

GASTINEAU CHANNEL LITTLE LEAGUE
POOL PLAY SIGN UP SHEET
2021 SEASON

Please print clearly

Name: _____ Age: _____ Division: Minors Majors Juniors

Team Name: _____

Phone number(s) where you can be reached: _____

How much notice do you need? ____none ____ 24 hours

We will try to give you 24 hours notice, but there may be times when you are called and requested to play a game the same day/evening.

What is Pool Play?

Pool play is available to help divisions having a difficult time getting enough players for regular season teams. A pool of players from existing regular season teams can be created with players that are willing to participate in extra games during the regular season when teams face a shortage of rostered players for a regular season game. Managers/Coaches will not have the right to randomly pick players from the pool. Pool players are not allowed to pitch. Pool players that are called and show up at the game site **MUST** play at least **NINE** consecutive defensive outs and bat once.

Who can be a Pool Player?

Players registered and/or playing in Junior, or Major softball division. (Players 10 years and older).

How does it work?

Players fill out the Pool Player sign up sheet. The league's Player Agent will create & run the pool. The Player Agent will use the pool to assign players to teams that are short of players on a rotating basis. A player who is selected for Pool Play will be contacted and given the team name they will be playing for, the time to show up for the game, and the field location. The player will wear the uniform from his/her regular season team.

ARTICLE V - Local Rules and Game Operations:

SECTION 1 - General Rules

Unless noted below, all games will be played in accordance with the current season's Little League International Official Regulations and Playing Rules.

- A. Any change and/or additions to the playing field must have Board approval.
- B. The home team dugout is along the 3rd base side. The visitor's dugout is along the 1st base side.
- C. The home team shall supply game balls and shall receive them back at conclusion of game.
- D. The home team is responsible for setting up the equipment, lining the field, setting the bases and other field preparation necessary to commence play. The home team is also responsible for putting equipment away upon completion of the game. On fields with lights, the home team Manager is responsible for turning off the lights at the conclusion of the game.
- E. The visiting team is responsible for providing an official Scorekeeper unless a staff scorekeeper is present (Minor AAA and above only). The official Scorekeeper is responsible for maintaining an accurate record of the pitch count. It is the Manager's responsibility to verify the count with the Scorekeeper after the end of each half inning. Once the first pitch of the new inning is thrown, the previous half inning pitch count becomes official. At the conclusion of each game, the plate umpire will sign the official scorebook.
- F. The home team will provide the official Pitch Counter. The Pitch Counter will sit with the official Scorekeeper and they will compare their results and resolve any discrepancies at the end of each half inning.
- G. The cutoff date for Managers to bring players from the "AAA" to the Majors will be 4 weeks from the regularly scheduled Opening Day. A Manager must replace an injured player, or a player who quits the team within 48 hours, otherwise the Player Agent will assign him a player.
- H. Uniforms are issued by the League. There shall be no alterations to uniforms without the approval of the Equipment Manager or Board of Directors. No individual players' name will be displayed on uniforms. LLB patches are affixed to the left sleeve of the uniform.

- I. Managers MUST notify the Safety Officer, IN WRITING, of any injury that requires medical attention, as soon as realistically possible, but no later than twenty-four (24) hours from the occurrence.
- J. No games (Tball, Single A and AA excluded) will be started with less than 8 players. The game will be a forfeit unless the Manager has made arrangements through the Player Agent for their respective division to reschedule the game. The Manager MUST contact the Player Agent of their division no less than 24 hours prior to game time to request a game be rescheduled. All attempts to reschedule the game will be made for the competitive divisions. Any changes in game schedules, other than those caused by weather, must have the approval of the President, Vice President, or Player Agent prior to the game being rescheduled.

SECTION 2 - Opening Day

Opening day shall be scheduled at the discretion of the GCLL Board and is typically held the last Saturday in April, dependent upon the field conditions.

SECTION 3 - Suspended Games and Tie Games

Suspended games and games that end in a tie may be rescheduled by the Vice Presidents of Baseball and Softball in all divisions. In the event of a tie that affects season standings, a coin-toss will be used to determine a winner.

SECTION 4 - Rainouts

[Modifies LL Rule 3.10] Teams will show up at the fields as scheduled; any delay of game or suspension will be per LL Rule 3.10. Only under extreme weather conditions will the President of the League, Chief Umpire, or Safety Officer, through League sanctioned online platform (Facebook) or text messaging, cancel games. Games in the competitive divisions cancelled due to weather may be rescheduled through the Vice Presidents of Baseball and Softball. Games in the divisions below Minors cancelled due to weather are not rescheduled.

SECTION 4 –Game Time

“10 Run” Rule: The “10 run” rule addressed in LL rule 4.10(e) does NOT apply to all divisions AAA and below (because the five run per inning rule is in effect). In all divisions Majors and above, the LL rule 4.10(e) applies.

Time Limits: [Modifies LL Rule 4.10]

- A. Tee-ball: 1 ½ hours or three complete innings, whichever happens first.
- B. “A”: No new inning (top of inning) to begin after 1 hr 30 minutes from start time.
- C. “AA”: No new inning (top of inning) to begin after 1 hr 30 minutes from start time.
- D. “AAA”: No new inning (top of inning) to begin after 2 hours from start time, hard stop at 2 hrs 30 minutes from start time.
- E. Majors: No new inning (top of inning) to begin after 2 hrs 15 minutes from start time.
- F. Juniors: No new inning (top of inning) to begin after 2 hrs 30 minutes from start time.
- G. Seniors: No new inning (top of inning) to begin after 2 hrs 30 minutes from start time.

SECTION 5 - Official Game Time

For Major and Minor divisions, the Umpire will log the official starting time for each game. An inning begins when the third out of the previous inning is made; however, no inning may start after the official game time has lapsed for each respective division. Once an inning begins, it shall be played to conclusion unless called for dangerous playing conditions (thunderstorms, broken sprinklers, field condition, etc) or hard-stop time limit is reached. The Chief Umpire, Safety Officer or Board Member on duty may make this determination.

ARTICLE VI - Player/Team Roster Regulations & Modifications

SECTION 1 - Tee-ball and “A” Divisions

Team Roster: Tee-Ball team rosters shall have a maximum of ten (10) players. Farm team rosters shall have a maximum of twelve (12) players.

Defense: Defensive teams shall consist of a minimum of six (6) players and a maximum of ten (10) Players. The infield shall consist of the six traditional positions, and the outfield shall consist of up to four positions, one being a rover. Two coaches may be placed in the outfield to assist the Players.

Offense: Tee Ball Division ONLY, each offensive team will bat through its entire roster every inning. No base stealing is allowed.

Offense: Single A Division ONLY, the Offensive Team shall retire when three outs or five runs are scored, whichever occurs first. No base stealing is allowed.

Playing Requirements: Each player must play at least two complete defensive innings, one of which must be in an infield position. The Batting Order shall contain the complete roster of Players. [Modifies LL Rule 4.04 and Regulation IV(i)]

Umpires: Home team will provide a parent umpire behind the plate if possible. The home plate parent umpire will ask for a volunteer parent from the stands to umpire the field.

Pitching: Single A Division ONLY, all games will be played with a pitching machine, or a coach pitching if weather or equipment problems prevent the use of the machine. Each player will have an opportunity to hit 5 pitches. If the batter is not successful in hitting a pitched ball then a batting tee shall be used. There will be no strikeouts.

SECTION 2 - “AA” Division

AA Division:

1. On balls hit to the outfield, the runner must stop at the base he is approaching after the ball enters the diamond (e.g., if the runner is past second base and before third when

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Offense: Tee Ball Division ONLY, each offensive team will bat through its entire roster every inning. No base stealing is allowed.

Offense: Single A Division ONLY, the Offensive Team shall retire when three outs or five runs are scored, whichever occurs first. No base stealing is allowed.

Playing Requirements: Each player must play at least two complete defensive innings, one of which must be in an infield position. The Batting Order shall contain the complete roster of Players. [Modifies LL Rule 4.04 and Regulation IV(i)]

Umpires: Home team will provide a parent umpire behind the plate if possible. The home plate parent umpire will ask for a volunteer parent from the stands to umpire the field.

Pitching: Single A Division ONLY, all games will be played with a pitching machine, or a coach pitching if weather or equipment problems prevent the use of the machine. Each player will have an opportunity to hit 5 pitches. If the batter is not successful in hitting a pitched ball then a batting tee shall be used. There will be no strikeouts.

SECTION 2 - “AA” Division

AA Division:

1. On balls hit to the outfield, the runner must stop at the base he is approaching after the ball enters the diamond (e.g., if the runner is past second base and before third when

the ball enters infield, he may advance to third). The first and third base coaches will control this.

2. A batter is not considered out if he or she fouls off the final pitch.
3. Players (base runner) may advance only one base on an overthrow, the ball becomes dead on this overthrow.
4. Players (Batters) hit by a pitch when a player is pitching will be awarded 1st base. This does not apply when a coach is pitching.
5. Player pitchers must pitch from the pitching mound (pitching rubber).
6. Coaches should rotate batting orders each game so no one always bats last/first.
7. Once a player pitches in a game, that player cannot play the catcher position for the remainder of the day.

AA league players must be rotated through all positions, taking safety/ability into account. Every effort should be made to play each player in the infield (6 positions) twice as much as the outfield (3 positions). Please keep in mind this is an instructional league, where we want the focus on fun and instruction vs. winning and losing.

Pitching Limits Reminder:

Maximum Pitch Counts:

No pitcher may pitch more than the following:

Ages 6-8: 50 pitches in a day

Pitchers Rest Requirements:

1-20 pitches thrown: 0 calendar days

21-35 pitches thrown: 1 calendar day

36-50 pitches thrown: 2 calendar days

Playing Requirements: The Batting Order shall contain the complete roster of Players. Every Player will play a minimum of six defensive outs per game. [Modifies LL Rule 4.04 and Reg. IV(i)]

Offense: The “five-run” rule is in effect. The Offensive team shall retire when three outs occur or five runs are scored, whichever occurs first. This rule applies to all innings except for the sixth inning of the game or when the umpire declares it’s the last inning due to time.

SECTION 3 “AAA” Divisions

Playing Requirements: The Batting Order shall contain a minimum of 8 players and at the discretion of the Manager may contain as many as 13. Each player must be placed in the starting lineup at least every other game. The team must maintain the same number of batters in the lineup for the duration of the game. If injury or illness results in too few available players to maintain the original lineup size then the lineup may be decreased to contain all remaining players. Defensive positions for the players in the batting line-up may be switched at will, except for the pitcher which must comply with the pitcher substitution rules. Substitutions for players not in the starting lineup will be as set forth in LL rule 3.03. The starting lineup shall be rotated to ensure that no player begins a game “on the bench” for two games in a row. As per LL regulation IV(i), every Player will bat at least once and will play six defensive outs per game.

Stealing a base: Stealing bases is required after three weeks of play, however, if both managers agree before a game, stealing is allowed prior to this requirement.

- Advancing on passed balls is allowed from the start of the season
- Advancing on overthrows is not limited to one base as long as the ball stays in play.

Offense: The “five-run” rule is in effect. The Offensive team shall retire when three outs occur or five runs are scored, whichever occurs first. This rule applies to all innings except for the sixth inning of the game or when the umpire declares it’s the last inning due to time. The last inning of the game will **NOT** have a five-run rule for either team, but will adhere to the hard-stop rule.

“AAA” Umpires: Umpires for the Triple A division will be provided by the league.

Pitching Limits Reminder:

Maximum Pitch Counts:

No pitcher may pitch more than the following:

Ages 7-8: 50 pitches in a day

Ages 9-10: 75 pitches in a day

Ages 11: 85 pitches in a day

Pitchers Rest Requirements:

1-20 pitches thrown: 0 calendar days

21-35 pitches thrown: 1 calendar day

36-50 pitches thrown: 2 calendar days

51-65 pitches thrown: 3 calendar days

66+ pitches thrown: 4 calendar days

SECTION 4 - Major Divisions

Playing Requirements: The Batting Order shall contain a minimum of 8 players and at the discretion of the manager may contain as many as 13. Each player must be placed in the starting lineup at least every other game. The team must maintain the same number of batters in the lineup for the duration of the game. If injury or illness results in too few available players to maintain the original lineup size then the lineup may be decreased to contain all remaining players. Defensive positions for the players in the batting line-up may be switched at will, except for the pitcher which must comply with the pitcher substitution rules. Substitutions for players not in the starting lineup will be as set forth in LL rule 3.03. The starting lineup shall be rotated to ensure that no player begins a game “on the bench” for two games in a row. As per LL regulation IV(i), every Player will bat at least once and will play six defensive outs per game.

SECTION 5 - Junior Divisions

Age Eligibility: A player whose age is 13, 14 or 15 as of August 31, 2021 is eligible to play in this division.

Team Roster: A team roster shall have a maximum of fourteen (14) players.

Pitchers Age Eligibility: Players age 13, 14, or 15 are eligible to pitch in this division.

Playing Requirements: The batting order shall contain a minimum of 9 players, unless only 8 players are present to start the game (in which case you can start the game with 8 players in the batting order) and, at the discretion of the manager, may contain as many as 13. The team must maintain the same number of batters in the lineup for the duration of the game. If injury or illness results in too few available players to maintain the original lineup size then the lineup may be decreased to contain all remaining players. Defensive positions for the players in the batting lineup may be switched at will, except for the pitcher which must comply with the pitching substitution rules.

Substitutions for players not in the starting lineup will be as set forth in LL rule 3.03. Pursuant to LL regulation IV(i), every Player will bat at least once and will play six defensive outs per game.

SECTION 6 - Senior Divisions

Age Eligibility: A player whose age is 13, 14, 15 or 16 as of August 31, 2021 is eligible to play in this division.

Team Roster: A team roster shall have a maximum of fourteen (14) players.

Pitchers Age Eligibility: Players age 13, 14, or 15 are eligible to pitch in this division. 16 year olds are NOT eligible to pitch in this division.

Playing Requirements: The batting order shall contain a minimum of 9 players and at the discretion of the manager may contain as many as 13. The team must maintain the same number of batters in the lineup for the duration of the game. If injury or illness results in too few available players to maintain the original lineup size then the lineup may be decreased to contain all remaining players. Defensive positions for the players in the batting lineup may be switched at will, except for the pitcher which must comply with the pitching substitution rules.

Substitutions for players not in the starting lineup will be as set forth in LL rule 3.03. Pursuant to LL regulation IV(i), every Player will bat at least once and will play six defensive outs per game.

ARTICLE VII - All-stars and Tournaments

SECTION 1 - Local Post-Season Tournaments

Tournament pitching rules contained in the Tournament Rules and Guidelines for the current playing season shall be utilized for all local post-season tournaments. Special games forms must be submitted to the District for approval.

Reason: The relaxed pitching rest rules allow the local post-season tournaments to be completed in as few days as is reasonably possible.

SECTION 2 - Tournament (All-Stars) Guidelines

Selection of Tournament Teams

As per LL Rules, the “method of selection is to be determined by the Local League Board of Directors.”

Availability: Players selected to teams must be available for practices and travel no less than 10 days prior to the first scheduled game. In order to be selected to a tournament team a player must be available to go all the way to the World Series.

GCLL adopts the policy that any Manager/Coach who participates in a Little League International tournament will be eligible to participate in a travel team so long as the travel team tournament does not interfere with the Little League International tournament. If there is an occasion to have overlapping tournaments, the team must be eliminated from one tournament in order to participate in the other.

SECTION 2 - All-Star Selection

An All Star team will consist of no more than 1 (one) Manager, 2 (two) Coaches, and a minimum of 12 and a maximum of 14 Players per Little League International Rules.

Manager Selection

To be considered for an All Star Manager position, a Manager from the respective Division during regular season play must submit their intent for consideration in writing to the GCLL Board of Directors. The GCLL Board of Directors will schedule an interview process for approved Managers. MANAGERS WHO HAVE BEEN DISCIPLINED BY THE LEAGUE MAY BE DISQUALIFIED FROM MANAGING AN ALL-STAR TEAM. Managers are then selected by a

majority vote of the Board. After a Manager is selected, they will submit their top 2 nominations for Coaches to the Board for review and Approval.

If the selected Manager cannot accept the position, the next Manager recommended will be contacted. It is recommended that regular season managers be considered for All Star coaches. A Manager will only be considered if he/she is willing to manage the team if their player is not selected.

Player Selection

Players are eligible for All-Star teams if they have participated in the current number (or percent) of games required by Little League International.

The Player Agent (or the designate) will organize the balloting and will maintain team rosters, including alternates. If after selection, a player is unable to participate, the first alternate will be assigned to the team. At no time shall any player know how they were selected to the all-star team, nor should they know how many votes that they received.

All division players and all division Managers will be required to vote for 10 or less eligible players. The ballots will be collected and counted by the League President, Vice President of Baseball, and Vice President of Softball (Ballot Committee). The Ballot Committee will prepare two lists: the first containing the total number of the Manager's votes (hereafter referred to as the Manager's listing), and the second containing the players who received the highest number of the player votes. After the vote is tallied, and before the results are announced, an independent review will be conducted by the President (or his/her designate) to verify that all League rules have been followed.

Each Manager's vote will count as one point. A player, who appears on the player's listing top ten, will receive an additional point. The total point count will determine the first ten players on the All-Star team roster. Ties will go to the player(s) with the highest number of Manager votes. If after all ties have been exercised, the player with the highest number of player votes will be appointed to the team. The All-Star manager and Board of Directors will determine if the All-Star team will have a 12, 13, or 14 player roster. ***The manager will select the remaining players to create the most competitive All-Star team possible.***

The Ballot Committee will identify two alternates. The Ballot Committee will not divulge the names of the alternates. If after selection, a player is unable to participate, the first alternate will be assigned to the team. At no time shall any player know how they were selected to the all-star team, nor should they know how many votes that they received.

Team Assignments

GCLL All Star teams will be comprised as follows (as Little League dictates based on League registration numbers):

There will be one 8/9/10 Baseball Team comprised of the 8, 9 and 10 year old players from the Minor (AAA) Baseball Division. The Minors All-Stars Manager and Coaches will conduct a tryout for all eligible players to attend for selection to the team.

There will be one 10/11/12 Baseball Major Division All Star team comprised of all 10, 11 and 12 year old players who played the minimum number of games during the regular season. The Major Managers and players will vote for the Major team.

There will be one Junior Baseball Team comprised of all 13 year old Junior division players. The junior Managers and players will vote for this team.

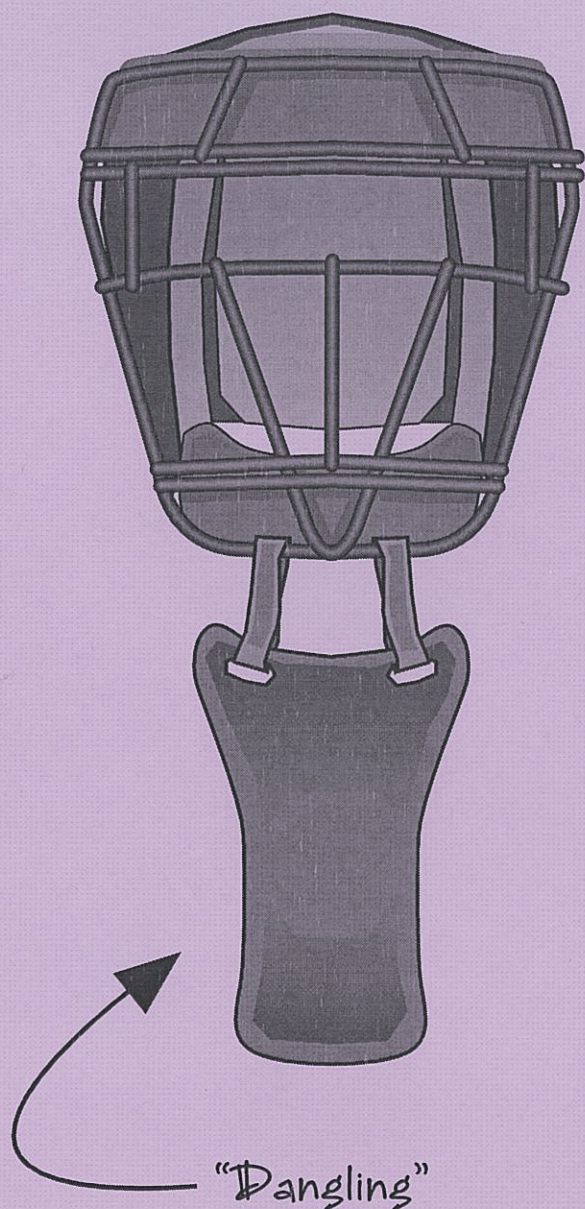
There will be one Senior Baseball Team comprised of all 14, 15 and 16 year old Senior division players. The senior Managers and players will vote for this team.

There will be one 8/9/10 Softball Team comprised of all 8, 9 and 10 year old Minors Division players. The Minors All Star Manager and Coaches will conduct a tryout for all eligible players to attend for selection to the team.

There will be one Major Softball Team comprised of all 10, 11 and 12 year old Major division players. The Major Managers and players will vote for this team.

There will be one Junior Softball Team comprised of all 13 and 14 year old Junior division players. The Junior Managers and players will vote for this team.

There will be one Senior Softball Team comprised of all 14, 15 and 16 year old Senior division players. The Senior Managers and players will vote for this team.



Make Sure They Are Safe!

REMEMBER:

Catchers must wear helmets during warm-ups and infield/outfield practice.

RULE 1.17

"...All catchers must wear a mask, 'dangling' type throat protector and catcher's helmet during infield/outfield practice, pitcher warm-up and games."

Don't Swing It

...Until You're Up to the Plate!



(Photos from North Scott, Iowa, Little League)

Don't let this happen to you, or to a teammate.

REMEMBER:

Don't pick up your bat until you leave the dugout, to approach the plate.

RULE 1.08, Notes

"1. The on-deck position is not permitted in Tee Ball, Minor League or Little League (Majors) Division. 2. Only the first batter of each half-inning will be allowed outside the dugout between the half-innings in Tee Ball, Minor League or Little League (Majors) Division."

A FACT SHEET FOR Youth Sports Coaches



CDC HEADS UP
SAFE BRAIN. STRONGER FUTURE.

Below is information to help youth sports coaches protect athletes from concussion or other serious brain injury, and to help coaches know what to do if a concussion occurs.

What is a concussion?

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.

What is a subconcussive head impact?

A subconcussive head impact is a bump, blow, or jolt to the head that *does not* cause symptoms. This differs from concussions, which *do* cause symptoms. A collision while playing sports is one way a person can get a subconcussive head impact. Studies are ongoing to learn about subconcussive head impacts and how these impacts may or may not affect the brain of young athletes.

How can I keep athletes safe?

As a youth sports coach, your actions can help lower an athlete's chances of getting a concussion or other serious injury. Aggressive or unsportsmanlike behavior among athletes can increase their chances of getting a concussion or other serious injury.³ Here are some ways you can help:

Talk with athletes about concussion:

- Set time aside throughout the season to talk about concussion.
- Ask athletes about any concerns they have about reporting concussion symptoms.
- Remind athletes that safety comes first and that you expect them to tell you and their parent(s) if they think they have experienced a bump, blow, or jolt to their head and “don’t feel right.”

Focus on safety at games and practices:

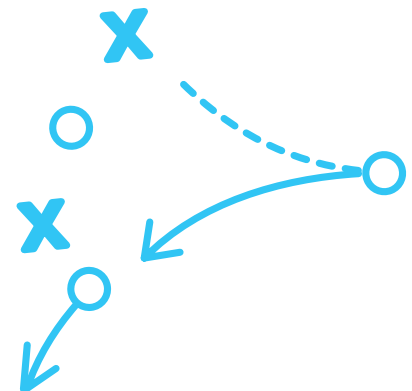
- Teach athletes ways to lower the chances of getting a hit to the head.
- Enforce rules that limit or remove the risk of head impacts.
- Tell athletes that good sportsmanship is expected at all times, both on and off the field.
- Bring emergency contact information for parents and healthcare providers to each game and practice in case an athlete needs to be seen right away for a concussion or other serious injury.

Multiple concussions

Athletes who have ever had a concussion have a higher chance of getting another concussion. A repeat concussion can lead to more severe symptoms and longer recovery.^{1,2}

Coach's to-do list:

- ✓ Talk with athletes about concussion.
- ✓ Teach athletes ways to lower their chances of getting a hit to the head.
- ✓ Encourage concussion reporting among your athletes.
- ✓ Know what to do if you think an athlete has a concussion.
- ✓ Learn how to help an athlete safely return to play after a concussion.



Make sure athletes do not perform these unsafe actions:

- Use their head or helmet to contact another athlete.
- Make illegal contact or check, tackle, or collide with an unprotected opponent.
- Try to injure another athlete.

Stay up to date on concussion information:

- Review your state, league, and organization's concussion plans and rules.
- Take a training course on concussion. The Centers for Disease Control and Prevention (CDC) offers free concussion training at cdc.gov/HEADSUP.
- Download CDC's HEADS UP app or another resource that provides a list of concussion signs and symptoms.

Check equipment and sports facilities:

- Make sure all athletes wear a helmet that is appropriate for the sport or activity; ensure that the helmet fits well and is in good condition.
- Work with the game or event manager to fix any concerns, such as tripping hazards or goal posts without proper padding.

One study found that nearly 70% of athletes continued to play with concussion symptoms.⁴



How can I spot a possible concussion?

Athletes who show or report one or more of the signs and symptoms listed below—or who simply say they just “don’t feel right”—after a bump, blow, or jolt to the head or body may have a concussion or other serious brain injury. Concussion signs and symptoms often show up soon after the injury, but it can be hard to tell how serious the concussion is at first. Some symptoms may not show up for hours or days.

Signs coaches or parents may observe:

- Seems confused
- Forgets an instruction or is unsure of the game, position, score, or opponent
- Moves clumsily
- Answers questions slowly or repeats questions
- Can’t remember events before or after the hit, bump, or fall
- Loses consciousness (even for a moment)
- Has behavior or personality changes

Symptoms athletes may report:

- Headache
- Nausea or vomiting
- Dizziness or balance problems
- Bothered by light or noise
- Feeling foggy or groggy
- Trouble concentrating or problems with short- or long-term memory
- Does not “feel right”

Signs of a more serious brain injury

In rare cases, a concussion can cause dangerous bleeding in the brain, which puts pressure on the skull. Call 9-1-1 if an athlete develops one or more of these danger signs after a bump, blow, or jolt to the head or body:

- A headache that gets worse and does not go away
- Significant nausea or repeated vomiting
- Unusual behavior, increased confusion, restlessness, or agitation
- Drowsiness or inability to wake up
- Slurred speech, weakness, numbness, or decreased coordination
- Convulsions or seizures (shaking or twitching)
- Loss of consciousness (passing out)

Some athletes may not report a concussion because they don’t think a concussion is serious.

They may also worry about:

- Losing their position on the team or losing playing time during a game,
- Putting their future sports career at risk,
- Looking weak,
- Letting down their teammates or the team, and/or
- What their coach or teammates think of them.⁵⁻⁷

What should I do if an athlete has a possible concussion?

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

Remove the athlete from play.

When in doubt, sit them out! Record and provide details on the following information to help the healthcare provider or first responders assess the athlete after the injury:

- Cause of the injury and force of the hit or blow to the head or body
- Any loss of consciousness (passed out) and for how long
- Any memory loss right after the injury
- Any seizures right after the injury
- Number of previous concussions (if any)

Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a healthcare provider.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess an athlete for a possible concussion and decide when it is safe for the athlete to return to play.

Inform the athlete's parent(s) about the possible concussion.

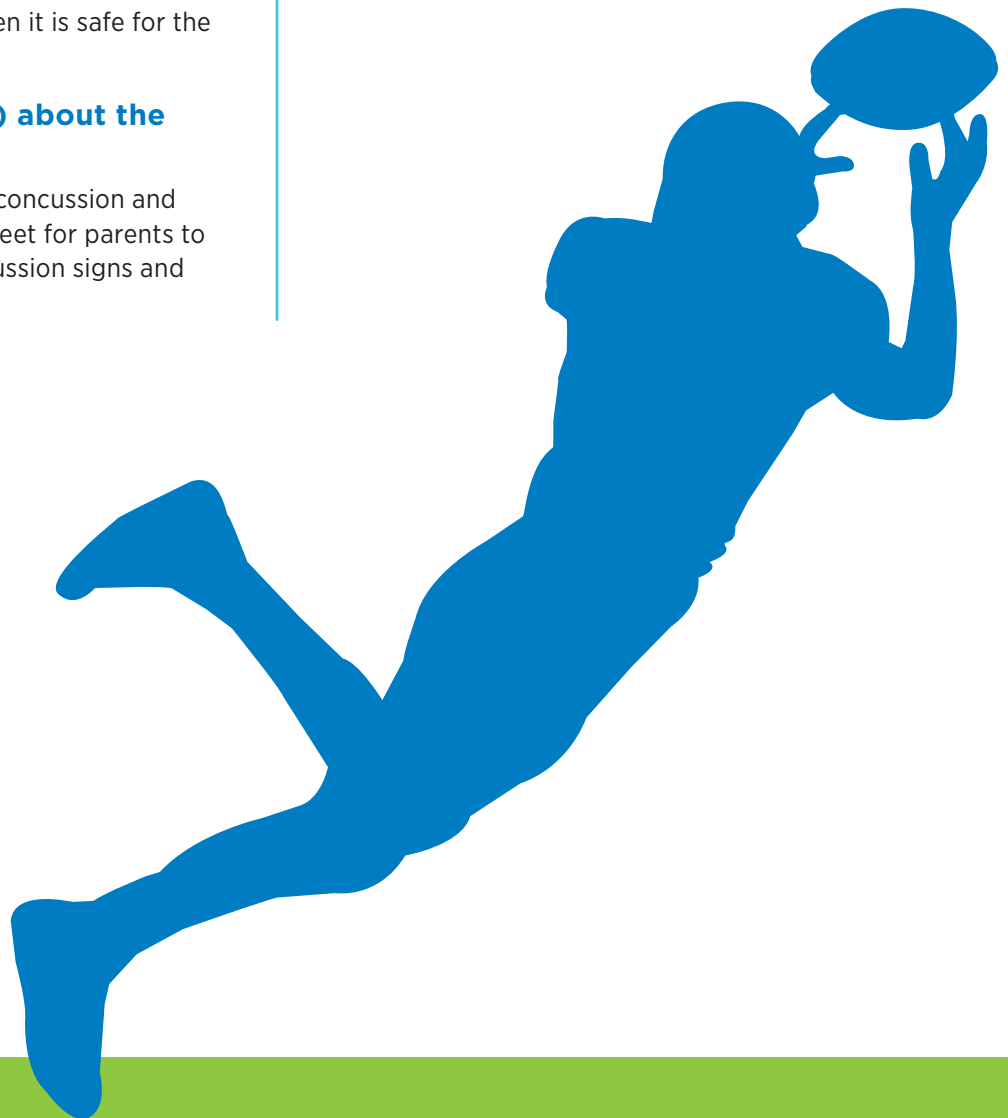
Let parents know about the possible concussion and give them the CDC HEADS UP fact sheet for parents to help them watch the athlete for concussion signs and symptoms at home.

Ask for written instructions from the athlete's healthcare provider on return to play.

This should include information about when the athlete can return to play and steps you should take to help the athlete safely return to play. Athletes who continue to play while having concussion symptoms have a greater chance of getting another concussion. A repeat concussion that occurs before the brain has fully healed can be very serious and can increase the chance for long-term problems. It can even be fatal.

Offer support during recovery.

An athlete may feel frustrated, sad, angry, or lonely while recovering from a concussion. Talk with them about it, and allow an athlete recovering from a concussion to stay in touch with their teammates, such as cheering on their team at practices and competitions.



What steps should I take to help an athlete return to play?

An athlete's return to school and sports should be a gradual process that is approved and carefully managed and monitored by a healthcare provider. When available, be sure to also work closely with your team's certified athletic trainer.

There are six gradual steps to help an athlete safely return to play. These steps should not be done in one day, but instead over days, weeks, or months. **An athlete should move to the next step only if they do not have any new symptoms at the current step.**

Step 1: Return to non-sports activities, such as school, with a greenlight from the healthcare provider to begin the return-to-play process

Step 2: Light aerobic exercise

- Goal: Increase the athlete's heart rate
- Activities: Slow to medium walking or light stationary cycling

Step 3: Sport-specific exercise

- Goal: Add movement
- Activities: Running or skating drills; no activities with risk for contact

Step 4: Non-contact training drills

- Goal: Increase exercise, coordination, and thinking
- Activities: Harder training drills and progressive resistance training

Step 5: Full-contact practice

- Goal: Restore confidence and have coaching staff assess functional skills
- Activities: Normal training activities

Step 6: Return to regular sports activity

Remember: It is important for you and the athlete's parent(s) to watch for concussion symptoms after each day's activities, particularly after each increase in activity. If an athlete's concussion symptoms come back, or if he or she gets new symptoms when becoming more active at any step, this is a sign that the athlete is working too hard. The athlete should stop these activities, and the athlete's parent should contact the healthcare provider. After the athlete's healthcare provider says it is okay, the athlete can begin at the step before the symptoms started.



1. Chrisman SPD, Lowry S, Herring SA, et al. Concussion incidence, duration, and return to school and sport in 5- to 14-year-old American football athletes. *J Pediatr*. 2019;207:176-184. doi:10.1016/j.jpeds.2018.11.003.

2. Guskiewicz KM, McCrea M, Marshall SW, et al. Cumulative effects associated with recurrent concussion in collegiate football players: the NCAA Concussion Study. *JAMA*. 2003;290(19):2549-2555.

3. Collins CL, Fields SK, Comstock RD. When the rules of the game are broken: what proportion of high school sports-related injuries are related to illegal activity? *Inj Prev*. 2008;14(1):34-38.

4. Rivara FP, Schiff MA, Chrisman SP, Chung SK, Ellenbogen RG, Herring SA. The effect of coach education on reporting of concussions among high school athletes after passage of a concussion law. *Am J Sports Med*. 2014;42(5):1197-1203.

5. Kerr ZY, Register-Mihalik JK, Marshall SW, Evenson KR, Mihalik JP, Guskiewicz KM. Disclosure and non-disclosure of concussion and concussion symptoms in athletes: review and application of the socio-ecological framework. *Brain Inj*. 2014;28(8):1009-1021.

6. Register-Mihalik JK, Guskiewicz KM, McLeod TC, Linnan LA, Mueller FO, Marshall SW. Knowledge, attitude, and concussion-reporting behaviors among high school athletes: a preliminary study. *J Athl Train*. 2013;48(5):645-653.

7. Chrisman SP, Quitiquit C, Rivara FP. Qualitative study of barriers to concussive symptom reporting in high school athletics. *J Adolesc Health*. 2013;52(3):330-335.

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

Revised August 2019

Little League® Baseball & Softball CLAIM FORM INSTRUCTIONS



WARNING — It is important that parents/guardians and players note that: *Protective equipment cannot prevent all injuries a player might receive while participating in baseball/softball.*

To expedite league personnel's reporting of injuries, we have prepared guidelines to use as a checklist in completing reports. It will save time -- and speed your payment of claims.

The National Union Fire Insurance Company of Pittsburgh, Pa. (NUFIC) Accident Master Policy acquired through Little League® contains an "Excess Coverage Provision" whereby all personal and/or group insurance shall be used first.

The Accident Claim Form must be fully completed, including a Social Security Number, for processing. To help explain insurance coverage to parents/guardians refer to *What Parents Should Know* on the internet that should be reproduced on your league's letterhead and distributed to parents/guardians of all participants at registration time.

If injuries occur, initially it is necessary to determine whether claimant's parents/guardians or the claimant has other insurance such as group, employer, Blue Cross and Blue Shield, etc., which pays benefits. (This information should be obtained at the time of registration prior to tryouts.) If such coverage is provided, the claim must be filed first with the primary company under which the parent/guardian or claimant is insured.

When filing a claim, all medical costs should be fully itemized and forwarded to Little League International. If no other insurance is in effect, a letter from the parent/guardian or claimant's employer explaining the lack of group or employer insurance should accompany the claim form.

The NUFIC Accident Policy is acquired by leagues, not parents, and provides comprehensive coverage at an affordable cost. Accident coverage is underwritten by National Union Fire Insurance Company of Pittsburgh, a Pennsylvania Insurance company, with its principal place of business at 175 Water Street, 18th Floor, New York, NY 10038. It is currently authorized to transact business in all states and the District of Columbia. NAIC Number 19445. This is a brief description of the coverage available under the policy. The policy will contain limitations, exclusions, and termination provisions. Full details of the coverage are contained in the Policy. If there are any conflicts between this document and the Policy, the Policy shall govern.

The current insurance rates would not be possible without your help in stressing safety programs at the local level. The ASAP manual, **League Safety Officer Program Kit**, is recommended for use by your Safety Officer.

TREATMENT OF DENTAL INJURIES

Deferred Dental Treatment for claims or injuries occurring in 2002 and beyond: If the insured incurs injury to sound, natural teeth and necessary treatment requires that dental treatment for that injury must be postponed to a date more than 52 weeks after the date of the injury due to, but not limited to, the physiological changes occurring to an insured who is a growing child, we will pay the lesser of the maximum benefit of \$1,500.00 or the reasonable expense incurred for the deferred dental treatment. Reasonable expenses incurred for deferred dental treatment are only covered if they are incurred on or before the insured's 23rd birthday. Reasonable Expenses incurred for deferred root canal therapy are only covered if they are incurred within 104 weeks after the date the Injury is sustained.

CHECKLIST FOR PREPARING CLAIM FORM

1. Print or type all information.
2. Complete all portions of the claim form before mailing to our office.
3. Be sure to include league name and league ID number.

PART I - CLAIMANT, OR PARENT(S)/GUARDIAN(S), IF CLAIMANT IS A MINOR

1. The adult claimant or parent(s)/guardians(s) must sign this section, **if the claimant is a minor.**
2. Give the name and address of the injured person, along with the name and address of the parent(s)/guardian(s), if claimant is a minor.
3. Fill out all sections, including check marks in the appropriate boxes for all categories. **Do not leave any section blank. This will cause a delay in processing your claim and a copy of the claim form will be returned to you for completion.**
4. It is mandatory to forward information on other insurance. Without that information there will be a delay in processing your claim. If no insurance, written verification from each parent/spouse employer must be submitted.
5. Be certain all necessary papers are attached to the claim form. (See instruction 3.) Only itemized bills are acceptable.
6. On dental claims, it is necessary to submit charges to the major medical and dental insurance company of the claimant, or parent(s)/guardian(s) if claimant is a minor. "Accident-related treatment to whole, sound, natural teeth as a direct and independent result of an accident" must be stated on the form and bills. Please forward a copy of the insurance company's response to Little League International. Include the claimant's name, league ID, and year of the injury on the form.

PART II - LEAGUE STATEMENT

1. This section must be filled out, signed and dated by the **league official.**
2. Fill out all sections, including check marks in the appropriate boxes for all categories. **Do not leave any section blank. This will cause a delay in processing your claim and a copy of the claim form will be returned to you for completion.**

IMPORTANT: Notification of a claim should be filed with Little League International within 20 days of the incident for the current season.



LITTLE LEAGUE® BASEBALL AND SOFTBALL

ACCIDENT NOTIFICATION FORM

INSTRUCTIONS

Send Completed Form To:
Little League® International
539 US Route 15 Hwy, PO Box 3485
Williamsport PA 17701-0485
Accident Claim Contact Numbers:
Phone: 570-327-1674

1. This form must be completed by parents (if claimant is under 19 years of age) and a league official and forwarded to Little League Headquarters within 20 days after the accident. A photocopy of this form should be made and kept by the claimant/parent. Initial medical/dental treatment must be rendered within 30 days of the Little League accident.
2. Itemized bills including description of service, date of service, procedure and diagnosis codes for medical services/supplies and/or other documentation related to claim for benefits are to be provided within 90 days after the accident date. In no event shall such proof be furnished later than 12 months from the date the medical expense was incurred.
3. When other insurance is present, parents or claimant must forward copies of the Explanation of Benefits or Notice/Letter of Denial for each charge directly to Little League Headquarters, even if the charges do not exceed the deductible of the primary insurance program.
4. Policy provides benefits for eligible medical expenses incurred within 52 weeks of the accident, subject to Excess Coverage and Exclusion provisions of the plan.
5. **Limited** deferred medical/dental benefits may be available for necessary treatment incurred after 52 weeks. Refer to insurance brochure provided to the league president, or contact Little League Headquarters within the year of injury.
6. Accident Claim Form must be fully completed - including Social Security Number (SSN) - for processing.

League Name			League I.D.		
Name of Injured Person/Claimant			SSN	Date of Birth (MM/DD/YY)	Age
					Sex <input type="checkbox"/> Female <input type="checkbox"/> Male
Name of Parent/Guardian, if Claimant is a Minor			Home Phone (Inc. Area Code)		Bus. Phone (Inc. Area Code)
			() ()		() ()
Address of Claimant			Address of Parent/Guardian, if different		

The Little League Master Accident Policy provides benefits in **excess** of benefits from other insurance programs subject to a \$50 deductible per injury. "Other insurance programs" include family's personal insurance, student insurance through a school or insurance through an employer for employees and family members. Please CHECK the appropriate boxes below. If YES, follow instruction 3 above.

Does the insured Person/Parent/Guardian have any insurance through:

Employer Plan	<input type="checkbox"/> Yes	<input type="checkbox"/> No	School Plan	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Individual Plan	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Dental Plan	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Date of Accident	Time of Accident	Type of Injury
	<input type="checkbox"/> AM <input type="checkbox"/> PM	

Describe exactly how accident happened, including playing position at the time of accident:

Check all applicable responses in **each** column:

- | | | | | |
|-------------------------------------------|-------------------------------------------------------|-----------------------------------------------|-------------------------------------------|------------------------------------------------------------------|
| <input type="checkbox"/> BASEBALL | <input type="checkbox"/> CHALLENGER (4-18) | <input type="checkbox"/> PLAYER | <input type="checkbox"/> TRYOUTS | <input type="checkbox"/> SPECIAL EVENT (NOT GAMES) |
| <input type="checkbox"/> SOFTBALL | <input type="checkbox"/> T-BALL (4-7) | <input type="checkbox"/> MANAGER, COACH | <input type="checkbox"/> PRACTICE | <input type="checkbox"/> SPECIAL GAME(S) |
| <input type="checkbox"/> CHALLENGER | <input type="checkbox"/> MINOR (6-12) | <input type="checkbox"/> VOLUNTEER UMPIRE | <input type="checkbox"/> SCHEDULED GAME | (Submit a copy of your approval from Little League Incorporated) |
| <input type="checkbox"/> TAD (2ND SEASON) | <input type="checkbox"/> LITTLE LEAGUE (9-12) | <input type="checkbox"/> PLAYER AGENT | <input type="checkbox"/> TRAVEL TO | |
| | <input type="checkbox"/> INTERMEDIATE (50/70) (11-13) | <input type="checkbox"/> OFFICIAL SCOREKEEPER | <input type="checkbox"/> TRAVEL FROM | |
| | <input type="checkbox"/> JUNIOR (12-14) | <input type="checkbox"/> SAFETY OFFICER | <input type="checkbox"/> TOURNAMENT | |
| | <input type="checkbox"/> SENIOR (13-16) | <input type="checkbox"/> VOLUNTEER WORKER | <input type="checkbox"/> OTHER (Describe) | |

I hereby certify that I have read the answers to all parts of this form and to the best of my knowledge and belief the information contained is complete and correct as herein given.

I understand that it is a crime for any person to intentionally attempt to defraud or knowingly facilitate a fraud against an insurer by submitting an application or filing a claim containing a false or deceptive statement(s). See Remarks section on reverse side of form.

I hereby authorize any physician, hospital or other medically related facility, insurance company or other organization, institution or person that has any records or knowledge of me, and/or the above named claimant, or our health, to disclose, whenever requested to do so by Little League and/or National Union Fire Insurance Company of Pittsburgh, Pa. A photostatic copy of this authorization shall be considered as effective and valid as the original.

Date	Claimant/Parent/Guardian Signature (In a two parent household, both parents must sign this form.)
Date	Claimant/Parent/Guardian Signature

For Residents of California:

Any person who knowingly presents a false or fraudulent claim for the payment of a loss is guilty of a crime and may be subject to fines and confinement in state prison.

For Residents of New York:

Any person who knowingly and with the intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information, or conceals for the purpose of misleading, information concerning any fact material thereto, commits a fraudulent insurance act, which is a crime, and shall also be subject to a civil penalty not to exceed five thousand dollars and the stated value of the claim for each such violation.

For Residents of Pennsylvania:

Any person who knowingly and with intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information or conceals for the purpose of misleading, information concerning any fact material thereto commits a fraudulent insurance act, which is a crime and subjects such person to criminal and civil penalties.

For Residents of All Other States:

Any person who knowingly presents a false or fraudulent claim for payment of a loss or benefit or knowingly presents false information in an application for insurance is guilty of a crime and may be subject to fines and confinement in prison.

PART 2 - LEAGUE STATEMENT (Other than Parent or Claimant)

Name of League	Name of Injured Person/Claimant	League I.D. Number
Name of League Official		Position in League
Address of League Official		Telephone Numbers (Inc. Area Codes) Residence: () Business: () Fax: ()

Were you a witness to the accident? ☐ Yes ☐ No
Provide names and addresses of any known witnesses to the reported accident.

Check the boxes for all appropriate items below. At least one item in each column must be selected.

POSITION WHEN INJURED

- ☐ 01 1ST
☐ 02 2ND
☐ 03 3RD
☐ 04 BATTER
☐ 05 BENCH
☐ 06 BULLPEN
☐ 07 CATCHER
☐ 08 COACH
☐ 09 COACHING BOX
☐ 10 DUGOUT
☐ 11 MANAGER
☐ 12 ON DECK
☐ 13 OUTFIELD
☐ 14 PITCHER
☐ 15 RUNNER
☐ 16 SCOREKEEPER
☐ 17 SHORTSTOP
☐ 18 TO/FROM GAME
☐ 19 UMPIRE
☐ 20 OTHER
☐ 21 UNKNOWN
☐ 22 WARMING UP

INJURY

- ☐ 01 ABRASION
☐ 02 BITES
☐ 03 CONCUSSION
☐ 04 CONTUSION
☐ 05 DENTAL
☐ 06 DISLOCATION
☐ 07 DISMEMBERMENT
☐ 08 EPIPHYSES
☐ 09 FATALITY
☐ 10 FRACTURE
☐ 11 HEMATOMA
☐ 12 HEMORRHAGE
☐ 13 LACERATION
☐ 14 PUNCTURE
☐ 15 RUPTURE
☐ 16 SPRAIN
☐ 17 SUNSTROKE
☐ 18 OTHER
☐ 19 UNKNOWN
☐ 20 PARALYSIS/
PARAPLEGIC

PART OF BODY

- ☐ 01 ABDOMEN
☐ 02 ANKLE
☐ 03 ARM
☐ 04 BACK
☐ 05 CHEST
☐ 06 EAR
☐ 07 ELBOW
☐ 08 EYE
☐ 09 FACE
☐ 10 FATALITY
☐ 11 FOOT
☐ 12 HAND
☐ 13 HEAD
☐ 14 HIP
☐ 15 KNEE
☐ 16 LEG
☐ 17 LIPS
☐ 18 MOUTH
☐ 19 NECK
☐ 20 NOSE
☐ 21 SHOULDER
☐ 22 SIDE
☐ 23 TEETH
☐ 24 TESTICLE
☐ 25 WRIST
☐ 26 UNKNOWN
☐ 27 FINGER

CAUSE OF INJURY

- ☐ 01 BATTED BALL
☐ 02 BATTING
☐ 03 CATCHING
☐ 04 COLLIDING
☐ 05 COLLIDING WITH FENCE
☐ 06 FALLING
☐ 07 HIT BY BAT
☐ 08 HORSEPLAY
☐ 09 PITCHED BALL
☐ 10 RUNNING
☐ 11 SHARP OBJECT
☐ 12 SLIDING
☐ 13 TAGGING
☐ 14 THROWING
☐ 15 THROWN BALL
☐ 16 OTHER
☐ 17 UNKNOWN

Does your league use batting helmets with attached face guards? ☐ YES ☐ NO
If YES, are they ☐ Mandatory or ☐ Optional At what levels are they used?

I hereby certify that the above named claimant was injured while covered by the Little League Baseball Accident Insurance Policy at the time of the reported accident. I also certify that the information contained in the Claimant's Notification is true and correct as stated, to the best of my knowledge.

Date _____ League Official Signature _____



WARNING: Protective equipment cannot prevent all injuries a player might receive while participating in Baseball / Softball.

WHAT PARENTS SHOULD KNOW ABOUT LITTLE LEAGUE® INSURANCE

The Little League Insurance Program is designed to afford protection to all participants at the most economical cost to the local league. The Little League Player Accident Policy is an excess coverage, accident only plan, to be used as a supplement to other insurance carried under a family policy or insurance provided by an employer. If there is no primary coverage, Little League insurance will provide benefits for eligible charges, up to Usual and Customary allowances for your area. A \$50 deductible applies for all claims, up to the maximum stated benefits.

This plan makes it possible to offer exceptional, affordable protection with assurance to parents that adequate coverage is in force for all chartered and insured Little League approved programs and events.

If your child sustains a covered injury while taking part in a scheduled Little League Baseball or Softball game or practice, here is how the insurance works:

1. The Little League Baseball and Softball accident notification form must be completed by parents (if the claimant is under 19 years of age) and a league official and forwarded directly to Little League Headquarters within 20 days after the accident. A photocopy of the form should be made and kept by the parent/claimant.

Initial medical/dental treatment must be rendered within 30 days of the Little League accident.

2. Itemized bills, including description of service, date of service, procedure and diagnosis codes for medical services/ supplies and/or other documentation related to a claim for benefits are to be provided within 90 days after the accident. In no event shall such proof be furnished later than 12 months from the date the initial medical expense was incurred.

3. When other insurance is present, parents or claimant must forward copies of the Explanation of Benefits or Notice/ Letter of Denial for each charge directly to Little League International, even if the charges do not exceed the deductible of the primary insurance program.

4. Policy provides benefits for eligible medical expenses incurred within 52 weeks of the accident, subject to Excess Coverage and Exclusion provisions of the plan.

5. Limited deferred medical/dental benefits may be available for necessary treatment after the 52-week time limit when: (a) Deferred medical benefits apply when necessary treatment requiring the removal of a pin /plate, applied to transfix a bone in the year of injury, or scar tissue removal, after the 52-week time limit is required. The Company will pay the Reasonable Expense incurred, subject to the Policy's maximum limit of \$100,000 for any one injury to any one Insured. However, in no event will any benefit be paid under this provision for any expenses incurred more than 24 months from the date the injury was sustained.

(b) If the Insured incurs Injury, to sound, natural teeth and Necessary Treatment requires treatment for that Injury be postponed to a date more than 52 weeks after the injury due to, but not limited to, the physiological changes of a growing child, the Company will pay the lesser of: 1. A maximum of \$1,500 or 2. Reasonable Expenses incurred for the deferred dental treatment.

Reasonable Expenses incurred for deferred dental treatment are only covered if they are incurred on or before the Insured's 23rd birthday. Reasonable Expenses incurred for deferred root canal therapy are only covered if they are incurred within 104 weeks after the date the Injury occurs.

No payment will be made for deferred treatment unless the Physician submits written certification, within 52 weeks after the accident, that the treatment must be postponed for the above stated reasons. Benefits are payable subject to the Excess Coverage and the Exclusions provisions of the Policy.

We hope this brief summary has been helpful in providing a better understanding of the operation of the Little League insurance program.



Little League® Baseball and Softball M E D I C A L R E L E A S E



NOTE: To be carried by any Regular Season or Tournament
Team Manager together with team roster or International Tournament affidavit.

Player: _____ Date of Birth: _____ Gender (M/F): _____

Parent (s)/Guardian Name: _____ Relationship: _____

Parent (s)/Guardian Name: _____ Relationship: _____

Player's Address: _____ City: _____ State/Country: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

PARENT OR LEGAL GUARDIAN AUTHORIZATION:

Email: _____

In case of emergency, if family physician cannot be reached, I hereby authorize my child to be treated by Certified
Emergency Personnel. (i.e. EMT, First Responder, E.R. Physician)

Family Physician: _____ Phone: _____

Address: _____ City: _____ State/Country: _____

Hospital Preference: _____

Parent Insurance Co: _____ Policy No.: _____ Group ID#: _____

League Insurance Co: _____ Policy No.: _____ League/Group ID#: _____

If parent(s)/legal guardian cannot be reached in case of emergency, contact:

Name	Phone	Relationship to Player
------	-------	------------------------

Name	Phone	Relationship to Player
------	-------	------------------------

Please list any allergies/medical problems, including those requiring maintenance medication. (i.e. Diabetic, Asthma, Seizure Disorder)

Medical Diagnosis	Medication	Dosage	Frequency of Dosage

Date of last Tetanus Toxoid Booster: _____

The purpose of the above listed information is to ensure that medical personnel have details of any medical problem which may interfere with or alter treatment.

Mr./Mrs./Ms. _____
Authorized Parent/Guardian Signature Date: _____

FOR LEAGUE USE ONLY:

League Name: _____ League ID: _____

Division: _____ Team: _____ Date: _____

WARNING: PROTECTIVE EQUIPMENT CANNOT PREVENT ALL INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN BASEBALL/SOFTBALL.
Little League does not limit participation in its activities on the basis of disability, race, color, creed, national origin, gender, sexual preference or religious preference.

Coaches' Code of Practice and Game Conduct

PLEASE READ BEFORE SIGNING

The following code of conduct outlines a philosophy that is paramount to producing a positive experience for young players of any sport. Baseball is a sport that belongs to the players. It is a game that offers physical challenges, emotional satisfaction, and lifelong values and experiences for those who play.

Within this context, coaches should prioritize the welfare of their players and dedicate themselves to upholding the highest standards of conduct in support of their players. Sportsmanship and ethical values highlighting respect, fairness, civility, honesty, integrity and accountability are a foundation for the sport.

Thank you for your willingness to volunteer as a coach. You are the face of Gastineau Channel Little League (GCLL). By signing below, you agree to all terms set forth therein.

Coaches will:

- Always treat officials in a respectful manner
- Always teach and practice good sportsmanship on and off the field
- Always strive to be positive and constructive in dealings with all players, umpires, parents and spectators.
- Act professionally and take responsibility for their actions; and be a positive role model for all players and parents
- Provide a physically and emotionally safe environment for practices and competition
- Support and encourage the personal and skill development of all players, showing interest, enthusiasm and support
- Be knowledgeable in the rules of Little League Baseball and Softball, including local rules and any applicable tournaments and teach and explain these rules to players
- Consider the player's welfare first and not the win/loss record
- Be fair, considerate and honest with players and parents; communicate using simple and clear language
- Do their best to organize practices that are fun and challenging for all players
- Act in the best interest of the player's health and longevity regardless of the situation and abide by pitch count limits
- Remember I am a youth sports coach, and that the game is for children and not adults
- Always strive to be positive and constructive in dealings with all players, umpires, parents and spectators
- Report to the GCLL Board of Directors any unusual or special circumstances with coaches, players, parents, or spectators with which I was unable to satisfactorily deal with
- Respect the GCLL board members, officials and umpires during all GCLL events

Coaches will not:

- Use threatening, profane or obscene language or gestures at any time during practices or games
- Attend a game or practice under the influence of drugs or alcohol; including tobacco or chewing tobacco
- Argue with an official or attempt to influence the decision of an official
- Talk down or make derogatory comments to coaches, players, officials, parents, spectators or emotionally or physically denigrate coaches, players, officials, parents or spectators
- Engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; arguing calls, refusing to shake hands or alike

A coach ejected from a game shall automatically be suspended from coaching in the next regularly scheduled game; and the Board of Directors of GCLL may take additional action as set out below.

Any violation of this Code of Conduct may, at the sole discretion of the President or Board of Directors of GCLL, result in the reprimand of a coach, or the suspension or expulsion from GCLL practices, games and/or events (including post-season and subsequent seasons) and said coach will willingly do so and without incident.

By my signature below, I _____, acknowledge that I understand and will abide by the Coaches' Code of Conduct for the Gastineau Channel Little League 2021 season.

Signed _____

Date _____

Sport Parent Code of Conduct

We, the _____ Little League, have implemented the following Sport Parent Code of Conduct for the important message it holds about the proper role of parents in supporting their child in sports. Parents should read, understand and sign this form prior to their children participating in our league.

Any parent guilty of improper conduct at any game or practice will be asked to leave the sports facility and be suspended from the following game. Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games.

Preamble

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles:

- Trustworthiness,
- Respect,
- Responsibility,
- Fairness,
- Caring, and
- Good Citizenship.

The highest potential of sports is achieved when competition reflects these “six pillars of character.”

I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

Parent/Guardian Signature

2021

LITTLE LEAGUE BASEBALL, INCORPORATED® ALASKA DISTRICT 2 TOURNAMENTS



TOURNAMENT	DISTRICT	STATE	DIVISION	REGIONAL	WORLD SERIES
8 – 10YR OLDS BASEBALL SPECIAL GAMES	TBD TBD	n/a	n/a	n/a	n/a
MAJOR BASEBALL 10 – 12 YR OLDS	TBD TBD Travel Day TBD	Anchorage, AK July 31 – August 5	n/a	San Bernardino, CA Aug 08 – Aug 14	Williamsport, PA Aug 19 – Aug 29
INTERMEDIATE 50/70 BASEBALL 11 – 13 YR OLDS	Travel Day July 10	Anchorage, AK July 12 – July 17	n/a	Nogales, AZ July 20 – July 29	Livermore, CA Aug 01– Aug 08
JUNIOR BASEBALL 12 – 14 YR OLDS	No District Just State	TBD July 28 – July 31 Travel Day Aug 02	n/a	Bend, OR Aug 04 – Aug 11	Taylor, MI Aug 15– Aug 22
SENIOR BASEBALL 13 – 16 YR OLDS	n/a	n/a	n/a	Oakland, CA July 20– July 28	Easley, SC July 31 – Aug 07
8 – 10 YR OLDS SOFTBALL SPECIAL GAMES	TBD TBD	n/a	n/a	n/a	n/a
MAJOR SOFTBALL 10 – 12 YR OLDS	TBD TBD	TBD July 17 – July 21 Travel Day July 22	n/a	San Bernardino, CA July 24 – July 30	Greenville, NC Aug 11 – Aug 18
JUNIOR SOFTBALL 12 – 14 YR OLDS	TBD TBD	TBD July 14 – July 18 Travel Day July 19	n/a	Tucson, Arizona July 21 – July 29	Kirkland, WA Aug 01 – Aug 07
SENIOR SOFTBALL 13 – 16 YR OLDS	n/a	n/a	n/a	Missoula, MT July 20 – July 28	Lower Sussex, DE Aug 02 – Aug 08