The structure for Tournament Play is: 9-10 Year Old Division (9-10); 11-Year Old Division (11); Little League Division (11-12); Junior League Division (12-13-14); Senior League Division (14-15-16); Big League Division (16-17-18).

Regulation VII (j)

Girl's softball teams shall not play in games against boy's softball teams.

VIII – MINOR LEAGUES (C)

Note: Participants are permitted to advance to Minor League Coach Pitch or machine pitch after participation in Tee Ball for one year.

IX - SPECIAL GAMES

- (a) Special Games are defined as games that:
1. are non-regular season games, and,
 2. are not Little League International Tournament games, and,
 3. involve only teams from chartered Little league programs, and,
 4. have been approved in writing by the regional office.

Rule 1.06

1.06 - First, second and third bases shall be marked by white canvas or rubber covered bags, securely attached to the ground. The first and third base bags shall be entirely within the infield. The second base bag shall be centered on second base. The base bags shall not be less than fourteen (14) nor more than fifteen (15) inches square and the outer edges shall not be more than two and one-fourth (2-1/4) inches thick and filled with a soft material. Bases designed to disengage their anchor are highly recommended. **Beginning with the 2008 season, it will become mandatory that all leagues utilize bases that disengage their anchor. Leagues are encouraged to begin the process of implementing these types of base systems during the current season on all their fields so that the process is completed by the 2008 season.**

NOTE 1: If the impact of a runner breaks a base loose from its position, no play can be made on that runner at that base if the runner had reached the base safely. If there is continual action involving a subsequent runner, the base plate becomes the actual base for rendering of the umpire's decision.

NOTE 2: Use of the "Double First Base" is permissible at all levels of play. See Rule 7.15.

Rule 1.10

NOTE 3: Non-wood bats may develop dents from time to time. Bats that cannot pass through the approved Little League bat ring must be removed from play. The 2 ¼ inch bat ring must be used for bats in all softball divisions.

Rule 1.11 (a)

- (3) Any part of the pitcher's undershirt or T-shirt exposed to view shall be of a solid color. **A pitcher shall not wear any items on his/her hands, wrists or arms which may be distracting to the batter.**

Rule 3.17

Players and substitutes shall sit on their team's bench or in the dugout unless participating in the game or preparing to enter the game. No one except eligible players in uniform, a manager and not more than two coaches shall occupy the bench or dugout. When batters or base runners are retired, they must return to the bench or dugout at once. Batboys and/or batgirls are not permitted. **The use of electronic equipment during the game is restricted. No team shall use electronic equipment, including walkie-talkies, cellular telephones, etc... to communicate to or with any on-field personnel, include those in the dugout, bullpen or field.**

Rule 7.14

Once each inning a team may utilize a player who is not in the batting order as a special pinch-runner for any offensive player. A player may only be removed for a special pinch runner one time during a game. The player for whom the pinch-runner runs is not subject to removal from the lineup. If the pinch runner remains in the game as a substitute defensive or offensive player, the player may not be used again as a pinch runner while in the batting order. However, if removed for another substitute that player or any player not in the line up, is again eligible to be used as a pinch runner. **NOTE: Does not apply if the local league adopts the continuous batting order. See Rule 4.04.**

Rule 7.15

Procedures for Use of a Double First Base: The double base may be used for first base only. The base must be rectangular, with two sides not less than 14 inches and not more than 15 inches, and the other two sides not less than 29 inches and not more than 30 inches. The longer sides shall face toward home plate and the right field corner. The outer edges shall not be more than two and one-fourth (2 ¼) inches thick, filled with soft material, and covered with canvas or rubber. Half the base shall be white (entirely over fair territory) and half shall be orange or green (entirely over foul territory). When using the double first base, the following rules must be observed:

- (a) A batted ball that hits the white section of the double base shall be declared fair. A batted ball that hits the colored (orange or green) section shall be declared foul.
- (b) Whenever a play is being made on the batter-runner, the defense must use the white section of the double first base. A play is being made on the batter-runner when he or she is attempting to reach first base while the defense is attempting to retire him/her.
- (c) The batter-runner must use the colored (orange or green) section on his/her first attempt to tag first base. Exception: On extra-base hits or other balls hit to the outfield when there is no chance for a play to be made at the double first base, the runner may touch either the white or colored (orange or green) section of the base. Should, however, the batter-runner reach and go beyond first base, he/she can only return to the white section of the base.
- (d) When tagging up on a fly ball, the white section of the base must be used by the runner. One foot is permitted to extend behind or on the base into foul territory, as long as the front foot is touching the white section of the base.
- (e) When leaving base on a pitched ball in Little League Baseball (Majors and below), the runner must maintain contact with the white section of the base until the ball has reached the batter. Runners may extend a foot behind the white portion of the base, but must maintain contact with the white section until the ball has reached the batter.
- (f) On an attempted pick-off play, the runner must return to the white section of the base only. This includes a throw from the pitcher, catcher, or any other player, in an attempt to retire the runner at the double first base.
- (g) In Junior, Senior and Big League divisions, when the batter becomes a runner on a third strike not caught by the catcher, the batter-runner and the defensive player may use either the colored (orange or green) or the white section.
- (h) Use of the double first base does not change any other rule concerning Interference or Obstruction at first base. (An errant throw into the three-foot running lane could still result in an obstruction call. Also, the batter-runner must still avoid interference with the fielder attempting to field a batted ball.)

Rule 8.06

- (d) A manager or coach may confer with **any other player(s)**, including the catcher, during the visit with the pitcher. A manager or coach who is granted a time out to talk to any defensive player will be charged with a visit to the pitcher.

Tournament Rules

Managers and Coaches

Managers/Coaches in the Dugout - If a tournament team has thirteen (13) or more eligible players in uniform at a game, then the maximum of three (3) adults who are named on the affidavit (or authorized temporary replacements as noted on the affidavit) will be permitted to act as manager/coaches for that game. However, if a tournament team has twelve (12) or fewer eligible players in uniform at a game, then a maximum of two (2) adults must be named at the start of the game as manager and coach. The two named adults must be listed on the affidavit, or must be authorized temporary replacements as noted on the affidavit. If there is a third adult listed on the affidavit, that adult is not permitted to be in the dugout or on the field during that game.

Participation In Other Programs

Little League, 9-10 Year Old Division, 11-Year-Old Division: A player may participate in other youth softball programs prior to the first scheduled game involving that player's team. Once play begins for a tournament team, players named on that team's tournament affidavit may not participate in any other youth softball program until that team is eliminated from tournament play. After tournament play has begun, players added to a team's affidavit may not have participated in another youth softball program since their team's first scheduled tournament game. **Junior League, Senior League, Big League Division:** Participation in other programs during the International Tournament is permitted, subject to the provisions of Regulation IV (a) Note 2.

CONDITIONS OF TOURNAMENT PLAY

Protests

NOTE 3 - PROTESTS BECAUSE OF A TEAM'S FAILURE TO MEET THE MANDATORY PLAY REQUIREMENTS (SEE TOURNAMENT RULE 9) MUST BE MADE BEFORE THE UMPIRE(S) LEAVE THE PLAYING FIELD. NOTE: MANDATORY PLAY DOES NOT APPLY TO THE SENIOR LEAGUE AND BIG LEAGUE DIVISIONS.

TOURNAMENT PLAYING RULES

- 9. **MANDATORY PLAY:** 9-10 Year Old Division, 11 Year Old Division, Little League, Junior League: Every player on a team roster shall participate in each game for a minimum of three (3) consecutive defensive outs and bat at least one (1) time.
- 10. **SUBSTITUTIONS/RE-ENTRY:** This tournament rule replaces regular season Rule 3.03 (re-entry) for all levels of tournament play.
 - a. If illness, injury or the ejection of a player prevents a team from fielding nine (9) players, a player previously used in the lineup may be inserted, but only if there are no other eligible substitutes available. The opposing team manager shall select the player to re-enter the lineup. A player ejected from the game is not eligible for re-entry.
 - b. Any player who has been removed for a substitute may re-enter the game in the **SAME** position in the batting order, provided:
 - 1. the player being removed has played defensively for a minimum of three (3) consecutive defensive outs, and;

2. the player being removed has completed one time at bat during the game.

NOTE 1: See the definitions in Rule 9-e above on complying with this rule defensively and offensively. Tournament rule 10. b 1. and 2. above do not apply to Senior League or Big League Softball.

REGULATION AND RULE CHANGES FOR 2007

Changes adopted at the Aug. 25, 2006 meeting of the Little League International Board of Directors are noted in red

Item 1 – All Divisions

REGULATION I (c) – The League

Each league shall:

9. Conduct an annual background check on all personnel that are required to complete a “Little League Volunteer Application” prior to the applicant assuming his/her duties for the current season. No local league shall permit any person to participate in any manner, whose background check reveals a conviction or guilty plea for any crime involving or against a minor. A local league may prohibit any individual from participating as a volunteer or hired worker, if the league deems the individual unfit to work with minors. **A local league must conduct a nationwide search that contains the applicable government sex offender registry data. (Note: The United States Department of Justice National Sex Offender Public Registry is free and available at www.nsopr.gov. Information on conducting a more thorough background check at a nominal cost can be found on the Little League website, or at <http://littleleague.choicepoint.com>.)** **If no sex offender registries exist in a province or country outside the United States the local league must conduct the more extensive of a country, province or city- wide criminal background check through the appropriate governmental agency unless prohibited by law.**

Failure to comply with this regulation may result in the suspension or revocation of tournament privileges and/or the local league’s charter by action of the Charter or Tournament Committee in Williamsport. If a local league becomes aware of information, by any means whatsoever, that an individual, including, but not limited to, volunteers, players and hired workers, has been convicted of or pled guilty to any crime involving or against a minor, the local league must contact the applicable government agency to confirm the accuracy of the information. Upon confirmation of a conviction for, or guilty plea to, a crime against or involving a minor, the local league shall not permit the individual to participate in any manner.

Item 2 – All Divisions

REGULATION II – LEAGUE BOUNDARIES

(a) Each league shall determine actual boundaries of the area from WITHIN which it shall select players. Only those participants whose residence is within the boundaries of the league shall be eligible to participate. Residence, for the purposes of this regulation,

is defined in “Residence Eligibility Requirements” in the first section of this book (Pages 14-16). **NOTE:** Any player who does not reside **WITHIN** the league’s boundaries must have an approved waiver issued by the Charter Committee at Little League International. All waiver requests to the Charter Committee must be submitted in writing by the league president before the start of the league’s regular season or June 1 whichever occurs first. Requests must be submitted to the regional office through the district administrator. These boundaries **MUST** be described in detail **AND** shown on a map when making application for the charter. The local Little League boundaries shall be the boundaries of the Junior/Senior/Big League. Exception noted for Big League district operating in Regulation I.

Item 3 – Baseball Divisions

Regulation VI – Pitchers:

- a. Any player on a regular season team may pitch. (**NOTE:** There is no limit to the number of pitchers a team may use in a game.)
- b. **Junior, Senior, and Big League Divisions only:** A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game.
- c. The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:

League Age	17-18	105 pitches per day
	13-16	95 pitches per day
	11-12	85 pitches per day
	10 and under	75 pitches per day

Exception: If a pitcher reaches the limit imposed in Regulation VI (c) for his/her league age while facing a batter, the pitcher may continue to pitch until that batter reaches base or is put out. **Note 1. Intentional Walk:** Before a pitch is delivered to the batter, the catcher must inform the umpire-in-chief that the defensive team wishes to give the batter an intentional base-on-balls. The umpire-in-chief waves the batter to first base. The ball is dead.

- d. Pitchers league age 16 and under must adhere to the following rest requirements:
 - If a player pitches 61 or more pitches in a day, three (3) calendar days of rest must be observed.
 - If a player pitches 41 - 60 pitches in a day, two (2) calendar days of rest must be observed.
 - If a player pitches 21 - 40 pitches in a day, one (1) calendar days of rest must be observed.
 - If a player pitches 1-20 pitches in a day, no (0) calendar day of rest must be observed.

Pitchers league age 17-18 must adhere to the following rest requirements:

- If a player pitches 76 or more pitches in a day, three (3) calendar days of rest must be observed.
 - If a player pitches 51 - 75 pitches in a day, two (2) calendar days of rest must be observed.
 - If a player pitches 26 - 50 pitches in a day, one (1) calendar days of rest must be observed.
 - If a player pitches 1-25 pitches in a day, no (0) calendar day of rest must be observed.
- e. Each league must designate the scorekeeper or another game official as the official pitch count recorder.
 - f. The pitch count recorder must provide the current pitch count for any pitcher when requested by either manager or any umpire. However, the manager is responsible for knowing when his/her pitcher must be removed.
 - g. The official pitch count recorder should inform the umpire-in-chief when a pitcher has delivered his/her maximum limit of pitches for the game, as noted in Regulation VI (c). The umpire-in-chief will inform the pitcher's manager that the pitcher must be removed in accordance with Regulation VI (c). However, the failure by the pitch count recorder to notify the umpire-in-chief, and/or the failure of the umpire-in-chief to notify the manager, does not relieve the manager of his/her responsibility to remove a pitcher when that pitcher is no longer eligible.
 - h. Violation of any section of this regulation can result in protest of the game in which it occurs. Protest shall be made in accordance with Playing Rule 4.19.
 - i. A player who has attained the league age of twelve (12) is not eligible to pitch in the Minor League.
 - j. A player may not pitch in more than one game in a day. (Exception: In the Big League Division, a player may be used as a pitcher in up to two games in a day.)

NOTES:

1. The withdrawal of an ineligible pitcher after that pitcher is announced, or after a warm-up pitch is delivered, but before that player has pitched a ball to a batter, shall not be considered a violation. Little League officials are urged to take precautions to prevent protests. When a protest situation is imminent, the potential offender should be notified immediately.
2. Pitches delivered in games declared "Regulation Tie Games" or "Suspended Games" shall be charged against pitcher's eligibility.
3. In suspended games resumed on another day, the pitchers of record at the time the game was halted may continue to pitch to the extent of their eligibility for that day, provided said pitcher has observed the required days of rest.

Example 1: A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes on the following Thursday. The pitcher is not eligible to pitch in the resumption of the game because he/she has not observed the required three days of rest.

Example 2: A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes on Saturday. The pitcher is eligible to pitch up to 85 more pitches in the resumption of the game because he/she has observed the required three days of rest.

Example 3: A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes two weeks later. The pitcher is eligible to pitch up to 85 more pitches in the resumption of the game, provided he/she is eligible based on his/her pitching record during the previous three days.

Note: The use of this regulation negates the concept of the “calendar week” with regard to pitching eligibility.

Item 4 – Softball Divisions

Rule 1.09 – The softball used must meet Little League specifications and standards. The ball shall be not less than 11 – 7/8” nor more than 12-1/8” in circumference and shall weigh not less than 6-1/4 ounces nor more than 7 ounces. **Minor League/Tee Ball** the ball shall be not less than 10-7/8” nor more than 11-1/8” in circumference and shall weigh not less than 5-1/2 ounces nor more than 6 ounces.

Item 5 – Baseball Divisions

Rule 1.10 – The bat must be a baseball 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 of material **and color** tested and proved acceptable to Little League standards. It shall not be more than thirty-three (33) inches (34 inches for **Junior**; 36 inches for **Big and Senior League**) in length, nor more than two and one-quarter (2 ¼) inches for Little League, 2 ¾ inches for **Junior**, **and 2 ¾** for wood-2 5/8 non wood for **Senior and Big League in diameter**, and if wood, not less than fifteen-sixteenth (15/16) inches in diameter (7/8 inch for bats less than 30”) at its smallest part. Bats may be taped or fitted with a sleeve for a distance not exceeding sixteen (16) inches (18 inches for **Junior/Senior/Big League Baseball**) from the small end. **Senior/Big League baseball** a bat shall not weigh, numerically, more than three ounces less than the length (in inches) of the bat (e.g., a 33-inch-long bat cannot be less than 30 ounces).

Note 1:

Note 2:

Note 3: Beginning with the 2009 season, non wood bats used in divisions of Little League (league age 12 years old and younger) shall be printed with a BPF (bat performance factor) of 1.15 or less. **Senior and Big League non wood bats shall meet the BESR (Bat Exit Speed Ratio) performance standard, and such bats shall be printed with a permanent certification mark.**

Item 6 – All Divisions

TOURNAMENT PLAYER ELIGIBILITY – Baseball and Softball

Big League - Any player League Age 16, 17 or 18 (14, 15, 16, 17, and 18 – Softball), with amateur status, **who has been a rostered member** for one-half the regular season

games (**special games may be counted toward this requirement**) by the start of Tournament Play in their respective District, with the exception of the high school or college baseball season, on a Big League Baseball Team, **or**, any player League Age 16 (14, 15, and 16 – Softball), with amateur status, **who has participated as an eligible player** in one-half the regular season games as of June 15, with the exception of the middle school, junior high school or high school baseball season, on a Senior League Baseball Team (Junior or Senior Team – Softball).

Item 7 – All Divisions

4.07 – When a manager, coach or player is ejected from a game, they shall leave the field immediately and take no further part in that game. They may not sit in the stands and may not be recalled. **A manager or coach ejected from a game must not be present at the game site for the remainder of that game.** Any manager, coach or player ejected from a game is suspended for his or her team's next physically played game and may not be in attendance at the game site from which they are suspended.

END

Little League® International

Optional Pitch Count Regulation – 2006 Regular Season

The following regulation takes the place of Regulation VI in the baseball division(s) of those local leagues choosing to adopt it for the 2006 Regular Season.

Regulation VI – Pitchers:

- a. Any player on a regular season team may pitch. (NOTE: There is no limit to the number of pitchers a team may use in a game.) **Exception: A player who has attained a league age of twelve (12) is not eligible to pitch in the Minor League.**
- b. **Junior, Senior, and Big League Divisions only:** A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game.
- c. The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:

League Age	17-18	105 pitches per day
	13-16	95 pitches per day
	11-12	85 pitches per day
	10 and under	75 pitches per day

Exception: If a pitcher reaches the limit imposed in Regulation VI (c) for his/her league age while facing a batter, the pitcher may continue to pitch until that batter reaches base or is put out. **Note 1.** If the pitcher reaches the limit imposed in Regulation VI (c) on his/her last pitch to a particular batter, the pitcher must be removed before delivering a pitch to the next batter. **Note 2. Intentional Walk:** Before a pitch is delivered to the batter, the catcher must inform the umpire-in-chief that the defensive team wishes to give the batter an intentional base-on-balls. The umpire-in-chief waves the batter to first base. The ball is dead.

- d. Pitchers league ages 7 through 16 must adhere to the following rest requirements:
 - If a player pitches 61 or more pitches in a day, four (4) calendar days of rest must be observed.
 - If a player pitches 41 - 60 pitches in a day, three (3) calendar days of rest must be observed.
 - If a player pitches 21 - 40 pitches in a day, two (2) calendar days of rest must be observed.
 - If a player pitches 1-20 pitches in a day, one (1) calendar day of rest must be observed.

Pitchers league age 17-18 must adhere to the following rest requirements:

- If a player pitches 76 or more pitches in a day, four (4) calendar days of rest must be observed.
 - If a player pitches 51 - 75 pitches in a day, three (3) calendar days of rest must be observed.
 - If a player pitches 26 - 50 pitches in a day, two (2) calendar days of rest must be observed.
 - If a player pitches 1-25 pitches in a day, one (1) calendar day of rest must be observed.
- e. Each league must designate the scorekeeper or another game official as the official pitch count recorder.

- f. The pitch count recorder must provide the current pitch count for any pitcher when requested by either manager or any umpire. However, the manager is responsible for knowing when his/her pitcher must be removed.
- g. The official pitch count recorder should inform the umpire-in-chief when a pitcher has delivered his/her maximum limit of pitches for the game, as noted in Regulation VI (c). The umpire-in-chief will inform the pitcher's manager that the pitcher must be removed in accordance with Regulation VI (c). However, the failure by the pitch count recorder to notify the umpire-in-chief, and/or the failure of the umpire-in-chief to notify the manager, does not relieve the manager of his/her responsibility to remove a pitcher when that pitcher is no longer eligible.
- h. Violation of any section of this regulation can result in protest of the game in which it occurs. Protest shall be made in accordance with Playing Rule 4.19.

NOTES:

- 1. The withdrawal of an ineligible pitcher after that pitcher is announced, or after a warm-up pitch is delivered, but before that player has pitched a ball to a batter, shall not be considered a violation. Little League officials are urged to take precautions to prevent protests. When a protest situation is imminent, the potential offender should be notified immediately.
- 2. Pitches delivered in games declared "Regulation Tie Games" or "Suspended Games" shall be charged against pitcher's eligibility.
- 3. In suspended games resumed on another day, the pitchers of record at the time the game was halted may continue to pitch to the extent of their eligibility for that day, provided said pitcher has observed the required days of rest.

Example 1: A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes on the following Thursday. The pitcher is not eligible to pitch in the resumption of the game because he/she has not observed the required four days of rest.

Example 2: A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes on Saturday. The pitcher is eligible to pitch up to 85 more pitches in the resumption of the game because he/she has observed the required four days of rest.

Example 3: A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes two weeks later. The pitcher is eligible to pitch up to 85 more pitches in the resumption of the game, provided he/she is eligible based on his/her pitching record during the previous four days.

Note: The use of this regulation negates the concept of the "calendar week" with regard to pitching eligibility.

SCOREKEEPING RULES CHANGES FOR 2007

Changes adopted for the 2007 Scorekeeping Rules (located in the publication “What’s the Score?”) are noted in red.

The text below in red will be added as Rule 10.22 ...

PITCH COUNT (BASEBALL ONLY)

- 10.22** – Each pitch delivered to a batter shall be counted. (Exception: A pitch declared “no pitch” will not be charged to that pitcher.)
- (a) The official scorekeeper’s record of the pitch count shall be the official record. In the absence of an official scorekeeper, the record of the person designated by the local league (or tournament director) to count pitches will be the official record.
 - (b) The pitches may be counted by a person other than the scorekeeper, but the total pitches for each pitcher must be entered in the scorebook, or in a locally-produced register for this purpose. The scorebook or register will be used to determine the pitching eligibility in a subsequent game or games.
 - (c) When requested by the manager, the scorekeeper and any other official(s) involved in tallying the pitch count must provide current information on the pitch count for a pitcher currently in the game.
 - (d) The scorekeeper and any other official(s) involved in tallying the pitch count must inform the umpire-in-chief and manager when the maximum number of pitches has been delivered by a particular pitcher, pursuant to the pitcher’s league age. (See Regulation VI.) However, the failure by such officials to notify the umpire-in-chief and manager does not relieve the manager of the responsibility to remove a pitcher when the limit is reached as required in Regulation VI.

END

Protecting Young Pitching Arms



***The Little League® Pitch Count Regulation Guide
for Parents, Coaches and League Officials***





www.asmi.org

Baseball is a great sport, and Little League continues to be one of the premier youth organizations. However in the mid-1990's (when today's Little Leaguers were born), we started to notice an alarming increase in serious injuries in adolescent pitchers. For example during the last five years of the 1990's, 21 of the 190 "Tommy John" surgeries at our center were high school age pitchers or younger; however during the first five years of this decade, 124 of our 627 "Tommy John" surgeries were high school age pitchers or younger. This alarming trend was also happening for other types of pitching injuries.

Anecdotally it's believed that the rise in injuries is due to increased amounts of pitching at a younger age. To determine if this was true, our American Sports Medicine Institute conducted a series of scientific studies with support and cooperation from USA Baseball, Little League Baseball, and Major League Baseball. We followed hundreds of youth baseball pitchers, and monitored arm problems and potential contributing factors including pitch counts, types of pitches, quality of mechanics, and other factors. The scientific results confirmed that the number of pitches thrown was the most significant contributor to arm problems. Another study compared our young, surgery patients with healthy adolescent pitchers and found that young pitchers who often pitched past the point of fatigue were 36 times more likely to end up on the surgery table. Another risk factor was year-round baseball without sufficient rest (the data suggested at least four months a year away from throwing). Other risk factors included participating in showcases, and throwing with high ball velocity. Of course ball velocity is valuable for all pitchers, but we believe that there is too much emphasis on ball speed instead of on quality of mechanics, speed variation, and control, in today's "radar gun" generation. Details about these scientific studies can be found at asmi.org.

Little League Baseball has been the leader in recognizing the rise in injuries and has taken dramatic steps to make baseball safe for young players. Some issues – such as showcases and participation in independent traveling teams – may be beyond Little League's control, but Little League has embraced the pitch count research and boldly altered their rules. We applaud Little League for their continued effort to insure that their game is as safe and enjoyable as possible for you and your children.

A handwritten signature in black ink that reads "James R. Andrews M.D." in a cursive script.

James R. Andrews, M.D.
ASMI Medical Director

A handwritten signature in black ink that reads "Glenn S. Fleisig" in a cursive script.

Glenn S. Fleisig, Ph.D.
ASMI Research Director



Contents

Introduction: Goal of New Little League Regulation: Protecting Pitchers' Arms	2
The New Pitch Count Regulation	3
Regular Season – Baseball Only	3
Regulation VI – Pitchers:	3
Tournament Rule – Baseball Only	4
Twenty Questions on the Pitch Count.....	5
Best Practices of the Pitch Count Pilot Program	7
Conclusions.....	8
Pitching Fundamentals By Nicholas Caringi	9
The Starting Position	9
The Delivery	10
Drills.....	12
Eight Essentials of Post-Pitching Recovery By Jim Ronai MS, PT, ATC, CSCS.....	13
Pitching Eligibility Form	15
Pitching Log.....	16
Little League Field Centers.....	Inside Back Cover

INTRODUCTION

GOAL OF NEW LITTLE LEAGUE REGULATION: PROTECTING PITCHERS' ARMS

Little League Baseball has changed its decades-old pitching rules, making the actual number of pitches delivered the deciding factor in determining eligibility in the baseball division.

Twenty copies of this publication, "Protecting Young Pitching Arms: The Little League Pitch Count Regulation Guide for Parents, Coaches and League Officials," are being provided at no charge to more than 7,000 local Little League programs worldwide. The goal of this publication is to reach as many parents and volunteers as possible, so that everyone will know the benefits and their responsibilities in making this regulation work.

Inside, you'll find helpful questions and answers about the new regulation, as well as the regular season regulation and the rule to be used in the International Tournament. It also includes great advice from respected medical professionals on the care and conditioning of the pitching arm, and the best ideas from the thousands of Little League volunteers who have successfully used "pitch counts" in their local Little Leagues during the past year or two.

Starting with the 2007 season, pitchers in all divisions of Little League, from age 7 to 18, will have specific limits for each game, based on their age. The number of pitches delivered in a game will determine the amount of rest the player must have before pitching again.

"Little League has a rich history of pioneering baseball safety innovations," said Stephen D. Keener, president and chief executive officer of Little League Baseball and Softball. "As the world's largest organized youth sports program, Little League is proud to take a leadership position in youth sports safety."

There are about 2.3 million players in the baseball divisions of Little League worldwide. There are nearly 400,000 female softball players, but the new regulations will not apply to softball.

For all of Little League Baseball's history, and for the history of amateur youth baseball in general, pitching regulations have used innings pitched to determine pitcher eligibility. Recently, researchers and medical professionals in the field of sports medicine have been working to determine if the actual number of pitches thrown (i.e., pitch count) is a better way to regulate pitching in youth baseball.

Most notable among those calling for pitch counts has been Dr. James R. Andrews, M.D., medical director at the American Sports Medicine Institute (ASMI) in Birmingham, Ala. Dr. Andrews is the world's foremost authority on pitching injuries and ulnar collateral ligament reconstruction, or, as it is better known, "Tommy John surgery." The ASMI and the USA Baseball Medical and Safety Advisory Committee have worked closely with Little League to create the guidelines for the new regulation.

"This is one of the most important injury prevention steps ever initiated in youth baseball by the leader in youth baseball," Dr. Andrews said. "It is certain to serve as the youth sports injury prevention cornerstone and the inspiration for other youth organizations to take the initiative to get serious about injury prevention in youth sports. I am proud that our American Sports Medicine Institute and USA Baseball can play a small role in this important initiative."

Little League is the first national youth baseball organization to institute a pitch count. The Little League International Board of Directors approved the measure unanimously at a meeting on Aug. 25, two days before the conclusion of the Little League Baseball World Series.

"This is the right time to make this change," Mr. Keener said. "We call upon all youth baseball organizations, including travel leagues, to implement their own pitch count programs in the interest of protecting young pitching arms. Our goal continues to be to educate everyone, particularly parents and coaches, on the potential injuries that can occur from throwing too many pitches."

For the past two years, Little League has conducted a Pitch Count Pilot Program to determine the feasibility of implementing a regulation limiting the number of pitches a Little Leaguer can throw in a day, and the rest required before pitching again. Fifty leagues were studied in 2005, and nearly 500 signed up for the program in 2006.

"Surveys of those leagues showed the overwhelming majority were able to implement a pitch count without any problems," Mr. Keener said. "They also found that they were able to develop other pitchers who might not have otherwise ever taken the mound. And they found that their pitchers were stronger at the end of the season."

Regulations for tournament play (all-stars) are similar, but with some modifications. Little League also continues to explore other pitching-related issues, such as the use of breaking pitches.

"While there is no medical evidence to support a ban on breaking pitches, it is widely speculated by medical professionals that it is ill-advised for players under 14 years old to throw breaking pitches," Mr. Keener said. "Breaking pitches for these ages continues to be strongly discouraged by Little League, and that is an issue we are looking at as well. As with our stance on pitch counts, we will act if and when there is enough medical evidence to support a change."

Little League International has begun a five-year study on breaking pitches by Little League pitchers. The study is being conducted by the University of North Carolina and is supported by the Yawkey Foundation.

THE NEW PITCH COUNT REGULATION

The following is the text of the new regular season Pitch Count Regulation for all levels of Little League Baseball. (The rule for use in the International Tournament is similar, and also is printed below.)

REGULAR SEASON – BASEBALL ONLY

REGULATION VI – PITCHERS:

- (a) Any player on a regular season team may pitch. (NOTE: There is no limit to the number of pitchers a team may use in a game.)
- (b) Junior, Senior, and Big League Divisions only: A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game.
- (c) The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:

League Age	17-18	105 pitches per day
	13-16	95 pitches per day
	11-12	85 pitches per day
	10 and under	75 pitches per day

Exception: If a pitcher reaches the limit imposed in Regulation VI (c) for his/her league age while facing a batter, the pitcher may continue to pitch until that batter reaches base or is put out. Note 1. Intentional Walk: Before a pitch is delivered to the batter, the catcher must inform the umpire-in-chief that the defensive team wishes to give the batter an intentional base-on-balls. The umpire-in-chief waves the batter to first base. The ball is dead.

- (d) Pitchers league age 16 and under must adhere to the following rest requirements:
 - If a player pitches 61 or more pitches in a day, three (3) calendar days of rest must be observed.
 - If a player pitches 41 - 60 pitches in a day, two (2) calendar days of rest must be observed.
 - If a player pitches 21 - 40 pitches in a day, one (1) calendar days of rest must be observed.
 - If a player pitches 1-20 pitches in a day, no (0) calendar day of rest must be observed.

Pitchers league age 17-18 must adhere to the following rest requirements:

- If a player pitches 76 or more pitches in a day, three (3) calendar days of rest must be observed.
- If a player pitches 51 - 75 pitches in a day, two (2) calendar days of rest must be observed.
- If a player pitches 26 - 50 pitches in a day, one (1) calendar days of rest must be observed.
- If a player pitches 1-25 pitches in a day, no (0) calendar day of rest must be observed.

- (e) Each league must designate the scorekeeper or another game official as the official pitch count recorder.
- (f) The pitch count recorder must provide the current pitch count for any pitcher when requested by either manager or any umpire. However, the manager is responsible for knowing when his/her pitcher must be removed.
- (g) The official pitch count recorder should inform the umpire-in-chief when a pitcher has delivered his/her maximum limit of pitches for the game, as noted in Regulation VI (c). The umpire-in-chief will inform the pitcher's manager that the pitcher must be removed in accordance with Regulation VI (c). However, the failure by the pitch count recorder to notify the umpire-in-chief, and/or the failure of the umpire-in-chief to notify the manager, does not relieve the manager of his/her responsibility to remove a pitcher when that pitcher is no longer eligible.
- (h) Violation of any section of this regulation can result in protest of the game in which it occurs. Protest shall be made in accordance with Playing Rule 4.19.
- (i) A player who has attained the league age of twelve (12) is not eligible to pitch in the Minor League.
- (j) A player may not pitch in more than one game in a day. (Exception: In the Big League Division, a player may be used as a pitcher in up to two games in a day.)

NOTES:

1. The withdrawal of an ineligible pitcher after that pitcher is announced, or after a warm-up pitch is delivered, but before that player has pitched a ball to a batter, shall not be considered a violation. Little League officials are urged to take precautions to prevent protests. When a protest situation is imminent, the potential offender should be notified immediately.
2. Pitches delivered in games declared "Regulation Tie Games" or "Suspended Games" shall be charged against pitcher's eligibility.
3. In suspended games resumed on another day, the pitchers of record at the time the game was halted may continue to pitch to the extent of their eligibility for that day, provided said pitcher has observed the required days of rest.
Example 1: A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes on the following Thursday. The pitcher is not eligible to pitch in the

resumption of the game because he/she has not observed the required three days of rest.

Example 2: A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes on Saturday. The pitcher is eligible to pitch up to 85 more pitches in the resumption of the game because he/she has observed the required three days of rest.

Example 3: A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes two weeks later. The pitcher is eligible to pitch up to 85 more pitches in the resumption of the game, provided he/she is eligible based on his/her pitching record during the previous three days.

Note: The use of this regulation negates the concept of the “calendar week” with regard to pitching eligibility.

TOURNAMENT RULE – BASEBALL ONLY

4. PITCHING RULES – LITTLE LEAGUE BASEBALL, 9-10 YEAR OLD, 10-11 YEAR OLD DIVISION, JUNIOR LEAGUE AND SENIOR LEAGUE

These rules replace the regular season pitching regulations. Violation of these pitching rules is subject to protest and forfeiture by decree of the Tournament Committee in Williamsport if protested before the umpire(s) leave the playing field.

- a. Any player on a tournament team may pitch. (NOTE: There is no limit to the number of pitchers a tournament team may use in a game.)
- b. A tournament pitcher may not pitch in regular season or Special Games while the team is still participating in the tournament.
- c. Pitchers once removed from the mound may not return as pitchers. Junior/Senior League: A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game.
- d. The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:

League Age:	13-16	95 pitches per day
	11-12	85 pitches per day
	10 and under	75 pitches per day

Exception: If a pitcher reaches the limit imposed above for his/her league age while facing a batter, the pitcher may continue to pitch until that batter reaches base or is put out. Note 1: Intentional Walk – Before a pitch is delivered to the batter, the catcher must inform the umpire-in-chief that the defensive team wishes to give the batter an intentional base on balls. The umpire-in-chief waves the batter to first base. The ball is dead.

- e. Pitchers league age 16 and under must adhere to the following requirements:
 - If a player pitches 46 or more pitches in a day, two (2) calendar days of rest must be observed.
 - If a player pitches 21 to 45 pitches in a day, one calendar day of rest must be observed.
 - If a player pitches 1 to 20 pitches in a day, no rest is required.
- f. A player may not pitch in consecutive games. Exceptions – A player may pitch in consecutive games if:
 1. less than 21 pitches were pitched in the previous game, or,
 2. the previous game was at another level, and the pitcher has received the required number of days of rest as noted in (e.) above. (Levels are District, Section, State, Division, Region, and World Series.)
- g. A player may not pitch in more than one game in a day.

4. PITCHING RULES – BIG LEAGUE BASEBALL

These rules replace the regular season pitching regulations. Violation of these pitching rules is subject to protest and forfeiture by decree of the Tournament Committee in Williamsport if protested before the umpire(s) leave the playing field.

- a. Any player on a tournament team may pitch. (NOTE: There is no limit to the number of pitchers a tournament team may use in a game.)
- b. A tournament pitcher may not pitch in regular season or Special Games while the team is still participating in the tournament.
- c. A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game.

Exception: If a pitcher reaches the limit imposed above for his/her league age while facing a batter, the pitcher may continue to pitch until that batter reaches base or is put out. Note 1: Intentional Walk – Before a pitch is delivered to the batter, the catcher must inform the umpire-in-chief that the defensive team wishes to give the batter an intentional base on balls. The umpire-in-chief waves the batter to first base. The ball is dead.

- d. The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:

League Age: 16 – 18 105 pitches per day

- e. Pitchers league age 16 and above must adhere to the following requirements:
 - If a player pitches 51 or more pitches in a day, two (2) calendar days of rest must be observed.
 - If a player pitches 26 to 50 pitches in a day, one calendar day of rest must be observed.
 - If a player pitches 1 to 25 pitches in a day, no rest is required.
- f. A player may not pitch in consecutive games. Exceptions – A player may pitch in consecutive games if:
 - 1. less than 26 pitches were pitched in the previous game, or,
 - 2. the previous game was at another level, and the pitcher has received the required number of days of rest as noted in (e.) above. (Levels are District, Section, State, Division, Region, and World Series.)
- g. A player may not pitch in more than two games in a day.

TWENTY QUESTIONS ON THE PITCH COUNT

Here are 20 commonly asked questions regarding the regular season baseball pitching regulation (pitch count) that takes effect in 2007.

1. Why has Little League changed the pitching regulation for all baseball divisions?

Recently, researchers and medical professionals in the field of sports medicine have determined that the actual number of pitches thrown (i.e., pitch count) is a safer way to regulate pitching in youth baseball. Little League has a rich history of pioneering baseball safety innovations. As the world's largest organized youth sports program, Little League is again taking a leadership position in youth sports safety.

2. How will a league determine who is responsible for counting the pitches?

Selecting the person responsible for counting pitches will be a decision of each local league. That person's pitch count will be the officially recognized pitch count for the game.

In most leagues, this responsibility will rest with the game's official scorekeeper. In that case, since a scorekeeper already keeps track of the balls and strikes on each batter, so he or she will additionally need to keep track of the number of foul batted balls that are hit with two strikes. Each pitcher's pitch count is computed by adding the number of balls and strikes, the number of foul balls hit with two strikes, and the number of fair batted balls.

Other leagues might assign a separate person who simply keeps track of every pitch on a piece of paper. Little League International will provide local leagues with a suggested form for this in the coming months. Leagues also can use any of the various digital or mechanical pitch counting tools that are available commercially. Still other leagues might assign the task to one or both of the managers, or to one of the base umpires.

3. What is the penalty for violating the pitch count regulation?

Violating the regular season pitch count regulation can be protested in accordance with Rule 4.19. And, as with all regular season games, the local league (by action of the local league Board of Directors through the Protest Committee) resolves all protests. The local league Protest Committee could decree a forfeit, or not, as it sees fit. The Board of Directors also could suspend or remove managers who willfully and persistently violate any rule or regulation.

4. What is the procedure for Interleague Play games?

As with any procedure of this nature, the Interleague Play Committee (formed from among personnel in the leagues involved before the start of the season) should decide this. The procedure for counting pitches should be agreed upon between all leagues involved in an interleague arrangement before the first game is played.

5. What is meant by "calendar days" in the regulation?

The principle of "calendar days" remains the same. A calendar day is one full day as it is seen on a calendar. A calendar day begins at midnight and ends at midnight the following evening.

Example: If a pitcher in the Little League Major Division throws 70 pitches in a game on Saturday morning, that pitcher cannot pitch again until Wednesday, when he/she has had three calendar days of rest (Sunday, Monday, and Tuesday). It makes no difference what time of day the pitcher pitched on Saturday, as the rest period does not begin until midnight that night.

6. Can the same pitcher throw in consecutive games?

Yes, depending on the number of pitches thrown and the days of rest, the same pitcher could pitch in consecutive games (regular season).

7. Can the same pitcher pitch in both games of a doubleheader played on the same day? What about a partial game (such as a continuation of a suspended game) and a full game later in the day?

No, in both cases. The regulation specifically forbids a player from pitching in two games in one day. It does not matter if one of the two games is only part of a game. (Exception: In Big League Baseball, a player may pitch in up to two games in a day.)

8. Why do 7 and 8 year olds have the same pitch limits as 9-10 year olds?

The medical and expert advice Little League received shows that these age groups are essentially the same.

9. Could our local Little League place further restrictions on pitching in the Minor Divisions?

Yes, a local league could further limit the number of pitches that can be thrown by a player in the Minor League.

10. If a pitcher is pitching a perfect game or no hitter and reaches his or her maximum pitch count, does he or she have to be removed as a pitcher, or can he/she continue until the perfect game or no hitter is lost?

Any pitcher, without regard to his/her effectiveness, must be removed when he or she reaches the limit prescribed in the regulation. Remember, no game is more important than protecting pitchers' arms.

11. Is the pitch count regulation mandatory in all divisions of baseball? What about softball?

The regulation applies to all baseball divisions of Little League. It does not apply to and cannot be used in softball.

12. Is there a limit to the number of 12 year olds that can pitch in a week?

No. A manager may use as many 12-year-old pitchers in a week as he/she chooses.

13. Can 12 year olds pitch in the minors?

No. The regulation prohibits 12 year olds from pitching in the Minor Division. The Minor Division must be considered an instructional division for players who, because of age or ability, are not placed in the Major Division. It should be the goal of every league to place all 12 year olds in the Major Division who are capable of playing at that level.

Note: A local Little League is limited to only one Major Division, but may have multiple levels of Minor Division play (player pitch, coach pitch, machine pitch, etc.).

14. Are warm up pitches calculated in the pitch count for a pitcher?

No. As always, however, umpires should be mindful that the rules permit a returning pitcher to have eight preparatory pitches, or one minute, whichever comes first. (See Rule 8.04.)

15. If a Major Division pitcher has completed six innings in a game, and the game is tied, will that pitcher be permitted to pitch in the seventh inning if he/she has not reached the limit?

Yes. There is no limit to the number of innings a pitcher can pitch in a day. A limit is placed on the number of pitches only.

16. Is the Tournament Pitching Rule the same as the regular season regulation?

The Tournament Pitching Rule is similar to the regular season rule, but there are some modifications.

17. Last year, the Pitch Count Pilot Program was optional. Is it optional in 2007?

No. All leagues in Little League must use the new Pitch Count Regulation in all divisions of baseball.

18. Will local leagues have the ability to continue to provide feedback to Little League International regarding the new pitch count regulation?

Absolutely. As with any rule or regulation of Little League, local leagues and districts are encouraged to provide feedback through the regional office. This feedback is valuable in determining what, if any, changes need to be made.

19. Does this mean a pitcher could pitch in two games in a "calendar week."

Yes, but the concept of the calendar week is no longer in use. Here's why: A pitcher under the previous regulation could have pitched six innings (potentially 150 or more pitches) on a Saturday, and after three days of rest, could have pitched on Wednesday for six more innings (and potentially more than 150 pitches). That's a potential total of 300 or more pitches in a five-day period.

Under the new regulation, the same pitcher could pitch on Tuesday (but no more than 85 pitches), and, after three days of rest, could pitch on Saturday (again, no more than 85 pitches). That's a potential of no more than 170 pitches in a five-day period.

20. What about breaking pitches (curve balls, sliders, etc.)?

As of now, there is no solid medical evidence that these pitches are detrimental. However, Little League and many experts recommend they not be thrown until age 14. Little League International is currently conducting an epidemiological study on this issue to see if these pitches are harmful.

BEST PRACTICES OF THE PITCH COUNT PILOT PROGRAM: LITTLE LEAGUE VOLUNTEERS TELL US HOW IT WORKED

Here is a sampling of the comments we received from volunteers in those leagues that used the Pitch Count Pilot Program in the 2006 season. Little League International asked for the “best practices,” so the information could be shared with all Little Leagues worldwide for the 2007 season. In this book, we’ve also included some sample forms that local leagues can use, also based on the best ideas from Little League volunteers.

- **Greg, from a local Little League in New Jersey** – “We had each team’s scorekeeper keep track of pitches. We made up our own form, which was modeled after the pitching affidavit for tournament play. Before each game, the managers checked both forms to determine eligibility, and after each game, the opposing manager had to sign the sheet (in ink). We bought counters for all teams to use.”
- **Pat, from a local Little League in California** – “We created a sheet that was placed in the scorekeeper’s notebook that kept track of the number of pitches for each pitcher. The scorekeeper was the official pitch count recorder. We used two counters for each game and kept track of the pitches on one counter for each pitcher that was in the game.”
- **Rick, from a local Little League in Illinois** – “We required all managers to purchase a pitch count device with the home team keeping the ‘official book.’ After a few initial complaints from a few managers who, in the past, relied on only a few pitchers to carry the load, our program ran quite well.”
- **David, a president of a local Little League in New York** – “As we do not have enough volunteers to provide official scorers, each team was responsible for keeping track of its own pitch count. Most teams tried to keep track of both pitchers.”
- **Florian, from a local Little League in Alberta, Canada** – “It was fairly easy. The scorekeeper ticks off each ball and strike, and counts one for the pitch that puts the ball into play. If he/she also ticks off two-strike foul balls at the top or below the column, you simply total the column at the end of each inning. The teams were also required to have with them an updated pitching control roster. They simply stapled it to the back of their scorebook.”
- **Gary, from a local Little League in New Jersey** – “We used a volunteer parent to keep track of pitches for each team. They used a hand-held counter and compared numbers with each other after each half-inning to make sure they were both on the same page. This system worked out very well. Coaches e-mailed pitch counts to our Information Officer along with the scores of the game. The Information Officer kept track of the pitch count for each player.”
- **Rene, from a local Little League in California** – “Our league was very successful with the Pitch Count Pilot Program last season. Everyone was a little hesitant at first, but within a couple of weeks, it was running smoothly. We purchased small hand-held tally counters for each manager and they made one available to the official scorekeeper for each game. Between innings, each manager would come to the official scorekeeper and the three of them would compare pitch counts from the prior inning. Once it was determined how many pitches were thrown, the official scorekeeper would mark it in the official book by the particular pitcher’s name and/or number. We never had any problems with this system.”
- **Steve, from a local Little League in Wisconsin** – “We issued each manager a ‘lap counter’ so each bench could keep track of pitches during each half-inning. At the end of each half-inning, the pitch counters would meet at home plate and record the number of pitches on the umpire’s game sheet. Then we recorded the game totals on our website, for all other coaches and interested parties to view.”
- **Kevin, from a local Little League in California** – “We found that the teams that developed the younger pitching advanced further at the end of the season in the Tournament of Champions. With a year of experience, I don’t think we’ll get any objections from the coaches this year. After a little training of the scorekeepers, coaches and umpires, this seemed to work.”
- **Gary, from a local Little League in Rhode Island** – “We used hand-held counters, and confirmed pitch counts for pitchers after each half-inning. At the conclusion of each game, we had a pitch count sheet that was filled in by each manager and signed by the opposing manager. This sheet was available to all managers at every game, so they could quickly find out the eligibility on any player. It worked extremely well.”
- **Ray, from a local Little League in California** – “We don’t have official scorekeepers for the regular season, so each team had to count pitches for both pitchers. The coaches met between innings to validate the numbers. All coaches must fill in the game results in a book that is kept in our field house.”
- **Kevin, from a local Little League in Iowa** – “We bought a hand-held pitch counter for every field that had a baseball team on it. That allowed one person to track both pitchers in the game on the same device. We just used the home team as the official scorekeeper, since we don’t have a separate scorekeeper. We provided everyone with a form that they were required to fill out and keep with them for the pitches thrown by game. If a

manager fails to sign it, we allow the umpire to sign for that person.”

- **Joe, from a local Little League in Pennsylvania** – “We found the best and easiest way to track the number of pitches thrown, was to have the coach keep the scorebook in the dugout, and record each pitch in the scorebook. Since the scorebooks we use had a box for balls and strikes, it was simply a matter of checking off each pitch in the book. For fouls, we just made extra marks next to the strikes. We would then compare the numbers between innings with the opposing coaches, and I would estimate there were not issues 99 percent of the time.”
- **Curtis, from a local Little League in California** – “The Pitching Record form was kept with the ‘Official Game Scorebook’ and the information listed was recorded as the total summary of the pitcher’s usage for that game. To try to maintain a level of honesty, the Pitch Count Record was kept by the visiting team’s scorekeeper, and the Pitching Record was recorded into the book by the home team’s scorekeeper, who was responsible for the ‘Official Game Scorebook.’”
- **Bill, from a local Little League in Pennsylvania** – “The feedback I received from my managers was that the process was pretty easy and straightforward. Feedback from the parents was very positive, and we know they can be our worst critics.”
- **Jim, from a local Little League in New Hampshire** – “Each team typically has a coach keeping a book, and we provide a pitch counter to them before the start of each game. In between each half-inning (or when a pitching change occurs), the coaches sync up with the official scorer.”
- **Mike, from a local Little League in Rhode Island** – “Each team received a small hand-held counter. After each inning, the two scorekeepers checked the counts. Counts were e-mailed to me, and a spread sheet was updated each night and e-mailed back to all managers so they would know pitcher eligibility.”
- **Bob, from a local Little League in Michigan** – “We kept the pitch count a couple of different ways. One way was using a small, hand-held counter device (such as one purchased in an office supply store). The other way was to simply add a tally mark next to the area where we keep balls and strikes in the scorebook. The total pitches thrown by each pitcher were written next to each pitcher’s name on the scorebook, and then circled. In our league, the home team is responsible for keeping and tuning in our scorebooks in after each game. This gave the league the ability to periodically audit the program as well as settle any disputes about when pitchers were eligible to pitch again. In addition to protecting young pitchers’ arms, the pitch count program also places a priority on developing and teaching many more players how to pitch.”
- **Kent, from a local Little League in California** – “I am proud to report that we had absolutely NO arm injuries in 2006, as opposed to at least two a year in previous years. I believe the Pitch Count Pilot Program was a key factor. In our league, each team designated a “pitch count person” (not a coach, but a parent in the stands, as the coaches have too much else going on). The parent was given a hand-held counter and kept track of each pitch. After the end of each half-inning, the parents from each side compared their counts, which were exactly the same 99 percent of the time, then reported them to the official scorekeeper. The scorekeeper had a simple log for each game, which were kept with the official scorebooks in our board room.”
- **Chris, from a local Little League in Arizona** – “As an umpire, we always asked about the pitch count at the end of every half-inning to make sure everyone is communicating.”

CONCLUSIONS

A common thread in many of the responses was the importance of clear communication. Leagues reported that the official scorekeeper, the pitch counter(s), the umpire-in-chief, and the managers should all be made aware of the pitch counts.

It is also very important for leagues involved in interleague play to ensure all officials concerned are “on the same page.”

Most leagues also kept the Pitch Count Log someplace accessible, so that both teams would know which pitchers were eligible for a particular game, and which ones were not. The location for the log varied, however. Some kept it in the concession stand or other common building, while others maintained the log on the league’s web site, or sent it to managers via e-mail.

The person who actually counts the pitches can vary from league to league. Here are a few of the ideas for the official pitch counters:

- The official scorekeeper. (Sometimes, this was a coach or parent from the home or visiting team).
- An assistant to the official scorekeeper whose duty it is to track only the pitch count for each pitcher.
- One coach or parent for each team in the game, with the two tallies being compared every half-inning.
- A base umpire.

The mechanics involved in counting the pitches also can vary:

- The official scorekeeper counts up the balls, strikes, foul balls with two strikes, and fair batted balls in a scorebook designed for this purpose, or on a separate sheet of paper.

- The official scorekeeper uses a commercially-available computerized scoring program, rather than the traditional paper scorebook, which allows the user to easily track the number of pitches throughout the game.
- The assistant to the scorekeeper counts up the balls, strikes, foul balls with two strikes, and fair batted balls using a form designed for this purpose.
- The person doing the counting uses a hand-held counter specifically designed for counting pitches or counting laps. These are generally available at sporting goods outlets.
- The person doing the counting uses a standard “inventory counter” that is available in most office supply stores.

The bottom line is, whichever system works best in your league for counting pitches, is the system you should use. It might take some leagues a week or two to become accustomed to the new regulation, and some refinements in putting it into effect in your league may be necessary – just as they were in the leagues that used “pitch counts” over the past two years.

PITCHING FUNDAMENTALS

By NICHOLAS CARINGI

INTRODUCTION

The purpose of this part of “Protecting Young Pitching Arms: The Little League Pitch Count Regulation Guide for Parents, Coaches and League Officials,” is to provide some insight to players and coaches learning about pitching in a mechanically correct way.

From Little League to the professional ranks, pitching styles have always varied. Regardless of the style, there are definite fundamentals all pitchers must follow. By doing this, the chances of injury are lessened.

Most effective pitchers have three things in common; working fast, throwing strikes and changing speeds. To be effective a pitcher must learn to keep hitters off balance. After all, hitting requires good timing on the part of the batter. The pitcher’s main task should be to disrupt the hitter’s timing. As a result, this portion of “Protecting Young Pitching Arms: The Little League Pitch Count Regulation Guide for Parents, Coaches and League Officials,” will teach the change-up, which gives the pitcher an added edge on the hitter.

Learning a skill like pitching is not easy for most players. In order to assist teaching this skill several drills are included that are specifically designed to improve and maintain proper pitching mechanics. Pitchers need to work on these drills every day. The drills do not require expensive equipment; just a baseball, glove, and a hard-working player.

With a positive frame of mind, the willingness to succeed, and the latest knowledge provided in “Protecting Young Pitching Arms: The Little League Pitch Count Regulation Guide for Parents, Coaches and League Officials,” pitchers can succeed – safely – at any level of ball.

THE STARTING POSITION

When a pitcher stands on the rubber to begin the delivery to the hitter, it is suggested that a right-handed pitcher stand on the right corner of the pitching rubber. Left-handed pitchers should stand on the left side of the rubber. Deception is an important part of pitching. By standing on the throwing-hand side of the rubber, the pitcher gains a deception advantage. The hitter is prevented from picking up the baseball during the delivery until it gets to the “window” – the spot over the pitcher’s shoulder where the batter sees the release of the ball.

The pitcher should start in a relaxed stance with the shoulders square to the plate. Standing with both feet on the rubber, the pitcher’s toes should be slightly in front of the pitching plate. Be sure that there is space between the pitcher’s feet (a little closer than shoulder-width apart). The pitcher’s weight should be on his/her pivot foot with the glove-side leg relaxed and slightly bent. This helps emphasize the weight transfer back when beginning the delivery.

The starting position of the hands can be held in any way that feels comfortable, such as:

1. In the throwing hand behind the back;
2. In the glove to the side, and;
3. In the glove resting against the waist or chest.

However, at the point of the delivery, the hands will be brought together in front of the chest and the hands will be together. If the pitcher holds the ball in the glove it is important that the pitcher holds the ball in the palm of



Ready Position

the glove for securing a grip. Be sure that the pitcher keeps the ball hidden from the batter and the opposing team's coaches' view to prevent them from picking up what pitch is going to be thrown.

THE DELIVERY

Weight Transfer: Regardless of the pitcher's position on the rubber, the next progression is to start the delivery. The pitcher will take a small step straight back with the left foot (right-handed pitcher), about five or six inches. The pitcher may want to step to the side instead of straight back. Either way is fine.

One important checkpoint is to make sure that the bill of the cap of the pitcher never leaves the plane of the rubber. This ensures that the pitcher will not pull the body back too far, causing a rushed delivery. The aim is to produce a smooth, tension-free delivery.

The best approach is to keep an unobstructed view of the target. Many pitchers like to take their hands back over their head when beginning the delivery, but some young pitchers may have trouble maintaining balance. Be keeping the pitcher's hands near the chest during the delivery, balance is more easily maintained. It is important for the pitcher to move the hands at the same time the small step back is taken. Otherwise the pitcher gets out of rhythm and the delivery will not be as smooth.

The Pivot Foot: Establishing the pivot foot is one of the most important elements in getting the pitcher's body in a correct position to throw accurately. After transferring the weight back, the next step in the progression is for the pitcher to square off the pivot foot and place it in front of the rubber. The outside portion of the pivot foot must remain in contact with the rubber, and the instep should be directly at the target. Placing the foot on top of the rubber does not allow for an effective push or drive to the plate.

The Leg Lift: The leg lift enables the pitcher to obtain a maximum weight transfer towards the plate. As the pitcher's weight transfers to the pivot foot, his/her shoulders will automatically square toward third base (right-handed pitcher). Now the pitcher has established a pointer or a directional side with the glove side pointed towards the catcher.

The pitcher then begins the knee lift, with three important checkpoints. First, make sure the pitcher's thigh is at least parallel to the ground at the height of the lift, at a comfortable level. A good way to find a comfortable knee lift position is to have the pitcher freeze at the top of the lift. If the pitcher loses balance, the knee lift is too high. The pitcher must keep good posture. Arching the back may cause the pitcher to lose balance during the delivery.

Another checkpoint on the leg lift is to keep the lift foot somewhat underneath the knee. Kicking the foot out will cause the pitcher to lose balance. If the foot is relaxed, it will allow the pitcher to have a higher, more comfortable leg lift. Remember, the pitcher needs to achieve a tension-free delivery.

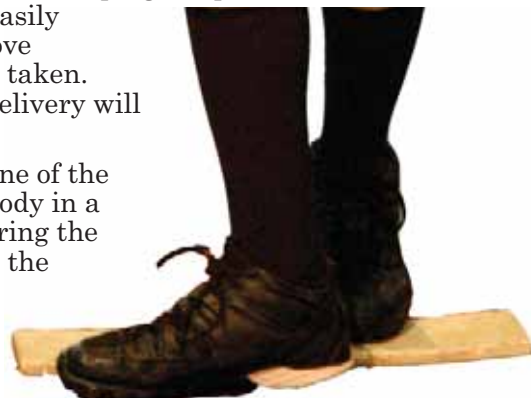
Finally, at the height of the leg lift, the knee should be turned back slightly towards the plane of the rubber. By bringing the knee back, this ensures that the hips stay closed and the pitcher's weight is completely on the back leg. By not keeping the hips closed, the pitcher cannot get maximum hip thrust when throwing the ball. It is important that the pitcher's head is over the back knee. If the pitcher tips his head toward the plate, it will cause a rushed delivery.

The hands, regardless of where the pitcher has them during the beginning of the delivery, must be at the chest or waist area at the height of the leg lift.

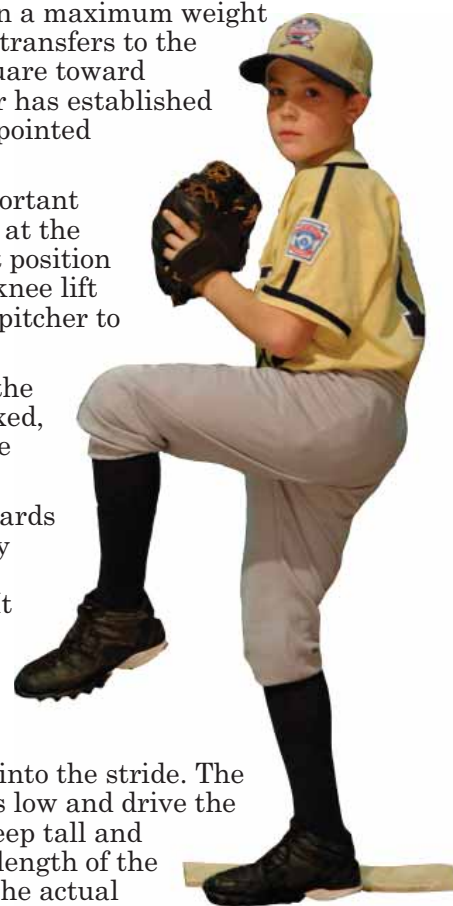
The Stride: From the leg lift position, the pitcher should drive off the back leg into the stride. The extent of the drive is the pitchers preference. Some pitchers like to drop their hips low and drive the ball to the plate using their legs as a part of the throwing action. Others like to keep tall and in a sense "fall" towards the plate. This is a decision for the pitcher to make. The length of the stride may range anywhere from approximately 85 percent of the body height to the actual length of the entire body.



Weight Transfer



Pivot Foot



Leg Lift



Launch Position

Good advice is to use the pitcher's physical attributes when making this decision. If the pitcher is tall, then the "tall and fall" method might be desired. If the pitcher is not tall then the "drop and drive" method might be desired. The only problem with the drop and drive method is that some pitchers have a tendency to drop and drag the elbow during the throwing motion. A low elbow at delivery of the pitch can lead to arm and shoulder injuries. The "tall and fall" method will not necessarily keep the elbow from dragging, but it makes it easier for the pitcher to stay on top of the ball.

What is important is that the pitcher gets a maximum stride that is comfortable. A maximum stride will allow the pitcher to release the ball closer to the plate, increasing velocity. Over-striding may result in the pitcher having trouble keeping pitches down in the strike zone.

As the lift knee moves forward into the stride, the pitcher should keep the knee flexible. This prevents the pitcher from kicking out the foot when pushing toward the plate. If the pitcher does kick the lift foot out when striding, the pitcher will normally arch the back in order to attempt to gain balance. Arching the back cuts down on the stride.

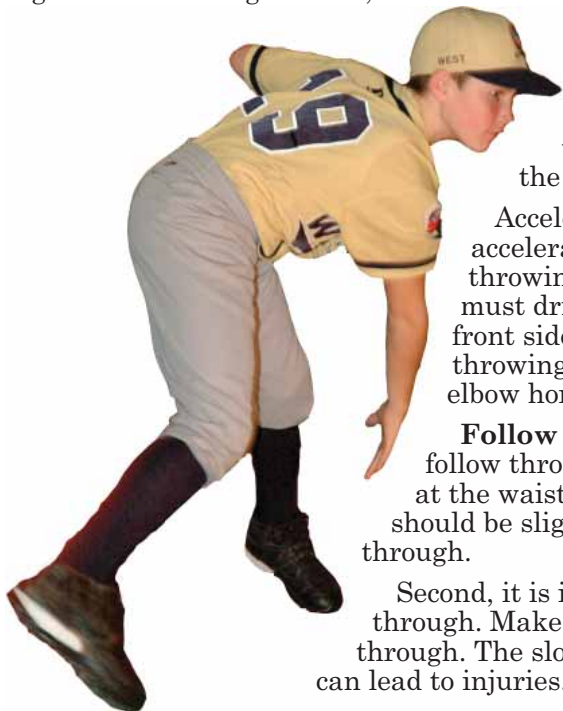
As the pitcher lands on the stride foot, make sure that the landing is on the ball of the foot with the toes pointing just slightly closed to the plate. Landing on the heel of the foot will cause a "jerk" or momentary stop in the delivery. This can create arm problems.

The foot must be in a direct line with the target when landing. If the foot lands away from this line, then the pitcher is forced to either throw across the body, or the follow-through will be affected by the loss of balance.

Getting to the Launch Position: As the pitcher lifts the leg and takes a comfortable stride, the hands must separate and reach what is called the launch position. The pitcher must concentrate on turning the thumbs in toward the body (down) and turning the palms away from the body when separating the ball from the glove. This action helps to get both the glove-side elbow and the throwing-arm elbow to shoulder height. When the hands break, be sure the pitcher separates the ball and glove inside of the lift knee. If the pitcher throws the hands outside the lift knee, the back may arch.

There are three checkpoints in the launch position. One is to be sure the glove-side elbow is at shoulder height when the pitcher is ready to deliver the ball. This will give the pitcher a better balance and will aid in keeping the throwing elbow from dragging.

The second checkpoint involves the throwing elbow at or slightly above shoulder height. If the elbow drops or drags when throwing the ball, elbow and shoulder problems are soon to follow.



Follow Through

Finally and most important, make sure the ball is facing away from the catcher toward second base. Keep the elbow slightly bent in an "L" shape. If the ball is not facing away, the elbow will have a tendency to drag below shoulder height as the ball is thrown. With the ball facing away in the correct position, as the hips are rotated to the plate the ball also will automatically be rotated toward the plate.

Acceleration of the Arm: From the launch position, the pitcher begins to accelerate the arm. At this point, the glove side is just as important as the throwing side. With the elbows at shoulder height in the launch, the pitcher must drive the glove side elbow down vertically past the hip. By "driving the front side down" the pitcher ensures that the throwing shoulder is up and the throwing elbow is at shoulder height. If the pitcher drives the glove hand or elbow horizontally, the throwing elbow may drag.

Follow Through: Pitchers must adhere to two absolutes for an effective follow through after delivering the pitch. First, be sure that the pitcher bends at the waist and is getting the head out over the stride knee. Also, the front knee should be slightly bent to cushion the weight transfer, and to aid in a smooth follow through.

Second, it is important that the pitcher is in a good fielding position after following through. Make sure that the pitcher does not stop the throwing arm during the follow through. The slowing action causes control problems and completely stopping the arm can lead to injuries.

PITCH VARIETY

A Little League pitcher should concentrate on mastering two pitches, the fast ball and the change up. As players get older, they may elect to learn the breaking ball.

Fast Ball – Four-Seam Grip: The most commonly used grip for accuracy is the four-seam fast ball. The four-seam fast ball is held with the index and middle fingers positioned across the large seams. A finger's width should be the distance between the index and middle fingers with the thumb positioned underneath the ball on a seam. The pitcher should be sure there is a small space between the web of the hand and the ball. The third and fourth fingers are curled back.

Fast Ball – Two-Seam Grip: The two-seam fast ball is held with the index and middle fingers across the seams where the horseshoe-like seams almost meet. The thumb is placed on a seam at the bottom of the ball, while the third and fourth fingers are curled back. Using this grip provides a little extra movement on the fast ball. Again, the pitcher should be sure there is a small space between the web of the hand and the ball.

Fast Ball – With-the-Seam Grip: On this grip, the index and middle fingers should be placed on the seams where both horseshoe seams almost meet. The thumb is placed on a seam underneath the ball. The pitcher should be sure there is a small space between the web of the hand and the ball. The third and fourth fingers are curled back. When thrown, this pitch has a tendency to move a little which will make it more difficult to hit.

Three-Finger Change Up: The purpose of a change up is to give the appearance of a fastball, but because the speed of the ball is much slower, the hitter's timing is disrupted.

The three-finger change up can be gripped in any way the pitcher feels comfortable. Most pitchers grip the first and third fingers running the length of the seams with the middle finger in between the seams. The thumb is positioned underneath on a seam. Some pitchers grip the three-finger change up similar to a four seam fastball with slight modifications.

The most important aspect of the change up is that the ball, unlike all the fast ball grips, is tucked back against the pad of the hand. When throwing any change up, the key is to keep the same pitching mechanics and arm speed. The grip of the ball will slow the speed of the pitch.



Four-seam Fastball



Two-seam Fastball



With-the-Seam Fastball



Three-finger Change Up

DRILLS

The following drills are designed to break down the pitching motion into progressions that can be isolated. They can be done from shorter throwing distances.

Slow Motion Drill: Standing on the rubber, or a simulated rubber, or simply line in the dirt or grass and without a ball, the pitcher begins the pitching progression as slow as he or she possibly can. This concentration drill allows the coach and the pitcher to look very closely at each progression of the motion and make corrections. The pitcher fakes a pitch and completes the progression with the follow through.

Pivot Foot Drill: The pivot foot drill begins with the pitcher's pivot foot or power foot placed against the rubber with the instep facing the target or the plate. The weight is on the stride foot. At this point the body should be in control and above the plane of the rubber. The pitcher transfers the weight to the pivot foot which then creates the directional side (meaning glove side pointing to the plate) and goes right through to the knee lift and finishes the progression. This drill reinforces the control over the rubber as well as the creation of the directional side.

Knee Lift Drill: Starting in the knee lift position, the pitcher simply holds a proper, comfortable knee lift for three to five seconds, and then completes the progression moving to the stride and launch positions. This drill reinforces the balance needed and controlled direction towards the plate.

Launch Drill: With the feet separated more than shoulder-width apart, and in a good launch position (both elbows at shoulder height, ball facing away and throwing arm in an "L shape"), the pitcher should simply lift the

stride foot slightly, transfer weight from the pivot foot back to the stride foot, continue with the progression by driving the glove side elbow down and back past the hip, and throw the ball with a good follow through.

If needed, the coach can reinforce any position of the launch by simply holding or reinforcing the position. For instance, a pitcher may drag his elbow through the delivery, and the coach may correct it by holding the elbow at the correct height at the start of the launch.

Nick Caringi of Williamsport, Pa., is the Little League International Director of Operations. He attended St. Bonaventure University (Olean, N.Y.) where he was a pitcher on the baseball team. He graduated in 1990 with a bachelor's degree in elementary education. He also served as the St. Bonaventure pitching instructor during graduate school.

EIGHT ESSENTIALS OF POST-PITCHING RECOVERY

BY JIM RONAI MS, PT, ATC, CSCS

The institution of the pitch count in Little League Baseball represents a positive step towards ensuring that the game of baseball is safer both in the present and future careers of young pitchers.

As an adjunct to this new pitch count regulation and in an attempt to protect the health and safety of youth baseball pitchers, the following post-performance suggestions are offered. Since most youth baseball pitchers are typically removed from the mound, but not necessarily from the game, these suggestions are intended for post-game or for a time when the pitcher is considered done for the day.

1. Children learn most effectively with a consistent routine. All athletes need to have a routine that they perform both pre- and post-game. The routine needs to be monitored and consistent. Athletes need to know that the routine needs to be completed correctly before they will be permitted to participate in subsequent game or practice play.
2. Perform a "cool down activity." Have pitchers jog for four to six minutes, to the point when they start to sweat. This increases general blood flow throughout the body and prepares the body for a post-performance flexibility routine. Increasing blood flow allows the body to circulate oxygenated blood to fatigued muscles. Oxygenated blood helps soft tissues recover and heal following activity.
3. Spend five minutes on a post-game, movement-based, "dynamic flexibility program." Incorporate movements for the forearms, shoulders as well as the torso and lower body. As an example, have athletes perform progressive arm circles forward and backward for their arm and shoulder muscles, and walking heel grabs for their thigh and hip flexor muscles. These drills represent only a portion of a post-outing routine that help the athlete stretch their entire body. Along with increasing the flow of oxygenated blood to muscles and tendons, stretching dynamically following an athletic performance helps to mediate the by-products of exercise that make the body stiff and sore.
4. Designate one staff member to review the pitcher's performance. Keep things simple and to the point. Review the negative aspects of the pitcher's performance, but be sure to finish the conversation by emphasizing the positive. Leave the athlete feeling good about his/her outing.
5. Since most young athletes answer questions about how they feel with a shrug or a one-word answer, develop a visual analog scale for the pitchers to use to quantify how they feel before, during, and after the game. The scale can be something as simple as a one-to-10 scale with a picture of a frown at No. 1, a neutral face at No. 5, and a happy face at No. 10. Ask the pitcher how he/she feels before the game, at the end of each inning, and at the end of the performance. The visual scale allows younger players to easily point to the number or picture that most describes how the arm is feeling. Coaches can use the scale to inquire about the condition of a pitcher's arm before the game as well as any symptoms that he/she develops during or at the conclusion of the game. Monitoring a young pitcher's perception of his/her physical wellness helps coaches make note of trends related to performance or potential injury related to volume, lack of endurance, or other variables.
6. Having a cooler of ice available in the dugout is an important part of optimizing a pitcher's recovery. Keep a few bags of ice available for pitchers to apply to their shoulders and elbows following a pitching outing. Never apply ice directly to the skin or for more than 12-15 minutes. Also be aware of the ulnar nerve found in the area of the "funny bone," and be sure not to apply ice directly over it.
7. Do not allow pitchers to go home and re-create their game by throwing with "coach mom or dad." Once they are done on the field, they are done for the day. Encourage families to follow this approach for the sake of the child's health.
8. In an attempt to establish consistent pitching performance, athletes need to gain and maintain strength as well as control of their bodies. An age-appropriate strength, balance and coordination routine for your pitchers should be taught at the beginning of the season and should be

performed by pitchers the day after each outing. These activities help to ensure that the athlete is taking care of his/her “pitching muscles” on a consistent basis in preparation for the next outing. Simple programs should address balance, as well as strengthening for the rotator cuff, back, core and leg muscles. Remember that the season is long, and that without training, muscles fatigue and lose strength over time. Keep them strong for the long haul.

Jim Ronai MS, PT, ATC, CSCS is a Physical Therapist, Certified Athletic Trainer through the National Athletic Trainers Association (NATA) and a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association (NSCA). He is the Director of Physical Therapy and Sports Medicine at Rehabilitation Associates, Inc. in Connecticut and Director of Jim Ronai’s Competitive Edge, an athletic performance-training program. Jim has served on the medical staff for two U.S. Olympic teams and is a member of the USA Baseball Medical and Safety Advisory Committee.

Division _____

Team _____

* Note: Signatures may be optional as determined by the local league.

Little League -- Baseball Game Pitch Log

Team _____ Opponent _____ Date _____


Pitcher's Name		Uniform Number	League Age	X		Cross out the number as that pitch is thrown.																																
				O	Circle the number for the last pitch thrown in each half-inning.																																	
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Pitching eligibility varies by the league age of the pitcher, which is the pitcher's age as of May 1 of the current year. The pitching eligibility regulation is in Regulation VI (see current rule book for details). A blank electronic version of this form is available for free download at www.littleleague.org.

LITTLE LEAGUE FIELD CENTERS

Little League Field Centers are fully staffed year round to provide assistance and direction to Little League volunteers. All general questions, written suggestions for improving this rulebook, tournament inquiries, rule interpretation requests and supply orders should be directed to the appropriate field center in your region as indicated.

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Al. Malej Ligi 1
Kutno, 99-300, Poland
PHONE: 011-48-24-254-4569
FAX: 011-48-24-254-4571
E-MAIL: europe@littleleague.org

Latin America Region Hdqts.
PO Box 10237
Caparra Heights, Puerto Rico 00922-0237
PHONE: 787-982-3076
FAX: 787-982-3076 or 787-728-8164
E-MAIL: latinamerica@littleleague.org

Asia-Pacific Region Hdqts.
Asia-Pacific Regional Director
C/O Hong Kong Little League
Room 1005, Sports House
1 Stadium Path
Causeway Bay
Hong Kong
PHONE: 011-852-2504-4007
FAX: 011-852-2504-8629
E-MAIL: llbapr@hkbaseball.com.hk

What They Are Saying About Little League's Pitch Count Regulation...

"This is one of the most important injury-prevention steps ever initiated in youth baseball by the leader in youth baseball. It is certain to serve as the youth sports injury prevention cornerstone and the inspiration for other youth organizations to take the initiative to get serious about injury prevention in youth sports." – ***Dr. James Andrews, medical director and the world's foremost authority on pitching injuries at the American Sports Medicine Institute***

"We, as scouts, like fresh arms and cringe when we hear of players throwing 100-plus pitches. You can teach players with fresh arms and mold them. Older players, or players who have thrown a lot, simply don't adapt well to change and have a greater chance of being injured." – ***Jimmy Lester, scout for the Pittsburgh Pirates***

"Following the pitch count rule made our managers teach the fundamentals and start to develop more pitching at a younger age." – ***Jeff Keller, manager of the 2007 Northwest U.S. Champion Murrayhill (Ore.) Little League team***

"It's too early to see kids having elbow and shoulder surgery at 17 and 18 years old. I vote for doing the best we can to take care of them, and that's why I support this program." – ***Mike Mussina, Major League Baseball pitcher***

"By the time (the Marlins) sign a player, I've done extensive medical background work. A lot of guys have already had specific problems with their arms because coaches don't seem to realize that there are only a certain number of throws a player has in him." – ***Matt Anderson, scout for the Florida Marlins***

"Naturally, this rule will make coaches develop more pitching. I've said all along, a pitcher's arm has a certain number of throws in it before it gives out. Little League is for fun no matter how you look at it. It's not about throwing a player's arm away to win a game." – ***Randy Morris, manager of the 2006 Little League Baseball World Championship team, Columbus (Ga.) Little League***

"I think Little League going to a pitch count is awesome. I think since players in pro baseball are on pitch counts, that tells you something. Teams want their pitchers to be healthy and have something left. I can't imagine a Little League coach's argument against that." – ***Dale Murphy, former Major League player***

"Over the course of the regular season and into tournament play is when you will see the benefits of counting a player's pitches. By keeping pitch numbers down in April and May, these players will be better pitchers in June and July." – ***Jamie Reed, athletic trainer for the Texas Rangers***

"Little League has a rich history of pioneering baseball safety innovations. As the world's largest organized youth sports program, Little League is proud to take a leadership position in youth sports safety." – ***Stephen D. Keener, president and chief executive officer, Little League Baseball***

Division	TBALL	PEEWEE	FARM	MINORS	MAJORS	JUNIORS	SENIORS	BIG	SOFTBALL
Ages	5 to 6	7 to 8	8 to 9	9 to 12	10 to 12	13 to 14	15 to 16	17 to 18	9 to 12
Philosophy	Instructional	Instructional	Instructional	Competitive	Competitive	Competitive	Competitive	Competitive	Competitive
Try Outs	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Team Formation	Assigned	Assigned	Draft 3rd	Draft 2nd	Draft 1st	Draft	Draft	Draft	Draft
Length of Game	3 Inn	6 Inn	6 Inn	6 Inn	6 Inn	7 Inn	7 Inn	7 Inn	6 Inn
Time Limits		or 90 min	no new Inn after 2h15m	No Time Limits	No Time Limits	No Time Limits	No Time Limits	No Time Limits	No Time Limits
Length of Innings	All Players Bat once	3 outs or once through lineup	3 outs or 5 runs	3 outs or once through lineup	3 outs	3 outs	3 outs	3 outs	3 outs
Batting Order	Continuous	Continuous	Continuous	Continuous	Continuous	9 Players	9 Players	9 Players	9 Players
Bunting	NO	NO	YES	YES	YES	YES	YES	YES	
Base Running									
Lead Off	NO	NO	NO	NO	NO	YES	YES	YES	NO 7.08(a)5
Stealing	NO	NO	NO	YES	YES	YES	YES	YES	YES
Sliding	NO	NO	NO	YES	YES	YES	YES	YES	YES
Keep Score	NO	NO	YES	YES	YES	YES	YES	YES	YES
Keep Standings	NO	NO	NO	YES	YES	YES	YES	YES	YES
Protests	NO	NO	NO	YES	YES	YES	YES	YES	YES
Forfeits	NO	YES	YES	YES	YES	YES	YES	YES	YES
Infield Fly Rule	NO	NO	NO	YES	YES	YES	YES	YES	YES
Last Batter Rule	YES	YES	YES	YES	NO	NO	NO	NO	NO
Make up Games	NO	NO	NO						
Field Dimensions	45' Base Path	60' Base Path	60' Base Path	60' Base Path	60' Base Path	90' Base Path	90' Base Path	90' Base Path	60' Base Path
Coaching Rules	OK on Field	1 Defensive Mgr as Umpire	1 Defensive Mgr as Umpire	Umpires Only	Umpires Only	Umpires Only	Umpires Only	Umpires Only	Umpires Only
Base Coaching	OK on Field	2 Adults in coaches Box, 1 Adult in Dugout always	2 Adults in coaches Box, 1 Adult in Dugout always	2 Adults in coaches Box, 1 Adult in Dugout always	2 Adults in coaches Box, 1 Adult in Dugout always	2 Adults in coaches Box, 1 Adult in Dugout always	2 Adults in coaches Box, 1 Adult in Dugout always	2 Adults in coaches Box, 1 Adult in Dugout always	2 Adults in coaches Box, 1 Adult in Dugout always
Pitching / Batting Rules	Use Tee	Coach Pitch 5, then MUST use Tee	Any player, 2 Inn per game, 6 per max, 42'	9-11 yr old, 6 Inn per week max	Any player, 6 Inn per week max	Any player, 9 Inn per week max	Any player, 9 Inn per week max	Any player, 9 Inn per week max	Any player, 9 Inn per week max, 40'
Foul Tip Caught = 3rd Strike	NO	NO	NO	YES	YES	YES	YES	YES	YES
Defensive Players	All Play	9 Players, Borrow if Necessary, Six (6) Minimum	9 Players, Borrow if Necessary, Six (6) Minimum	9 Players, Borrow if Necessary, Six (6) Minimum	9 Players required	9 Players required	9 Players required	9 Players required	9 Players required
min Play Time	All Play	9 def outs and 1 at bat	9 def outs and 1 at bat	9 def outs and 1 at bat	9 def outs and 1 at bat	9 def outs and 1 at bat	9 def outs and 1 at bat	9 def outs and 1 at bat	9 def outs and 1 at bat
Play Stopped		Pitcher In possession, on mound. Runners halfway continue	Pitcher In possession, on mound, catcher in box	Pitcher In possession, on mound, catcher in box	Pitcher In possession, on mound, catcher in box				
Umpire	Coach or Parents	Coach or Parents	Coach or Parents	Required to Start Game	Required to Start Game	Required to Start Game	Required to Start Game	Required to Start Game	Required to Start Game
Who Do We Play?	ELL Teams	ELL Teams	ELL Teams	ELL Teams	ELL Teams	Inter League	Inter League	Inter League	Inter League
Post Season Play									
ELL	NO	NO	Fun Tournament	Fun Tournament, Seeded	Dbt Elimination, All Teams	NO	NO	NO	NO
District 59	NO	NO	NO	NO	D59 TOC	D59 TOC	D59 TOC	D59 TOC	D59 TOC
Regional / Other	NO	NO	*NO	All Stars	All Stars	All Stars	All Stars	All Stars	All Stars
* ELL All Star teams will be filled from the highest division first				(2) Teams age 9-10		(1) Team	(1) Team	(1) Team	(1) Team
Farm 9 yr olds MAY NOT have opportunity to play on an All Star team				(2) Teams age 11					
				(2) Teams age 11-12					



Little League® Volunteer Application - 2007

Use extra paper to complete if additional space is required.

**A COPY OF VALID GOVERNMENT ISSUED PHOTOIDENTIFICATION
MUST BE ATTACHED AND USED TO VERIFY INFORMATION BELOW.**

Name _____ Date _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Business Phone _____

E-mail Address (optional) _____

Date of Birth _____

Occupation _____ Social Security # _____

Employer _____

Address _____

Special professional training, skills, hobbies: _____

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

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

Do you have children in the program? Yes ☐ No ☐

If yes, at what level? _____

Special Certification (i.e. CPR, Medical, etc.): _____

Do you have a valid driver's license: Yes ☐ No ☐

Driver's License#: _____ State _____

Have you ever been convicted of or plead guilty to any crime(s): Yes ☐ No ☐

If yes, describe each in full: _____

Have you ever been refused participation in any other youth programs? Yes ☐ No ☐

If yes, explain: _____

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

League Official ☐ Coach ☐ Umpire ☐ Field Maintenance ☐

Manager ☐ Scorekeeper ☐ Concession Stand ☐ Other ☐

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

Name

Phone

As a condition of volunteering, I give permission for the Little League organization to conduct a background check on me, which may include a review of sex offender registries, child abuse and criminal history records. I understand that, if appointed, my position is conditional upon the league receiving no inappropriate information on my background. I hereby release and agree to hold harmless from liability the local Little League, Little League Baseball, Incorporated, the officers, employees and volunteers thereof, or any other person or organization that may provide such information. I also understand that, regardless of previous appointments, Little League is not obligated to appoint me to a volunteer position. If appointed, I understand that, prior to the expiration of my term, I am subject to suspension by the President and removal by the Board of Directors for violation of Little League policies or principles.

Applicant Signature _____ Date _____

Applicant Name (please print or type) _____

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

Local League Use Only:

Background check complete by league officer _____

on _____

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

Sex Offender Registry ☐ Criminal History Records ☐

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

City of San Jose Field Reservations
 3369 Union Avenue
 San Jose, CA 95124
 (408) 871-3827

FACILITY RESERVATION CONTRACT

Permit # 2733

Operator # 003

Date: 01/31/2007

CUSTOMER AND PAYMENT INFORMATION

Company Name: Evergreen Little League #: 000138
 Authorized Agent: Scott Karstetter #: 000392
 Address: 5981 Foligno Way
 San Jose, CA 95138

 Phone #: 238-9220 (408)
 Customer Type: Category I

Payment Information

Total Amount Charged:	\$ 402.00
Total Amount Paid To Date:	\$ 0.00
Total Amount Refunded:	\$ 0.00
Total Amount Discounted:	\$ 0.00
Balance Due:	\$ 402.00

Payment is due by 04/01/2007

FACILITY INFORMATION

Facility Name: Boggini Softball
 Facility Type: Softball - Youth only

Location: Boggini Park
 Remington & Millbrook
 San Jose, CA

Dates Reserved

Starts		Ends		Event	Attendance	Hours
Mon Mar 05, 2007	at 05:00P	Mon Mar 05, 2007	at 07:00P	Evergreen LL	40	2.000
Tue Mar 06, 2007	at 05:00P	Tue Mar 06, 2007	at 07:00P	Evergreen LL	40	2.000
Wed Mar 07, 2007	at 05:00P	Wed Mar 07, 2007	at 07:00P	Evergreen LL	40	2.000
Thu Mar 08, 2007	at 05:00P	Thu Mar 08, 2007	at 07:00P	Evergreen LL	40	2.000
Fri Mar 09, 2007	at 05:00P	Fri Mar 09, 2007	at 07:00P	Evergreen LL	40	2.000
Sat Mar 10, 2007	at 09:00A	Sat Mar 10, 2007	at 03:00P	Evergreen LL	40	6.000
Mon Mar 12, 2007	at 05:00P	Mon Mar 12, 2007	at 07:00P	Evergreen LL	40	2.000
Tue Mar 13, 2007	at 05:00P	Tue Mar 13, 2007	at 07:00P	Evergreen LL	40	2.000
Wed Mar 14, 2007	at 05:00P	Wed Mar 14, 2007	at 07:00P	Evergreen LL	40	2.000
Thu Mar 15, 2007	at 05:00P	Thu Mar 15, 2007	at 07:00P	Evergreen LL	40	2.000
Fri Mar 16, 2007	at 05:00P	Fri Mar 16, 2007	at 07:00P	Evergreen LL	40	2.000
Sat Mar 17, 2007	at 09:00A	Sat Mar 17, 2007	at 03:00P	Evergreen LL	40	6.000
Mon Mar 19, 2007	at 05:00P	Mon Mar 19, 2007	at 07:00P	Evergreen LL	40	2.000
Tue Mar 20, 2007	at 05:00P	Tue Mar 20, 2007	at 07:00P	Evergreen LL	40	2.000
Wed Mar 21, 2007	at 05:00P	Wed Mar 21, 2007	at 07:00P	Evergreen LL	40	2.000
Thu Mar 22, 2007	at 05:00P	Thu Mar 22, 2007	at 07:00P	Evergreen LL	40	2.000
Fri Mar 23, 2007	at 05:00P	Fri Mar 23, 2007	at 07:00P	Evergreen LL	40	2.000
Sat Mar 24, 2007	at 09:00A	Sat Mar 24, 2007	at 03:00P	Evergreen LL	40	6.000
Mon Mar 26, 2007	at 05:00P	Mon Mar 26, 2007	at 07:00P	Evergreen LL	40	2.000
Tue Mar 27, 2007	at 05:00P	Tue Mar 27, 2007	at 07:00P	Evergreen LL	40	2.000
Wed Mar 28, 2007	at 05:00P	Wed Mar 28, 2007	at 07:00P	Evergreen LL	40	2.000
Thu Mar 29, 2007	at 05:00P	Thu Mar 29, 2007	at 07:00P	Evergreen LL	40	2.000
Fri Mar 30, 2007	at 05:00P	Fri Mar 30, 2007	at 07:00P	Evergreen LL	40	2.000
Sat Mar 31, 2007	at 09:00A	Sat Mar 31, 2007	at 03:00P	Evergreen LL	40	6.000
Mon Apr 02, 2007	at 05:00P	Mon Apr 02, 2007	at 07:00P	Evergreen LL	40	2.000
Tue Apr 03, 2007	at 05:00P	Tue Apr 03, 2007	at 07:00P	Evergreen LL	40	2.000
Wed Apr 04, 2007	at 05:00P	Wed Apr 04, 2007	at 07:00P	Evergreen LL	40	2.000

[illegible]

Wed Jun 13, 2007	at 05:00P	Wed Jun 13, 2007	at 07:00P	Evergreen LL	40	2.000
Thu Jun 14, 2007	at 05:00P	Thu Jun 14, 2007	at 07:00P	Evergreen LL	40	2.000
Fri Jun 15, 2007	at 05:00P	Fri Jun 15, 2007	at 07:00P	Evergreen LL	40	2.000
Sat Jun 16, 2007	at 09:00A	Sat Jun 16, 2007	at 03:00P	Evergreen LL	40	6.000
Mon Jun 18, 2007	at 05:00P	Mon Jun 18, 2007	at 07:00P	Evergreen LL	40	2.000
Tue Jun 19, 2007	at 05:00P	Tue Jun 19, 2007	at 07:00P	Evergreen LL	40	2.000
Wed Jun 20, 2007	at 05:00P	Wed Jun 20, 2007	at 07:00P	Evergreen LL	40	2.000
Thu Jun 21, 2007	at 05:00P	Thu Jun 21, 2007	at 07:00P	Evergreen LL	40	2.000
Total Days:		94			Totals:	3760 248.000

Charges

Charge Description	Facility Name	Qty	Unit Fee	Amt Charged	Amt Paid	Balance Due
Application Fee		1.00	\$ 30.00	\$ 30.00	\$ 0.00	\$ 30.00
Rental	Boggini Softball	248.00	\$ 1.50	\$ 372.00	\$ 0.00	\$ 372.00
				Totals:	\$ 402.00	\$ 0.00 \$ 402.00

Payment Schedule

Payment Description	Due Date	Charged Amt	Balance Due
Charge 01 of 01 Permit # 2733	04/01/2007	\$ 402.00	\$ 402.00
		Totals:	\$ 402.00 \$ 402.00

DISCLAIMERS

1. This permit authorizes the holder the use of the facility as shown on this permit. Permittees are only to use those fields specifically designated on the Field Use Permit. Permits/reservations cannot be transferred, assigned, or sublet.
2. In the event that cancellation of a confirmed reservation is necessary, it is the applicant's responsibility to provide immediate written notification of such intent to cancel use. Cancellations will only be accepted from the applicant.
3. The City of San José reserves the right to cancel any use of facilities and/or equipment in emergency situations or when deemed necessary for the safety and best interests of the customers, the City of San José and all concerned.
4. On rain days, Applicants should call the Field Conditions Hotline, 277-4662, to confirm the status of the fields. The hotline will be updated as conditions change. If a footstep leaves an impression in the turf or if the sod is removed easily with a cleat, this is considered a wet field. Knowledge of a group playing on and damaging turf will result in the immediate cancellation of that permit. No refund will be granted. Refunds will not be issued for inclement weather.
5. A Permit may be revoked for cause (Park Ordinance Section 13.44.20).
6. The misuse of the Field, failure to conform with field regulations, or any other Federal, State or Local law, rule, regulation, or ordinance shall be sufficient reason for immediate termination of permit. No refund will be granted.
7. Gambling on the Park premises is prohibited. Gambling shall be defined as any game of skill, chance, or raffle, played with cards or any other device for money or any other representative item of value.
8. No person shall consume any intoxicating beverage in any area of any City park or facility where prohibited or where in violation of any limitation. (Prior code § 4402.13; Ords. 20839, 22590, 23170, 24418.)
9. No amplified sound is permitted in any park without an Amplified Equipment Permit (San José Municipal Code Section 10.16.030).
10. City of San José staff shall have the right to enter all fields at any time during any and all use for observation of activities.
11. The following are not allowed in any City of San José Park: Portable lights, Portable barbecues, Use of any chemicals on the field or turf, Decorations may not be tied, stapled, etc. to plants or structures, Egg toss or water balloon games, Helium balloons of any type, due to flight path of local airports. (article 2.4, section 21650.1.).
12. No vehicles are to be driven or parked on Park property, except under strict staff supervision. Any unauthorized vehicle on park property will be cited and towed. (Prior code § 4402.8; Ords. 18841, 23170.)
13. City of San José staff shall regulate or prohibit such activity or use, which in his/her judgment is determined to be of a hazardous nature or is potentially dangerous or damaging to property or is not in the best interests of the citizens of the City of San José.
14. The Department of Parks, Recreation, and Neighborhood Services is not responsible for accident, injury, or loss of individual property.
15. No person shall disobey or fail to observe any rule, regulation or lawful direction promulgated or made by the Director of the Department of Parks, Recreation and Neighborhood Services pursuant to the following authorization, of which reasonable notice has been given by appropriate sign or notice in a park. (Prior code § 4401; Ords. 18841, 23170.)
16. The Director of the Department of Parks, Recreation, and Neighborhood Services may exclude, remove or require to be removed from any City park any animal, vehicle, equipment, activity, thing or material, the use or presence of which therein is likely to: Cause an unreasonable risk of harm or danger to any person or damage to any real or personal property; Cause any unreasonable burden of maintenance or cleanup. No person shall fail to observe any rules or regulations made or lawful directions given by the director in the exercise of the above authority. (Prior code § 4402.19; Ords. 18841, 23170.)
17. No person shall practice, carry on, conduct or solicit for any occupation, business or profession in any City park, or sell or offer for sale therein any service, merchandise, article, or anything whatsoever, unless pursuant to a contract with or a permit issued by the City of San José. (Prior code § 4402.17; Ords. 20787, 23170.)
18. Persons who willfully harass or interfere with any City employee(s) in the performance of their duties in a City park, or who by their conduct, or by threatening or profane language annoy, willfully molest or unreasonably interfere with the use of a City park by any other person, or who have committed a public offense in a City park or who operate any vessel in an unsafe manner or conduct themselves in an unsafe manner, shall leave the park upon request made by the Director of the Department of Parks, Recreation and Neighborhood Services, or any authorized agent. No person who has left the park premises after such a request shall reenter said park until after eight a.m. of the next day. (Prior code § 4402.20; Ords. 18841, 23170.)
19. Unless authorized in writing by the Director of the Department of Parks, Recreation and Neighborhood Services to do so, no person shall: Drive any nail, screw, bolt or staple into, or attach any wire, rope or other fastening device to any tree or plant in any park of the City; Mark, deface, damage, displace or remove any building, bridge, table, chair, bench, fireplace, barrier, fence, railing, paving or paving material, water pipe or light, or any sign, notice or placard, whether temporary or permanent, or any cultural, natural or historic artifact, or monument stake, post or other boundary marker, or any other structure, equipment, facility or property, or part or appurtenance thereof whatsoever, in or from any park of the City; Cut or remove any sand, wood, turf, grass, gravel, stone or timber in or from any park of the City, or make any excavation by any tool, equipment, blasting or by any other means in any park of the City; Paint, erect, mark, post or fasten on or to any tree, shrub, fence, wall, building, monument or other property in any park any poster, bill, advertisement, inscription, sign or display. The provisions of this subsection shall not apply to any such