



House Rules, Regulations and Guidelines

2018



Lower Loudoun Little League | www.llbaseball.org | Est. 1963
Post Office Box 23, Sterling, Virginia 20167 | Phone: 703-662-3117 | Fax: 703-890-9499

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OVERVIEW

The House Rules are additional rules to the **Official Little League** rulebook (The **Green Book**). The House Rules emphasize some Little League Rules that are important for safety. The House Rules stay within the **Official Little League** rules but are adapted for Lower Loudoun Little League. For example, the **Official Little League** rulebook has no time limits for games, but the House Rules do because of time limitations on our fields. When in doubt about a rule, see the **Official Little League** Rulebook.

SAFETY

1. The League's 2018 Safety Plan is on the Lower Loudoun Little League (LLLL) website at <http://www.llbaseball.org/safety-essentials/>
2. **Lightning:** Any sight of lightning or hearing of thunder by a player, manager, or spectator must be brought to the attention of the Umpire. Play must be suspended. All players must leave the field and dugouts. They must go to a car or a building. Play will not resume until 30 minutes has elapsed from the last sight of lightning.
3. Players shall wear equipment in accordance with Little League Rules. (Read the **Green Book**, sections **1.10 through 1.17**) A few key rules are:
 - Batting helmets are required for batting practice.
 - Catchers will wear masks during pre-game warm-ups, whether in bullpen *or* on the field (**Green Book**, section **1.17**)
 - Catchers must wear a "dangling" throat protector, even if they use a hockey style mask. (**Green Book**, section **1.17**)
 - Metal spikes are permitted at the Juniors, Seniors & Big League. (**Green Book**, section **1.11h**)
4. First Aid kits are available in the equipment box at each field or at the Jeff Cobb and Foltz Field snack bars. Also located in both snack bars is one Automatic External Defibrillator (AED). Should anything be used from these boxes, please notify the League's Safety Officer so that they can be replaced.
5. The use of a "batting donut" or similar weight is not allowed at any level of play. (**Green Book**, section **1.10 (note 2)**)
6. **SLIDE RULES & MALICIOUS CONTACT:** (Read the **Green Book**, sections **7.08 (a)(4)**). A few key points of emphasis are:
 - **T-Ball, Developmental, Rookie, AA, AAA, & Majors:** No headfirst slides, while advancing toward a base. The runner will be called out.
 - If a fielder does not have the ball and is blocking the base path, this does not give the base runner the right to run that fielder over.
 - Any action by a runner which, in the judgment of the umpire, displays intent to collide with or "take out" a fielder for the purpose of injuring that player or causing that player to drop the ball may be ejected.
 - A collision between a runner and a fielder which, in the umpire's judgment, is unavoidable is simply a collision.

GAME LENGTH (Read the **Green Book**, sections **4.10** through **4.12**)

1. A regulation game is:
 - At least 2 but no more than 3 innings for Tee Ball (Coaches to decide length at start of 2nd inning)
 - 6 innings for Minors & Majors
 - 7 innings for Junior, Seniors & Big League.

2. No new inning will start after: (Note: This is for regular season games)
 - 1 hour & 30 minutes (*Developmental*)
 - 1 hour & 45 minutes (*Rookie*)
 - 2 hours (*Minors & Majors*)
 - 2 hours & 15 minutes (*Junior, Seniors & Big League*)

AND no inning will start after:

 - 10:00 pm (*Minors and Majors*)
 - 10:30 pm (*Juniors, Seniors & Big League*)

3. No new pitch (drop dead) after: (Note: This is for regular season games)
 - 1 hour & 30 minutes (*T-Ball*)
 - 1 hour & 45 minutes (*Developmental*)
 - 2 hours & 15 minutes (*Rookie*)
 - 2 hours & 30 minutes (*Minors & Majors*)
 - 2 hours & 45 minutes (*Junior, Seniors & Big League*)
 - 11:00 pm (*Everyone*)

4. **Tie Games:** If the game is tied at the time limits, the managers and umpires may:
 - If no game follows, play until a team wins.
 - If a game follows, play will be suspended at 30 minutes from the start of the next game.
 - If a game is still tied, the commissioner will determine when it will be continued at a later date in accordance with **Green Book Rule 4.12**. If the tie has no bearing on the standings, it can end in a tie

5. **10 Run Rule:** (Read the **Green Book**, sections **4.10 (e)**)

PITCHERS

1. Pitch limits are for safety. (Read the **Green Book**, sections VI on pages 40-42)
2. Pitcher limits per day are:

- 8 year old	50 pitches
- 9-10 year old	75 pitches
- 11 & 12 year old	85 pitches
- 13-16 year old	95 pitches
- 17-18 year old	105 pitches

3. If a pitcher reaches the maximum number of pitches, they may complete pitching to the batter.

4. League age 12 year olds may not pitch in Minors.
5. Managers will turn in pitch counts to the Commissioner within 24 hours of the end of the game.
6. Managers may visit the pitcher at the mound (**Read the Green Book, Rule 8.06**).

GAME CANCELLATION DUE TO INCLEMENT WEATHER

1. Lower Loudoun Little League Controlled Fields: (*Jeff Cobb, Jack Jennings, Pioneer and Foltz*): Check the league's website (www.llbaseball.org). Go to the Rained-Out Information Tab. 2.
2. Loudoun County Controlled Fields (i.e.: school fields & Claude Moore fields): Call the Loudoun County Cancellation Hotline at 703-777-0456.
3. Managers must make every reasonable attempt to play the game with consideration given to specific weather conditions, time to prepare a field versus darkness and subsequent games, and possible damage to a field.
4. The MANAGERS shall agree on the fitness of the playing field BEFORE the game starts.
5. The Umpire-in-Chief is in charge once the game balls are given to him/her at the plate conference. At that point the umpire is the sole judge as to weather and field conditions, and when play shall be suspended during a game.
6. Before any umpire declares a field unplayable, he/she will walk the field with both managers and identify the unfit areas and allow the managers the opportunity to correct the conditions.
7. The home team manager is responsible for notifying the respective Commissioner of any game that will not be played. The Commissioner will determine when a canceled or suspended game is rescheduled. (This does not include temporarily delayed games).
8. The Commissioner (AAA and above) will call the Chief Umpire so he/she can notify the umpires.
9. Weekend game times will not be delayed for more than 1 hour when another game follows.

TIE BREAKING PROCEDURES

If teams have the same record at the end of the season or in an in-house tournament, the champion will be determined by the following procedures:

1. Head to Head
2. League Record
3. Record against common opponents
4. Least number of runs allowed in all regular season games
5. Coin Toss

T-BALL

SKILL & CONCEPT OBJECTIVES

- Fundamental Athletic Skills
- Organizational Behavior & Group Dynamics
- Introduction to "TEAM" Concepts

Above all else, Lower Loudoun Little League expects each player to have a safe and enjoyable learning experience. The emphasis in T-Ball is placed on developing a basic understanding of the game. This is a non-competitive program. Winning is positively the least important item. One player's ability should never be compared to another's. Each player should be evaluated on his or her own effort and attitude. Positive reinforcement is a must at this level; no player can be a failure at 5 or 6 years old.

Lower Loudoun Little League would like to see managers working together during games, with the goal of providing the best possible learning environment.

Lower Loudoun Little League policy regarding playing time and positions is clear. At the T-Ball level, we use the "Incredi-ball", which has greatly reduced the potential for serious injury. Therefore, we have determined that each player should have the opportunity to play each position equally. The thinking is "How can a player learn to play first base if he/she never has the chance to play first base?"

Lower Loudoun Little League expects each manager to develop a rotation based on the 6 infield positions, which will give each player the same opportunity to play each position equally if they attend the games and practices. This is not for a game-by-game basis, but a "for the year" requirement. The ability to catch and throw is not the deciding factor in T-Ball -- the opportunity to develop and grow, and to be exposed to each position is.

Managers are expected to help "police" the base paths, i.e., first baseman standing in front of the base runner on first base. The first and third base coaches have the best view of this situation.

Base coaches should notify defensive coaches when an unsafe situation exists. Defensive coaches should be aware that they may be notified of this situation from time to time by the offensive coaches and should not take offense to this. Managers should resist physically moving the players, but instruct them where to stand so they are not in the base path.

T-Ball will strive to field a minimum of eight (8) players.

GENERAL RULES

1. Home team occupies first base bench.
2. Fifty (50) feet between bases.
3. All players bat and field each inning. An inning ends after the last player on the team has batted.
4. Each coach should keep the game going and must strive to complete at least 2 full innings.
5. Players are required to either be on the bench or on the field the entire game – NO EXCEPTIONS. Do not allow players to continuously roam around or sit with their parents.
6. PLAYERS MUST WEAR LONG PANTS. Baseball pants are encouraged.
7. PLAYERS MUST WEAR SNEAKERS OR CLEATS. No sandals or open-toed shoes are permitted.

OFFENSIVE RULES

1. All batters and base runners must wear a helmet.
2. No player, other than the batter, is to handle a bat. EXCEPTION – Unless manager or coach is providing instruction to player a safe distance away from the other players
3. The tee should be placed in front of home plate facing backwards so the front of the tee is against the front part of the plate (flat side to flat side)
4. Each batter gets 6 swings, with coach helping on subsequent swings until the batter hits the ball.
5. A batted ball must pass beyond a 15-foot semicircle from home plate before it is live (Batting coach will call).
6. Players should advance one base at a time.
7. Throwing the bat is not allowed. This is a safety concern, and this rule must be enforced. T-Ball is the place to teach good habits. Any player who throws the bat after receiving a warning is out. One warning will be issued per player, per game, with any subsequent throwing of the bat resulting in an out.
8. Managers should warn defensive team when strong batters are at bat to minimize the possibility of injury.
9. No runners are allowed to advance to the next base on an over throw.
10. "Leading off" and stealing are not allowed.
11. Only 3 coaches allowed on the field with the offensive team: a batting coach and first & third base coaches. Base coaches serve as umpires for their respective bases. Defensive coach located in outfield will call second base. Batting coach will call home if needed. THE COACH'S DECISION STANDS. GIVE THE ADVANTAGE TO THE INFIELDER.

DEFENSIVE RULES

1. Pitcher, first baseman and catcher must wear a helmet with a facemask.
2. In the event of an out (T6 ONLY), the batter/runner shall be directed to the dugout/bench (and not be allowed to remain on the base). No more than 2 outs can be made during any one at-bat. No triple plays count, however, if one is made, congratulate the team.
3. Players should be encouraged to make the right play, i.e.; pitcher throws to first base rather than running it himself/herself or rolling the ball.
4. Outfielders must stay out of the area designated for the infielders, approximately 10 to 15 feet behind the base path. Four infielders, pitcher and catcher in the infield - all others in outfield.
5. Outfielders must throw the ball into the infield to make an out. Outfielders cannot make tags or force outs at the bases, but can catch fly balls for an out.
6. Play stops when the ball is returned to the infield. The infielder need not have control of the ball. (In the event a runner is more than halfway to next base, allow him/her to advance.)
7. It is the obligation of the manager to rotate all players between the infield and outfield. Your players should play every position on the team and to this end, no player shall play outfield for more than two consecutive innings. During a game, no player shall play the same infield position twice. Keep records so that you track players by position played during the season so as to insure that he/she has played all positions equally as the rest of the team.
8. The batting coach shall notify the defense when the last batter is up. As the ball is hit, the defense shall make ONE play and then allow the runners to clear the bases before leaving the field. The defense shall not block home plate nor tag each runner as they round the bases. The last batter shall, in effect, be considered a home-run hitter. With the exception of ONE defensive play, the batter and all base runners shall be allowed to run the bases as if a home run were hit.
9. Only 3 coaches allowed on the field with the defensive team.

DEVELOPMENTAL

SKILL & CONCEPT OBJECTIVES

- Fundamental Baseball Skills
- Organizational Behavior & Group Dynamics
- Advanced "TEAM" Concepts

1. The main focus of the managers, coaches and parents in this division is to teach the fundamental skills of baseball and provide all the players with an opportunity to learn all positions, skills, good sportsmanship, and the rules of the game in a safe, positive and fun environment. The season shall be played in an **instructional** format.
2. Winning games should not be the goal. None of the games are played for any standings or season records. That is, the scores of the games and the team's won-loss records shall not be kept.
3. Free substitution. NO player should be on the bench more than 1 inning in a row. Managers should be fairly rotating their players at all positions. The goal should be not to play a player twice at any one position until every other player has had an opportunity to play that position. Managers should give every player a chance to learn each position. If a player struggles at a skill or position, the manager should help the player improve and not dismiss the player from that position. Managers are to be sensitive to hiding players behind the plate or in the outfield. Avoiding "Hot Spots" in the name of safety is fine. You must rotate your players so that all of them have the opportunity to play all skilled positions. Keep good records of positions played by each player on your team to insure minimum playing time requirements are met and that all players have played equally in all skilled positions.
4. No player will play either an in-field or an outfield position for more than two consecutive innings; i.e. if a player plays two consecutive innings in the infield, he must then be rotated to an outfield position, or to the bench. If he is placed on the bench, he can only return to the game in an outfield position, before being rotated back to an infield position. Infield is defined as the following positions: pitcher, catcher, 1st base, 2nd base, shortstop and 3rd base. Outfield is defined as Left, Center and Right (with 3 outfielders); Left, Left Center, Right Center and Right (with 4 outfielders). Managers can play 4 outfielders if they have 10 players available. The intention of this rule is to be sure all players are getting equal and fair playing time as dictated by the number of players at any given game.
5. Players who attend practice must play a minimum of half the game in the field. The batting order will consist of all players able to play in the game. Once the batting order is established, no changes are allowed except defensive substitution for the purpose of facilitating the minimum playing time rule. The batting order should be a different from game to game so players can experience hitting in different positions throughout the line-up..

GENERAL RULES

1. Delaying tactics are unfair and reflect poorly on the offending coach.
2. The first and third base coaches shall make the safe/out calls at those bases. The defensive fielding coach shall make the call at second base. The coach/pitcher shall make the call at home plate.
3. First and third base coaches are to help "police" the base paths. They should notify the defensive coach of any impending obstruction of the base paths. Defensive coaches should be aware that the base coaches will be helping to keep infielders out of the base lines and should not be offended by another coach should he/she point out this type of situation.
4. The speed of the pitching machine shall be set to approximately **28-33mph** and should not be changed during the game, except to adjust for uniformity of pitches within the strike zone.

OFFENSIVE RULES

1. There is a 5 Run limit per inning. (**Green Book, Rule 2.00**).
2. Use a Continuous Batting Order (**Green Book, Rule 4.04**).
3. No player, other than the batter, is to handle a bat. EXCEPTION – Unless manager or coach is providing instruction to player a safe distance away from the other players.
4. No bunting.
5. Each batter will get a maximum of **9 total pitches** from the pitching coach or machine. An errant pitch shall count regardless if the batter swings at the pitch or not (unless the pitch is hit into fair territory). A foul ball cannot be counted as the last pitch. Balls and Strikes will not be counted.
6. If a batted ball hits the pitching machine or the pitching coach, the ball is ruled dead and the batter is awarded first base.
7. Runners may not advance on an overthrow. For balls hit to the outfield, base runners may advance until the ball is in the infield and in possession by one of the infielders. If the base runner is more than half way to the next base when the ball is determined “under control”, the base runner may continue to advance at risk of being put out, to the next base. Under control as used above would be a judgment call, but with the benefit of doubt placed with the defensive player.
8. The pitching coach shall not instruct while the play is in progress.
9. Each batter will get one warning per game for throwing the bat. The batter will be declared out if he/she throws the bat again during the game.

DEFENSIVE RULES

1. Each team will field no more than 10 players. The extra player must be positioned in the outfield.
2. Outfielders are not allowed to make “put outs or force outs”. They may catch fly balls for an out or being a back-up player as part of a “run down” play when a runner is caught between two bases.
3. Catchers **MUST** be utilized defensively and **at least attempt** to catch the pitched ball.
4. When a thrown ball hits the pitching machine, and stays in fair territory, the ball is live and in play. If the ball rolls into foul territory after striking the pitching machine or coach by a thrown ball, the ball is dead and the base runners advance to the next base beyond the last base touched.
5. Two coaches from the fielding team may be on the field.
6. The pitcher must stand within a 6’ radius of the pitching plate and not in front of the pitching machine. The pitcher cannot leave the circle before the ball is hit. The pitcher must wear a helmet.

ROOKIE

SKILL & CONCEPT OBJECTIVES

- Fundamental Baseball Skills
- Organizational Behavior & Group Dynamics
- Advanced "TEAM" Concepts

The main focus of the managers, coaches and parents in this division is to teach the fundamental skills of baseball and provide all the players with an opportunity to learn all positions, skills, good sportsmanship, and the rules of the game in a safe, positive and fun environment.

GENERAL RULES

1. Rookie rules will be in effect in during the Fall season when Rookie and Developmental Divisions are combined.
2. Delaying tactics are unfair and reflect poorly on the offending coach.
3. Players who attend practice cannot sit on the bench for 2 consecutive innings.
4. The first and third base coaches shall make the safe/out calls at those bases. The defensive fielding coach shall make the call at second base. The coach/pitcher shall make the call at home plate.
5. Winning games should not be the goal.
6. First and third base coaches are to help "police" the base paths. They should notify the defensive coach of any impending obstruction of the base paths. Defensive coaches should be aware that the base coaches will be helping to keep infielders out of the base lines.
7. The speed of the pitching machine should not be changed during the game, except to adjust for uniformity of pitches within the strike zone. The speed for the Rookie Division will be approximately **33 - 38 mph**.
8. Managers should be fairly rotating their players at all positions during the course of a game and the entire season. The goal should be not to play a player twice at any one position until every other player has had an opportunity to play that position. Managers should give every player a chance to learn each position. If a player struggles at a skill or position, the manager should help the player improve and not dismiss the player from that position. Managers are to be sensitive to hiding players behind the plate or in the outfield. Avoiding "Hot Spots" in the name of safety is fine. You must rotate your players so that all of them have the opportunity to play all skilled positions. Keep good records of positions played by each player on your team to insure minimum playing time requirements are met and that all players have played equally in all skilled positions.
9. Players can sit on the bench for only one inning at a time. Players can play in-field or outfield for only two consecutive innings (example: If a player plays 2 consecutive innings in the infield, he must then be rotated to an outfield position, or to the bench. If he is placed on the bench, he can only return to the game in an outfield position, before being rotated back to an infield position). Infield positions are: pitcher, catcher, 1st base, 2nd base, 3rd base, and shortstop. Outfield is defined as: Left, Center and Right (with 3 outfielders); Left, Left Center, Right Center and Right (with 4 outfielders). Managers can play 4 outfielders if they have 10 players available.

OFFENSIVE RULES

1. There is a 5 Run limit per inning (**Green Book, Rule 2.00**).
2. Use a Continuous Batting Order (Read the **Green Book, Rule 4.04**).
3. Each batter will get a maximum of **8 total pitches** from the pitching coach or machine. An errant pitch shall count regardless if the batter swings at the pitch or not (unless the pitch is hit into fair territory). A foul ball cannot be counted as the last pitch.
4. Balls and Strikes will not be counted.
5. If a batted ball hits the pitching machine or the pitching coach, the ball is ruled dead and the batter is awarded first base. Only those base runners forced to advance due to the batter being awarded first base may advance in this situation.
6. Runners may not advance on an overthrow. For balls hit to the outfield, base runners may advance until the ball is in the infield and in possession by one of the infielders. If the base runner is more than half way to the next base when the ball is determined "under control", the base runner may continue to advance at risk of being put out, to the next base. Under control as used above would be a judgment call, but with the benefit of doubt placed with the defensive player.
7. The pitching coach shall not instruct while the play is in progress. He may give instruction to base runners or batters between pitches.
8. A batter will get one warning per game for throwing the bat. The batter will be declared out if he/she throws the bat again during the game

DEFENSIVE RULES

1. A team may field 10 players. The extra player must be positioned in the outfield.
2. Outfielders are not allowed to make "put outs or force outs". They may catch fly balls for an out or be a back-up player as part of a "run down" play when a runner is caught between two bases.
3. The pitcher shall wear a helmet during play.
4. Catchers **MUST** be utilized defensively and **at least attempt** to catch the pitched ball. Catchers are to catch from the normal location behind home plate.
5. When a thrown ball hits the pitching machine, and stays in fair territory, the ball is live and in play. If the ball rolls into foul territory after striking the pitching machine or coach by a thrown ball, the ball is dead and the base runners advance to the next base beyond the last base touched.
6. Two coaches from the fielding team may be on the field.
7. The pitcher must stand within a 6' radius of the pitching plate and not in front of the pitching machine. The pitcher cannot leave the circle before the ball is hit.
8. A coach may call time to instruct his players after the play is over. Normal coaching is allowed while the play is in progress.

AA

SKILL & CONCEPT OBJECTIVES

- Fundamental Baseball Skills
- Position Specific Skills & Plays
- Baseball Rules & Regulations
- Introduction to Baseball Strategy

AA Division players usually range in age from 8 - 10 years old. Managers draft players based upon tryout ratings and their individual team needs. Coaches focus on developing individual and team skills to field a competitive team and prepare them for the Majors Division. Players attending practice and present at the start of the game will not be benched for two consecutive innings.

AA Player Skill Goals

1. Continued focus on good sportsmanship and team play!
2. Batting skills development including proper stance, pitch selection, bunting, and reading signals.
3. Increased development of catchers (signals, blocking, pass balls, making the throw from home to second, good throw back to pitcher on the mound and when pitcher is covering home plate) as importance of position increases at this level.
4. Pitching emphasis on good mechanics, injury prevention (ice).
5. Develop base running skills for situational play, including proper sliding technique.
6. Fielding emphasis on getting behind the ball and setting up the throw, getting ball to the correct position for the out or to keep the runners from advancing.
7. Develop tracking skills for catching fly balls and arm strengthening practice (long toss).

Umpires: An umpire will be used for AA games. If a League designated umpire is not available:

- Home Team: Provides a home plate umpire.
- Visiting Team: Provides a field umpire.

Managers will designate umpires early in the season, and contact the league Umpire-in-Chief for appropriate training.

Players can sit on the bench for only one inning at a time. Players can play in-field or outfield for only two consecutive innings (example: If a player plays 2 consecutive innings in the infield, he must then be rotated to an outfield position, or to the bench. If he is placed on the bench, he can return to the game in an outfield or infield position). Infield positions are: 1st base, 2nd base, 3rd base, and shortstop. Pitcher and catcher are not considered infield positions for the purposes of the rotation rule.

GENERAL RULES

1. AAA rules will be in effect in during the Fall season when AA and AAA Divisions are combined.

OFFENSIVE RULES

1. There is a 5 run limit per inning (Green Book Rule 2.0).
2. Use a Continuous Batting Order (Green Book Rule 4.04).
3. A batter is **automatically out** on a dropped 3rd strike. Runners may advance at their own risk.
4. Infield fly **will not** be in effect for AA games.
5. Stealing of 2nd, 3rd are permitted. The runner may take one extra base on an error or overthrow.
6. Stealing of home is not permitted. This includes wild pitches, passed balls, or overthrows from the catcher back to the pitcher.
7. The play is live until the ball is in the possession of the pitcher and is on the pitcher's mound.
8. **Coach Pitch.**
 - There are **no walks** in AA.
 - After ball four, the play is still live and base runners may advance at their own risk.
 - The offensive coach may only enter if the play is dead (see rule 7) and time is granted by the umpire.
 - Coaches are required to pitch with both feet on the pitcher's mound at all times (unless avoiding contact with a batted or thrown ball).
 - The pitcher's mound is defined as the circle of dirt surrounding the pitching rubber (**pitcher's plate**) or where there is a no grass infield, the raised ground surrounding the pitching rubber (**pitcher's plate**).
 - The batter will keep the number of strikes they had when ball four occurred.
 - The coach will pitch to the batter until a ball is put into play or strike three, whichever occurs first.
 - The offensive coach must make every effort stay out of the play avoiding contact with the ball or a fielder.
 - If the umpire determines any of these conditions are not met, it is a dead ball, and the result of the play is 'no pitch'.

AAA

SKILL & CONCEPT OBJECTIVES

- Fundamental Baseball Skills
- Position Specific Skills & Plays
- Baseball Rules & Regulations
- Introduction to Baseball Strategy

AAA Division players usually range in age from 9 - 11 years old. All players on the team bat. Managers draft players based upon tryout ratings and their individual team needs. Coaches focus on developing individual and team skills to field a competitive team and prepare them for the Majors Division. Players attending practice and present at the start of the game will not be benched for two consecutive innings.

AAA Player Skill Goals

1. Continued focus on good sportsmanship and team play!
2. Batting skills development including proper stance, pitch selection, bunting, and reading signals from Manager/Coach.
3. Increased development of catchers (signals, blocking, pass balls, making the throw from home to second, good throw back to pitcher on the mound and when pitcher is covering home plate) as importance of position increases at this level.
4. Pitching emphasis on good mechanics, injury prevention (ice), and development of pitching variety (fastball, change-up, location).
5. Develop base running skills for situational play, including proper sliding technique.
6. Fielding emphasis on getting behind the ball and setting up the throw, getting ball to the correct position for the out or to keep the runners from advancing.
7. Develop tracking skills for catching fly balls and arm strengthening practice (long toss).

Players can sit on the bench for only one inning at a time. Players can play in-field or outfield for only two consecutive innings (example: If a player plays 2 consecutive innings in the infield, he must then be rotated to an outfield position, or to the bench. If he is placed on the bench, he can return to the game in an outfield or infield position). Infield positions are: 1st base, 2nd base, 3rd base, and short stop. Pitcher and catcher are not considered infield positions for the purposes of the rotation rule. Pitchers may pitch up to their age-based pitch count specified in the Green Book.

OFFENSIVE RULES

1. There is a 5 run limit per inning (Green Book Rule 2.0).
2. Use a Continuous Batting Order (Green Book Rule 4.04).
3. A batter is automatically out on a dropped 3rd strike. Runners may advance at their own risk.
4. Infield fly will not be in effect for AAA games.
5. Stealing of 2nd, 3rd, and home are permitted. This includes passed balls and wild pitches. The runner may take one extra base on an error or overthrow.
6. Green Book Rule 7.13 will be slightly modified. For the purpose of this rule, the pitcher must be in the dirt area of the mound, not necessarily on the rubber (pitcher's plate). When the pitcher has possession of the ball and is on the mound, runners may not advance. The catcher does not have to be in position.
7. Intentional walks will not be in effect (Green Book Rule 6.08).

MAJORS

SKILL & CONCEPT OBJECTIVES

- Position Specific Skills & Play
- Advanced Baseball Strategy
- Introduction to Strength & Conditioning

The Major League Division is for advanced skill level players and is more competitive than the Minor Leagues. Ages: 11 to 12-years old. However, 10 year old players may be included in this league to fill a limited number of roster spots.

Majors Player Skills and Goals:

1. Develop batting mechanics (bunting, driving, making adjustments to speed) and pitch selection.
2. Develop accurate throws from outfielders to proper cutoff person.
3. After fielding the ball knowing where to make the throw and getting it there. Develop fielding strategies based on skills.
4. Reading signals from Coach/Manager and implementing directives.
5. Arm strengthening and accuracy thru practices (long toss).
6. Working as a team to get outs.
7. Pitching emphasis is to continue developing pitch variety with good mechanics (fastball 2 seam/4 seam, and change-up) and injury prevention/arm care.
8. Catcher skills include developing pitch calling skills, accurate throws to all bases, minimize passed balls, etc.
9. Good sportsmanship!

MAJOR LEAGUE RULES

1. Read the **Green Book, Rule 1.08 (Note 2)**. Only the lead-off batter is permitted to be in the on-deck position. The on-deck position is behind and off to the side of the current batter at the plate.
2. On illegal pitches, no warnings will be issued. A BALL will be charged to the pitcher, unless a play follows the illegal pitch. (**Green Book Rule 5.09C**)
3. Use a Continuous Batting Order (Read the **Green Book, Rule 4.04**).
4. Read the **Green Book, Rule 6.05 (b)(2)**. A batter is out when a third strike is not caught by the catcher when first base is occupied before two are out.
5. Players can sit on the bench for only one inning at a time.

MANAGERS (ALL LEVELS)

OBJECTIVE

1. The objective of Lower Loudoun Little League shall be to implant firmly in the children the ideals of good sportsmanship, teamwork and fair play. It also provides them a healthful activity under good leadership so children become good and decent citizens. Baseball played with this objective will produce well adjusted, stronger and happier children. They will grow them to become good, healthy citizens.
2. Manager shall keep in mind that the attainment of exceptional athletic skill or the winning of games is secondary. The molding of future citizens while having fun playing baseball is the main objective.

GENERAL RULES

1. BE PROMPT & PREPARED – Begin and end practices when you say you will. Remember that you affect 12 to 15 other schedules if you don't. If you are prompt, then you can expect your parents to be prompt also.
2. TEAM MEETING: Managers will hold a meeting with the Parents, Players and Coaches before the first practice. They will discuss:
 - League's Code of Conduct
 - Little League Rules, House rules, and your rules
 - League's safety plan
 - Player Conduct Guide and Parents Conduct Guide
 - Skill & concept goals for the kids, primarily at Minors and below
 - Medical Release Form, identifying any medical conditions
 - League fundraiser responsibilities
 - Parent support to the league, (i.e. volunteers, umpires, snack bar, field maintenance)
 - Practice/game attendance & schedules
 - Carpools, drop-off and pick-up policy (varies with the age of the player)
 - Tobacco and Alcohol – The use of tobacco or alcohol is forbidden by **ANY** participant (manager, player, spectator, or umpire) at Lower Loudoun Little League athletic events.
 - Pets: No pets are allowed at any field to include all observation areas (including practice).
 - Bats: Managers should review the list of legal bats with the parents.
3. SPONSORS – All managers are required to deliver the team picture/plaque to their respective sponsor as soon as possible. Sponsor information can be found on the llbaseball.org website.
4. PLAYERS: If a player has missed 3 consecutive games, the Manager must provide the Player Agent with a written reason for the player's absence within 24 hours of the 3rd missed game. If the Manager cannot contact the player, state that in the email.
 - Player vacancies must be reported to the Player Agent immediately
 - All efforts will be taken to fill a vacancy within seven days. The Player Agent does this.
 - No player replacements will be done for the final 14 days of the regular season, unless the team's roster falls below 9 players. (very unlikely to occur)

- Only the Player Agent may move a player. Managers must receive their permission. No player shall be allowed to play on another team without approval of the Player Agent and LLLL Board of Directors.

5. Sportsmanship and Conduct:

- All managers, coaches, other volunteers, players, parents and spectators are urged to read and sign the LLLL Code of Conduct that outlines the League's conduct and discipline rules. Managers should read the Safety Plan that is available under the Handouts section of the LLLL website.
- The manager is responsible for the conduct of the players, parents, spectators and coaches. Any person placed on the field as an assistant coach, first, third or pitching coach should be made aware of the rules, all the requirements of proper instruction and displays good sportsmanship at all times.
- Parents of the players should show good sportsmanship at all times.
- Questions regarding rules are allowed, but arguments over judgment calls are not allowed.
- Arguments with or verbal abuse of umpires **WILL NOT BE TOLERATED.**
- Parents and spectators may not be ejected by an umpire. However, an umpire may suspend play until a manager corrects the parent's behavior.
- If an unruly spectator gets out of control, the Sheriff's Office should be contacted.
- Should a manager be unable to control a situation, they should seek a member of the Lower Loudoun Little League Board for intervention. While this may not be possible during a game, call a Board member after the game.
- The manager must notify the LLLL President of any ejections (player, manager or coach). This must be done within 24 hours.
- **Green Book, Rule 9.05:** The umpire is required to submit, in writing, the reason for the ejection.
- Any manager or coach heard encouraging his/her players to intentionally harm another player is subject to ejection.
- **Green Book, Rule 4.07:** Any player or manager ejected from a game will leave the field immediately and take no further part in that game. The ejected person may not sit in the stands. They must leave the game site.
- Umpires occasionally make mistakes. However, the umpire's judgment is final. Questions regarding rules are allowed, but arguments over judgment calls are not allowed. Should there be any comments regarding the conduct of an umpire, they should be addressed to the Umpire-in-Chief of Lower Loudoun Little League or the appropriate Commissioner.

PRE-GAME WARM UP

1. The Home team shall take the field 35 minutes prior to the game for infield/outfield practice; the Visiting team shall have the batting cage at this time, as applicable
2. The Visiting team shall take the field 20 minutes prior to the game; the Home team shall have the batting cage at this time, if applicable.
3. Managers will have a Plate conference 5 minutes prior to the game.
4. If the field is not available 35 minutes prior to the start (i.e.: another game runs late), then the teams will split the time remaining in half. (Example: The preceding game ends at 1:30 and your game is scheduled for 2:00. Each team gets 12 minutes to warm-up. The Plate conference will begin at 1:55.

5. Batting practice is not allowed on the game field prior to games at Jeff Cobb, Jack Jennings, Pioneer, Claude Moore and Foltz Fields.
6. Play catch (warm-up) in the outfield and sideline areas beyond the bases.
7. Do not Bat balls against any field fence (games or practices).

PRE-GAME

1. Game Balls: Home team provides two new game balls to the umpire prior at the Plate conference. Developmental and Rookie home teams are to provide eight (8) balls with at least 2 being new. Developmental and Rookie leagues will not use the plastic coated balls.
2. If the managers from either team realize in advance that they will have trouble fielding a team, they should contact their respective Commissioner. The Commissioner shall re-schedule the game, taking into consideration team and field availability. The Commissioner will notify the Chief Umpire.
3. Both managers designate someone to keep a scorebook. The Home team (AA and above) keeps the official scorebook.
4. When your team plays at a field with a snack bar, one adult from each team is to be in the snack bar for the entire game. It is suggested that you set up a schedule to spread this obligation out among all players' parents. It is the manager's responsibility to see that someone is in there, and if no one can be found, then the manager or coach must assume the obligation.

FIELD PREPARATION AND CLEAN-UP

1. The home team is responsible for preparing the field prior to the warm-up period of each game (35 minutes prior to game time). Preparation will include all actions necessary to make each game a safe and enjoyable experience. Preparation includes setting up pitching machines, installing bases, lining fields, repairing holes, preparing pitching mound, raking any rough spots on the infield, hosing down the infield (if available), and any reasonable repair/preparation required. Field preparation must be fully completed prior to the warmup period.
2. In the event of inclement weather, both teams will be responsible for field preparation.
3. Each team must remove all trash from the field and dugouts after each game and practice. Both teams for the last scheduled game of the day shall empty the trashcan(s) with the trash bags provided in the shed or lock boxes.
4. Visiting teams are responsible for filling in holes, repairing pitching mounds, and raking rough areas on field after *each* game, including Saturdays.
5. Any team practicing on a field prior to a game must leave the field in playable condition at least 1 hour prior to game time, by filling in all holes, repairing the pitching mound, raking rough areas, etc. All teams will repair the field after *each* practice.

6. Managers shall ensure that all trash is picked up in and around the field, dugouts, stands, and viewing areas prior to leaving the field.
7. The visiting team of the last game (or practice) of the day has the added responsibility to ensure that:
 - Bases must be pulled and plugs must be installed.
 - Equipment is properly stored.
 - Fields and mounds dragged and/or raked (with dirt and drag work **ONLY** to be completed by those properly trained).
 - Waste cans emptied and new liners re-installed.
 - Any field lights turned off and boxes/sheds/gates locked.
8. Every team that has a scheduled game on Saturday, after or when it has rained the night before, **must have a Manager/Coach at the field (no later than 7:00 a.m.) for preparation.** Any team not having a representative will be subject to having their game moved to another field, or possibly rescheduled.
9. Powered machines used for field maintenance (i.e. Dragging and mowing) require authorized training prior to use. Failure to receive proper training will result in penalties to the offending individual.

PARKING

1. Volunteers, parents, and spectators must park in the appropriate areas for all practices and games. Parking in reserved, handicapped, or restricted areas (this includes the grassy areas right next to the fields) WILL result in vehicles being towed at the owner's expense without warning. This applies to ALL the fields that used by the League.
2. No vehicles are allowed beyond parking lots. Emergency access roads in parks and around schools are not open for use. They are for emergency, Loudoun County PRCS or school vehicles only. This includes driving up, dropping equipment and exiting. The schools and some parks do have security cameras. Violators may be prosecuted for illegal trespass and illegal use of emergency access lane.

SNACK BAR

1. Majors managers are required to schedule a snack bar training session for your team prior to the beginning of the season.
2. Two representatives must be in the concession stand during the game, one from each team. It is recommended to have two from each team scheduled to work half of the game, with the person who opens and closes posted on the schedule for that team.
3. It will be the responsibility of the persons opening the snack bar to prep and work the first three innings. Managers will have a key and open the door at least 30 minutes prior to the game.
4. It will be the responsibility of the persons closing the snack bar to work the last three innings and cleanup/close the snack bar.
5. If a designated team representative is unable to work a shift, it is their responsibility to arrange for proper coverage, otherwise the **team's manager** is responsible.

6. For Major League teams, a fee designated by the League will be assessed at the beginning of the season so that the players will have available a post-game hot dog and soda snack. This fee will also cover the cost of the coaches' snack. Any checks should be made out to Lower Loudoun Little League (LLLL). All the money collected for this League tradition should be dropped in the drawer at the snack bar in an envelope with your team and manager's name.

7. The following guidelines will be posted and followed by all volunteers while working in the snack bar.
 - Hands must be washed prior to working as well as after returning from the restroom
 - It is suggested that protective gloves be worn by all persons in the snack bar handling UNWRAPPED food (i.e. Hot dogs, Popcorn, nachos, chili and cheese pizza and snow cones).
 - No persons under the age of 14 will work the snack bar.
 - All food will be inspected for spoilage if there are any questions dispose of immediately.
 - All trash will be emptied before closing for the night.
 - Please report any problems or safety issues in the snack bar to a member of the Snack Bar Committee or the League's Safety Officer.

Little League Pledge

I TRUST IN GOD I LOVE MY COUNTRY AND WILL RESPECT ITS LAWS I WILL PLAY FAIR AND STRIVE TO WIN BUT WIN OR LOSE I WILL ALWAYS DO MY BEST

The Little League Parent & Volunteer Pledge



I will teach all children to play fair and do their best. I will positively support all managers, coaches and players I will respect the decisions of the umpires. I will praise a good effort despite the outcome of the game.