



Youth Baseball & Softball Handbook



WE Hunt Recreation Center
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The Holly Springs Parks and Recreation Department has been awarded the Better Sports for Kids Quality Program Provider designation for **2024/2025** for all youth sports programs. The Better Sports for Kids Quality Program Provider designation is a seal of commitment to quality and safety based on nationally accepted standards. Achieving this designation demonstrates that Holly Springs Parks and Recreation has undergone a review process and has shown a commitment to the children and families we serve. Our organization was evaluated in the following categories:

- Written policies and procedures
 - Volunteer screening
 - Coach training
 - Parent education
 - Accountability

For more information about the designation and the evaluation process, visit

www.nays.org/quality.

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Important Phone Numbers

Hunt Recreation Center.....	557-9600
Weather Hotline.....	557-2939
Bobby Bailey – Recreation Programs Specialist.....	567-4731
Brandon Walser - Recreation Programs Specialist.....	577-3101
David Eichel – Recreation Programs Specialist.....	577-3124
Jarrold Miron - Recreation Programs Supervisor.....	557-9601
Kristen Denton – Asst. Parks and Recreation Director.....	557-6293
Adam Huffman - Asst. Parks and Recreation Director.....	557-2925
LeeAnn Plumer - Parks and Recreation Director.....	577-3127

Dear Coaches and Parents,

We would like to take this opportunity to thank all the parents and coaches involved with our youth baseball/softball program. Everyone is working hard to make this season fun and successful.

The goal of the Parks and Recreation baseball/softball program is to provide quality instruction which promotes sportsmanship, teamwork, development, participation and FUN! Individually, to develop technical skills which will enhance the ability, desire and confidence of each player. It is the coach's responsibility to instill this concept into all participants and their parents.

If anyone associated with your team loses sight of these objectives, please remind them that this is about children playing a game. Our job, as parents and coaches, is to facilitate a fun learning experience, and to lead by example. Often, the way we react to things on and around the field teaches them more than the game itself.

Also, please remember to use the designated parking areas. Parking on the street, and on the track around Womble Park is prohibited. You may park in the open space near the batting cages. If you have children that are not participating in our programs, for their safety, be sure to watch them. Remember to keep our facilities clean and beautiful for everyone to enjoy.

Sincerely,
Holly Springs Parks and Recreation Department

Holly Springs Parks and Recreation Parental Code of Conduct

- Exhibit socially acceptable behavior at practice sessions, games, and matches or refrain from attending these events.
- Ensure that your children have the proper equipment.
- Ensure that your children arrive and are picked up at the stated time.
- Applaud all good effort and good plays or remain silent.
- Allow the coaches to instruct without outside interference or influence.
- Support the coaches in what they want the players to learn.
- Treat the coaches and league leaders with dignity and respect.
- Ensure that your children receive ample positive encouragement regardless of the outcome of their events.
- Allow your children to play without negative pressure, verbal or physical.
- Ensure that your children do not intentionally injure other players.
- Help your children adhere to the written and unwritten rules of honesty, fair play and good sportsmanship.
- Assist in helping other players, the team, or the program when asked.
- When possible, provide your children with extra instructional opportunities.
- When possible, provide your children with opportunities to learn other sports so that they have a more balanced development.

1. Purpose. The purpose of the Holly Springs Youth Baseball program is to provide the opportunity for skill development, sportsmanship, and fun in a participation-based atmosphere.

2. League Management.

- a. Operation of the league shall be under the direction of the Recreation Programs Manager, or designated staff member.
- b. The governing authority shall be vested in the Town of Holly Springs Parks & Recreation Department, Athletics Division.
- c. National Federation of High Schools rules will apply except where stated in the Handbook.

3. Communication. Communication is an important aspect of our baseball program. To help keep communication smooth and productive, there is a certain “chain of command” that we ask everyone to use.



4. Coaches & Assistants

- a. All coaches are required to submit a volunteer application, background check, and sex offender check through Ankored, with league specific links emailed by Recreation Program Specialists.
- b. A coaching staff not to exceed three (3) shall be appointed by the Recreation Programs Manager or designated staff. The three coaches should consist of one (1) head coach and two (2) assistant coaches. T-Ball and Coach Pitch leagues are allowed (1) head coach and three (3) assistant coaches.
- c. All assistant coaches may be selected by the head coach after team assignments pending approval of the Recreation Programs Manager or designated staff.
- d. All coaches will be evaluated after each season.
- e. All coaches must understand and agree to carry out the duties, responsibilities, policies, and philosophies as established by the Holly Springs Parks and Recreation Department.
- f. Head coaches are required to hold a preseason parent meeting to: establish an open line of communication with parents; review and affirm the Holly Springs Parks and Recreation Code of Conduct; outline expectations for coaches, parents, and players; coordinate parental assistance; and disseminate schedules and other pertinent information.
- g. Only the head coach and their assistants will be allowed to be in the dugout with the team during an official game. Upon notification by an umpire, or HSPR staff member, additional adults are to be removed from the dugout. Failure to adhere to this ruling will result in the ejection of the head coach. **One coach must remain in the dugout with the players at all times. If there aren't enough assistant coaches present at the game, the head coach must assign a parent the duty to monitor the dugout.** Excessive playing, roughhousing, etc. are not allowed in the dugout area. Absolutely no swinging of bats is allowed while in the dugout or fenced in area. Bats should only be handled while batting or in the on-deck circle.
- h. No head coach or assistant coach may leave the dugout for the purpose of discussion with an official. All coaches should remain inside the dugout during play when their team is in the field.
Coaches may not sit outside the dugout.
- i. No active Holly Springs Parks and Recreation coach shall recruit players to play in or on programs and/or teams outside the Holly Springs Youth Program that directly affects current attendance to

leagues and/or tournament play. Violation of this rule will result in expulsion from the program.

5. Player Eligibility

- 5.01 League Baseball age for the 2025 Fall Season is the player's age as of August 31st of 2025. League Softball age is the player's age as of August 31st of 2025.
- 5.02 Nonresidents may participate in the program, providing they pay an additional fifty (50) percent fee along with the registration fee.
- 5.03 Players ages nine (9) and above returning to a team in the same age group must still register. However, these players will be excused from skills assessments. No player shall be eligible to participate in assessments, player selection, practices, or games until they have completed the registration process. Teams will incur a penalty of forfeiture of all games in which an ineligible player participates. Coaches may face disciplinary action if they allow an ineligible player to participate.
- 5.04 Players ages nine (9) and above that are new to the age group must attend player assessments to be eligible for selection in the draft.
- 5.05 Player assessments for ages nine (9) and above will be supervised by the Recreation Programs Manager or designated Parks and Recreation staff.
- 5.06 Players ages eight (8) and under returning to the same age group must register but will be placed on the same team from the previous season. Participants entering a new age group will be placed on a new team. No Special requests will be honored.
- 5.07 Players may participate on only one (1) team in the Holly Springs Parks and Recreation Youth Baseball/Softball Program. Players found participating on two (2) teams may be removed from the games and program. Games in question may be forfeited.
- 5.08 Participants can request in writing at the time of registration to play up an age division by completing a play-up request form.
- 5.09 Participants wearing a hard cast may not participate in games or live scrimmages in practice. Players may participate with a soft cast.

6. Player Placement and Draft

- 6.01 Registered players ages eight (8) and under returning to the same age group will be placed on the same team from the previous season unless they choose to be randomly reassigned to another team. Participants entering a new age group will be randomly placed on a team. No special requests will be honored.
- 6.02 Registered players ages nine (9) and above who are new to the age group must attend player skills assessments to be eligible for selection in the draft. Players who are returning to an age group, but wish to be placed back into the draft, must notify the program manager prior to 8:00am the morning of said age group's assessment/draft.
- 6.03 Registered players ages nine (9) and above returning to a team in the same age group will be excused from skills assessments.
- 6.04 Player assessments are intended to provide coaches the opportunity to evaluate the abilities of registered players which, in turn, should promote greater skill equity within each league. Player skills assessments for ages nine (9) and above will be supervised by the Recreation Programs Manager or designated Parks and Recreation staff.
- 6.05 The draft and player placement shall take place following the conclusion of player skills assessments and will be supervised by the Recreation Programs Manager.
- 6.06 Draft Process
 - a. Draft order will initially be determined by the number of returning and assigned players as well as the teams win/loss record from the previous season. Assigned players would include the son/daughter of the Head Coach or the sibling of a returning player. Teams with a better win/loss record and more returning players will draft later in the first round.
 - b. The draft will employ a linear (non-snake) draft order. Each team will receive a first-round pick and then returning/assigned players, will be slotted in rounds two and following. There will be no trading of draft picks or players.
 - c. Coaches shall not pass up a player selection choice as long as selections are available to fill vacant positions.
 - d. The son or daughter of the Head Coach will be automatically slotted in the second round. If the Head Coach has a second son or daughter participating, that child will be automatically slotted in the subsequent round.
 - e. Brothers and sisters in the same age group shall be selected as one (1) player to avoid separation. The first sibling may be selected with any choice. The remaining sibling will be selected in the subsequent round.

- f. Candidates not attending player assessments shall be randomly assigned to a team.

7. TEAM COMPOSITION

- 7.01 Each team shall consist of a maximum of fourteen (14) eligible players, depending on the number of the candidates registered.
- 7.02 The Recreation Programs Manager or designated staff will determine the number of registrants the program can accommodate and develop the player selection based on the needs of all teams, including possible modifications of draft order depending on returning players and other factors.
- 7.03 Players may be replaced in the event of sickness or injury. The Recreation Programs Manager may replace players that are withdrawn during the season with players from the waitlist.
- 7.04 Parental consent to participate may be withdrawn at any time. Requests to withdraw must be submitted to the Parks and Recreation Department in writing.

8. League Awards

- 8.01 The Parks and Recreation Department provides individual trophies for participants of teams that finish in first and second place in post season tournaments. Participation medals will be provided for the leagues ages 8 and under.

9. UNIFORMS AND EQUIPMENT

- 9.01 Jerseys, hats and socks will be provided by the Parks and Recreation Department. Parents will be required to provide pants and glove. It is mandatory that the jersey provided by the Parks and Recreation Department be worn at all the games. In the event that a participant has lost their jersey, they will be required to purchase a replacement before they are allowed to participate. Teams shall not, in any manner, alter the uniforms that are distributed.
- 9.02 The Parks and Recreation Department will provide catcher's equipment for each team. Parents are encouraged to purchase their own bat and batting helmet for their child. For specific league bat specifications, please see Rules 18.10, 19.08, 20.09, 22.09 or 23.09. Equipment can be checked out from Hunt Center if needed.
- 9.03 Tennis shoes or shoes with molded cleats may be worn. Metal spikes and metal toe plates are prohibited in all leagues except 13-15 baseball & 12-14 Softball. Metal spikes can **NOT** be worn on any artificial turf pitching mound or playing surface.
- 9.04 All batters, base runners, youth base coaches and batters in the on-deck circle must wear a batting helmet. Helmets must be NOCSAE approved, and must give protection to the temples, ears, base and top of the skull. Turtle style

helmets without ear protections will not be allowed. The protective helmet is worn for the safety of the participants. An “out” will be called when a base runner deliberately removes his or her helmet.

- 9.05 Catchers must wear all protective equipment. This includes masks, helmet, shin guards, chest protector, and an athletic supporter with a protective cup.

10. TEAM PRACTICE

- 10.01 The Recreation Programs Manager or designated staff will determine the number of practices based on availability, number of teams, and weather. The Parks and Recreation Department will try to schedule two practices a week prior to the start of scheduled games. After the start of games, each team **may** be scheduled one practice per week.
- 10.02 Due to limited field availability, practices can be scheduled any day of the week.

11. Post Season Tournaments

- 11.01 There will be no end of season tournament for the 8 year old and younger leagues. All leagues may play up to an eight (8) game regular season.
- 11.02 In the leagues for ages nine (9) and above there will be a single elimination end of season tournament. Seeding for these tournaments will be determined by the regular season standings. All regular season league rules apply during local tournament play. There will be no time restriction for end of season tournament games and each game will complete the total number of league-specific innings required.

12. Code of Conduct and Penalties

- 12.01 The Town of Holly Springs Parks & Recreation Department has a zero tolerance for unsportsmanlike conduct or behavior by an individual (players, coaches, officials, spectators, or parents) at any town function or event and said behavior will be subject to partial or permanent suspension.
- 12.02 Unsportsmanlike conduct is defined as but not limited to the following: harassment of officials or participants, use of profane language or gestures, and public threat or physical violence.
- 12.03 The length of any suspension will be determined by the Athletic Programs staff.
- 12.04 Any player, coach, spectator or parent that enters the field of play and confronts and/or makes contact (i.e. cursing, shoving, pushing, etc.) with an official or participant is suspended from the program and any Parks and Recreation related facilities for any practice, game, or activity for one calendar year from the date of the incident.
- 12.05 No player, coach or spectator shall refuse to abide by an official's decision.
- 12.06 No player, coach or spectator shall be guilty of objectionable demonstration of dissent at an official's decision.
- 12.07 **No player or coach, other than the Head Coach, should discuss with an official in any manner the decision reached by an official.**

- 12.08 No player or coach shall be guilty of using unnecessary rough tactics in the play of the game against an opposing player.
- 12.09 No player, coach or spectator shall be guilty of personal verbal abuse upon any official for any reason.
- 12.10 No player, coach or spectator shall be guilty of physical attack as an aggressor upon any players, official or spectator.
- 12.11 No alcoholic beverages are allowed on any Town of Holly Springs property. Anyone violating this rule is subject to arrest and expulsion from the League.
- 12.12 No player, coach or spectator shall use profanity. Offending players/coaches may be subject to ejection, possible suspension/expulsion from the league.
- 12.13 If ejected, a player or coach must vacate the premises. Failure to abide by this will result in forfeiture of the game.
- 12.14 Any player, coach or spectator ejected by an official or a supervisor will be removed from the facility and suspended for one (1) or more of the team's subsequent games. The duration of any suspension will be determined by Holly Springs Parks and Recreation staff. Anyone who has been ejected from a game must leave the playing site immediately. A second ejection during the same season will result in a suspension from all remaining games for that season. Any ejection due to fighting will result in expulsion for one (1) year. If circumstances warrant, the suspension may include all competitive programs offered by the Town of Holly Springs Parks and Recreation Department. Seasonal suspensions may be appealed to the Department Director.
- 12.15 Suspensions may apply to regular season games and/or tournament play and may, at the discretion of Holly Springs Parks and Recreation, be carried over to future seasons.
- 12.16 Suspensions may be appealed to the Recreation Programs Manager.

13.00 Protests

- 13.01 The only legal protests are protests involving the use of an ineligible player or violations of the mandatory play rule.
- 13.02 Protests based on an umpire's judgment will not be permitted.
- 13.03 Any protests must be submitted in writing by the team's head coach to the Recreation Program Manager and made within 24 hours of the completion of the match.

14.00 Department-Wide Playing Rules

All Baseball and Softball games will be governed by the official rules of the National Federation of State High School Athletic Associations, with the following exceptions.

- 14.01 Each team may play up to an eight (8) game regular season schedule.
- 14.02 All game schedules are final. Coaches are not allowed to reschedule league games or schedule games/scrimmages against teams outside of our league. The Parks & Recreation department may reschedule games for reasons that affect the whole league such as weather cancelations and school make up days. Coaches are allowed to switch practice times with another coach. The

Athletic Staff members must be notified of the switch to change the master schedule.

- 14.03 Games that are tied after reaching regulation will play a maximum of 1 extra inning. The extra-inning includes the start of a new inning after the time limit has expired, or the first inning following the set number of innings for that age group. At the start of each half inning, the offensive team will start with a runner on second base who will be the last recorded out from the previous inning. The game will then continue to be played as a regular baseball/softball game.
- 14.04 Game time will be indicated on the league schedule. There will be a 10-minute grace-period for the first game of the day at any youth baseball/softball game, unless the start of the game is delayed because of an umpire or scorekeeper absence. The clock will not run until each team has enough players present to begin the game.
- 14.05 If a team is unable to field seven (7) players at any time during the game, the game will be declared a forfeit.
- 14.06 In the event of a forfeit, a practice game may be played between the two teams.
- 14.07 If both assigned umpires are absent, the game will be postponed and rescheduled at the discretion of the Recreation Programs Supervisor or designated staff. If only one (1) assigned umpire is present, they will work the game alone.

BATTING ORDER AND SUBSTITUTION

- 14.08 All levels of play will use a continuous batting order. The batting order will consist of all players present to play the game.
- 14.09 Players arriving after the start of the game will be added to the end of the batting order.
- 14.10 If a player must leave the game for any reason, the coach must notify the umpires and the opposing coach. The player's position in the batting order will be skipped with no penalty.
- 14.11 When using the continuous batting order, all players may enter to play defense an unlimited number of times. In the t-ball and coach pitch leagues, all player present will play defense each inning. In all other baseball leagues, 9 players will play defense. In all softball leagues and 9/10 baseball league, 10 players will play defense.
- 14.12 In the event of an injury, the injured player may be replaced in the field by a player from the dugout. When replaced at bat (if not walked), the next batter assumes his count. If the injured player is a runner, he/she may be replaced by the player who recorded the team's last out.

MANDATORY PLAY RULE

- 14.13 All players who dress out for a game must play at least two (2) complete innings in the field. The two innings do not have to be consecutive. A player must play all three (3) outs in the inning. After two (2) innings, every player should have played one (1) inning. After four (4) innings, all players should have played two (2) innings.

SPEED UP RULES

- 14.14 It will be mandatory for a courtesy runner to run for the catcher when there are two outs. The player who scored the team's last out will run for the catcher.
- 14.15 Following a put out with no one on base, the ball will be returned to the pitcher without being thrown around the infield.

BASE COACHES

- 14.16 The offensive team will be allowed to have two (2) base coaches. One (1) base coach will be positioned near first base and the other coach will be positioned near third base.
- 14.17 Base coaches must be an eligible player in team uniform or one of the coaches. One (1) adult must always remain in the dugout area to monitor for safety. If there aren't two (2) assistant coaches present, the head coach must recruit a parent to monitor the dugout at all times. A player must wear a batting helmet while coaching bases.
- 14.18 Base coaches must remain in the area of the coach's box and move to avoid interference with defensive players.
- 14.19 Base coaches must talk with players from their team only.

PITCHING

- 14.20 Any member of a team may pitch subject to the restrictions of the pitching rules in their age division.
- 14.21 Once a pitcher has been replaced (baseball only), that player may not pitch again in the same game. Pitchers who are removed from the game may return to the game at another defensive position.
- 14.22 If it is discovered that a team is using an ineligible pitcher, there may be no penalty if upon the discovery, the pitcher is removed from the mound. If the coach refuses to remove the ineligible pitcher, the offended team may play the game under protest. Note: It is the responsibility of the scorekeeper and the head coaches to work together to avoid violations of this rule. Remember that these rules are for the safety of the players.
- 14.23 A pitching change must be made when a coach makes the second visit to the mound to the same pitcher during the same inning. A trip to the mound will be charged whenever a defensive coach enters the playing field to confer with the players. A visit will not be charged if the coach enters the playing field because of an injury. **Teams will not have a limit on the total number of mound visits per game.**

COLLISION

- 14.24 When a defensive player has the ball and the base runner remains on his or her feet and crashes into the defensive player, the base runner will be declared out. All other base runners must return to the base last touched at the time of the collision. If the act is determined to be flagrant, the base runner will be ejected. This is an umpire's judgment call.

15.00 T-Ball Specific Rules

- 15.01 Games will have a 1 hour time limit. Coaches should use their best judgment on whether the inning has time to be completed.
- 15.02 Game scores and standings will not be recorded in the t-ball league.
- 15.03 A batter shall be declared out after failing to hit a fair ball after five swings at the ball on the tee.
- 15.04 The ball will be considered dead when it reaches the infield after being thrown in from the outfield. The base to which the runner will advance is determined by the halfway point between bases and the judgment of the coach instructing in the area.
- 15.05 The field will be occupied defensively by all players present.
- 15.06 Infielders should position themselves consistent with traditional baseball/softball positions for first, second, third, short stop and pitcher (no catcher).
- 15.07 Outfielders should position themselves on the outfield area in right field, right center field, left center field, and left field. No outfielders should be positioned on the space designated as the infield (i.e. skinned infield).
- 15.08 The team at bat will bat through the entire line-up before changing sides.

16.00 5-6 Coach Pitch Specific Rules

- 16.01 Games will have a 1 hour time limit. Coaches should use their best judgment on whether the inning has time to be completed.
- 16.02 Game scores and standings will not be recorded in the coach pitch league.
- 16.03 A batter shall be given 4 pitches from the coach. If the ball is not put into play on 4 pitches, the batter will be allowed one swing off the tee to put the ball in play. If the ball is not put in play the batter is declared out. The manner of pitch (overhand, underhand, coach kneeling, etc.) and distance between the pitcher and hitter, is at the discretion of the coach.
- 16.04 The ball will be considered dead when it reaches the infield after being thrown in from the outfield. The base to which the runner will advance is determined by the halfway point between bases and the judgment of the coach instructing in the area.
- 16.05 The field will be occupied defensively by all players present.
- 16.06 Infielders should position themselves consistent with traditional baseball/softball positions for first, second, third, short stop and pitcher (no catcher).
- 16.07 Outfielders should position themselves on the outfield area in right field, right center field, left center field, and left field. No outfielders should be positioned on the space designated as the infield (i.e. skinned infield or baseline).
- 16.08 The team at bat will bat through the entire line-up before changing sides.

17.00 7-8 Coach Pitch Specific Rules

- 17.01 Games will have a 1 hour time limit. When the game reaches the 1 hour limit the game will be called once the current at bat is completed (ie drop dead timing). A new inning begins immediately after the final out of the previous inning.
- 17.03 A batter will be declared out after five pitches are delivered by the coach. A ball hit foul on the fifth pitch, will result in an out. However, an additional pitch is allowed if, in his/her estimation, the coach throws an unhittable fifth pitch.
- 17.04 The ball will be considered dead when it reaches the infield after being thrown in from the outfield. The base to which the runner will advance is determined by the halfway point between bases and the judgment of the umpire.
- 17.05 The field will be occupied defensively by all players present.
- 17.06 Infielders should position themselves consistent with traditional baseball/softball positions for first, second, third, short stop, pitcher, and catcher.
- 17.07 Outfielders should position themselves on the grass outfield area. No outfielders should be positioned on the skinned portion of the infield.
- 17.08 The coach will pitch 35 feet from home plate. The length between bases will be 60 feet.
- 17.09 The player fielding the pitcher's position shall set up behind and either to the left or right of the coach.
- 17.10 When a batted ball hits the coach, the ball is declared dead. The batter occupies first base, and the base runners advance one base, only if forced.
- 17.11 On an errant throw, a runner can attempt to advance one additional base from the base he/she was initially headed towards at the time of the errant throw. For any subsequent errant throw, a dead ball will be immediately declared and no further advancement of the runner will be permitted. A runner will not be allowed to advance beyond one additional base on an overthrow.
- 17.12 An inning will end when the team at bat goes through the entire line-up or the team in the field records 3 outs, whichever occurs first.

18.00 9-10 Baseball Specific Rules

- 18.01 9-10 Baseball league will play a 6 inning game with an 90 minute time limit. No new inning will begin after the time limit has expired. A new inning begins immediately after the final out of the previous inning. A game stopped due to the time limit will be considered a completed game.
- 18.03 **Run Limit- A team is allowed a maximum of 10 runs per inning.** Games will be stopped under the mercy rule after three full innings and the top of the fourth inning have been completed, if one team is ahead by 10 or more runs and has had equal times at bat, or the home team is leading.
- 18.04 In situations where the second game of a week night cannot begin before 8:15pm, said game will be played on a later date in the season.

- 18.05 Runners are permitted to steal bases. However, runners are not permitted to leave base until a pitched ball reaches or passes the catcher. **Runners may not score from third base on a passed ball or wild pitch. Runners from third can only score from a batted ball, walk or attempted pick off at any base.**
- 18.06 Once the pitcher has stepped on the rubber with possession of the ball, runners who leave base before the pitched ball reaches or passes the catcher shall be called out. The pitch shall be called a dead ball.
- 18.07 Pitching limits will be dictated by the Pitch Smart Program. Pitch Smart is a joint initiative between Major League Baseball and USA Baseball to provide practical pitching standards designed to help reduce the risk of arm injury in youth players. Pitchers in the 9-10 age group will be limited to the following pitch count:
Maximum number of pitches in one game: 75
Number of pitches which will require 0 days of rest: 1-20
Number of pitches which will require 1 day of rest: 21-35
Number of pitches which will require 2 days of rest: 36-50
Number of pitches which will require 3 days of rest: 51-65
Number of pitches which will require 4 days of rest: 66+
- 18.08 Balks and infield flies will not be called in 9-10 baseball.
- 18.09 The 9-10 baseball league will play 10 players on defense (4 outfielders and a regulation infield).
- 18.10 Bats must meet the USA Bat standard and have a visible USA Bat stamp. Solid, one-piece wood bats, with or without the USA Bat stamp, are approved. However, multi-piece and composite wood bats must have the USA Bat stamp. The Easton Ghost X 30/20 YBB18GX10 and LL18GHX 30/20 2 5/8" have been decertified by USA Baseball and is no longer an approved bat under the USA Bat standard.
- 18.11 Pitching plate shall be set at 46ft. Bases shall be set at 60ft.
- 18.12 Head first sliding is prohibited when a baserunner is attempting to advance bases. On the first offense, the offending team will receive a warning. For any subsequent offense by any team member, the baserunner will be declared out.
- 18.13 **There will be no walks in 9-10 baseball. When a batter receives a pitched 4th ball, an offensive coach will come in to pitch a max of three (3) pitches. If the player is unable to put the ball in play they are declared out. The coach must pitch the ball overhand to the batter and MUST have one foot on the portable pitching mound (not the rubber). Base runners may not steal while a coach is pitching. No bunting will be allowed while a coach is pitching. If the ball hits the coach who is pitching it will be declared a live ball. If the coach catches a hit ball it will be declared a re-pitch.**

19.00 11-12 Baseball Specific Rules

- 19.01 11-12 Baseball league will play a 6 inning game with an 90 minute time limit. A new inning begins immediately after the final out of the previous inning. A game stopped due to the time limit will be considered a complete game.
- 19.02 **Run Limit- A team is allowed a maximum of 10 runs per inning** Games will be stopped under the mercy rule after reaching regulation after three full innings and the top of the fourth inning have been completed if one team is ahead by 10 or more runs and has had equal times at bat, or the home team is leading.
- 19.03 In situations where the second game of a week night cannot begin before 8:15pm, said game will be played on a later date in the season.
- 19.04 Runners are permitted to lead off and steal bases. **Runners may not score from third base on a passed ball or wild pitch. Runners from third can only score from a batted ball, walk or attempted pick off at any base.**
- 19.05 **The dropped third strike rule is no longer enforced. The batter is out on a dropped third strike.**
- 19.06 Pitching limits will be dictated by the Pitch Smart Program. Pitch Smart is a joint initiative between Major League Baseball and USA Baseball to provide practical pitching standards designed to help reduce the risk of arm injury in youth players. Pitchers in the 11-12 age group will be limited to the following pitch count:
- Maximum number of pitches in one game: 85
Number of pitches which will require 0 days of rest: 1-20
Number of pitches which will require 1 day of rest: 21-35
Number of pitches which will require 2 days of rest: 36-50
Number of pitches which will require 3 days of rest: 51-65
Number of pitches which will require 4 days of rest: 66+
- 19.07 Bats must meet the USA Bat standard and have a visible USA Bat stamp. Solid, one-piece wood bats, with or without the USA Bat stamp, are approved. However, multi-piece and composite wood bats must have the USA Bat stamp. The Easton Ghost X 30/20 YBB18GX10 and LL18GHX 30/20 2 5/8" has been decertified by USA Baseball and is no longer an approved bat under the USA Bat standard.
- 19.08 Pitching plate shall be set at 50ft. Bases shall be set at 70ft.
- 19.09 Head first sliding is prohibited when a baserunner is attempting to advance bases. On the first offense, the offending team will receive a warning. For any subsequent offense by any team member, the baserunner will be declared out.
- 19.10 **Balks- Each pitcher will be given one warning and explanation per game, any violation afterwards will result in a balk.**

20.00 13-15 Baseball Specific Rules

- 20.01 13-15 Baseball league will play a 7 inning game with a 105 minute time limit. A new inning begins immediately after the final out of the previous inning. A game stopped due to the time limit will be considered a complete game.
- 20.03 **Run Limit- A team is allowed a maximum of 10 runs per inning** Games will be stopped under the mercy rule after reaching regulation after four full innings and the top of the fifth inning have been completed, if one team is ahead by 10 or more runs and has had equal time at bat, or the home team is leading.
- 20.04 In situations where the second game of a week night cannot begin before 8:30pm, said game will be played on a later date in the season.
- 20.05 Runners are permitted to lead off and steal bases.
- 20.06 The batter becomes a runner on a dropped third strike, when 1st base is unoccupied, or 1st base is occupied with two outs.
- 20.07 Pitching limits will be dictated by the Pitch Smart Program. Pitch Smart is a joint initiative between Major League Baseball and USA Baseball to provide practical pitching standards designed to help reduce the risk of arm injury in youth players. Pitchers in the 13-15 age group will be limited to the following pitch count:
- Maximum number of pitches in one game: 95
Number of pitches which will require 0 days of rest: 1-20
Number of pitches which will require 1 day of rest: 21-35
Number of pitches which will require 2 days of rest: 36-50
Number of pitches which will require 3 days of rest: 51-65
Number of pitches which will require 4 days of rest: 66+
- 20.08 Metal cleats may be worn in the 13-15 baseball league; however, metal cleats may not be worn while pitching on any turf pitching mound or playing surface.
- 20.09 Bats must meet the USA bat or BBCOR standard, and have a visible USA bat or BBCOR stamp. Solid, one-piece wood bats, with or without the USA Bat or BBCOR stamps, are approved. However, multi-piece and composite wood bats must have the USA Bat or BBCOR stamps. The Easton Ghost X 30/20 YBB18GX10 and LL18GHX 30/20 2 5/8" has been decertified by USA Baseball and is no longer an approved bat under the USA Bat standard.
- 20.10 Pitching plate shall be set at 60ft. Bases shall be set at 90ft.

21.00 Pitch Smart Procedures

- 21.01 The official scorekeeper will maintain the official pitch count using Game Changer app. The official pitch count cannot be protested.
- 21.02 The official scorekeeper will provide the current pitch count for any pitcher when requested by either head coach or any umpire (as long as the play is not delayed). The head coach can check with the scorekeeper at the end of each half inning to confirm the pitch count for the half inning just completed. The head coach is responsible for knowing when his/her pitcher must be removed, and the number of days of rest required for each pitcher.
- 21.03 The official scorekeeper will inform the umpire when a pitcher has delivered his/her maximum limit of pitches for the game. The umpire will then inform the pitcher's head coach that the pitcher must be removed. However, the failure by the scorekeeper to notify the umpire, and/or the failure of the umpire to notify the head coach, does not relieve the head coach of his/her responsibility to remove a pitcher when that pitcher is no longer eligible.
- 21.04 The use of an ineligible pitcher can result in forfeiture of the game. Multiple violations of pitch count rules may result in disciplinary action against the coach.
- 21.05 In suspended games resumed on another day, the pitchers of record at the time the game was halted may continue to pitch to the extent of their eligibility for that day, provided said pitcher has observed the required days of rest.

Example 1: An 11-12 pitcher throws 70 pitches in a game on Monday when the game is suspended. The game resumes on the following Thursday. The pitcher is not eligible to pitch in the resumption of the game because over 65 pitches had been thrown on Monday and, in that circumstance, 4 days of rest would be required.

Example 2: An 11-12 pitcher throws 70 pitches in a game on Monday when the game is suspended. The game resumes on Saturday. The pitcher is eligible to pitch up to 75 more pitches in the resumption of the game because the required days of rest had been achieved.

- 21.06 Pitchers reaching their maximum number of pitches in a day, while pitching to a batter, may finish pitching to that batter before being removed.
- 21.07 A "rest day" is defined as a full day of rest beginning the day following the game in which a player participates as a pitcher. **Example:** If an 11-12 pitcher throws 35 pitches on Monday, one day of rest is required; therefore the player will not be allowed to pitch again until Wednesday.

22.00 9-11 Softball Specific Rules

- 22.01 9-11 Softball league will play a 6 inning game with a 90 minute time limit. A new inning begins immediately after the final out of the previous inning. A game stopped due to the time limit will be considered a complete game.
- 22.03 **Run Limit- A team is allowed a maximum of 10 runs per inning.** Games will be stopped under the mercy rule after reaching regulation after three full innings and the top of the fourth inning have been completed, if one team is ahead by 10 or more runs and has had equal times at bat, or the home team is leading
- 22.04 Games will be stopped under the mercy rule after reaching regulation (3.5 innings) if one team is ahead by 10 or more runs and has had equal times at bat, or the home team is leading.
- 22.05 Ten (10) fielders may be on the field each inning but play may go on with as few as seven (7).
- 22.05 In situations where the second game of a week night cannot begin before 8:15pm, said game will be played on a later date in the season.
- 22.07 Runners are permitted to steal bases. However, a base runner is not permitted to leave base until a pitched ball reaches or passes the catcher. **Runners may not score from third base on a passed ball or wild pitch. Runners from third can only score from a batted ball, walk or attempted pick off at any base.**
- 22.08 Pitchers can pitch a maximum of 3 innings per game. One pitch thrown constitutes an inning pitched.
- 22.09 The 9-11 softball league will use an 11" softball.
- 22.10 Bats must be permanently stamped with an ASA or USA logo.
- 22.11 Pitching plate shall be set at 35ft. Bases shall be set at 60ft.
- 22.12 **There will be no walks in 9-11 softball. When a batter receives a pitched 4th ball, an offensive coach will come in to pitch a max of three (3) pitches. If the player is unable to put the ball in play they are declared out. The coach must pitch the ball underhand to the batter and from the pitching plate. Base runners may not steal while a coach is pitching. No bunting will be allowed while a coach is pitching. If the ball hits the coach who is pitching it will be declared a live ball. If the coach catches a hit ball it will be declared a re-pitch.**

23.00 12-14 Softball Specific Rules

- 23.01 12-14 softball league will play a 6-inning game with a 90-minute time limit. A new inning begins immediately after the final out of the previous inning. A game stopped due to the time limit will be considered a complete game.
- 23.03 **Run Limit- A team is allowed a maximum of 10 runs per inning**
- 23.04 Games will be stopped under the mercy rule after reaching regulation after three full innings and the top of the fourth inning have been completed, if one team is ahead by 10 or more runs and has had equal times at bat, or the home team is leading.
- 23.05 In situations where the second game of a week night cannot begin before 8:15pm, said game will be played on a later date in the season.
- 23.06 Runners are permitted to steal bases. Runners are permitted to advance once the pitched ball leaves the pitcher's hand.
- 23.07 Pitchers can pitch a maximum 3 innings per game. One pitch thrown constitutes an inning pitched.
- 23.08 The 12-14 softball league will use a 12" softball
- 23.09 Bats must be permanently stamped with an ASA or USA logo.
- 23.10 Pitching plate shall be set at 43ft. Bases shall be set at 60ft.
- 23.11 **Ten (10) fielders may be on the field each inning but play may go on with as few as seven (7).**

MISCELLANEOUS RECAP

1. TWENTY FOUR (24) HOUR RULE

Parents sometimes disagree with a coach's decision or coaching style, especially when it involves their child. Parents have to understand that the coach does not represent a player, but the entire team and must make decisions from the team perspective first and foremost. For parents, it is important to separate their child's sports development from game emotions. For this reason, we have adopted the "24 HOUR RULE", which simply states that the coach will not discuss game situations until at least 24 hours after the game. This rule helps to move the discussion away from the presence of the players and allows all parties to have time to put things into perspective and "cool off" if necessary.

2. COMMUNICATION

Communication is another important aspect of our baseball and softball programs. To help keep communication smooth and productive, there is a certain "chain of command" that we ask everyone to use. Parents should first contact the coach with questions. Coaches should first contact the Recreation

Programs Manager. If further assistance is needed, then contact the Community Center Manager or the Director of Parks and Recreation.

3. REFUNDS

All refund requests must be submitted in writing and addressed to the Recreation Programs Supervisor, Holly Springs Parks and Recreation Department. The request letter should state the reason for refund. Refunds requested after the official start date of the particular program in which the participant is enrolled will not be refunded. Official start date is defined as player placement on team. All refunds are assessed a \$15 service charge per participant per activity. Late fees are nonrefundable. Requests for medical related refunds will be evaluated on a case by case basis. If the Parks and Recreation Department cancels a program, the total amount will be refun

4. WEATHER POLICY

For practice and game days, the Parks and Recreation Department will have the final decision on field cancellations. The weather hotline can be reached at 557-2939. Decisions will be made by 4:00pm on weekdays, 8:00am on Saturdays, and 12:00pm on Sundays. The alert center on the Town website allows you to receive an email or text message when cancellations are announced. Click on the link <http://www.hollyspringsnc.us/list.aspx> and follow the steps to receive notifications. The weather cancellation page <http://www.hollyspringsnc.us/index.aspx?NID=7> on the website is also updated with cancellation information.

Extreme Heat Policy

The Holly Springs Parks and Recreation Department aims to ensure the safety and well-being of our participants and staff. In cases of extreme heat/humidity, HSPR will use the Heat Index to make a final decision regarding alterations, postponement or cancellation of outdoor programs. HSPR staff will monitor the heat index when weather is forecasted to reach dangerous levels. Participants will be notified of any changes or cancellations to their program(s).

Condition	Heat Index	Outdoor Activity Guidelines
Normal	Less than 80	Regular activity with scheduled rest/water breaks
Caution	80-90	Regular activity with mandatory rest/water breaks every 25 min
Extreme Caution	91-103	Participant activity closely monitored; mandatory frequent rest/water breaks at least every 20 min
Danger	104-124	Participants must be under constant observation and monitored for symptoms of heat illness; mandatory frequent rest/water breaks at least every 15 min
Extreme Danger	125+	No activity permitted

Responding to Extreme Cold

In cases of extreme cold, program staff and facilitators will monitor the wind chill temperature. Decisions regarding changes or cancellations for outdoor activities will be determined by the Outdoor Activity Guidelines listed in the chart below.

Condition	Wind Chill Temp	Outdoor Activity Guidelines
Normal	> 30 F	Regular activity
Caution	25 - 30 F	Regular activity; participants should wear layered, protective clothing including coat, hat, gloves, etc.
Extreme Caution	20 - 24 F	Limited activity: participants should wear layered, protective clothing including coat, hat, gloves, etc.; outdoor activity should be limited to 60 minutes or less.
Danger	19 < F	No outdoor activity permitted

Responding to Unhealthy Air Quality

In cases of poor ozone and/or particle pollution, program staff and facilitators will monitor the air quality index. Decisions regarding changes or cancellations for outdoor activities will be determined by the Air Quality Color Guide as listed in the chart below.

Air Quality Index	Outdoor Activity Guidelines
Good – Code Green, 0-50	Regular activities
Moderate – Code Yellow, 51-100	Participant activity monitored, consider limiting prolonged or heavy exertion outdoors
Unhealthy for Sensitive Groups - Code Orange, 101-150	Limit prolonged or heavy exertion for children, older adults or those with health conditions
Unhealthy – Code Red, 151-200	Limit prolonged or heavy exertion for all
Very Unhealthy – Code Purple, 201-300	Avoid all outdoor activities

5. **Lightning Policy**

1. When thunder is heard, or lightning is visible, the thunderstorm is close enough to strike your location with lightning. Suspend play and all players, coaches, fans and umpires should **Take Shelter Immediately!**
2. Flash (Bang) Method – Count seconds between lightning flash and Thunder and divide by 5 – this gives the distance of lightning in miles. If count is 30 seconds or less **Take Shelter Immediately!**
3. **Safe** places for shelter would be fully enclosed metal vehicles with windows up, enclosed buildings or the low ground. Seek cover in clumps of bushes. **Unsafe** shelter areas include all nearby outdoor metallic objects like flag poles, fences, high mast light poles, metal bleachers, etc. AVOID water, AVOID open fields, AVOID using the telephone.
4. If you feel your hair standing on end or hear “crackling noises” you are in lightning’s electric field. Immediately remove metal objects (including baseball cap), place your feet together, duck your head and crouch down with hands on knees.
5. If anyone is struck by lightning **CALL 911 IMMEDIATELY**. People who have been struck by lightning do not carry an electrical charge and are safe to handle. Apply CPR immediately if you are qualified to do so.
6. **Thirty-minute rule**. Once play has been suspended, wait at least **30 minutes** after the last thunder is heard or flash of lightning is witnessed prior to resuming play. Any subsequent thunder or lightning after the beginning of the 30 minute count, reset the clock and another 30 minute count should begin.
7. At the conclusion of the first thirty (30) minute delay, the game officials will determine whether or not to continue or cancel the game(s). NOTE: If lightning is still visible after the first thirty (30) minute delay, the game(s) will be cancelled and rescheduled on another day.

6. **Tornado Policy**

Tornado Watch (which means that conditions are favorable for tornadoes to form), all activities will continue as scheduled when the National Weather Service issues a Tornado Watch for Wake County. All participants and staff should monitor weather conditions and announcements. Please monitor local media or weather radio for weather alerts.

Tornado Warning (which means that a tornado has either been sighted or considered to be imminent in the warned area), all activities should be suspended when the National Weather Service issues a Tornado Warning for Wake County. All participants should take shelter immediately and adhere to the following procedures.

- I. Seek shelter inside the facility.

- II. Go to an interior room on the lower level (closets, interior hallways). Interior hallways on the lowest floor are usually safest. Put as many walls as possible between you and the outside. Get under a sturdy table and use arms to protect head and neck. Stay there until the danger has passed.
- III. Do not open windows. Use the time to seek shelter.
- IV. Stay away from windows, doors and outside walls. Go to the center of the room. Stay away from corners because they attract debris.
- V. Get out of vehicles, trailers and mobile units immediately and go to the lowest floor of a sturdy nearby building or a storm shelter. Mobile units, even if tied down, offer little protection from tornadoes.
- VI. If caught outside with no shelter, lie flat in a nearby ditch or depression and cover your head with your hands. Be aware of potential for flooding.
- VII. Do not get under an overpass or bridge. You are safer in a low, flat location.
- VIII. Never try to outrun a tornado in urban or congested areas in a car or truck; instead, leave the vehicle immediately for safe shelter. Tornadoes are erratic and move swiftly.
- IX. Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.

All activities should be resumed once the Tornado Warning has cleared for the Holly Springs area and the conditions of the facility are safe. All participants and staff should continue to monitor weather conditions and announcements. Please monitor local media or weather radio for any additional weather alerts.

Bomb Threat

First response: Dial '911' for Emergency Services.

In the event of receiving a telephone bomb threat

The recipient should keep the caller talking (do not hang up at any time), and note as many details as possible.

Important details include -

- Exact wording of the threat;
- Location of the device;
- Time of detonation;
- Sex and other details of the caller, such as estimated age;
- Details of speech, accent, delivery, and background noises.

- Do not do or say anything that may encourage irrational behavior;
- Staff member will conduct a routine search based on the available information;
- Search to be conducted systematically, concentrating on the most likely places i.e.. Stairwells, rest rooms, fire hose cabinets, equipment rooms, potted plants, and ceilings where tiles are out of place;
- Ensure that doors are left **open**;
- **DO NOT TOUCH** any suspicious objects found;
- If a suspicious object is found, or if the wording of the threat identified a particular place, then the decision to evacuate may be exercised.

IF A SUSPECTED EXPLOSIVE DEVICE IS FOUND:

1. Do not touch.
 2. Clear the area.
 3. Notify emergency services immediately.
 4. Follow the directions given.
 5. Prevent all persons from entering the area where the device is located.
-

Active Shooter

First Response: Dial 911 for Emergency Services

Evacuate if possible

- Determine an escape route based on where an active shooter may be located.
- Leave your belongings behind. Keep your hands empty and visible at all times.
- Help others evacuate, if possible, but do not attempt to move the wounded. Evacuate even if others do not agree to follow.
- Move quickly to a safe place far from the shooter and take cover. Remain there until police arrive and give instructions.
- Remain calm. Avoid screaming or yelling as you evacuate.
- Follow all instructions of law enforcement.

Shelter if necessary

- Go to the nearest room or office and lock the door(s). If the door does not lock, wedge the door shut or use heavy furniture to barricade it.
- Identify an escape route in the event you are directed to evacuate.
- Close blinds, turn off lights, and cover windows.
- Silence all noise, including cell phones, radios, and computers.
- Have one person call 911, if it is safe to do so. Be prepared to answer the dispatcher's questions.

- If it is not safe to talk, keep the phone on so it can be monitored by the dispatcher.
- Stay out of sight and take cover behind large, thick items or furniture.
- Do not open the door until the person can provide an identification badge.
- Remain under cover until law enforcement advises it is safe to evacuate.
- Positively verify the identity of law enforcement as an unfamiliar voice may be the shooter attempting to lure victims from a safe place.
- Take action, if you must
- If there is no opportunity for escape or hiding, as a last resort, and only when your life is in imminent danger, attempt to disrupt and/or incapacitate the active shooter.

Respond Appropriately When Law Enforcement Arrives

- Remain calm and follow officers' instructions.
- Raise your hands, spread your fingers, and keep hands visible at all times.
- Do not run when police enter the vicinity. Drop to the floor, if you are told to do so, or move calmly out of the area or building.
- Do not make quick moves toward officers or hold on to them for safety.
- Avoid pointing, screaming, or yelling.
- Do not stop officers to ask for help or directions. Evacuate the building in the direction the officers arrived while keeping your hands above your head.
- For your own safety, do not get upset or argue if an officer questions whether you are a shooter or a victim. Do not resist, even if you are handcuffed and searched.

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)
- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water
- Get medical help right away if:**
 - You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms
- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
 - Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
- Blisters on the skin
- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash



HEADS UP CONCUSSION



SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs or symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

> SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

> SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"



ACTION PLAN

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

1. **Remove the athlete** from play.
2. **Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a health care provider.** Do not try to judge the severity of the injury yourself. Only a health care provider should assess an athlete for a possible concussion.
3. **Record and share information about the injury**, such as how it happened and the athlete's symptoms, to help a health care provider assess the athlete.
4. **Inform the athlete's parent(s) or guardian(s)** about the possible concussion and refer them to CDC's website for concussion information.
5. **Ask for written instructions from the athlete's health care provider** about the steps you should take to help the athlete safely return to play. Before returning to play an athlete should:
 - > Be back to doing their regular school activities.
 - > Not have any symptoms from the injury when doing normal activities.
 - > Have the green-light from their health care provider to begin the return to play process.

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.



For more information and to order additional materials **free-of-charge**, visit: www.cdc.gov/HEADSUP.

You can also download the CDC **HEADS UP** app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

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



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control