
POST OAK LITTLE LEAGUE
HANDBOOK



2024 SPRING SEASON

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Purpose

The purpose of Post Oak Little League is

“to implant firmly in children of the community the ideals of good sportsmanship, honesty, loyalty, courage and respect for authority, so that they may be well-adjusted, stronger and happier children and will grow to be good, decent, healthy and trustworthy citizens...(and)... all directors, officers, managers, coaches and members of the league shall bear in mind that the attainment of exceptional athletic skills or the winning of games is secondary. The molding of children into future citizens is of prime importance”.

Post Oak Little League begins with Little League play through the Pee Wees (8 and 9 year olds), Minors (10 and 11 year olds), Majors (Advanced 11 and 12 year olds), Intermediates (13 year olds) and Juniors (for 7th grade 12 year olds, 13, 14 and 15 year old players, provided players are in 8th grade or below.). Juniors utilize volunteer coaches (no parents). Ages are determined as follows:

2023 - 2024 Birthdate Ranges

8 Years - Pee Wee	9/01/2015 – 8/31/2016
9 Years - Pee Wee	9/01/2014 – 8/31/2015
10 Years – Minors	9/01/2013 – 8/31/2014
11 Years – Minors	9/01/2012 – 8/31/2013
12 Years – Majors	9/01/2011 – 8/31/2012
13 Years – Intermediates/Juniors	9/01/2010 – 8/30/2011
14 Years – Juniors	9/01/2009 – 8/30/2010

The program also provides an atmosphere conducive to wholesome community participation for family, friends and other members of the community. For these things to come about, an atmosphere of cooperation, patience, good will and sportsmanship must exist. ***All spectators, managers and players are expected to conduct themselves in a manner that is above reproach.***

Post Oak Little League is - first and foremost - for and about our children. POLL encourages and needs positive adult participation. The participation of many volunteers is important in providing a fun experience, and the cooperation of the parents is essential. Parents are encouraged to assist at practices and games, but all adults should behave in a way that sets a good example to the players. Good sportsmanship can only be learned if both coaches and parents are willing to set a good example. Both sides should appreciate good play, but respect and appreciate the relative skill of all participants.

Kids place enough pressure on themselves, as do their peer groups. There is no need for parents to add any additional pressure. Encouragement and constructive criticism bring out the best in these kids. Also, let the Coaches coach. If you have a problem, take it up with them in private.

The players are the center of our efforts. All players should be mindful of the [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.**

As parents and managers, we prepare ourselves to serve the kids in our community. Likewise, we should be mindful of 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.**

All parents should follow the Little League [Parent Pledge](#) and familiarize themselves with the [Parent Orientation Program](#).

A team that displays camaraderie and positive feelings among the parents will have a successful season. The players share those same positive feelings, almost without fail. Youngsters enjoy having the support of parents and friends. Positive encouragement is critical to good team spirit and high player morale.

The 2024 season will mark the seventeenth year that POLL has been affiliated with [Positive Coaching Alliance](#) (P.C.A.). This national organization was created “to transform the culture of youth sports to give all athletes the opportunity for a positive character-building experience.” There is no better opportunity to have such a positive impact on a young person’s life than during the impressionable years of little league baseball. POLL is proud to be affiliated with such an organization.

Post Oak Little League is governed by [Little League of America Baseball](#), except as noted herein.

This handbook is intended to provide the general operating guidelines for Post Oak Little League initially approved and adopted by the Board of Directors on September 30, 2004. All changes should be documented in the table attached at the end of this document.

POLL Board of Directors

Little League of America offers comments at its website about the [Board of Director Roles](#) for its member leagues. The POLL Board of Directors shall consist of the positions below, and any other at-large positions as may be recommended by the President. The purpose of the Board is to oversee the operations (including disciplinary action) and fundraising efforts of POLL, as well as its long-term financial viability.

President: Although not a requirement, the President, should have experience as a Manager and Division Coordinator, and should have experienced at least one year in each league, i.e. the POLL President should have a child that has completed one year at every level (Pee Wees, Minors, Majors and Juniors).

Vice President: The POLL Vice-President is typically in-line to serve as President the following year, so he/she should meet the qualifications by the following season. The Vice President handles field scheduling, umpire coordination, and Fall Ball for the season prior to his/her Spring term.

Treasurer: The Treasurer signs checks, dispenses league funds as approved by the board of directors, reports on the status of league funds, keeps local league books and financial records, prepares budgets, and assumes the responsibility for all local league finances. The POLL Treasurer should be willing to serve for two years.

Secretary/General Counsel: The Secretary maintains a register of members and directors, records the minutes of meetings, is responsible for sending out notice of meetings, issues membership cards and maintains a record of league's activities. The Secretary/General Counsel should be willing to serve for two years.

The Ex-Officio is the immediate POLL Past President.

Safety Officer: Appointed by the President responsible for ensuring that Post Oak Little League complies with the league charter with regard to safety policies and guide POLL in the area of safety, including the POLL compliance with Little League of America's Safety Program ([ASAP](#)), including safety in player training, ensures safe playing conditions, coordinates reporting and prevention of injuries, solicits suggestions for making conditions safer. This should be a two-year commitment.

Women's Auxiliary President: The Women's Auxiliary President will be selected jointly by the POLL President and Vice President. Her role is to recruit volunteers for numerous positions.

League Coordinators: As appointed by the President for each League or Division (Pee Wees, Minors, Majors, Intermediates and Juniors). Little League of America refers to these as "Player Agents". The Player Agents conduct annual tryouts, is in charge of player selection, assists the President in checking birth records and eligibility of players and generally supervises and coordinates the transfer of players to or from the Minor Leagues according to provisions of the regulations of Little League Baseball. The Player Agents in Minors, Majors and Juniors must not manage, coach or umpire in the division over which he/she has authority. The Pee Wees Coordinator should recruit an assistant (potential successor) who will have a 9-year-old son the following year. He/She should do this while consulting with the Vice President and President.

Facility Coordinator: Responsible for the physical plant and ensuring that improvements are maintained to the highest possible level, but in a fiscally responsible manner. This should be a two-year commitment.

Field Coordinator: Responsible for ensuring the fields and improvements are maintained to the highest possible level, but in a fiscally responsible manner. This should be a two-year commitment.

Umpire/Security Coordinator: Responsible for coordination and oversight of the POLL umpires and coordinating security personnel to provide a deterrent and safe environment at POLL during baseball hours.

Equipment Coordinator: This individual is responsible for the equipment inventory, including providing each team with all of its requisite supplies, excluding uniforms. The Equipment Coordinator is also responsible for collecting all such equipment at the end of the season, and taking proper inventory for the next year, while ordering all necessary replacement equipment. The Equipment Coordinator should recruit and train a successor. This should be a two-year commitment.

Registration Coordinator: Conducts and oversees Online Registration. Ensures all players submit the proper paperwork and that POLL rosters are submitted to Little League of America. Also prepares draft sheets for the coaches and maintains the POLL Database.

Information Officer: The information officer manages the league's official home page on active.com, manages the online registration process and ensures that league rosters are maintained on the site, assigns administrative rights to league volunteers and teams, ensures that league news and scores are updated on a regular basis, collects, posts and distributes important information on League activities including direct dissemination of fund-raising and sponsor activities to Little League International, district, public, league members and media, serves as primary contact person for Little League and active.com regarding optimizing use of the Internet for league administration and for distributing information to league members and to Little League International, and displays enthusiasm for using the Internet for league administration, for sharing information and for creating a more enjoyable and efficient Little League experience.

Positive Coaching Alliance Coordinator: Oversee the Positive Coaching Alliance partnership including coordination of workshops and training for managers, coaches and parents.

Director of Webcam and Broadcast Systems: Responsible for ensuring infrastructure, such as webcams, speakers, microphones and other ancillary equipment, are maintained to the highest possible level, but in a fiscally responsible manner, to announce and broadcast games to our stakeholders.

Director of Sports Medicine: Responsible for providing the Board of Directors, managers, coaches, parents and players with education and guidance on baseball injury prevention, including oversight of mandatory workshop for managers and coaches annually.

NOTE: The terms "Coordinator" and "Commissioner" are interchangeable (e.g., the Juniors Coordinator may be referred to herein as the Juniors Commissioner, and vice versa).

Post Oak Little League Volunteers

The success of Post Oak Little League is totally dependent on the diligence and passion of its volunteers. There are many, many ways parents can volunteer their time and resources to Post Oak Little League and its associated leagues. Listed below are a few “official positions”, but please do not hesitate to offer ideas on ways to improve the facility, or just offer to help.

ALL VOLUNTEERS are required to fill out the [Volunteer Application Form](#) and are subject to background checks in accordance with the [Little League Child Protection Program](#).

Board Meetings and Positions: POLL typically issues its annual Board Meeting proxies in late August. The annual meeting typically occurs in late September, with subsequent meetings at the President’s discretion. Anyone wishing to serve on the Board of Directors should make such request to the current President for the following year. Subsequent Meetings are called at the request of the President or other Board Members.

A major component of the success of POLL is the Women’s Auxiliary, which plays a significant role in the operations and fundraising efforts. Positions include Facility Sponsorship Chairs, Uniform Coordinator, Picture Coordinator, Concession Coordinators, Registration Coordinator, Skills Evaluation Day Volunteers, Directory Chair, Carnival Chair, etc. The organization chart for the Women’s Auxiliary is located within the manual provided to the acting Women’s Auxiliary President by the previous President.

In addition, all teams require a [Team Mom](#), as well as every parent doing his or her part with respect to such things as announcing games over the PA, keeping official score, performing team field maintenance duties, taking digital pictures for the POLL website, sno-cone duty, etc. Ask your Manager or Team Mom how you can help. Do not allow (make) them do all the work. It is an impossible task. No one wants to “impose” so you may have to offer your services over and over before they are accepted.

[League Coordinators](#) are appointed by the President, but do not hesitate to offer your services in this capacity. The League Coordinator will select [Managers](#) (as approved by the President and POLL Board of Directors) from those volunteering. If you are interested in becoming a Manager, please fill out the Application for Manager or Coach along with the Little League of America required [Volunteer Application Form](#) & background check applications ([Little League Child Protection Program](#))

Responsibility of the League Coordinator (Player Agent)

The President will appoint the League Coordinator (or “Player Agent” or “PA”), as approved by the Board. The PA should have at least one-year’s experience as either a manager or coach in the respective division. The League Coordinator will be responsible for the following:

- Lead the particular Division in the area of sportsmanship and promote goodwill and camaraderie amongst coaches, players, parents and umpires.
- Serve as a Board Member of POLL and serve as an ambassador for POLL.
- Read the Little League of America Guidelines for [LLOA Player Agent](#).
- Recruit and establish a list of qualified coaching candidates for recommendation and approval by the League President.
- Know the rules by reading the Little League Rule Book and the POLL Handbook (for POLL general rules and division-specific rules).
- Know the “best practices” of Post Oak Little League with respect to communication, teaching of baseball mechanics, and on-the-field leadership, as detailed in the POLL Coaching Guide and the POLL Coaching Clinic.
- Ensure that each manager is provided with detailed draft sheets, as prepared by League Registration. Assist any manager with information about players as requested.
- Oversee the Draft in accordance with League Rules and establish a draft order (as approved by the League President) that optimizes equality and parity in the respective division.
- Establish equitable Practice, Regular Season and Playoff Schedules (as approved by the League President), while working in harmony with other League Coordinators. These schedules should be established ideally prior to the draft. All Playoff rules should be established in writing before the Draft.
- Coordinating with Field Coordinator, other League Coordinators, and Umpire Coordinator regarding field conditions, determining rain-outs, make-up schedules and communicating rain-outs to the League.
- Coordinate Opening Day and Playoff Ceremonies.
- Conduct Manager meetings to ensure all coaches are fully informed and understanding of League Policies and practices.
- Coordinate Coaches Clinics with Professional instructors.
- Post or provide Website Coordinator with all Game Results.
- Serve as a member of the All-Star Selection Committee and administer the Post Season Selection Process.

Responsibility of the Manager/Coach

Managers are selected by the appropriate League Coordinator and their names are submitted to the League President along with the required Little League of America volunteer form and background check form. Only after passing the required background check, will the names be considered by the President for approval. Managers and Coaches must possess leadership abilities and the know-how to work with kids. Training players in the rudiments of teamwork, good sportsmanship and discipline are the goals of the program. It is an important responsibility to lead young people – never forget that.

Responsibilities of the manager include:

- Ensure that all assistant coaches or parents helping out on the field with the team have filled out the required Little League of America volunteer form and background check form and submitted them to the League President for approval.
- By example lead the team in the area of sportsmanship and promote goodwill between teammates, parents and competitors. Players and parents will follow your example. Explain to all players and parents the Code of Conduct and Zero Tolerance Policy.
- Educate Yourself on how to [plan and run practices](#).
- Prepare and submit lineups and lead the team during games.
- Know the rules by reading the Little League rule book and the POLL Handbook (for POLL general rules and division-specific rules).
- Learn the “best practices” of Post Oak Little League Association with respect to communication, teaching of baseball mechanics and on-the-field leadership, as detailed in the POLL Coaching Guide and the POLL Coaching Clinics.
- Hold a pre-season team meeting to communicate necessary information and to establish expectations for players, parents, and coaches.
- Ensure safety of players at practices and games by mandating safety equipment (e.g. helmets) exercising good judgment and to have in their possession at all times the medical information sheets provided with the official roster.
- Ensure safety of players at practices and games by mandating safety equipment (e.g., helmets) exercising good judgment.
- Recruit an official Coach and unofficial coaches to assist at practices and games.
- Recruit parent volunteers to assist at games (e.g., scorekeeper, PA announcers, field maintenance).
- Work with a Team Mom to ensure proper coordination for parent communication, fund raising, photos, and other team functions.
- Care for the POLL-provided playing equipment and then promptly return to the league upon completion of the season.

- Maintain communication with the League, including addressing problems/situations with the appropriate League Coordinator.
- Maintain contact with your Team Sponsor during the season. Treat your sponsor as a member of your team – invite them to games and show how much you appreciate them.
- Ensure that the field used is properly cared for (see [Field Maintenance Procedures](#)) and turn off all lights after use.
- Give his team top priority over any other youth sports activity, and, if applicable, abide by the Select Coaching Guidelines.

Responsibility of the Team Mom

To paraphrase an old adage, “Behind every successful Post Oak Little League team, you will find a supportive Team Mom.” The Team Mom is the liaison between the Manager and the team parents and allows the Manager and Coaches to better focus on leading the ballplayers.

Team Moms are not expected to handle all the details, although Team Moms often follow up because they don’t want to see something dropped. Many times the Manager will do some of the tasks because of his/her keen interest.

Team Moms responsibilities include:

- Prepare and distribute a team roster, complete with phone numbers and email addresses
- Customize and distribute Game Responsibility schedules to parents
- Stay in constant communication with the parents about things they need to know (rainouts, reschedules, photos, team party, money owed).
- Coordinate uniforms with the League
- Coordinate with the League about team/individual photos
- Plan a team party at the end of the season. This can be held at a local restaurant or at someone’s house.
- Take and encourage other parents to take digital pictures and submit them to the website.
- Plan and purchase manager/coach appreciation gifts. Present gifts at the team party. The League presents trophies to 1st/2nd place league champions and Regular Season champions in the Spring.

Equipment

In general, players are responsible for providing their own equipment. The only exception is for the Pee Wee division where the league will provide, through the Equipment Coordinator, catcher's protective gear (including catcher's mask/helmet with throat guard, chest protector, and shin guards). Catchers must wear a cup (not provided) at all times. A catcher must always wear a mask **with throat guard**, including when warming up a pitcher or when warming up in the infield.

Players must provide their own baseball glove, batting helmets, and bats that meet Little League, Juniors and POLL guidelines. Batting helmets must meet NOCSAE certification requirements. Pee Wee division players must use batting helmets **with full faceguards**. Minors, Majors, Juniors/Intermediates division players must use batting helmets **with faceguards or C-flap style protectors**. Less experienced players, regardless of division, are encouraged to use helmets with the full faceguards for maximum protection. Cleats are optional, but players usually wear them. Baseball or soccer-style cleats are ok. **Metal cleats (spikes) are strictly prohibited on POLL fields**. Catchers must wear a cup at all levels. All personal equipment should be labeled with the player's name.

POLL provides official uniforms. Players must wear League issued uniforms for official games, except for caps, which may be substituted with permission from the League Coordinator.

At the games, the league may provide additional equipment. For the Pee Wee Division, for example, POLL provides the pitching machines for batting cages and games.

At the end of the season, Pee Wee managers are responsible for promptly returning the catcher's equipment. Inspect the equipment, and turn the equipment in to the POLL Equipment Manager. You may not simply drop off your catcher's equipment bag at the shed, concession stand, etc. The manager is financially responsible for the playing equipment entrusted to him. Failure to return equipment immediately following the conclusion of the season may affect that manager's eligibility to manage a future team.

T. H. Rogers Campus Rules & Tanglewood Park

The Post Oak Little League Complex is located on the T.H. Rogers school campus and governed by a license agreement with T.H. Rogers and the Houston Independent School District. Please respect the facility, as we are grateful to T.H. Rogers School and HISD for allowing POLL to use this fantastic green space.

The facility is only for the use of T.H. Rogers School students and Post Oak Little League Coaches, Officials, Parents, Players, and [guests who have signed authorization by the principal and HISD](#). The unauthorized use of the facility is not permitted.

Be very alert for foul balls, or errant throws – you enter the facility at your own risk. Parents are expected to supervise their minor children attending games at all times.

Alcoholic beverages and illegal drugs are prohibited at all times.

A concession building is located between the East and Middle Fields. Concessions (candy and drinks) are also sold at a temporary booth between the Pee Wees and Juniors Fields, on occasion.

Please help keep the area clean and deposit any trash in the trash receptacles, as the Complex will only stay as clean as you keep it. Everyone is expected to participate in properly disposing of their trash and to keep up the image of the league as a positive, clean and wholesome neighbor.

The POLL (T.H. Rogers) complex is available for baseball no earlier than 4:00 p.m. WITH THE EXCEPTION OF HOME RUNS HIT DURING OFFICIAL PRACTICES AND GAMES, HITTING OR THROWING BALLS OVER THE FACILITIES' FENCES OR ONTO ADJOINING LANDOWNERS' PROPERTY OR T.H. ROGERS SCHOOL IS STRICTLY PROHIBITED, AND ANYONE INTENTIONALLY ATTEMPTING TO DO SO WILL BE SEVERELY DEALT WITH, INCLUDING EXPULSION OF ANY PARTICIPANT AND MANAGER/COACHES WHO IS CHARGED WITH RESPONSIBILITY FOR THE PARTICIPANTS FOR SUPERVISION FROM LEAGUE ACTIVITIES.

UNSANCTIONED HOME RUN DERBIES ARE STRICTLY PROHIBITED and fields should only be used by teams within the respective division:

Pee Wees Field – Pee Wees Only; Middle/East Fields – Majors/Minors Only; Juniors Field – Intermediates/Juniors Only

Pee Wees Players should be dropped off using the drop-off lane off of Augusta to the south of the Pee Wees Field. Cars blocking the drop-off lane will be towed. DO NOT drop players on Augusta and require them to cross traffic.

Tanglewood Park – Located west of Bering Dr. on the south side of Woodway, the baseball field at Tanglewood Park is available for exclusive practice use of Post Oak Little League from January to May, and is designated as a 12 and under practice defensive facility only. **No batting is allowed.** Thanks to the City of Houston for use of this facility.

Due to limited parking, we ask that players be dropped off, unless, of course, parents want to enjoy the Park. Pick up all trash. No Alcohol is allowed in the park.

Batting Cages / Infield Warm-up

The T.H Rogers Complex has eight batting cages available for use. Each batting cage corresponds to a field.

- East Field: Visiting team uses Cage 1 (1st cage on left side as you walk in from Bering entrance)
- East Field: Home team uses Cage 2 (closest to track)
- Middle Field: Visiting team uses Cage 3 (closest to school)
- Middle Field: Home team uses Cage 4 (closest to concession stand)
- Pee Wees Field: Visiting team uses Cage 5 (closest to parking lot)
- Pee Wees Field: Home team uses Cage 6 (closest to Augusta)
- Juniors: Cage 7 and 8 are split between opposing teams

- Infield Warm-up
 1. Visiting team gets the infield for the first 10 minutes
 2. Home team gets the infield for the last 10 minutes
 3. Both teams should clear the field 5 minutes prior to the game
 4. Teams shall divide infield warm-up time if there is any to spare, or equally divide the time if there is less time than the above allotment

The POLL (T.H. Rogers) complex is available for baseball no earlier than 4:00 p.m. on school weekdays. **There is to be no swinging of bats or throwing of baseballs between the fields and the batting cages or between fields, except in designated bullpen areas.**

Eligibility, Registration, Skills Evaluations and Drafts

Eligibility: Post Oak Little League is for children ages 8-14 as of August 31, 2024 (see Age Chart for specifics). The Majors division is comprised of players of ages 11 and 12. Players in the Minors division are of ages 10 and 11. Players in the Pee Wees League division are of ages 8 and 9.

The JUNIOR Division is for eligible: (i) 12 year old players who are in the 7th grade, (ii) 13 and 14 year old players in 7th and 8th grade, (iii) 14 year old players in 9th grade who are not playing for a high school team, and (iv) 15 year-old players in 8th grade if the player's skill level is assessed appropriate for the Junior Division. Please note that 15-year old players are NOT eligible for the Post Season Tournament Team.

All players must live within the [League Boundaries](#) and meet deadlines as POLL has limited field space and can only handle a limited number of teams. Certain exceptions may be made to Juniors players that do not have a Little League program that offers a Juniors division in their [League Boundaries](#). Such exceptions must be approved by Little League of America. For all questions concerning other exceptions to Little League of America Rules, please refer to Little League of America's website at <http://www.littleleague.org/learn/rules/rulewaiver.htm>.

Registration: Registration is the responsibility of the Registration Coordinator and his or her staff. Registration is accomplished online via a web link from the [POLL Website](#), and typically opens in December. An E-mail Broadcast will be sent to all previous participants announcing the opening of registration. You can help spread the word – particularly to incoming eight (8) year-old players – by forwarding the e-mail.

Online Registration has detailed instructions and families can register multiple players via credit card. Checks can also be sent, but players are not officially registered until checks and supporting documentation are received.

New players must provide a birth certificate and [Proof of Residency](#) documents (driver's license, tax receipt, utility bill, etc.), dated in force between February 1, 2023 and February 1, 2024, which will be kept on file. Any player that moves from POLL [League Boundaries](#) must fill out a [Regulation II \(d\) from Little League of America](#), submit it to the POLL President, who must then request a waiver from Little League of America District 16. This is the player's responsibility, not POLL's!

PRIOR TO BEING ALLOWED TO COMPLETE REGISTRATION, EVERY POLL PLAYER'S PARENT OR GUARDIAN MUST HAVE READ, INITIALED AND ACCEPTED THE TERMS OF POLL'S RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT FOUND ON THE REGISTRATION SECTION OF THE POLL WEBSITE. POLL EXPECTS EVERY PARENT, GUARDIAN, PLAYER AND THEIR FAMILIES AND THEIR INVITED GUESTS TO ABIDE BY THAT AGREEMENT.

Skills Evaluations: Skills Evaluations are **typically** held for POLL on the last two weekends of January and/or the first week of February. Skills Evaluation typically includes batting, timed running, fielding ground balls and fly balls, receiving throws, and pitching (all levels except PeeWee) at the request of the Managers. Players should arrive at the designated time, warmed up, in baseball clothing and with baseball equipment (cleats, leather glove, hat, bat, etc.).

Draft: It is the responsibility of the POLL Board, but primarily the League Coordinator, to ensure that the draft order optimizes equality and parity. In all Divisions except Juniors, teams will be managed by a player's parent, so each team, by definition, starts with one player

(or two in Pee Wees and Minors). The PA typically slots the draft based on the relative talents of the “coaches’ kids”. This has been handled in a variety of ways, including slotting the coaches’ kids in various rounds, although in Majors, it is rare that any coaches’ kid is slotted outside the first round. In Minors and Majors, since pitching is such a significant position, it is advisable that the most skilled pitchers’ parents serve as coaches, thereby diversifying the pitching talent.

General Rules

ALL divisions shall be governed by Official Regulations and Playing Rules of Little League Baseball, except where provided by the following general rules and division-specific rules.

1. SAFETY

- a. **Little League Bat Rules:** [See LLoA Bat Rules.](#)

Rule 1.10 – Bats

The bat must be a baseball bat which meets the USA Baseball Bat standard (USABat) as adopted by Little League. It shall be a smooth, rounded stick, and made of wood or of material and color tested and proved acceptable to the USA Baseball Bat standard (USABat).

Non-wood and laminated bats used in the Little League (Majors) and below, Intermediate (50-70) Division, Junior League divisions, and Challenger division shall bear the USA Baseball logo signifying that the bat meets the USABat – USA Baseball’s Youth Bat Performance Standard. All BPF – 1.15 and USSSA bats are prohibited. The bat diameter shall not exceed 2 $\frac{5}{8}$ inches for these divisions of play. Bats meeting the Batted Ball Coefficient of Restitution (BBCOR) standard may also be used in the Intermediate Division and Junior League Division. Additional information is available at LittleLeague.org/batinfo.

All bats must be void of any significant physical damage (e.g., audible rattling, cracks, dents), or in an altered state, that would make the bat unsafe or prevent the bat from complying with the applicable USABat or BBCOR Standard. Any non-conforming bats, once identified, must be immediately removed from the playing field/dugout in the umpire’s discretion. Minor cosmetic damage or paint issues, which likely have no impact on performance, should not be grounds for removal.

Pee Wee/Minor/Major Divisions:

It shall not be more than 33 inches in length; nor more than 2 $\frac{5}{8}$ inches in diameter, and if wood, not less than fifteen-sixteenths (15/16) inches in diameter (7/8 inch for bats less than 30") at its smallest part. Wood bats taped or fitted with a sleeve may not exceed sixteen (16) inches from the small end.

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

Intermediate (50-70) Division and Junior League:

It shall not be more than 34" inches in length; nor more than 2 $\frac{5}{8}$ inches in diameter, and if wood, not less than fifteen-sixteenths (15/16) inches in diameter (7/8 inch for bats less than 30") at its smallest part. Wood bats taped or fitted with a sleeve may not exceed eighteen (18) inches from the small end.

NOTE: Solid one-piece wood barrel bats do not require a USA Baseball logo. Also permitted for the Intermediate Division and Junior League Division are bats meeting the

BBCOR performance standard, and so labeled with a silkscreen or other permanent certification mark and otherwise meeting the requirements specified in Little League Rule 1.10.

- b. **Pitching Rules:** Alterations to the Pitching Rules established by Little League of America are discouraged. Any modifications must be presented to the POLL Board for approval by the League Coordinator.
- c. **Batting Helmets:** All batters (whether in batting cages, practices or games) and all baserunners must wear batting helmets. Batting helmets must meet NOCSAE certification requirements. Pee Wee division players must use batting helmets with full faceguards. Minors, Majors and Intermediates/Juniors division players must use batting helmets with faceguards or C-flap style protectors. Less experienced players, regardless of division, are encouraged to use helmets with the full faceguards for maximum protection. If a player, during play, removes his/her helmet or causes his/her helmet to come off, he/she shall NOT be called out, but shall be warned not to intentionally remove his/her helmet and, if it continues, the player may be removed for unsportsmanlike conduct, as this can cause an unsafe condition.
- d. **Jewelry:** Little League has established that players may not wear jewelry, such as, but not limited to, rings, watches, earrings, bracelets, necklaces, nor any hard cosmetic/decorative items (e.g. hat pins). This rule applies regardless of the composition of such jewelry, hard cosmetic item or hard decorative item. (EXCEPTION: Jewelry that alerts medical personnel to a specific condition is permissible.)
- e. **Choking Hazards:** Players may not chew gum while practicing or playing due to the choking hazard. **Gum is strictly prohibited on all fields.**
- f. **Contact between baserunners and defensive players:** Little League baseball is not intended to be a contact sport. While take-out slides and home plate collisions should be avoided, there is no “must slide rule” in Little League baseball (See Rule 7.08 (a)(3) Approved Ruling). Responsibility for avoiding collisions lies with both defensive players and baserunners depending on the circumstances, according to Little League rules. For instance, a baserunner is out if they do not slide or attempt to get around a fielder **who has the ball and is awaiting to make the tag** (Rule 7.08(a)(3)) or hinders a fielder attempting to make a play on a **batted ball** (Rule 7.08(b)). On the other hand, if a defensive player blocks a base/plate or base line clearly without possession of the ball, **obstruction shall be called**. The runner is safe and a delayed dead ball shall be called (Rule 7.06, Note 2). If a fielder does not have the ball, and there is a collision, the runner should not be called out. However, if the umpire determines that the runner deliberately attempted to contact and injure the fielder, the umpire could eject the runner for unsportsmanlike conduct.
- g. **On-Deck Batters:** POLL players must remain in the dugout until it is their turn to bat or coach a base. On-deck practice swings are not allowed (except in Juniors, and only in the allowed area on the sidelines). In addition, **players in the dugouts shall not swing bats.**
- h. **Bunting:** In divisions where bunting is allowed (Minors, Majors, and Juniors), batters may not square around to bunt and then hit/swing away. If in the umpire’s judgment a player is guilty of this, the player will be declared out. Subsequent infractions may also result in the ejection of the player and/or manager.

- i. **Sliding:** Unless allowed by Little League of America Rules (allowed in Intermediates and Juniors only), any runner is out when the runner slides head first while advancing. Diving back into a base head first is within the rules (but only recommended for more advanced players).
- j. **Thrown Bat:** If, in the umpires judgment, a player throws a bat after swinging then that player will be issued a warning by the umpire. This is the time for the coach/manager/umpire to reinforce the importance of bat safety. Thereafter, if that same player, in the umpire's judgment, is guilty again of throwing a bat, then the umpire may ask the manager of that player to voluntarily remove the player from the game at the end of the play and replace him with an eligible substitute (e.g., last out may run for removed player if necessary). No out is recorded for the thrown-bat safety violation. The removed player may stay on the bench but not reenter the game. If the manager does not voluntarily remove the player, then the umpire may eject the player who must leave the field and stands area. In the Pee Wees division, each player will be issued one warning per at bat.
- k. **Soft Toss:** Soft toss (batting practice against the fence) will not be permitted at any time on the game fields, practice fields, or batting cages, except in designated areas.
- l. **Uniforms:** Players must wear League-issued uniforms for official games, except for caps, which may be substituted with permission from the League Coordinator.
- m. **Warm Ups:** Players may not warm up in the common grass areas or around the concession stand. **There is to be no swinging of bats or throwing of baseballs between the fields and the batting cages or between fields, except in designated bullpen areas.**
- n. **Drop Off:** Pee Wees Players should be dropped off using the drop-off lane off of Augusta to the south of the Pee Wees Field. Cars blocking the drop-off lane will be towed. DO NOT drop players on Augusta and require them to cross traffic.
- o. **Lightning: Use common sense. If you see lightening or hear thunder, seek shelter. Please read [NOAA Teams with Little League on Lightning Safety Awareness](#).**
- p. **Video Recording:** While video recording of games is now common (either through league resources or common scoring apps), video replay shall not be used to challenge or overturn any calls from umpires. Replay may be used by league officials for administrative purposes (such as discipline, assistance with situational understanding of resumed games, etc.).
- q. **Dugout Access:** Only players, managers, coaches, and umpires are allowed in dugouts. Batboys and/or batgirls are not permitted.

2. LINEUP - If a team cannot field the minimum number of players due to religious or school reasons, the manager must notify the League Coordinator preferably in the beginning of the season, but at a minimum, at least 48 hours prior to the scheduled game time. The League Coordinator will determine whether the game will be rescheduled. If 48 hours' notice is not given, or if absences are due to non-religious or non-school reasons, the game will be declared a forfeit and the score registered as 6-0.

3. TIME LIMITS / MERCY RULES / TIES

- a. The time limit overrules any Little League of America rules in regards to innings played in order for a game to be a complete game during the regular season.

- b. The maximum number of innings is 6 (7 in Juniors). See (3e) for exceptions for tie games that have not reached the time limit.
- c. The game clock will begin promptly at the scheduled start time. An inning may not start after the time limit shown below. Note that any inning started will be completed, unless the home team is leading in the bottom half of the inning. There will be no reverting of the score to a previously completed inning.

Division	Cannot Start Inning After
Juniors	1 Hour, 39 Minutes, 59 Seconds
Majors / Minors	1 Hour, 39 Minutes, 59 Seconds
Pee Wees	1 Hour, 19 Minutes, 59 Seconds

- d. Little League curfew rules specify that a game may not continue after 11pm. If a game is suspended due to the time curfew, it will be continued at a future date from the point of its suspension. Games will not start a new inning after 10pm (10:30pm for Juniors).
- e. For all divisions, the Mercy Rule will be in effect. Please see rules below for each division for the applicable Mercy Rule. Invoking the Mercy Rule in any particular division, the game is officially over, and all scorekeeping should end. If time permits under the time limit and both managers concur, the game may continue for fun/practice. Pitch count rules are not in effect once the Mercy Rule is invoked to encourage use of other pitchers who have not gotten a chance to throw.
- f. Except for playoff games where a winner must be determined, if a game is tied after 6 innings in Majors (7 for Juniors), and the time limit has not been reached, play shall continue until a winner is decided (provided that no inning can begin after time has expired). In the Pee Wee and Minors divisions, if a game is tied and the time limit has been reached or 6 innings (5 ½) have been completed, the game shall be ruled a tie.
- g. [Except where noted above, the Rule Book will control Official Games.](#)

PRACTICES AND GAMES

- a. **Four-Touch Rule –This rule only applies to the Minors and Pee Wee divisions of POLL.** Given the purpose and mission statement of POLL and, in particular of the instructional leagues, the length of the season, and respect for POLL families’ and players’ other activities outside of POLL participation, POLL has implemented a limit on the number of practices that teams may hold on during the regular season on a weekly basis as follows:
 - i. Each team may hold no more than four (4) practices every week. A week constitutes the seven (7) day period from Sunday through Saturday. A “practice” or “practices” for the purposes of this rule is defined as the getting together of two or more non-sibling players from the same POLL team within one calendar day for baseball practice, games, scrimmages or instruction that is either organized, conducted, approved or known about

by a team's coach, manager, team assistant, paid assistant, trainer, or other volunteer or one or more players' parents. A practice also consists of a team organizing a batting practice for two or more players at various times in one calendar day. **Each game played during a week counts as one (1) of the four practices. A warm-up/practice beginning one hour or less before the regularly scheduled time of a team's game does not count as one of the four practices.** The location of such practices, whether or not on POLL's premises, a private residence, or elsewhere, does not matter for the purposes of this rule.

- ii. For baseball teams formed outside of POLL, including tournament teams, that have three or more non-sibling players from the same POLL team playing, each practice or game for such teams counts as one (1) of the four practices for purposes of this rule. POLL teams are considered formed, and this rule applies with respect to practices and games for such teams outside of POLL, after the draft for the respective players' POLL league division is over.
 - iii. Any violation of this rule will result in appropriate disciplinary actions including an **automatic two (2) game suspension** of the affected team's coach and manager, whereby the coach and manager will not be permitted to be on POLL's premises, including the field, the dugout, or in or near the stands before or during the times the two games for which they are suspended are played. Subsequent violations will be dealt with by the President and League Coordinator, and may result in possible game forfeiture as determined by POLL. The President and League Coordinator may authorize more than four practices per week for some or all teams to accommodate pre-season tournaments, playoff schedules and specific schedule changes due to weather or other League-wide concerns.
- b. Given the limited number of fields at our disposal, Sunday practices and some Sunday games are necessary.
 - c. Called games due to time or weather may be rescheduled promptly on the first open date and time including Saturdays and Sundays. Managers should consult the website and talk with their League Coordinator.
 - d. Rules for pre-game warmup in the batting cages and infield are detailed in a previous section of this document. [See Batting Cages/Infield Warm-up.](#)
 - e. The home team is responsible for operating the electronic scoreboard and conducting [Field Maintenance Procedures](#).
 - f. The home team is also responsible for setting up the pitching machine (Pee Wee), returning the pitching machine to storage (Pee Wee), and covering the mound and plate with the tarp.
 - g. The home team is also responsible for providing a scorekeeper; each team shall designate a person to keep the pitch count. The scorekeeper is responsible for recording the game in a scorebook or appropriate electronic scoring application (e.g., GameChanger). The

home team is also responsible for providing a PA announcer for each game. Please see PA Responsibilities.

- h. All managers and coaches should carry an official Little League Rule Book while participating in a game. The POLL-specific rules will be available at the concession stand and in the Towers.
- i. All protests, in addition to meeting the requirements of Rule 4.19 (a-h) of the “Official Regulations and Playing Rules of Little League Baseball” shall be delivered to the POLL President within 24 hours. Disagreement with POLL general rules or POLL division-specific rules is not grounds for protest. A judgment call by an umpire cannot be protested, only a rules violation.
- j. Negative cheering is not allowed at any level. Players/coaches/fans cheer for their team, not against their opponents. Cheers, chants, or offensive communications referring to the other team are not permitted. Offensive teams may not chant, cheer, or yell during a pitcher’s delivery in an attempt to distract or negatively impact the pitcher’s performance. Offenders can be warned and/or removed by the umpire (see Little League Rule 4.06). Fans should not use noisemakers, speakers, or air horns.
- k. A team’s “winning percentage”, which is calculated is as follows:

$$\text{Winning percentage} = \frac{(\# \text{ games won}) + (\frac{1}{2} * \# \text{ games tied})}{(\# \text{ of games played})}$$

Consider the following examples:

- i. Team A is 10-0-0. Winning percentage = 10/10 = 1.000
- ii. Team B is 4-6-0. Winning percentage = 4/10 = 0.400
- iii. Team D is 9-0-1. Winning percentage = 9.5/10 = 0.950
- iv. Team C is 9-1-0. Winning percentage = 9/10 = 0.900
- v. Team E is 8-0-2. Winning percentage = 9/10 = 0.900
- vi. Team F is 5-1-4. Winning percentage = 7/10 = 0.700
- vii. Team G is 0-10-0. Winning percentage = 0/10 = 0.000
- viii. Team H is 7-2-1. Winning percentage = 7.5/10 = 0.750
- ix. Team H is 9-0-0. Winning percentage = 9/9 = 1.000

If teams are tied in winning percentage (even if they have different records such as 9-1-0 and 8-0-2), the following tiebreakers will be used:

- i. Head-to-head
- ii. Total runs allowed during season

Tiebreakers can be complicated and confusing, especially when more than two teams are involved. The League Coordinator will be the final arbiter of standings with respect to tiebreakers.

5. Playoffs

Post-Regular Season Playoff Rules and brackets should be established and published to the coaches before the end of the season and should only be modified with approval of the League President and typically only altered because of weather-related restrictions.

Special Rules for Juniors Division

A. GOVERNING RULES

1. Unless otherwise covered in this set of Post Oak Juniors League Supplemental Rules, the current Little League Baseball Official Regulations and Playing Rules ("Little League Rules") will apply.

B. DURATION OF THE GAME

1. Weekday games are scheduled to begin at 6:00 PM and 8:00 PM, respectively, for the early and late games. Make-up games may be rescheduled, as required, at times to be announced.
2. The duration of a game is 1 hour 40 minutes from the actual start time or the completion of 7 innings (6 ½ innings if the home team is ahead), whichever comes first. **The official start time of each game will begin with the first pitch of the game.** The Championship Game(s) of the Post-Season Tournament shall not be subject to a time limit.
3. An inning started prior to the 1 hour 40 minute time limit may be completed. An inning is deemed to have started when the third out of the previous inning has been made.
4. No inning may begin after the 1 hour 40 minute time limit. This rule prevails over all other circumstances.
5. The home plate umpire's watch shall be the official clock for all purposes.
6. If a game is called due to weather, it is an official game if 5 innings have been completed or if the home team has scored more runs in 4 ½ innings than the visiting team has scored in 5 complete half innings. A game called because of the time limit will be an official game regardless of the number of innings played. Games with time remaining that are suspended because of weather prior to completion of 5 innings shall be resumed where time was left off and in the situation at hand. If less than one inning is played before suspended, if the game is rescheduled, the game will be replayed in its entirety.
7. RUN RULES: The Mercy Rule shall apply in all games as follows: 15 runs after 4 innings, 3 ½ if the home team is ahead; 10 runs after 5 innings, 4½ if the home team is ahead; and 8 runs after 6 innings, 5½ if the home team is ahead.
8. Games tied after expiration of the time limit shall be recorded as ½ win and ½ loss in the standings. Extra innings are permitted if the time limit has not expired.

9. The second game on a weekday evening will begin at the later of 8:00 pm or exactly 10 minutes after the final out of the first game. There shall be no infield practice in between the early and late games on a weekday.

C. MANDATORY PLAY AND SUBSTITUTIONS

1. It is required that each player, at minimum, shall bat once and play six outs defensively. There are no exceptions to this rule unless the game is shorter than 4 innings for any reason (time limit, mercy rule, etc.). The six outs do not have to be consecutive. Any player who misses mandatory play for a game shall start the next scheduled game, play any previous requirement not completed, and the requirement for this game before being removed. **Note:** For the purpose of satisfying the requirements of Mandatory Play, when a substitute appears offensively for the first time in the game, that player must remain in the game until one of the following occur: he/she is retired as a batter; or he/she is retired as a batter-runner; or he/she reaches base and scores; or after he/she reaches base, the inning or game ends. (See Rule 3.03(a) and Rule 2.00 under definition for "AT-BAT"). **A violation of the minimum play rules will result in a penalty to be decided by the Coordinator, in his sole discretion. As an example and without limitation, penalties can range from a warning to forfeiture of the game and suspension of the violating manager.**
2. If you pinch hit ("Pinch Hitter") for a batter, the original batter cannot be reinserted into the batting order until eight players have come to bat after the Pinch Hitter. **Please note this!**
3. Once each inning a team may utilize a player who is not in the batting order as a special pinch-runner for any offensive player (subject to mandatory play rule above). A player may only be removed for a special pinch-runner one time during a game. The player for whom the pinch-runner runs is not subject to removal from the lineup. If the pinch-runner remains in the game as a substitute defensive or offensive player, the player may not be used again as a pinch-runner while in the batting order.
4. All substitutions must be announced to the coaches of the opposing team and to the scorekeeper in the tower.
5. Playing with fewer than 9 players:
 - i. Any team that does not field at least 8 players within 10 minutes after the scheduled start of the game, or at any time during the game, shall forfeit the game.
 - ii. A team that is playing with at least 8 players shall be entitled to 3 actual outs each inning, including innings in which the ninth spot in the batting order would come up if there were 9 players. There shall be no "ghost out" for a "phantom" ninth player.

D. PRE-GAME SCHEDULE

1. The second team listed for each game on the game schedule is the Home team and shall occupy the third base dugout. The Visiting team shall occupy the first base dugout.
2. Batting Cages – Split Cages 7 and 8 between Home and Visitors.
3. Infield – Early Game, assuming the ground preparation crew releases the field on time:
 - a. Visiting team shall take infield from 5:00 pm until 5:25 pm.
 - b. Home team shall take infield from 5:25 pm until 5:50 pm (10 minutes before game time).
4. Infield – Late Game

There will be no infield taken before the late game. There will be a 10-minute break for umpires and field preparation.
5. Every effort should be made to start a game on time. If a team arrives late or is not ready to take infield practice at their scheduled time, then the start of the game shall not be delayed to permit infield practice.

E. PITCHING RULES

1. Post Oak Juniors League follows the official Little League of America pitching rules for regular season play, as further described in Regulation VI of the Little League Rules, as amended. For convenience, a summary of the current version of these rules are listed in Paragraph 2 below.
2. Regulation VI -- Pitchers
 - a. All pitching limits referenced below are considered “soft” limits. In other words, if the pitcher reaches the limit imposed by the relevant rule, the pitcher may continue to pitch until the earlier of any one of the following conditions occurs: (1) That batter reaches base; (2) That batter is retired; (3) The third out is made to complete the half-inning or the game; or (4) The pitcher is removed from the mound prior to the batter completing his/her at bat.
 - b. Any 13 year old or 14 year old player on a regular season team may pitch. Any 15-year old allowed to participate in the Junior League Division may be prohibited from pitching if the player’s skill level is assessed as inappropriately advanced for that division by the Commissioner. **(NOTE:** There is no limit to the number of pitchers a team may use in a game.) Exception: Any player who has played the position of catcher in four (4) or more innings in a game is not eligible to pitch on that calendar day. A player who played the position of catcher for three (3) innings or less, moves to the pitcher position, and delivers 21 pitches (soft 20 limit) or more in the same day, may not return to the catcher position on that calendar day. The catcher receiving one pitch to a batter in the fourth inning constitutes having caught four (4) innings.
 - c. If a pitcher delivers 41 or more pitches (soft 40 limit), the player may not play the position of catcher for the remainder of the day.
 - d. A pitcher remaining on defense in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game.

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

League Age 13-16	95 pitches per day (soft 95 limit)
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- f. Pitchers league age 14 and under (and 15 if allowed to pitch) must adhere to the following rest requirements:
 - i. If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
 - ii. If a player pitches 51-65 pitches in a day, three (3) calendar days of rest must be observed.
 - iii. If a player pitches 36-50 pitches in a day, two (2) calendar day of rest must be observed.
 - iv. If a player pitches 21-35 pitches in a day, one (1) calendar day of rest must be observed.
 - v. If a player pitches 1-20 pitches in a day, no (0) calendar day of rest is required.
- g. Each league must designate the scorekeeper or another game official as the official pitch count recorder.
- h. The pitch count recorder must provide the current pitch count for any pitcher when requested by either manager or any umpire. However, the manager is responsible for knowing when his/her pitcher must be removed.
- i. The official pitch count recorder should inform the umpire-in-chief when a pitcher has delivered his/her maximum limit of pitches for the game, as noted in Regulation VI(c). The umpire-in-chief will inform the pitcher's manager that the pitcher must be removed in accordance with Regulation VI(c). However, the failure by the pitch count recorder to notify the umpire-in-chief, and/or the failure of the umpire-in-chief to notify the manager, does not relieve the manager of his/her responsibility to remove a pitcher when that pitcher is no longer eligible.
- j. Violation of any section of this rule can result in protest of the game in which it occurs. Protests shall be made in accordance with Playing Rule 4.19.
- k. A player may be used as a pitcher in up to two games in a day. If a pitcher delivers 31 or more pitches in the first game (soft 30 limit), the player may not pitch in the second game that day. Note, the total number of pitches that pitcher may pitch in both games combined is the daily maximum of 95.

NOTES:

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

3. The defense may elect to “Intentionally Walk” the batter by announcing such decision to the plate umpire. The request may be made prior to or during the at-bat. A player may only be intentionally walked by announcing such decision to the home plate umpire one time during the course of the game. This would not restrict a team from throwing four balls outside of the strike zone to this batter at another time during the game. Note, the appropriate number of balls needed based on the count of the batter at the time of the manager’s request to complete the Intentional Walk will be added to the pitch count.
4. Unless otherwise designated by the Coordinator, the managers or a designated coach of each team shall act as the official pitch count recorders during each game. The manager or designated coach of each team shall meet after each half inning and agree on the pitch count for all pitchers having pitched in that half inning. Each team shall maintain independent pitch count records. Managers are encouraged to notify the opposing manager when an opposing pitcher is nearing the maximum pitch count in order avoid any disputes after a pitcher may have exceeded the maximum pitch count. In the event of any dispute over number of pitches, the Coordinator or Coordinator-Elect shall have final authority to resolve the dispute.
5. **After the completion of each game, the Home team manager is responsible for reporting to the Commissioner-Elect the official pitch counts for each pitcher that were agreed to between the two managers.** The Home manager shall email the Coordinator and Coordinator-Elect and copy the Visiting manager within forty-eight (48) hours after the completion of the game. Failure to report pitch counts may result in a penalty imposed by the Commissioner in his sole discretion.
6. Post-Season Tournament pitching rules shall be determined by the Coordinator prior to the commencement of the Post-Season Tournament and distributed to all managers.

F. OTHER RULES

1. Games will start at the designated time originally scheduled. A game can be delayed no more than 10 minutes beyond the designated starting time for failure to have at least nine players. After the ten-minute grace period, a team with at least 8 players has the option of starting the game with the players present or forfeiting. Teams with less than 8 players must forfeit.
2. Each team may (but are not obligated to) use a courtesy runner for its catcher when the catcher is on base and there are two outs in any inning. The courtesy runner shall be any player on the roster not currently in the batting lineup or, if a team has nine or fewer active players, the player making the last out. There will be no courtesy runner for any position other than catcher; however, teams may use pinch runners for other positions in accordance with the substitution rules set forth in the Little League Rules.

3. On a squeeze play, the batter must either bunt or take the pitch. If the batter swings at the ball, the batter is automatically out and the runner goes back to third.
4. There shall be no restriction on the number of coaches in the dugout during a game, provided that all such coaches have properly registered with, and been approved by, Post Oak Little League for participation as a Juniors League coach.
5. Coaches should not leave the dugout area except to confer with a player or umpire and only after receiving permission from an umpire. As an accommodation to our particular dugout design, the defensive team is allowed to have one coach just outside the entrance of the of the on-deck cage to call pitches. The offensive team is allowed one third-base coach and one first-base coach. All other coaches should be in the dugout/on-deck cage, or within arm's length of the dugout if outside of the dugout. No coaches will be allowed to stand or sit any closer to home than the coach calling pitches. Coaches in violation of these requirements may be warned, then removed from the game upon repeated violation.

Special Rules for Majors Division

A. GOVERNING RULES

1. The Majors division shall be governed by the “Official Regulations and Playing Rules of Little League Baseball” except for the exceptions provided by the POLL general rules.

B. DURATION OF THE GAME

1. The duration of a game is 1 hour 40 minutes from the actual start time or the completion of 6 innings (5 ½ innings if the home team is ahead), whichever comes first. **The official start time of each game will begin with the first pitch of the game.** The Championship Game(s) of the Post-Season Tournament shall not be subject to a time limit.
2. An inning started prior to the 1 hour 40 minute time limit may be completed. An inning is deemed to have started when the third out of the previous inning has been made.
3. No inning may begin after the 1 hour 40 minute time limit. This rule prevails over all other circumstances.
4. If a game is called due to weather, it is an official game if 4 innings have been completed or if the home team has scored more runs in 3 ½ innings than the visiting team has scored in 4 complete half innings. A game called because of the time limit will be an official game regardless of the number of innings played. Games with time remaining that are suspended because of weather prior to completion of 4 innings shall be resumed where time was left off and in the situation at hand. If less than one inning is played before suspended, if the game is rescheduled, the game will be replayed in its entirety.
5. Play will continue in the event of a tie until time has expired and a full inning has been completed. (With prior written approval from the President, this rule may be altered by the League Coordinator, but must be done so prior to the conclusion of the draft, and with full written disclosure to all Majors League Coaches. If no specific change has been made, every season will begin with the default rule that play will continue in the event of a tie until time has expired and a full inning has been completed.)
6. Run Rules: The Mercy Rule shall apply in all games as follows: 15 runs after 3 innings, 2 ½ if the home team is ahead; 10 runs after 4 innings, 3 ½ if the home team is ahead; and 8 runs after 5 innings, 4 ½ if the home team is ahead. Invoking the Mercy Rule, the game is officially over. If time permits under the time limit and both managers concur, the game may continue for fun/practice. Pitch count rules are not in effect once the Mercy Rule is invoked, but managers are strongly encouraged to use other pitchers who have not pitched a lot during the season after the Mercy rule has been called.

C. Mandatory Play

1. **A continuous batting order must be used at all times.** Line-up cards (batting order) must be given to the opposing team, PA Announcer and scorekeeper before the start of the game and the official batting order as reflected on the line-up card must be observed throughout the entire game (except for injury and approved “disciplinary suspension”). The batting order must include all players on the team roster who are in attendance and physically able to play. Each player must take a turn at bat in accordance with the order, regardless of whether that player is playing in the field during the inning in which his turn at bat occurs. If a batter is hit by pitch and cannot take first base promptly due to injury, the player that made the last out is permitted to run for that batter.
2. Except in extreme cases of “disciplinary suspension” (as defined in the Season Operating Rules) or injury, each player **must** play defensively every other inning at a **minimum**.

Violation of any provision of this section will result in an automatic forfeiture of the game by the violating team. Disciplinary Suspension during the game may only be granted by the umpire at the request of the player in question's coach.

D. PITCHING RULES

1. Post Oak Majors follows the official Little League of America pitching rules for regular season play, as further described in Regulation VI of the Little League Rules, as amended. For convenience, a summary of the current version of these rules are listed in Paragraph 2 below.
2. Regulation VI -- Pitchers
 - a. All pitching limits referenced below are considered "soft" limits. In other words, if the pitcher reaches the limit imposed by the relevant rule, the pitcher may continue to pitch until the earlier of any one of the following conditions occurs: (1) That batter reaches base; (2) That batter is retired; (3) The third out is made to complete the half-inning or the game; or (4) The pitcher is removed from the mound prior to the batter completing his/her at bat.
 - b. Any player on a regular season team may pitch. (**NOTE:** There is no limit to the number of pitchers a team may use in a game.) Exception: Any player who has played the position of catcher in four (4) or more innings in a game is not eligible to pitch on that calendar day. A player who played the position of catcher for three (3) innings or less, moves to the pitcher position, and delivers 21 pitches (soft 20 limit) or more in the same day, may not return to the catcher position on that calendar day. The catcher receiving one pitch to a batter in the fourth inning constitutes having caught four (4) innings.
 - c. If a pitcher delivers 41 or more pitches (soft 40 limit), the player may not play the position of catcher for the remainder of the day.
 - d. A pitcher once removed from the mound cannot return as a pitcher.
 - e. The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:

League Age 11-12	85 pitches per day (soft 85 limit)
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 - f. Pitchers league age 14 and under must adhere to the following rest requirements:
 - i. If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
 - ii. If a player pitches 51-65 pitches in a day, three (3) calendar days of rest must be observed.
 - iii. If a player pitches 36-50 pitches in a day, two (2) calendar day of rest must be observed.
 - iv. If a player pitches 21-35 pitches in a day, one (1) calendar day of rest must be observed.
 - v. If a player pitches 1-20 pitches in a day, no (0) calendar day of rest is required.
 - g. Each team must designate a scorekeeper as the official pitch count recorder.

- h. The pitch count recorder must provide the current pitch count for any pitcher when requested by either manager or any umpire. However, the manager is responsible for knowing when his/her pitcher must be removed.
 - i. The official pitch count recorder should inform the umpire-in-chief when a pitcher has delivered his/her maximum limit of pitches for the game, as noted in Regulation VI(c). The umpire-in-chief will inform the pitcher's manager that the pitcher must be removed in accordance with Regulation VI(c). However, the failure by the pitch count recorder to notify the umpire-in-chief, and/or the failure of the umpire-in-chief to notify the manager, does not relieve the manager of his/her responsibility to remove a pitcher when that pitcher is no longer eligible.
 - j. Violation of any section of this rule can result in protest of the game in which it occurs. Protests shall be made in accordance with Playing Rule 4.19.
 - k. A player may not pitch in more than one game in a day.
 - l. The withdrawal of an ineligible pitcher after that pitcher is announced, or after a warm-up pitch is delivered, but before that player has pitched a ball to a batter, shall not be considered a violation. Little League officials are urged to take precautions to prevent protests. When a protest situation is imminent, the potential offender should be notified immediately.
 - m. Pitches delivered in games declared "Regulation Tie Game" or "Suspended Games" shall be charged against pitcher's eligibility.
 - n. In suspended games resumed on another day, the pitchers of record at the time the game was halted may continue to pitch to the extent of their eligibility for that day, provided said pitcher has observed the required days of rest.
3. Little League Rule 8.00 et seq. governs illegal pitches. For example, it is an illegal pitch for the pitcher to make a "quick pitch" (i.e. a pitch delivered before the batter is reasonably set in the batter's box). The penalty is that the pitch should be called a ball. If a play follows the illegal pitch, the play shall be allowed to continue as a delayed dead ball. Upon completion of the play, the manager of the offense may advise the plate umpire of a decision to decline the illegal pitch penalty and accept the play. However, if the batter hits the ball and reaches first base safely, and if all base-runners advance at least one base on the action resulting from the batted ball, the play proceeds without reference to the illegal pitch.
4. The defense may elect to "Intentionally Walk" the batter by announcing such decision to the plate umpire. The request may be made prior to or during the at-bat. A player may only be intentionally walked by announcing such decision to the home plate umpire one time during the course of the game. This would not restrict a team from throwing four balls outside of the strike zone to this batter at another time during the game. Note, the appropriate number of balls needed based on the count of the batter at the time of the manager's request to complete the Intentional Walk will be added to the pitch count.

E. OTHER RULES

- 1. No defensive player may change positions in the middle of an inning unless there is an injury on the defensive team that requires a substitution or there is a pitcher change.
- 2. For Majors, POLL has adopted Rule 6.05(b), that permits players to advance on a third strike that is not caught in flight by the catcher: A batter is out when (1) a third strike is

legally caught by the catcher; or (2) a third strike is not caught by the catcher when first base is occupied before two are out.

3. Coaches should not leave the dugout area except to confer with a player or umpire and only after receiving permission from an umpire. As an accommodation to our particular dugout design, the defensive team is allowed to have one coach just outside the entrance of the on-deck cage to call pitches. The offensive team is allowed one third-base coach and one first-base coach. All other coaches should be in the dugout/on-deck cage, or within arm's length of the dugout if outside of the dugout. No coaches will be allowed to stand or sit any closer to home than the coach calling pitches. Coaches in violation of these requirements may be warned, then removed from the game upon repeated violation.

Special Rules for Minors Division

A. GOVERNING RULES

1. The Minors division shall be governed by the “Official Regulations and Playing Rules of Little League Baseball” except for the exceptions provided by the POLL general rules.

B. DURATION OF THE GAME

1. The duration of a game is 1 hour 40 minutes from the actual start time or the completion of 6 innings (5 ½ innings if the home team is ahead), whichever comes first. **The official start time of each game will begin with the first pitch of the game.** The Championship Game(s) of the Post-Season Tournament shall not be subject to a time limit.
2. An inning started prior to the 1 hour 40 minute time limit may be completed. An inning is deemed to have started when the third out of the previous inning has been made.
3. No inning may begin after the 1 hour 40 minute time limit. This rule prevails over all other circumstances.
4. If a game is called due to weather, it is an official game if 4 innings have been completed or if the home team has scored more runs in 3 ½ innings than the visiting team has scored in 4 complete half innings. A game called because of the time limit will be an official game regardless of the number of innings played. Games with time remaining that are suspended because of weather prior to completion of 4 innings shall be resumed where time was left off and in the situation at hand. If less than one inning is played before suspended, if the game is rescheduled, the game will be replayed in its entirety.
5. Play will continue in the event of a tie until time has expired and a full inning has been completed. (With prior written approval from the President, this rule may be altered by the League Coordinator, but must be done so prior to the conclusion of the draft, and with full written disclosure to all Majors League Coaches. If no specific change has been made, every season will begin with the default rule that play will continue in the event of a tie until time has expired and a full inning has been completed.)
6. Run Limit and Mercy Rule: The 5-run per inning limit is in effect during the regular season. Accordingly, the Mercy rule applies whenever a team is mathematically eliminated from at least achieving a tie in the game. For post-season play where there is no 5-run limit, the Mercy Rule shall apply in all games as follows: 15 runs after 3 innings, 2 ½ if the home team is ahead; 10 runs after 4 innings, 3 ½ if the home team is ahead; and 8 runs after 5 innings, 4 ½ if the home team is ahead. Invoking the Mercy Rule, the game is officially over. If time permits under the time limit and both managers concur, the game may continue for fun/practice. Pitch count rules are not in effect once the Mercy Rule is invoked, but managers are strongly encouraged to use other pitchers who have not pitched a lot during the season after the Mercy rule has been called.

C. Mandatory Play

1. **A continuous batting order must be used at all times.** Line-up cards (batting order) must be given to the opposing team, PA Announcer and scorekeeper before the start of the game and the official batting order as reflected on the line-up card must be observed throughout the entire game (except for injury and approved “disciplinary suspension”). The batting order must include all players on the team roster who are in attendance and physically able to play. Each player must take a turn at bat in accordance with the order, regardless of whether that player is playing in the field during the inning in which his turn at bat occurs. If a batter is hit by pitch and cannot take first base promptly due to injury, the player that made the last out is permitted to run for that batter.

2. Except in extreme cases of “disciplinary suspension” (as defined in the Season Operating Rules) or injury, each player **must** play defensively every other inning at a **minimum**. Violation of any provision of this section will result in an automatic forfeiture of the game by the violating team. Disciplinary Suspension during the game may only be granted by the umpire at the request of the player in questions coach.

D. PITCHING RULES

1. Post Oak Minors follows the official Little League of America pitching rules for regular season play, as further described in Regulation VI of the Little League Rules, as amended. For convenience, a summary of the current version of these rules are listed in Paragraph 2 below.
2. Regulation VI -- Pitchers
 - a. All pitching limits referenced below are considered “soft” limits. In other words, if the pitcher reaches the limit imposed by the relevant rule, the pitcher may continue to pitch until the earlier of any one of the following conditions occurs: (1) That batter reaches base; (2) That batter is retired; (3) The third out is made to complete the half-inning or the game; or (4) The pitcher is removed from the mound prior to the batter completing his/her at bat.
 - b. Any player on a regular season team may pitch (except for 12-year olds playing down). (**NOTE:** There is no limit to the number of pitchers a team may use in a game.) Exception: Any player who has played the position of catcher in four (4) or more innings in a game is not eligible to pitch on that calendar day. A player who played the position of catcher for three (3) innings or less, moves to the pitcher position, and delivers 21 pitches (soft 20 limit) or more in the same day, may not return to the catcher position on that calendar day. The catcher receiving one pitch to a batter in the fourth inning constitutes having caught four (4) innings.
 - c. If a pitcher delivers 41 or more pitches (soft 40 limit), the player may not play the position of catcher for the remainder of the day.
 - d. A pitcher once removed from the mound cannot return as a pitcher.
 - e. The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:

League Age 10:	75 pitches per day (soft 75 limit)
League Age 11-12:	85 pitches per day (soft 85 limit)
 - f. Pitchers league age 14 and under must adhere to the following rest requirements:
 - i. If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
 - ii. If a player pitches 51-65 pitches in a day, three (3) calendar days of rest must be observed.
 - iii. If a player pitches 36-50 pitches in a day, two (2) calendar day of rest must be observed.
 - iv. If a player pitches 21-35 pitches in a day, one (1) calendar day of rest must be observed.
 - v. If a player pitches 1-20 pitches in a day, no (0) calendar day of rest is required.

- g. Each team must designate a scorekeeper as the official pitch count recorder.
 - h. The pitch count recorder must provide the current pitch count for any pitcher when requested by either manager or any umpire. However, the manager is responsible for knowing when his/her pitcher must be removed.
 - i. The official pitch count recorder should inform the umpire-in-chief when a pitcher has delivered his/her maximum limit of pitches for the game, as noted in Regulation VI(c). The umpire-in-chief will inform the pitcher's manager that the pitcher must be removed in accordance with Regulation VI(c). However, the failure by the pitch count recorder to notify the umpire-in-chief, and/or the failure of the umpire-in-chief to notify the manager, does not relieve the manager of his/her responsibility to remove a pitcher when that pitcher is no longer eligible.
 - j. Violation of any section of this rule can result in protest of the game in which it occurs. Protests shall be made in accordance with Playing Rule 4.19.
 - k. A player may not pitch in more than one game in a day.
 - l. The withdrawal of an ineligible pitcher after that pitcher is announced, or after a warm-up pitch is delivered, but before that player has pitched a ball to a batter, shall not be considered a violation. Little League officials are urged to take precautions to prevent protests. When a protest situation is imminent, the potential offender should be notified immediately.
 - m. Pitches delivered in games declared "Regulation Tie Game" or "Suspended Games" shall be charged against pitcher's eligibility.
 - n. In suspended games resumed on another day, the pitchers of record at the time the game was halted may continue to pitch to the extent of their eligibility for that day, provided said pitcher has observed the required days of rest.
5. Little League Rule 8.00 et seq. governs illegal pitches. For example, it is an illegal pitch for the pitcher to make a "quick pitch" (i.e. a pitch delivered before the batter is reasonably set in the batter's box). The penalty is that the pitch should be called a ball. If a play follows the illegal pitch, the play shall be allowed to continue as a delayed dead ball. Upon completion of the play, the manager of the offense may advise the plate umpire of a decision to decline the illegal pitch penalty and accept the play. However, if the batter hits the ball and reaches first base safely, and if all base-runners advance at least one base on the action resulting from the batted ball, the play proceeds without reference to the illegal pitch.
6. The defense may elect to "Intentionally Walk" the batter by announcing such decision to the plate umpire. The request may be made prior to or during the at-bat. A player may only be intentionally walked by announcing such decision to the home plate umpire one time during the course of the game. This would not restrict a team from throwing four balls outside of the strike zone to this batter at another time during the game. Note, the appropriate number of balls needed based on the count of the batter at the time of the manager's request to complete the Intentional Walk will be added to the pitch count.

E. OTHER RULES

1. No defensive player may change positions in the middle of an inning unless there is an injury on the defensive team that requires a substitution or there is a pitcher change.
2. Batters may not advance on dropped third strikes.

3. Coaches should not leave the dugout area except to confer with a player or umpire and only after receiving permission from an umpire. As an accommodation to our particular dugout design, the defensive team is allowed to have one coach just outside the entrance of the on-deck cage to call pitches. The offensive team is allowed one third-base coach and one first-base coach. All other coaches should be in the dugout/on-deck cage, or within arm's length of the dugout if outside of the dugout. No coaches will be allowed to stand or sit any closer to home than the coach calling pitches. Coaches in violation of these requirements may be warned, then removed from the game upon repeated violation.

Special Rules for Pee Wee Division

The Pee Wee division shall be governed by the “Official Regulations and Playing Rules of Little League Baseball” except for the exceptions provided by the POLL general rules and the following division-specific rules.

1. **DUGOUT PARTICIPANTS.**

There shall be no more than 4 adults in a team's dugout during a game. No children (brothers, sisters, friends, etc.) are allowed in the dugout during a game other than the team members. Except for base coaches during their time at bat, all other coaches should be in the dugout/on-deck cage, or within arm's length of the dugout if outside of the dugout. No coaches will be allowed to stand or sit any closer to home than the far side of the on-deck cage opening. Coaches in violation of these requirements may be warned, then removed from the game upon repeated violation. Please note the rulebook, if a base coach, by touching or holding a runner, physically assists that runner in returning to or leaving the base, the runner will be automatically out. See LLoA Rule 7.09(h).

2. **THE GAMES.**

- A. An official game is the first to occur of (1) 80 minutes from the official start time or (2) per Rule 4.10 of the *Little League Rules*, even if the game is tied. The LLoA 5 run rule is in effect for the regular season, but at the election of the League Coordinator, may be waived for the Post-Season Tournament.
- B. An inning started prior to the 80-minute time limit must be completed (or at least the top half of the inning if the home team is ahead). An inning is deemed to have started when the third out of the previous inning has been made.
- C. Under no circumstance may an inning begin after the 80-minute time limit. The umpire's watch will be the official watch for all purposes. It is each manager's obligation to confirm the "start time" with the umpire.
- D. No stalling will be allowed in an attempt to circumvent the time limits set out in this section. If the umpire, in his sole judgment, determines that a team is stalling, that team will forfeit the game and the other team will be declared the winner.

3. **BATTING RULES.**

- A. **A continuous batting order must be used at all times.** Line-up cards (batting order) must be given to the opposing team, PA Announcer and scorekeeper before the start of the game and the official batting order as reflected on the line-up card must be observed throughout the entire game (except for injury and approved “disciplinary suspension”). The batting order must include all players on the team roster who are in attendance and are physically able to play. Each player must take a turn at bat in accordance with the order, regardless of whether that player is playing in the field during the inning in which his turn at bat occurs.
- B. There are no walks. Each player will be delivered up to six pitches to put the ball in play unless the player strikes out. (Additional pitches may be granted if the umpire, in his sole judgment, believes more pitches are warranted because of pitching machine error). If the sixth pitch is fouled off, the player will receive another pitch, and so-on thereafter, until the player either strikes out or puts the ball in play.

4. **DEFENSIVE PLAYING RULES.**

- A. Except in extreme cases of “disciplinary suspension” (as defined in the Season Operating Rules), each player **must** play defensively every other inning at a minimum. Violation of any provision of this section will result in an automatic forfeiture of the game by the violating team. Disciplinary Suspension during the game may only be granted by the umpire at the request of the player-in-question’s coach.
- B. A team with less than 9 players **may** play the game short-handed.
- C. *No more than twice per game and one time in any 1 inning*, the manager or designated coach may call a 90 second time-out (from the time the time-out is granted) to speak with his team. The manager or designated coach may not cross the base line to conference. Violation of this provision will result in the base runners advancing one (1) base, *including from third to home*.
- D. No defensive player may change positions in the middle of an inning unless there is an injury to a defensive player that requires a substitution.
- E. Defensive team alignments must consist of ONLY three (3) outfielders. The umpire will determine whether, for instance, a player is playing “deep short” or left field. All teams are offered one warning. Subsequent violations of this provision will result in the base runners advancing one (1) base, *including from third to home*.

5. **MISCELLANEOUS POLL PEE WEES RULES:**

- A. No bunts will be allowed.
- B. Players and spectators may not yell, swing, clap or stomp in cadence, or otherwise distract players on the other team.
- C. A base runner may steal second or third, after a pitched ball has crossed the plate; provided, however, a base runner cannot leave the base until the pitched ball has *crossed home plate*. **All** violations of this rule are "dead ball violations" - all play stops. The first violation by each team shall receive a warning - all subsequent violations by any previously "warned" team will result in that team's runner being called out. **This rule will be strictly enforced.**
- D. **After a pitched ball, the ball is “dead” from the catcher to the pitcher. If a base runner has not committed to steal a base and does not continue with such effort (as determined by the umpire), he may not advance on an overthrow from the catcher to the pitcher. A catcher may attempt to throw a runner out at any base (including the base that the runner originated) and the ball is in play, subject to Rule 5.E below.**
- E. A base runner may score only on a batted ball, except as a result of a rules violation. Runners may advance only one base on any steal or overthrow of a non-batted ball.
- F. There will be one warning per team for a “thrown bat”. However the play shall stand. Once the warning has been issued to the team, **anyone** throwing a bat (in the umpire’s sole discretion) will be called out, the ball dead, and all runners returned to their original bases, just as if the batter had not batted the ball.
- G. Coaches may request a time out for a rule clarification of an umpire's call. There will be no arguing with the umpires during the game. Discuss your complaint after the game or bring it to the Rules Committee’s attention through the Pee Wees Coordinator.
- H. A batted ball that strikes the pitching machine, whether or not it has deflected off a defensive player (as opposed to thrown), is considered a “dead-ball” and all runners will advance one base.
- I. The "Infield Fly Rule" will **NOT** be enforced.

6. **SAFETY/EQUIPMENT RULES**

- A. No swinging of bats in the "batting area" of the dugout will be allowed **at any time**.
- B. Only the "on deck" and "in the hole" batters may occupy the "batting area" of the dugout. All other players must be in the "bench area".
- C. Each batter and pitcher must wear a helmet **with an attached facemask**.
- D. Catchers must wear a protective cup when in the field. All male players are encouraged to wear protective cups when on the field.

UNLESS OTHERWISE STATED, PLEASE REFER TO THE LITTLE LEAGUE OF AMERICA RULES

Code of Conduct / Disciplinary Measures – Zero Tolerance Policy

Regulation XIV of Little League Baseball says, “The actions of players, managers, coaches, umpires and League officials shall be above reproach.” All Post Oak Little League parents, managers, coaches, and players are expected to conduct themselves with the highest character. Sometimes people fall short and violate certain rules and regulations. Such violations require corresponding and appropriate disciplinary measures.

The disciplinary steps listed below are not the exclusive means for dealing with offenders, nor does this document include all Post Oak Little League or Little League Baseball, Inc. rules and regulations for which offenders may be disciplined. The rules and regulations concerning conduct are found in several sources: the Little League Rule Book, and the Zero Tolerance Policy stated below.

Post Oak Little League Policy of Zero Tolerance

The mission statement of Post Oak Little League (“POLL”) is “...to implant firmly in children of the community the ideals of good sportsmanship, honesty, loyalty, courage and respect for authority, so that they may be well-adjusted, stronger and happier children and will grow to be good, decent, healthy and trustworthy citizens...(and)... all directors, officers, managers, coaches and members of the league shall bear in mind that the attainment of exceptional athletic skills or the winning of games is secondary. The molding of children into future citizens is of prime importance.”

Too often, in recent times, this ethic has been ignored to the detriment of our players, coaches, umpires, and spectators. In an effort to return to the ideals outlined in our mission statement, the Directors of POLL have adopted a policy of “zero tolerance” regarding abusive, rude, or unsportsmanlike conduct by any player, coach or spectator.

Effective March 1, 1999, with respect to any regular spring season, fall season, play-off or tournament game, the POLL Board of Directors hereby establishes a policy of zero tolerance which will be enforced in any situation where an umpire ejects a player or coach from a scheduled game, or ejects any spectator from the premises of any scheduled game, “for cause”. “For cause” shall be deemed to include, but not be limited to the following infractions:

- 1) Throwing of a helmet or other equipment in anger or with intent to injure;
- 2) Profanity or verbal abuse directed at any umpire or other participant(s) or spectator(s), the determination of which shall be based on the umpire’s best judgment;
- 3) Unsolicited physical contact which would constitute assault under State law.

Any player, coach or spectator of POLL ejected “for cause” shall be suspended from his or her team’s next two (2) games and will not be allowed on the field, POLL premises, and may not participate in any way in the games played during the time of the suspension. In the event the ejected player or coach does not leave the field immediately following his or her ejection, that individual’s team shall immediately forfeit the game. In the event an ejected spectator refuses to leave the premises, his team shall immediately forfeit the game.

In the event any player, coach or spectator who is a POLL member serving, or who has served during the current season, a suspension under the policy of zero tolerance and there is a second incident in which such player, coach or spectator is ejected by an umpire, then such player, coach or spectator shall be banned from participating in POLL activities for the remainder of the season, including play-offs and tournament games.

The League President and the Board of Directors also reserve the right to invoke suspensions and/or requirements to perform community service on the POLL campus for any incidents between players, coaches, game officials or spectators that occur on the POLL campus or other locations where a POLL regular season or tournament team is participating that are deemed “for cause” and that do not occur during an official game.

If you have any questions, please contact your league coordinator, or write the Board of Directors. It is the responsibility of the manager of each team to make sure that all players, coaches and spectators are aware of POLL’s zero tolerance policy.

Post Oak Little League Registration and Draft Policy

Consistent with the rules promulgated by Little League Baseball, Inc., it is the policy of the Board of Directors of Post Oak Little League (“POLL”) that:

1. Subject to the physical limitations of our facilities, all players living within the League Boundaries shall be able to play Little League Baseball, and
2. All players are able to compete in a division of POLL that, in the opinion of POLL Board and coaches, is the most compatible with the player’s physical skills and maturity.

POLL offers five levels or divisions of competition for its participants. These divisions are known as Juniors, Intermediates (50/70), Majors, Minors, and Pee Wees. The players in each of these divisions are **typically** chosen based on the results of a skills evaluation (try-out) held over the last two weekends in late January or the first weekend in February.

The Juniors division is for eligible 12 year old players who are in the 7th grade, 13 and 14 year old players, as well as 15 year-old players in 8th grade. Please note that 15-year old players are NOT eligible for the Post Season Tournament Team. The Majors is comprised of players of ages 11 and 12. Players in the Minors League division are of ages 10 and 11. Players in the Pee Wee League division are of ages 8 and 9.

A player of age 12, at the request of his/her parents, may petition the POLL Board to play in the Minors and therefore not be eligible to be selected into the Majors. Similarly, a player of age 10, at the request of his/her parents, may petition the POLL Board to play in the Pee Wees and therefore not be eligible to be selected into the Minors. All requests to play in a designated league will be considered by the POLL Board and the coaches of the respective divisions. All petitions shall be submitted at the time of player try-outs.

The petitioning player’s level of skill, as judged by the POLL Board and coaches, will be the primary determinant of whether a petition will be approved by POLL. Based on these judgments, a player’s petition will be approved or rejected. In reviewing a player’s petition, other factors which may be considered by POLL include the number of teams in each division and the expected quantity of players eligible to participate in each division. A petition will be denied if the POLL Board, with the assistance of the coaches of each division, believes that the player has the physical skills and maturity to compete at the higher level.

Based on the results of the skills evaluation and taking into consideration the player petitions, players are selected by the coaches in a draft. The draft commences at the Juniors division, followed by the draft at the Pee Wees division, followed by the Majors, and finally the draft of the Minors. All 12-year old players must play in the Majors (subject to limited exceptions) and no 13-year old will be allowed to play in the Majors. There is no guarantee that any 11-year-old player will be selected to play in the Majors.

POLL All Star Elections and the Post-Season Tournament Team Selection Process

OVERVIEW

Certain talented players from each of POLL's divisions will achieve the honorary distinction as POLL "All Stars" based on their performance during the season and votes cast by their peers, managers and coaches via ballot given and tabulated near the end of the season.

POLL's elected honorary "All Stars" **ARE NOT** the same as Post Oak Little League's **Tournament Teams**, which are players selected to represent POLL in post-season tournament play in Little League of America ("LLOA") tournaments pursuant to LLOA rules. The process below, which may be modified at the discretion of the POLL All Star Committee, describes the election of POLL's honorary "All Star" players and the selection of its Tournament Teams as contemplated by LLOA Rules.

Tournament Teams **CANNOT** be announced or begin practice prior to dates set by LLOA, in accordance to national policy and based on starting dates of tournaments. Players must be of the proper league age to participate on any Tournament Team.

The election of POLL's Honorary "All Star" players for the 9, 10, 11, 12, 13, and 14 year-old age groups is near the end of the season.

The Little League Baseball Tournament (11-12 Year Old Majors Players), 9-10 Year Old Division Baseball Tournament, 10-11 Year Old Division Baseball Tournament, Intermediates (50/70) Baseball Tournament and Juniors Tournament are authorized by the Board of Directors. Leagues such as POLL which elect the option to participate in Tournament Play must pledge they will do so with full knowledge of the rules and in agreement that the rules will be upheld. In the unlikely event of any discrepancy at any time between the rules of LLOA and POLL policies, the rules of LLOA overrule. In addition, there is a 9 year old tournament for Little League Texas District 16 (of which POLL is included), although this tournament is not recognized by Little League of America. The criteria for selection of Tournament Team candidates take into account their Eligibility, Availability and Ability. The method of selection is determined by POLL as is detailed in the sections below.

"Eligibility" refers to: (i) Age; (ii) Participation in 60 percent of the regular season (as of the date the Tournament Teams are announced) in that division; and (iii) Residence, as defined in the Operating Manual and Rulebooks (or a letter from Texas District 16 specifically noting the eligibility of that player for that division in that league and in that year)"Availability" refers to whether the candidate will be able to practice and play with the team. Will the player be away on vacation during some or all practices/games?

"Ability" is solely in the opinion of those making the selections, and is not based solely on statistical information. Selections are as detailed below. Consistent with a manager's ability to conduct the affairs of his team, a manager may disqualify a player from the team for the current season, subject to Board of Directors approval, if the player repeatedly misses practice or games.

TOURNAMENT TEAM PRACTICES AND RELEASE OF NAMES

See: [Practice Start Date](#)

http://www.littleleague.org/Assets/forms_pubs/tournaments/TournamentRules-Baseball.pdf

9 and 10 Year Old Division; 10 and 11 Year Old Division; Little League (11 and 12 Year Old Majors); Intermediates (50/70) and Juniors: Try-outs or practices by Tournament Teams shall not be held before May 15. The release of names of players selected for the tournament team shall not be made before May 15 and not until the availability and eligibility of all prospective team members have been established. *Tournament Team practice may practice with other players in POLL, another Chartered Little League in their District, or another Chartered Little League in a contiguous District, providing such practice is done out of uniform.* (Little League accident insurance for Tournament Teams will not go into effect until May 15).

Violation of these [rules](#) may be cause for revocation of tournament privileges by LLoA's Tournament Committee.

9 year old tournaments for Little League Texas District 16 – Rules are the same as above.

POLL 11- and 12-year old Honorary Majors League All Star Election and Selection of The Tournament Team (11 & 12 Year Old Majors League Players)

Little League of America Sponsors the tournament in which teams compete for the Little League World Championship, advancing to the Little League World Series in Williamsport, PA. The team selected for this tournament is referred to as “**The Tournament Team.**”

Manager and Coachesⁱ- The manager will be determined at the discretion of POLL’s All Star Committeeⁱⁱ and will be given the opportunity of managing the Post Oak Little League Tournament Team (sometimes referred to as the Williamsport Team). Other coaches will be selected in accordance with Little League of America (LLOA) Rules and approved by POLL’s All Star Committeeⁱⁱ.

Nominations – Sometime after the end of the regular season, the League Coordinator will submit a list of all qualifiedⁱⁱⁱ 11-year old and 12-year old Majors League players to all Majors league managers for review. Managers and coaches are encouraged to view as many Majors League games as possible (not just their own) in order to become a more educated judge of performance of the players. All nominations will be kept confidential.

Ballots – The League Coordinator will prepare the 2 ballots as approved by the POLL All-Star Committee. One ballot called the Majors League All Star Ballot will consist of all of the qualified 11-year old and 12-year old Majors League players. The other ballot called the 11-Year Old All Star Ballot will consist of only the qualified 11-year old Majors League players. All 12-year old players will receive one Majors League All Star ballot each (labeled with the team name and team ballot number (i.e. Team – Cubs, Ballot # ___). All 11-year old Majors League players will receive one Majors League All Star Ballot and one 11-Year Old All Star Ballot each. Each Manager and Coach will also one ballot of each labeled Manager Ballot # ___ and Coach Ballot # _____. In this way, each ballot can be accounted for and tracked, but should remain anonymous. Players, Coaches and Managers shall sign a master sheet indicating that they have submitted a ballot. No person having a child eligible for the Majors League All Star Ballot will be party to the distribution or tabulating of the ballots. At the discretion of POLL’s All Star Committeeⁱⁱ and with the cooperation of the League Coordinator, the above may be achieved electronically, so long as reasonably verifiable and accountable.

Voting - At some point during the Post Oak Little League Majors League Tournament, but before the second round, the ballot will be distributed by a League Official(s) to each Majors League Manager, one assistant coach from each team (as selected by the Manager) and each player. Players and coaches will be instructed to confidentially vote as individuals, without influence from teammates, coaches or otherwise, and to vote for the players most deserving of selection based solely on their Post Oak Little League performance in the current season, *not past tournament performance or experience, etc.* Each may vote for twelve (12) nominees on the ballot (no write-ins), including players on their team, another team, or themselves. The players’ vote shall count one-quarter and the combined manager and coaches’ votes shall count three-quarters (e.g. the Manager’s vote might count 8 times, the assistant coach might count 4 times, and all Majors League Players’ votes will count once), a 1:1 ratio. Votes will be tabulated by the President, Majors League Coordinator and Minors League Coordinator or an independent Certified Public Accounting Firm (not related to a POLL member) if requested by two or more Managers (who will pay for any associated fee). Voting results will be kept confidential, known only to the appropriate league officials and Tournament Team Manager.

Selection & Tournament Roster– Subject to the President’s discretion, a minimum of eighteen (18) and a maximum of twenty-four (24) players (and ties) receiving the most votes will be published at the appropriate time by the League and will be recognized as a member of the POLL

Honorary 11-12 year old Majors League “All-Star” team. Before the District Tournament begins, and pursuant to applicable LLoA Rules as to timing, The Tournament Team Manager will choose a minimum of 13 players and may choose up to the LLoA maximum of 14 of the POLL Honorary 11-12 year old Majors League All-Stars to be on the active/final roster (“Tournament Roster”). The Manager will be confidentially provided the results of the voting as a guide - but not a requirement - of determining the Tournament Roster. The Manager must appoint the top five (5) players receiving the most votes (excluding ties), plus any Overlooked All-Stars, as noted below. The remaining roster players will be at the Manager’s discretion (i.e. he may choose the #6 through #13 on the list, or [others from the 12 Year old honorary All-Star list, and/or any other POLL player\(s\) eligible to play in the Tournament under applicable LLoA rules](#) if he feels the need to fill another position-spot or hitter). The Manager may choose to hold practices with all players per LLoA Rules before determining the Tournament Roster, and may meet with Managers to discuss the relative skills of players. The final Tournament Team Roster will not be announced until 2 weeks prior to the start of the tournament or as per the current LLoA rules.

Identifying Overlooked ALL-STARS - The Tournament Team Manager may petition the POLL All-Star Committee ⁱⁱ to identify additional player(s) as Honorary All-Stars. This should be done as soon as possible after the election results are known. The petition may or may not be granted. The intent is to allow very qualified (but lesser known) players to be Honorary All-Stars. ***This should be a very rare occurrence*** and is only initiated by the Tournament Team Manager to identify an overlooked All-Star candidates who the manager must then place on the All-Star designation. If such a player is designated as an All-Star, he becomes an additional All-Star (i.e. no one else loses their All-Star status).

*unless an 11-year old, either initially declining to be named as an All Star or not ultimately making The Tournament Team Final Roster, elects to play as an 11-Year Old All-Star. Per LLoA Rules, 11-Year Old Players may not participate on The Tournament Team **and** as on the 11-Year Old Tournament Team.

ⁱ Because Tournament Team Manager/coaches represent Post Oak Little League, the Board of Directors may reject a manager/coach nominee, especially for conduct inconsistent with Little League, including infractions of the POLL Zero Tolerance Policy, or other inappropriate conduct toward a POLL Member or competitor.

ⁱⁱ The All-Star Committee will consist of the President, Vice President, The Juniors, Majors, Minors and Pee Wees Coordinators, and anyone else selected by the President, up to a maximum of 2 additional at-large picks. Any changes to the All-Star process must be approved by the majority vote of the Board of Directors.

ⁱⁱⁱ Qualified players are considered those that reside in the POLL boundaries or, if not, those players that have approved Reg. II(d) applications from the District 16 office.

11-year old Honorary All-Star Election and Selection of the 11-year old Tournament Team

Little League of America Sponsors the 11-year old tournament in which teams compete for the Texas East State Championship.

Managers & Coachesⁱ - The 11-year Old Tournament Team Manager will be chosen by POLL's All Star Committeeⁱⁱ. Other coaches will be selected in accordance with Little League of America (LLOA) Rules.

Nominations - Same as The Tournament Team, except that the nominations will only consist of qualifiedⁱⁱ 11-year old Majors League Players.

Ballot - The 11-year Old Tournament Team ballot will be distributed to Majors League Managers, Coaches and Players sometime after The Tournament Team ballot, but before the third round of the playoffs in the same manner as for The Tournament Team.

Voting - The voting process will be the same as The Tournament Team. The weights of the Managers'/Coaches' votes will remain a 1:1 ratio with the total number of 11-year old players.

Selection & Final Roster - Subject to the President's discretion, a minimum of eighteen (18) and a maximum of twenty-four (24) players (and ties) receiving the most votes will be published at the appropriate time by the League and will be recognized as a member of the 11 Year Old Honorary Majors League All-Stars. The 11-year Old Tournament Team Manager will choose a minimum of 13 players and may choose up to the LLOA maximum of 14 to be on the Tournament Roster. The Manager will be required to take the top five (5) players receiving the most votes (excluding ties) on the final roster and any 11-year old Majors League players selected to The Tournament Team*, including any 11-Year Old players that were selected by vote on the Tournament Team ballot, but choosing not to play for the Tournament Team. The Manager will be confidentially provided the results of the 11-year old voting as a guide, but not a requirement of the Tournament Roster.

Identifying Overlooked ALL-STARS – Same as The Tournament Team.

*unless an 11-year old, either initially declining to be named to The Tournament Team or not ultimately making The Tournament Team Final Roster, elects to play as on the 11-Year Old Tournament Team. Per LLOA Rules, 11-Year Old Players may not participate on The Tournament Team and on the 11-Year Old Tournament Team.

ⁱ Because Tournament Team Manager/coaches represent Post Oak Little League, the Board of Directors may reject a manager/coach nominee, especially for conduct inconsistent with Little League, including infractions of the POLL Zero Tolerance Policy, or other inappropriate conduct toward a POLL Member or competitor.

ⁱⁱ Qualified players are considered those that reside in the POLL boundaries or, if not, those players that have approved Reg. II(d) applications from the District 16 office.

11-Year Old Minors League Hat Team

Post Oak Little League sponsors this tournament in which two teams compete in a single-game competition.

Managers & Coachesⁱ – Subject to the discretion of POLL's All Star Committee, the Coaches for the two teams will be chosen by the President and Minors League Coordinator.

Nominations – Same as Tournament Team, except that nominees will only consist of 11-Year Old Minors League Players.

Ballot - The Minors League Hat Team ballot will be distributed to each Minors League Manager, one assistant coach for each team (as selected by the Manager) and to 11-Year Old Minors League Players between the conclusion of the regular season and before the first round of the playoffs in the same manner as for The Tournament Team.

Voting - The voting process will be the same as The Tournament Team. The weights of the Managers'/Coaches' votes will remain a 1:1 ratio with the total number of 11-Year Old Minors League Players.

Selection & Final Roster - The top twenty four (24) players (and ties) receiving the most votes will be named to the Minors League Hat Team. The Minors League Coordinator and two Hat Team Managers will divide the 24 players into two equally competitive teams of 12 players each (or more in the event of ties).

Hat Team Game: The Hat Team game will occur after the Minors League Championship Game, typically on Sunday evening. A player may not pitch more than one inning. All players must play a minimum of three innings (if mathematically feasible). A universal batting order must be used.

ⁱ Because Tournament Team Manager/coaches represent Post Oak Little League, the Board of Directors may reject a manager/coach nominee, especially for conduct inconsistent with Little League, including infractions of the POLL Zero Tolerance Policy, or other inappropriate conduct toward a POLL Member or competitor.

10-year old Honorary All-Star Election and selection of the 10-year old Tournament Team

Little League of America Sponsors this tournament in which teams compete for the Texas East State Championship.

Managers & Coachesⁱ - The 10-year Old Tournament Team Manager will be chosen by POLL's All Star Committeeⁱⁱ. Other coaches will be selected in accordance with Little League of America (LLOA) Rules.

Nominations - Same as Tournament Team, except that nominees will only consist of qualifiedⁱⁱⁱ 10-year old Minors League Players.

Ballot - The 10-year old honorary All-Star ballot will be distributed to Minors League Managers, Coaches and 10-year old Minors League Players by League Official(s) between the conclusion of the regular season and before the first round of the playoffs in the same manner as for The Tournament Team.

Voting - The voting process will be the same as the Tournament Team, but only 10-year old players may vote. Managers and Coaches vote as well.

Selection & Final Roster— Subject to the President's discretion, a minimum of eighteen (18) and a maximum of twenty-four (24) players (and ties) receiving the most votes will be published at the appropriate time by the League and will be recognized as a member of the 10 Year old honorary All-Stars. The 10-Year Old All-Star Manager will choose a minimum of 13 players and may choose up to the LLOA maximum of 14 to be on the Tournament Roster. The Manager will be required to take the top five (5) players receiving votes (excluding ties) on the Tournament Roster. The Manager will be confidentially provided the results of the 10-year old voting as a guide, but not a requirement of his final roster. The remaining roster players will be at the Manager's discretion (i.e. he may choose the #6 through #13 on the list, or [others from the 10 Year old honorary All-Star list, and/or any other POLL player\(s\) eligible to play in the Tournament under applicable LLOA rules](#) if he feels the need to fill another position-spot or hitter). The Manager may choose to hold practices with all players per LLOA Rules before determining the Tournament Roster, and will meet with each Manager to discuss the relative skills of each player. The final Tournament Team Roster will not be announced until 2 weeks prior to the start of the tournament or as per the current LLOA rules.

Identifying Overlooked ALL-STARS – Same as The Tournament Team.

ⁱ Because Tournament Team Manager/coaches represent Post Oak Little League, the Board of Directors may reject a manager/coach nominee, especially for conduct inconsistent with Little League, including infractions of the POLL Zero Tolerance Policy, or other inappropriate conduct toward a POLL Member or competitor.

ⁱⁱ The All-Star Committee will consist of the President, Vice President, The Juniors, Majors, Minors and Pee Wees Coordinators, and anyone else selected by the President, up to a maximum of 2 additional at-large picks. Any changes to the All-Star process must be approved by the majority vote of the Board of Directors.

ⁱⁱⁱ Qualified players are considered those that reside in the POLL boundaries or, if not, those players that have approved Reg. II(d) applications from the District 16 office.

9-year old Honorary All-Star Election and Selection of the 9-year old Tournament Team

District 16 sponsors the 9-year old tournament in which teams compete for the District 16 Championship.

Managers & Coachesⁱ - The 9-year Old Tournament Team Manager will be chosen by POLL's All Star Committeeⁱⁱ. Other coaches will be selected in accordance with Little League of America (LLOA) Rules.

Ballot – Any Pee Wees Division Manager may submit the name of any qualifiedⁱⁱ 9-year old player he feels is deserving of being placed on the ballot.

Voting –The voting process will be the same as the Tournament Team, but only Managers and Coaches will vote. Only the President may tabulate the votes.

Selection & Final Roster – Subject to the President's discretion, a minimum of eighteen (18) and a maximum of twenty-four (24) players (and ties) receiving the most votes will be published at the appropriate time by the League and will be recognized as a member of the 9 Year old honorary All-Stars. The 9-Year Old Tournament Team Manager will choose a minimum of 13 players and may choose up to the LLOA maximum of 14 to be on the Tournament Roster. The Manager will be required to take the top five (5) players receiving votes (excluding ties) on the Tournament Roster. The Manager will be confidentially provided the results of the 9-year old voting as a guide, but not a requirement of his final roster. The remaining roster players will be at the Manager's discretion (i.e. he may choose the #6 through #13 on the list, or [others from the 9 Year old honorary All-Star list, and/or any other POLL player\(s\) eligible to play in the Tournament under applicable LLOA rules](#) if he feels the need to fill another position-spot or hitter). The Manager may choose to hold practices with all players as per LLOA Rules before determining the Tournament Roster, and will meet with each Manager to discuss the relative skills of each player. The final Tournament Team Roster will not be announced until 2 weeks prior to the start of the tournament or as per the current LLOA rules.

ⁱ Because Tournament Team Manager/coaches represent Post Oak Little League, the Board of Directors may reject a manager/coach nominee, especially for conduct inconsistent with Little League, including infractions of the POLL Zero Tolerance Policy, or other inappropriate conduct toward a POLL Member or competitor.

ⁱⁱ Qualified players are considered those that reside in the POLL boundaries or, if not, those players that have approved Reg. II(d) applications from the District 16 office.

8-Year Old Honorary All-Stars

Post Oak Little League does not recognize 8-Year Old Honorary All-Stars.

13-year old and 14-year old Honorary All-Star Elections and Selection of the Juniors Tournament Team

POLL 13-year old and 14-year old Honorary All-Stars and the Juniors Division Tournament Team are currently nominated & selected by volunteer coaches.

For Tournament dates please check <http://tshq.bluesombrero.com/Default.aspx?tabid=1627459>

All Little League Tournament Play is governed by Little League of America and noted on the website (<http://www.littleleague.org/tournamentresources.htm>). Participants should be familiar with these regulations, particularly Managers and Coaches.

In Case of Injury or Accident

The league provided [Medical Information sheets](#) for each team must be in the Manager's possession at all times in the event of an emergency. Medical personnel will not be able to treat or transport an injured child without a medical release if a parent is not available. Therefore, a copy of each player's medical release form must be on file with POLL, and with the manager/coach during all practices or team meetings. Managers must have their team forms completed, signed and turned into the Safety Officer before any equipment is issued or practices are begun.

Basic knowledge of first aid and CPR training is highly recommended for all managers and coaches. A First Aid kit is available in the concession stand during games and practices held at T.H. Rogers. It is also recommended that one be available at practices held away from the POLL complex. POLL has an AED (Automated External Defibrillator) device in a medical cabinet located in the umpire's locker room in the back of the concessions area. All coaches, managers, and board members have been given keys to this locker room and have access to the AED. In case of emergency need for the AED, find a POLL coach, manager or league official.

Injuries and accidents do happen. In the event of an emergency, follow these steps:

1. Provide immediate emergency care.
2. Send a parent to alert or call the [Safety Officer](#) (as identified in the link to the POLL Board on the website) that an injury has occurred.
3. If necessary, send someone to call 911 to ask for an ambulance to be dispatched. When calling for help, know the following information:
 - a. Where the emergency situation is located. (If at the POLL complex, the street address is San Felipe at Augusta or San Felipe at Bering).
 - b. The phone number you are calling.
 - c. What happened and a description of apparent injuries
 - d. How many people need help
 - e. What is being done for the injured person(s)
4. Send someone to clear a path for the ambulance and direct it to the scene of the emergency.

Parents or guardians are responsible for providing medical and accident insurance for their children. If a child is injured the parent's/guardian's policy is required to pay for any injuries. Insurance Coverage for POLL is purchased through the Little League of America.

Any player, league official or volunteer incurring a baseball related injury at the Post Oak Little League game fields or practice fields should promptly notify the Safety Officer or a POLL Board member at the time of the accident. Please have as much information as possible about the accident/injury available when you call. An accident is officially reported when the Safety Officer has been notified. At that point the appropriate paperwork can be initiated.

Contact Information/Notices

www.postoakll.com, click "[Contact Us](#)" for Officers and Coordinators.

Post Oak Little League
1415 South Voss Road
Suite 110/Box 391
Houston, Texas 77057

T.H. Rogers, Houston, Texas

Rainout / Information: POLL utilizes email and a voice broadcast system, sent to Home and cell numbers provided. Schedules are available on the website.

POLL's Safety Officer should be contacted on any serious injuries (safety@postoakll.com).

Website: www.postoakll.com
Email: webmaster@postoakll.com

Inherent Risk: When participating in baseball activities, there is an inherent risk of harm to all players. Participants in POLL activities assume the risk of injury, and POLL assumes no liability for injuries to players which occur during the normal course of games and/or practices.

Web Cam: Please take notice that the Post Oak Little League ("POLL") has contracted with certain providers to place Internet cameras on POLL fields to provide live stream action of little league play. Therefore, your child may appear on the Internet live stream while his/her game is in progress. POLL assumes no liability relating to your child's image as projected on the Internet live stream.

Parking: When parking for Post Oak Little League events, please make sure to secure your valuables, lock your car, and park your car in a place which is not susceptible to being hit by baseballs. Post Oak Little League is not responsible for theft from or damage to motor vehicles.

Spectator Safety: Please watch for errant throws or batted balls during POLL practices or games. POLL assumes no liability to spectators who are injured by batted balls or errant throws during POLL events. All spectators are encouraged to keep a safe distance from the field of play, and remain cognizant of the activities on the field. Also, all parents are expected to supervise any minors under their care who are spectators, and protect them from the risk of injury.

“Select” Coaching Guidelines

Over the past few years, year round baseball, particularly in Houston, Texas, has become extremely popular. In fact, many Post Oak Little League (“POLL”) players and coaches participate in “select” baseball outside of the POLL program. Little League of America has taken a very strong stance with respect what it refers to as “other programs”, i.e. baseball activities outside local little league participation. The Little League of America rules state that a little league coach or manager that also coaches or manages a team in another program (Select Coach) cannot coach his Little League’s tournament team. Unfortunately, Little League of America has found that, in some cases, these “select teams” have had detrimental effects on players and local little league play, if not properly supervised.

While Little League of America (LLOfA) has not wavered from its initial position that the local little league should be given top priority by all of its participants (over and above any other program), it has softened its stance in that it will allow a Select Coach the opportunity to coach his little league tournament team provided that they sign a waiver making certain pledges to the local little league, and receive the approval of the local little league Board of Directors and District Administrator.

There are five (5) specific pledges the Select Coach must sign, including that the manager's;

- ◆ **Primary dedication is to the local little league,**
- ◆ **Participation in the other program will not disrupt the games, practices or roster of any regular season or tournament team of the local little league,**
- ◆ **Protection of the pitchers arm, particularly when participating in multiple programs is of prime importance and is a top priority,**
- ◆ **Will implement some protective measures with regard to the number of innings pitched by pitchers that participate in multiple programs.**

The quality and interest in baseball at POLL has paralleled or surpassed that which is taking place all over Houston, and perhaps the country. *POLL will support and encourage any players that desire to improve themselves and will not discourage players from participating in baseball activities outside of the POLL program.* However, POLL supports and echoes Little League of America’s stance regarding playing in select team activities; your POLL team should receive top priority, with regards to practices, games, etc., including your availability to contribute fully. Teamwork and commitment are qualities that should be placed in the highest regard at POLL, and missing games or practices, or being involved in an outside baseball activity that diminishes your ability to fully contribute to your team (i.e. pitching in another league, thereby diminishing or eliminate your ability to pitch for your team) is frowned upon under any circumstance. Pitchers (and their parents) in particular should understand the pitching guidelines established by LLOfA with respect to total number of innings pitched per week, including appropriate rest period, as well as other research in this area that can be found on the Post Oak Little League website.

These rules were established by LLOfA, at least in part, for the protection of the child’s arm. Neither POLL nor LLOfA can legislate what its players do or its commitments to POLL, but certainly hopes the parents of players will act responsibly, with the understanding that POLL comes first. While POLL recognizes that every player is different and that it cannot control activities outside of POLL play, it can establish guidelines for POLL coaches that participate in outside play with POLL players.

LLoA clearly focuses on protecting pitcher's arms and "protective measures with regard to the number of innings pitched by pitchers that participate in multiple programs", but does not give specifics. The POLL Board is therefore inclined to offer some guidelines for its participants so that there is not any miscommunication. POLL recognizes that the following pitching guidelines are not scientific, but represent our best guess given current information.

- Generally speaking, pitchers should not pitch more than 40 pitches (including warm-ups) in Select games or organized practices that occur between POLL games
 - ◆ Select Coaches should inform the parents and of his Select Team that POLL takes top priority
 - ◆ Select Coaches should provide parents of his Select Team the following information regarding pitching guidelines and health and encourage them to conduct their own research in this area

Failure by a POLL Coach that also serves as a Select Coach to adhere to these guidelines may result in POLL suspending or eliminating his POLL coaching privileges. POLL Coaches and Select Coaches should take this into consideration when determining their pitching rotations. If POLL Coaches have knowledge of a player that has exceeded the prescribed guideline and could possibly risk injury, they should, in the best interest of the child, consider such activity when determining their pitching rotation and strategy for the upcoming week or game, even if it is detrimental to his team, and report such activity to the POLL Board.

Furthermore, POLL Coaches should communicate with Select Coaches to make them aware of their intended pitching rotations, perhaps giving a player that otherwise would not have a chance to pitch at POLL that particular week other opportunities in select games or practices. In short, it is the intent of the Board to promote interaction and communication between Select Coaches and POLL Coaches to ensure the safety of our Little League players, but also to promote any child that wants to improve themselves, provided such effort does not supercede the players' commitment to the players' POLL team.

Again, should POLL Coaches that serve as Select Coaches violate the spirit of the LLoFA pledge, and/or the spirit of the POLL pitching guidelines, they are subject to suspension or removal by POLL.

Select Coaches and teams should carry their own insurance and require that their players and guests sign the Post Oak Little League Release/Indemnity Form.

Field Maintenance Guidelines

Dragging and Raking the Fields:

1. After EACH GAME the Home Team or the last practice team each night is responsible for dragging fields. Re-grading is important so night sprinklers or rainwater does not pool or set in footprints, etc.
2. NEVER drag or rake dirt in the grass. Pick up doormat drag and carry off the field. Rake baselines in direction of the runner - NEVER side to side.
3. The Home team or the last practice team is also responsible for putting the covers on the mounds, if applicable.

Watering the Infield Dirt:

1. Obviously on an as-needed basis, ONLY AFTER dragging and raking field.
2. Infield dirt sprinkler valves are located in ground outside 3rd base on-deck circle of each field. Run 2 - 4 minutes, as needed.
3. Hoses available at each field to spray baselines.
4. **Unless fields are unusually wet, light watering should be completed after each game by Home team – after first dragging and raking.**

Wet Conditions:

1. NEVER use quick dry. Use of Quick Dry is restricted to League Coordinators, Field Coordinator and Grounds Superintendent
2. Use common sense. If water is standing in the dirt, or footprints left behind in mud, DO NOT play or practice. Stay OFF infields when wet.

IMPROPER FIELD MAINTENANCE IS WORSE THAN NONE AT ALL

Fields should be properly cared for after each practice or game

PA Responsibilities

1. NO CHILDREN UNDER 12 ALLOWED IN TOWER
2. Request team lineups for both teams.
3. Ask home team to take the field and the visitors to step out of first base dugout for national anthem (Opening Game and Playoffs Only).
4. Play national anthem (Opening Game and Playoffs Only).
5. Read Little League Pledge (Opening Game and Playoffs Only).
6. Ask umpire to state official start time of the game and announce it
7. Although you are the home team announcer, make it fun for the visitors too.
8. Only play music (*with non-explicit lyrics!*) **between** innings; do not commentate during play.
9. Medical release forms available in concession stand.
10. **Upon completion of the game:**
 - **Remind/Announce that the HOME TEAM is responsible for dragging and watering the infield dirt.**
 - Remind both teams to PICK UP TRASH
 - If last game, turn off all lights in Tower and throw away all trash in Tower. Lock Tower.

Instructions: You can plug in a portable device such as a portable CD Player or iPod, by plugging in the earphone plug labeled "Portable Device" into the earphone jack of your portable device. Please turn off all devices when finished, including unplugging scoreboard.

Change History

Date	Author	Description
09/28/04	James P. Bailey Jr.	Final Version approved and adopted 09/28/04
02/21/06	James P. Bailey Jr	Updates for Juniors Division, add restriction on Pitching Rule modification. Added Legal Notices. Reformatting.
01/22/07	James P. Bailey, Jr	Changes for Pitching Rules and miscellaneous.
01/20/10	Chris Cone	Updates to current rules and update links.
5/3/10	Chris Cone	Updates to current rules & update links.
1/19/11	Andrew Tower	Updates to current rules & update links.
4/3/12	Ira Green; Andrew Tower	Updates to current rules.
11/6/2017	David Rook; John Charbonnet	Updates to current rules & update links.
01/06/2023	Johnnie Randolph	Updates to current rules.

