



Naperville Little League Baseball

2017 Season

NLLB Board of Directors:

Name	E-mail (@nllb.org)	Positions
Larry Lucas	llucas@nllb.org	President
Mike Czuba	mczuba@nllb.org	Vice President, N.L. Director
Ray Shinkle	rshinkle@nllb.org	Treasurer
Michele Wyllie	mwyllie@nllb.org	Secretary
Doug Daniels	ddaniesl@nllb.org	Safety Officer
Mike Llewellyn	mlllewellyn@nllb.org	C.L. Director
Jeff Dorjath	jdorjath@nllb.org	A.L. Director
Emily Langan	elangan@nllb.org	R.L. Director
James Meurer	jmeurer@nllb.org	Umpire Representative
Rob Bava	rbava@nllb.org	Head Player Agent
Rob Russell	rrussell@nllb.org	

Emergency (All Departments): 911

Naperville Police: 630-420-6666

Naperville Fire Department: 630-420-6142

Naperville Park District Police: 630-848-3510

Information is listed on our website <http://nllb.org/index.html>



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NLLB Safety/First Aid Course Outline

Injury Prevention

- Stretching
- Over-use guidelines

Assessment of Injuries

- PRICES
- Contusions, lacerations, sprains, strains
- Fractures
- Facial Injuries – teeth, eye, nose
- Concussions
- Heat related illnesses
 - Proper hydration
 - Heat stroke/heat exhaustion
- Athletes with diabetes, asthma and allergies (epi pens)

Treatment of Injuries

- First aid techniques
 - Using what is in your first aid kit

Emergency Plans

- When to refer vs. call 911
- Calling 911
 - Information to have on hand
 - Transportation of your athlete
 - Naperville non-emergency police 630-420-6666

Plan Recovery

- Recommendations
- Physician clearance

Weather Safety

- Lightning safety
 - Discontinuing play



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As listed on our website <http://nllb.org/register-to-be-a-coach-or-volunteer.html>

Thank you for agreeing to be a Coach, Manager, Adult Umpire (18 years or older), or other volunteer for Naperville Little League Baseball. Because of volunteers like you, the children of Naperville and surrounding communities will enjoy a fun and rewarding baseball experience.

If your name appears on the 2017 Members In Good Standing List (see above), we thank you for your commitment to volunteer this year and no action is required on your part.

If you are a returning 2016 volunteer AND your name appears on the 2016 Members In Good Standing List (see above), click on the link below, complete the form, and proceed onto step 5.

http://www.littleleague.org/Assets/forms_pubs/returning-volunteer-app.pdf

If you are a new volunteer, in order to complete your registration and become a member in good standing of Naperville Little League Baseball you must perform all the steps listed below.

Click the links below (for 1, 2, & 3):

1. [Coaches and Volunteers register here.](#)
- 1a. [Umpires 18 and older, register here.](#)
2. [Download, print and fill out a Volunteer Application Form](#)
3. [Download, print, and fill out a Code of Conduct Form](#)
4. Make a copy or scan of a picture government ID card preferably a driver's license
5. Deliver the three documents to Little League via one of the following methods:

- Scan and email to: email@NLLB.org
- Mail to: Naperville Little League
P.O. Box 4917
Naperville, IL 60567
- Hand deliver to our office at: [530 W. 5th Ave. Naperville, IL](#)

Once we receive all the forms and complete the background check, you will be listed as a 2016 Member in Good Standing.

Information is listed on our website <http://nllb.org/index.html>



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Safety Guide and Policies

- An elected Board member shall be appointed to the position of Safety Officer (SO) for Naperville Little League at the first board meeting each year.
- The SO will gather or complete all necessary documentation required to maintain NLL's standing as a *Qualified Safety Program* under Little Leagues guidelines.
<http://www.littleleague.org/learn/programs/asap.htm>
- All players must provide managers a completed LL Medical Release Waiver Form.
http://www.eteamz.com/alamedalittleleague/files/Medical_Release_Form2013.pdf
- Managers will retain a copy of the Player Medical Release form for each player accessible at all practices, games and team gatherings.
- Managers and coaches will attend both a baseball fundamentals clinic and a first-aid training session per LL guidelines. Currently one manager/coach from *every team* must attend these sessions each year.

Coaching Clinics

Coaches' clinics have been established. These clinics are open to all Naperville Little League Managers, Coaches, and parents interested in upgrading their coaching skills at all levels of play.

Bulls/Sox Academy Coaching Clinics:

- Sunday, in April, time and location TBD
- Sunday, in April, time and location TBD

Positive Coaching Alliance Training (Mandatory for New NLL Team Managers):

- April 18, 2017, 7-9p.m. @ Naperville Chamber of Commerce

Umpire Rules Clinics:

- April 3 and April 10, 7 p.m. at Ranchview Elementary School

District Umpire Training (Mandatory for Majors and Supreme Managers):

- March 4, 8:30 a.m. – 12:30 p.m. at the Naperville Chamber of Commerce

Information is listed on our website <http://nllb.org/index.html>



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Manager Meetings:

Mandatory manager meetings have been scheduled for 2017 which will include a safety presentation by a RN.

- Majors and Supreme Manager Meeting, March 14, 7:00pm – 8:30pm at the Naperville Area Chamber of Commerce
- AAA and AA Manager Meeting, April 10, 7:00pm – 8:30pm at the Naperville Area Chamber of Commerce
- A Manager Meeting, April 11, 7:00pm – 8:30pm at the Naperville Area Chamber of Commerce

Manager / Coaches Requirements:

All adult volunteers will fill out a LL Volunteer form and be subjected to a background check via First Advantage and any other appropriate law enforcement agency determined by the Board.

Each league director will be responsible for providing appropriate first-aid materials at each game site. All managers and coaches are responsible for checking that sufficient supplies are on hand and reporting deficiencies to the league.

Managers will maintain and have available portable first-aid kits when using practice facilities not stocked by the league.

All practice facilities utilized should be safe to all participants and persons that may be in the area while drills are performed.

All practices and games shall be held when safe field and weather conditions are present. Please adhere to all lightning safety procedures.

Naperville Park District uses a lightning warning system in many parks. The signal is activated by threatening weather. You will hear one long warning signal and see a flashing light on top of devices. When the signal activates, all activities must be suspended and patrons must seek shelter immediately. Once the threat of lightning has passed, you will hear three short bursts from the siren. This indicates that activities can resume. This system is not fail-proof. Take shelter immediately when lightning threatens even if a signal has not sounded. If you see lightning it is to close regardless of warning system activation.

Prior to each game an umpire and manager/coach will walk the playing field to inspect for hazards including debris and holes should be remedied immediately. Those hazards requiring additional care to insure safety should be reported to the Safety Officer.

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Bullying Policy 2016

Naperville Little League takes bullying or any harassment in any form very seriously. This will not be tolerated at any level within our organization whether done by players, coaches, managers, parents or Board of Director members.

Bullying can take several forms but the most common are:

1. Verbal bullying including derogatory comments and bad names
2. Bullying through social exclusion or isolation
3. Physical bullying such as hitting, kicking, shoving, and spitting
4. Bullying through lies and false rumors
5. Having money or other things taken or damaged by players who bully
6. Being threatened or being forced to do things by players who bully
7. Racial bullying 8. Sexual bullying 9. Cyber bullying (via cell phone or Internet)

If an individual feels they are being bullied, the player, parent or guardian should report this to the player's manager. The manager will immediately inform their Player Agent who will make notification to the Board of Directors where a review of the situation will take place by the Disciplinary Committee. This committee is comprised of the Officers of the Board, the League Player Agents as well as the Safety Officer.

Consequences of bullying can be as follows:

1. Verbal Warning
2. Suspensions
3. Expulsion from League
4. Involvement of local law enforcement



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Safety Requirements & Playing Rules

- Pregame drills should be conducted in areas that are safe for participants, spectators and other users of NPD facilities.
- Only players, managers, coaches, umpires and league officials are permitted on fields during games.
- Managers/coaches are responsible for properly storing all team and player equipment in dugouts or behind screens during games.
- Batters *must* wear LL approved helmets at practices and games when batting or coaching a base.
- On-deck batters are NEVER permitted.
- Batting Donuts are NEVER permitted.
- Nothing may be attached to a bat such as knobs or weights to the handle.
- *Horse play* is NEVER permitted.
- The catcher MUST wear a LL approved catcher's helmet with a throat guard whenever catching, warming up a pitcher or during infield practice. Additionally, a long model chest protector, shin guards and a protective cup (male players) *must* be worn at all practices and games. Knee savers are optional equipment and are not subject to LL rules.
- Players are not permitted to wear watches, pins rings earrings or other jewelry during games or at practices, except for medical purposes. Managers and umpires should be vigilant.
- Peanut allergy awareness mandates that NO peanut or peanut relate products be sold at concession stands or be brought to any games or practices by anyone.
- All injuries must be documented by a manager or coach. An incident report will be filled out and forwarded to the safety officer, who will maintain a file of all reports.
- Only properly equipped players may warm-up a pitcher. ***Adults are not permitted to warm up pitchers or in the bull pen or elsewhere at any time. (Rule 3.09)***
- All LL safety guidelines and practices not specifically mentioned above will be adhered to including:

The following are Little League Rules and Regulations that are designed with the safety and wellbeing of the players in mind. Local leagues may add additional safety rules and/or guidelines but are not permitted to alter any of the following. **NOTE:** Junior, Senior and Big League Rules and Regulations differ in some applications.

1. Regulation VI Pitching **Restrictions Pitching** activity should be monitored on a regular basis by both the Player Agent and Safety Officer.
2. Rule 1.08 (NOTE) **The On-deck Position Is Not Permitted** Players are not allowed to hold a bat in their hands until the umpire calls them to bat. At that point, they are permitted to pick

up their bat (from a controlled area, bat rack, and proceed to home plate to take their position in the batter's box. They may take a couple of practice swings on their way to home plate. Players are not permitted to take practice swings in between innings and/or while the pitcher is warming up.

3. Rule 1.10 & NOTE Bat **Restrictions and Guidelines**. Only composite bats approved and on the Little League waiver list are allowed to be used in all divisions of Little League Baseball. Watch for metal bats without proper grip material. Watch for metal bats that have flat spots or cracks. Non-wood bats may develop dents from time to time. Bats that cannot pass through the approved Little League Bat Ring must be removed from play. More information can be found on our websites home page.
4. Rule 1.11 (e) through (k) Playing **Uniform Restrictions** Pins or jewelry must not be worn by players, coaches or umpires.
5. Rule 1.16 Batting **Helmet Requirements and Restrictions**. Helmets must remain on until player has returned to the dugout area.
6. Rule 1.17 Athletic **Supporter & Catching Gear Requirements**. All male players must wear athletic supporters. Catchers gear must fit properly to protect the player. The catcher (males) must wear an athletic supporter, metal, fiber or plastic type cup, long model chest protector, catcher's helmet and mask with dangling throat guard, and shin guards. The flap on long model chest protectors (majors and below) must never be turned up. This includes between innings. Catchers or any player catching balls for the coach during infield or outfield warm ups must wear a catcher helmet at all times. Skull caps and other type hard hats are not permitted. Throat guards (dangling type) are required on all catchers' helmets. Players warming-up pitcher between innings are also required to wear a catcher's mask and use a catcher's glove. Coaches, Managers or adults are not permitted to warm-up pitchers between innings, in a bull-pen or outside the playing area.
7. Rule 2.00 (obstruction) **Obstruction** A fake tag is considered obstruction.
8. Rule 3.01 (a) & (b) Game **Preliminary Requirements** The umpire must require strict observance of all rules governing team personnel, implements of play and equipment of players.
9. Rule 3.09 Player, **Manager & Coach's Conduct** During Games Adults are not permitted to warm up pitchers or play catch at any time. There must only be one adult for infield and one for outfield warm-ups, the person catching, if used, must be a player wearing a catcher's mask.
10. Rule 5.10 **Bench & Dugout Conduct and Restrictions**. Players in the dugout area must remain behind the protective fencing at all times, and away from the dugout openings.

11. Rule 4.05 **Base coaches** may not wear a cast of any type. The coaches shall not leave their respective dugouts until the pitcher has completed his/her preparatory pitches to the catcher. Base coaches must pay attention to the action and the ball at all times.
12. Rule 5.10 (c) **Incapacitated Players** If an accident to a runner is such as to prevent said runner from proceeding to an entitled base, as on a home run hit out of the playing field or an award of one or more bases, a substitute runner shall be permitted to complete the play.
13. Situations such as **throwing the bat** and other potentially unsafe actions will be covered as follows: a safety warning shall be given to the player and the other members of this player's team. After the warnings, the manager of the offending team shall be instructed that it is time to substitute for the offender for the remainder of the game. The manager shall instruct the team in the proper method of discarding the bat after the ball is hit.
14. **Avoid contact rule** (aka. Must slide) There is no "must slide" rule in little league baseball. Runners must slide or otherwise attempt to avoid contact at any base where the defensive player has or is about to receive the ball to make a play. Runners do not have to slide if no play is being made at the base. See rule 7.08a.
15. Naperville Little League only uses Little League approved breakaway safety bases from various manufactures. Some bases have an arrow printed on the base; the arrow must point toward the pitcher's mound in order to be effective. When putting the bases on the field or when they are dislodged make sure they are properly positioned.
16. Each team shall have one of its coaches or manager be designated as the safety coordinator and be ultimately responsible to ensure all safety rules are followed.



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Other Important Guidelines

EQUIPMENT:

- All equipment should regularly be inspected for safety.
- Discard all unsafe and improper equipment, destroy and mark to insure non-use of dangerous equipment.
- All managers are responsible that proper bats are used.
- Managers, coaches and umpires should be aware of all equipment including catcher's gear.
- A thorough inventory of all equipment should be made prior to the start of the season at equipment distribution time.
- A thorough review of all equipment should be made at the end of season when returning equipment.
- Only qualified, trained adults are permitted to use any field preparation equipment. Only league trained personal are permitted to use any league provided power equipment such as riding lawn mowers.

MISC.:

- Male catchers are required to and all male players are encouraged to wear a protective cup.
- All players are encouraged to use mouth guards, especially infielders.
- NLLB supplies one helmet with a face guard and batters are encouraged to use it.
- Young adult umpires shall receive a safety course during there last day of training on 4/11/16.
- Safety suggestion (email link) can be found under or Parents/Safety tab on our website.
- Other important safety information can be found under the Little League International link on our websites home page.

FOOD SERVICES:

At this time the Naperville Park District handles all concession operations securing contracts with appropriate food vendors.

Should Naperville Little League become directly involve with food distribution through concession stands, food safety and handling guidelines must be developed.

This plan shall be reviewed by Little League district personal.

Naperville Little League Board of Directors shall appropriate the funds needed to properly enact, adhere to and enforce these safety policies.