

2026 General Rules

The Board of Directors of Spokane South Little League have adopted these rules and regulations. These rules shall be followed without exception by ALL teams. In addition, each division has specific Rules below.

1. All players, spectators, and coaches will respect the umpire's calls (when no umpire is present they shall respect the decision made by the coaches):

- Any decision that involves judgment is final (examples: ball or strike, safe or out) and shall not be argued. Arguing a judgment call is grounds for a warning and/or ejection
- Coaches may respectfully speak to the umpire regarding a rule clarification
- Umpires may eject any player, coach or manager for un-sportsman's like conduct
- If a spectator becomes unruly, the umpire shall suspend play and place both teams in their dugouts until the situation has been remedied

2. The Home team will occupy the 3rd Base dugout and be responsible for setting up the field before the game, the Away team will be responsible for cleaning up the field after the game.

3. No on-deck batter is allowed; players are also not allowed to handle bats in the dugouts or outside the dugout in the spectator area, No metal cleats.

4. Players must stay in the dugout at all times when not in the game (except for restroom needs).

5. All male pitchers & catchers must wear a cup. We encourage all male players to wear a cup.

6. If a player helps as a base coach, they must wear a batter's helmet.

7. No alcohol, tobacco products (including vaping), or drugs will be allowed at any game, practice or Little League event. This applies to players, coaches, parents, and spectators.

8. When inclement weather is present, the Board will send an email to all parents and coaches by 4pm on the day of the game IF the games are to be postponed. After 4pm, whether or not the game will be played due to inclement weather will be determined by the coaches of both teams. If one coach wants to postpone the game, then the game will be postponed. If, by 4pm you have not received an email postponing the game then wait for communication from your coach. If you don't hear anything from your coach, you should assume the game will be played as scheduled.

9. If there is lightning or thunder, play must be suspended for 30 minutes from the last time lightning is seen or thunder is heard. The 30-minute countdown restarts every time lightning is seen or thunder is heard. Players must wait in cars/vehicles and NOT in their dugouts. Activities can resume once 30-minutes have passed from the last time lightning is seen or thunder is heard and/or an all-clear announcement has been made.

10. ALL Coaches and Volunteers must be registered with the league or they cannot be on the field or in the dugout with players.

11. ALL VOLUNTEER COACHES, ASSISTANTS, AND TEAM PARENTS THAT WILL BE ON THE FIELD OR IN THE DUGOUT WITH THE PLAYERS MUST ALSO COMPLETE ANNUAL CHILD ABUSE TRAINING! To complete the course create an account or sign in to [Abuse Awareness Training Course - Little League](#) For the League put in Spokane South LL and submit form. You will get an email with a temporary password - go to the website in the email and login, you will then change your password and be logged in. Click on the Abuse Awareness icon and press Start to begin the course. Complete the course - There is a 10 question multiple choice quiz at the end, an 80% is required to pass the quiz and complete the course. It will take between 10 and 30 minutes to complete this course. Once you pass the quiz you be emailed your certificate, please email it to spokanesouthlittleleague@gmail.com. Please complete this training prior to interacting with players.

12. Please reference the Little League Baseball Official Regulations for more detail regarding rules.

13. Team Pictures - your coach will receive a link from Dorian Studio to sign up for team pictures. If you want professional pictures taken, we suggest you discuss with your coach.

14. Direct any and all questions to spokanesouthlittleleague@gmail.com or your coach.

15. Paperwork: There are the three documents (for each player) **Player Code of Conduct, Player/Parent Concussion Form, and Medical Release Form below.** Make sure they are filled out and handed to your coach by the first practice.

League Calendar: visit www.spokanesouthll.com

2025 SSLL Rules - TBALL

Innings/Time Limit	All games will be five (5) innings max, but no new inning may start after fifty (50) minutes. Hard stop at 60 minutes. If you can get in three (3) innings that will be great.
LL Field Dimensions	-Pitching rubber distance - forty (40) feet. -Base distance - sixty (60) feet Throw bases may be needed, depending on the field of play.
Equipment	A safety (soft) ball will be used. The tee and balls will be provided by SSLL. Throw bases will be provided by SSLL.
Umpires/Scoring	There will be no umpire; coaches will determine the outcome of every play. Scoring will not be kept.
End of Inning	Each player bats once through the line-up. If a defensive out is made the batter or base runner returns to the dugout. 3 defensive outs clears the bases and the line-up continues to bat. Last batter should be announced to the defensive team.
Number of players	All players can play in the field. Spread them out. Teach them the true positions but if you need 4 outfielders and 2 pitchers that is ok. No catchers or players behind the plate during at bats (safety concern). An adult coach should be there to place the ball on the tee.
Batters	Only the batter is permitted outside the dugout. Bunting is not allowed. 6 strikes on a "T", the batter advances to 1st. Does not count as a defensive out. Coaches may assist as needed.
Base running	Runners must hold their base until the ball is hit. Runners cannot steal bases. Runners cannot advance on an overthrow. Runners may take more than one base on a ball hit to the outfield but should stop advancing once the ball has been returned to the infield.
Offense (4 coaches)	One or two adult base coaches, one adult coach at home plate, and an adult (coach) in the dugout with the lineup. An offensive coach is required at home plate to place the ball on the tee and provide coaching and instruction. The offensive coach is required to move the tee after each hit so it does not interfere with the runners running home.
Defense (2 coaches)	Two coaches in the outfield directing play.. Talk to your players in the field between each batter and ask them questions like: "Giants, where is the play?" or "How many outs Giants?" Encourage players to tell their teammates: "Nice Job!" or "Great Play!"
Loud Dugout	Coaches remind your players to cheer for their team, especially when your team is up to bat.
The No's	No leading off, No sliding, No watches, No necklaces, No jewelry,, No swearing, No throwing equipment, No infield fly rule, No holding or swinging bats in the dugout.
Parents	Encourage parents to cheer for their team and the opposing team. If you have a player that has a hard time in the dugout or on the field and they won't pay attention, get their parents to buddy up with them.
Coaches Tip	We encourage both head coaches to meet together before each game and discuss possible minor modifications to the rules above which may be more appropriate for their specific team/player needs. If an agreement is not met, the rules above shall be followed. Examples of minor modifications include: allowing players to run the bases when out, how foul balls are called (sometimes balls close to fair could be called in play), and so forth. We encourage coaches to be flexible at this level.

2025 SSL Rules - A Coach Pitch

Innings/Time Limit	Play time is 5 innings. No new inning after 60 min. Hard stop at 1:15 min. Game may be called after the 3rd inning if both coaches agree and it's close to 60 minutes.
LL Field/Equipment	-Pitching rubber distance - forty (40) feet. Base distance - sixty (60) feet. A safety (soft) ball will be used. The tee and balls will be provided by SSL.
Umpires/Scoring	No umpire; coaches will determine the outcome of every play. Scoring will not be kept.
End of Inning	Each player bats once through the line-up. If a defensive out is made the batter or base runner returns to the dugout. 3 defensive outs clear the bases and the line-up continues to bat. Last batter should be announced to the defensive team.
Number of players	All players can play in the field. Spread them out. Teach them the true positions but if you need 4 outfielders and 2 pitchers that is ok. Having a catcher is optional.
Pitcher (Coach)	Coach pitches to own team. Limit of 6 pitches to batter. After 6 pitches, use a Tee. No walks. Everyone hits. Coaches are encouraged to pitch from the rubber but may get closer as deemed necessary for each batter. Overhand pitching is recommended when possible, from a knee can be the most beneficial for a hitter as long as accuracy isn't affected. Coaches are encouraged to combine their league provided buckets of balls. The coach pitches all the balls from one bucket and another coach behind the catcher collects the balls with the other bucket. This speeds up the game.
Batters	Only the batter is permitted outside the dugout. Bunting is not allowed.
Base running	Base runners stop once the ball has been returned to the infield. NO extra bases on a base overthrow. When a runner is ruled out in the field, that runner shall return to the dugout. When the last batter puts the ball into play, the play should proceed as normal (runners advancing as normal, the batter and/or one or more baserunners reaching the next base(s) or being called out). Once the play is over, all remaining base runners may advance around the bases to home with the fielding team not attempting to tag those runners. The goal here is to allow the remaining base runners to learn to run to home without a safety issue.
Offense (4 coaches)	One adult base coach, one pitching, one coach at home plate gathering balls, and an adult (coach) in the dugout with the lineup.
Defense (2 coaches)	Two coaches in the outfield directing play. Talk to your players in the field between each batter and ask them questions like: "Giants, where is the play?" or "How many outs Giants?" Encourage players to tell their teammates: "Nice Job!" or "Great Play!"
Loud Dugout	Coaches remind your players to cheer for their team, especially when your team is up to bat.
The No's	No leading off, No Sliding, No drop third strikes, No watches, No necklaces, No jewelry, No swearing, No throwing equipment, No infield fly rule, No holding or swinging bats in the dugout.
Parents	Encourage parents to cheer for their team and the opposing team. If you have a player that has a hard time in the dugout or on the field, get their parents to buddy up.
Coaches Tip	We encourage you to put players where they can succeed and be safe. Players that cannot catch should not be at first base, players that struggle to pay attention should not be close to the plate. We encourage head coaches to meet before each game and discuss possible modifications to the rules above which may be more appropriate for their specific team/player needs. If an agreement is not met, the rules above shall be followed. Examples of modifications include: allowing players to run the bases when out, clearing bases when 3 outs are made, how foul balls are called (sometimes balls close to fair could be called in play), pitching rules, and so forth. We encourage coaches to be flexible .

2025 SSLL Rules Sheet AA Developmental Kid Pitch

Mandatory Play (each player)	Min. of 2 innings/don't have to be consecutive. Continuous batting order. Maximum 9 players on the field in regular positions.
Innings/Time Limit	Play time is 5 innings. No new inning after 75 min. Hard stop at 1:30 min.
LL Field/Equipment	-Pitching rubber distance - forty (46) feet. Base distance - sixty (60) feet. A little league ball will be used.
Umpires/Scoring	There will be no umpires. Coaches will determine the outcome of every play. The offensive coach will stand behind the mound to serve as umpire. Scoring may be kept but will not be recorded, there will be no playoff or league champion.
Pitching/Hitting	No walks will be awarded. After 4 balls are thrown to a batter, the hitting team coach will pitch a maximum of 4 pitches. The player now has 4 pitches from the coach to hit the ball. If the player does not hit the ball, an out is recorded. If the 4th pitch is fouled off, an additional pitch may be made. If a batter is hit during an at bat, the player pitch for that batter is completed. The batter will complete their at bat- receiving 4 pitches from the coach- If the player is not in a condition to hit, the player may take first base. A walk will not be awarded after receiving pitches from the coach. The coach should pitch from the mound unless approved by both coaches to get closer (for some players). An assistant coach may be placed behind the catcher to collect past balls to speed up the game. Coaches are encouraged to instruct their batters to swing at pitches in and near the strike zone to prevent players from purposefully taking pitches in order to have their coach pitch to them. A main purpose of this division is to teach players to hit from player pitches, not to delay hitting in order to return to coach pitch.
Pitch Count per day)	8 years old : 50 9 - 10 years old : 75 11 years old: 85
Pitch Count	1 - 20 pitches; no rest, 21-35 pitches; 1 calendar day rest, 36 - 50 pitches, 2 calendar days rest, 51 - 65 pitches; 3 calendar days rest, 65+ pitches; 4 calendar days rest
Base Running	No stealing bases. No advancing on past balls. Base runners stop once the ball has been returned to the pitcher. Players on 3rd base may only advance on a ball put into play by a batter (no stealing home). No illegal pitches or balks.
Player Re-entry	Free Defensive Substitution. No substitutions on offense due to continuous batting order.
Substitutions	Defensive: Must be made as the team takes the field or while the team is in the field. A courtesy runner is allowed and encouraged for catchers with 2 outs to speed the game up.
Defensive Conferences	Two per inning, pitcher must be removed from mound on third visit in inning. Three per game, the pitcher must be removed from the mound on the fourth visit in the game.
Dropped 3rd Strike	Batter is out
10 - Run Rule	After 4 innings or 3 1/2 if the home team is ahead.
Runs per inning	Max - 5 runs per inning. Last inning of the game is open.
Coaches Tip	We encourage you to put players where they can succeed and be safe. Players that cannot catch should not be at first base, players that struggle to pay attention should not be close to the plate. We encourage head coaches to meet before each game and discuss possible modifications to the rules above which may be more appropriate for their specific team/player needs. If an agreement is not met, the rules above shall be followed. We encourage coaches to be flexible .

2025 SSLL Cheat Sheet AAA & Majors

	AAA	Majors
Team Organization	Teams will be organized according to coach/teammate requests made during registration, followed by grade school and home address. Not all requests will be possible and are not guaranteed. In future years a draft may be implemented pending national league requirements.	Players new to Majors will participate in a tryout, demonstrating various skills and be rated by coaches and board members. Players will then be placed on teams in a draft. This is to help balance the skill level of each team and make for a more competitive environment. In 2024, all players will need to enter the draft.
Mandatory Play (each player)	Min. of 2 consecutive innings, 1 at bat per game. Maximum 9 players on the field in regular positions. Continuous batting order.	
Innings/Time Limit	Play time is 6 innings. <i>No new innings after 90 min</i>	
Equipment	A little league ball will be used. Balls will be provided by the league.	
Umpires/Scoring	Every attempt will be made to have umpires at each game. When no umpire is present the coaches will determine the outcome of every play. The offensive coach when acting as umpire will stand behind the mound. The home team keeps the official book and is responsible for reporting scores. All teams shall keep a log of all pitch counts.	
Base Running	Stealing/Advancing on passed balls is allowed, including home. Once the pitcher has the ball, the runner must return to the base immediately	
Pitch Count (per day)	8 years old : 50 9 - 10 years old : 75 11 - 12 years old: 85	
Pitch Count	1 - 20 pitches; no rest, 21-35 pitches; 1 calendar day rest, 36 - 50 pitches, 2 calendar days rest, 51 - 65 pitches; 3 calendar days rest, 65+ pitches; 4 calendar days rest	
Player Re-entry	A player removed from the game may re-enter the game in the SAME position in the batting order, only after the person being replaced has completed mandatory play requirements.	
Substitutions	Defensive: Must be made as the team takes the field or while the team is in the field. Offensive: Must be made as the player comes to bat, or while the player is on base. A courtesy runner is allowed and encouraged for catchers with 2 outs.	
Defensive Conferences	Two per inning, pitcher must be removed from mound on third visit in inning. Three per game, the pitcher must be removed from the mound on the fourth visit in the game.	
Dropped 3rd Strike	Batter is out if first is occupied with less than two outs. If first is unoccupied, the batter becomes a runner and defense must put him out.	
8-, 10-, or 15-run rule	After 3 innings a team is ahead by 15 runs, or after 4 innings a team is ahead by 10 runs, or after 5 innings a team is ahead by 8 runs - the manager of the team with the least runs shall concede the victory to the opponent. Reference www.littleleague.org for more information.	
Runs per inning	No run limits	
King of the Hill (end of the season tournament)	Each team will play a single elimination tournament. Seeding will be determined based on league standings (wins, losses, with runs scored being a tiebreaker). Please note, we will make every effort to play on the same nights as the regular season, but this may not be possible in all situations, some games may take place on a Saturday. Please plan accordingly.	



Little League Baseball and Softball MEDICAL RELEASE

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



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

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

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

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

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

PARENT OR GUARDIAN AUTHORIZATION:

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

Family Physician: _____ Phone: _____

Address: _____ City: _____ State/Country: _____

Hospital Preference: _____

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

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

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

Name	Phone	Relationship to Player
Name	Phone	Relationship to Player

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

Medical Diagnosis	Medication	Dosage	Frequency of Dosage

Date of last Tetanus Toxoid Booster: _____

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

Mr./Mrs./Ms. _____

FOR LEAGUE USE ONLY:

League Name: _____ League ID: _____ Division: _____ Team: _____ Date: _____

Authorized Parent/Guardian Signature

Date:

Parent and Athlete Concussion Information & Consent Form

A concussion is a brain injury, and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:	
· Headaches · “Pressure in head” · Nausea or vomiting · Neck pain · Balance problems or dizziness · Blurred, double, or fuzzy vision. · Sensitivity to light or noise · Feeling sluggish or slowed down. · Feeling foggy or groggy · Drowsiness · Change in sleep patterns	· Amnesia · “Don’t feel right.” · Fatigue or low energy · Sadness · Nervousness or anxiety · Irritability · More emotional · Confusion · Concentration or memory problems (forgetting game plays) · Repeating the same question/comment

Signs observed by teammates, parents and coaches include:
Appears dazed Vacant facial expression Confused about assignment Forgets plays Is unsure of game, score, or opponent Moves clumsily or displays in coordination Answers questions slowly Slurred speech Shows behavior or personality changes Can’t recall events prior to hit Can’t recall events after hit Seizures or convulsions Any change in typical behavior or personality

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents, and students is the key for student athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time."

And

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion. Remember, it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

Adapted from the CDC and the 3rd International Conference on Concussion in Sport

Spokane South Little League

PO Box 31271
Spokane, WA 99223

Parent/Guardian Code of Conduct

The objective of the SSLL shall be to implant firmly in the 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. All adults associated with the SSLL shall bear in mind that the attainment of exceptional athletic skill or the winning of games is secondary, and the molding of future citizens is of prime importance.

We all have our own set of responsibilities and expectations that we must make every effort to meet or exceed. The following are the SSLL's expectations of ALL parents/guardians:

- Attend my child's games.
- Be supportive of the manager, coaches, and all members of my child's team.
- Communicate with managers, coaches, and other volunteers in appropriate ways.
- Cheer for all players of the team and make only positive comments.
- Be a positive role model exhibiting only good sportsmanship.
- Attend games whether or not my child is completely successful.
- Show respect and support toward umpires and other volunteers.
- Understand that the game of baseball is difficult to learn and play.
- Look for opportunities to work with and encourage my child.
- Be positive and supportive whether the team wins or loses.
- Teach my child that doing one's best is more important than winning.

I understand and accept the SSLL's expectations of parents/guardians. If I violate this code, I may be asked to leave the game and the ballpark. I also understand that continued violation of the code may result in my being banned from further attendance at games for the remainder of the Little League season.

Parent/Guardian Signature

Date

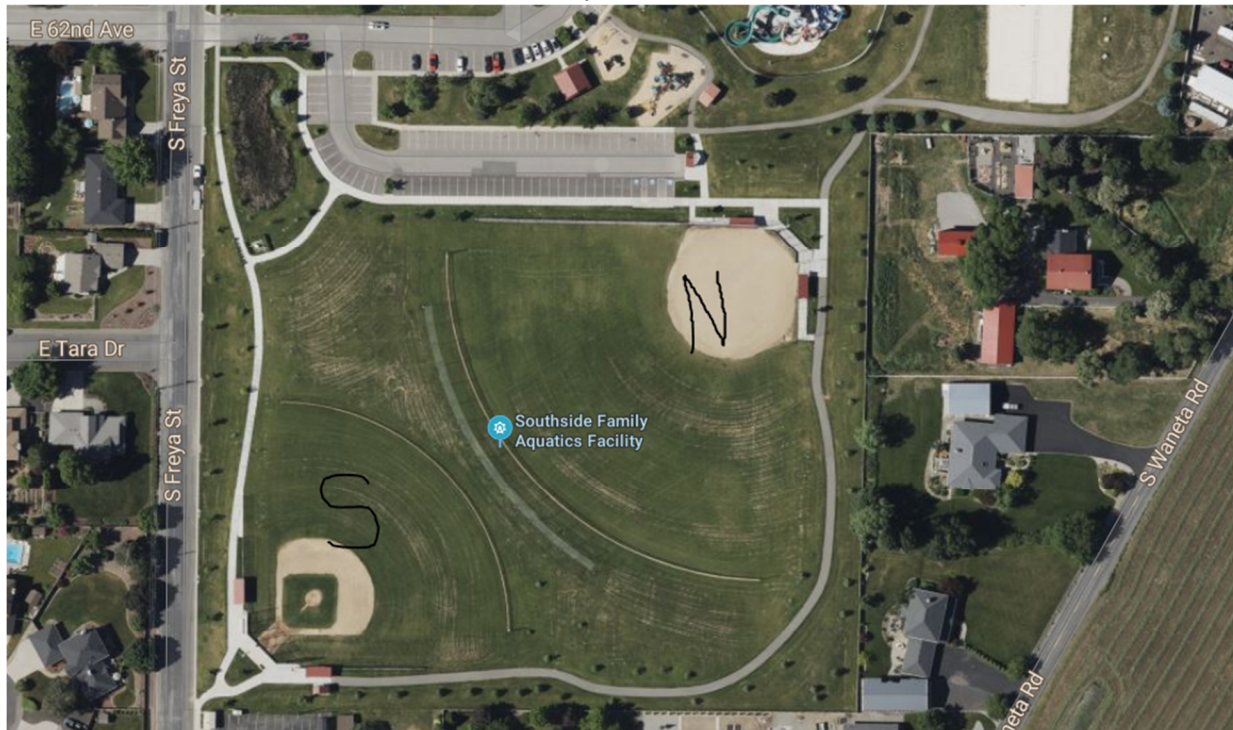
Parent/Guardian Signature

Date

Please sign and return to your child's manager/coach at the next practice or game.

PLAYERS FIRST

Prairie View 3724 E 61st Ave Spokane, WA 99223 North & South Fields



Ferris HS 3020 E 37th Ave North Softball Field



Grant Elementary Field B 1300 E 9th Ave, Spokane, WA 99202



Chase Middle School Softball Field 4747 E 37th Ave, Spokane, WA 99223



Hart Field 3508 S Grand Blvd, Spokane, WA 99203



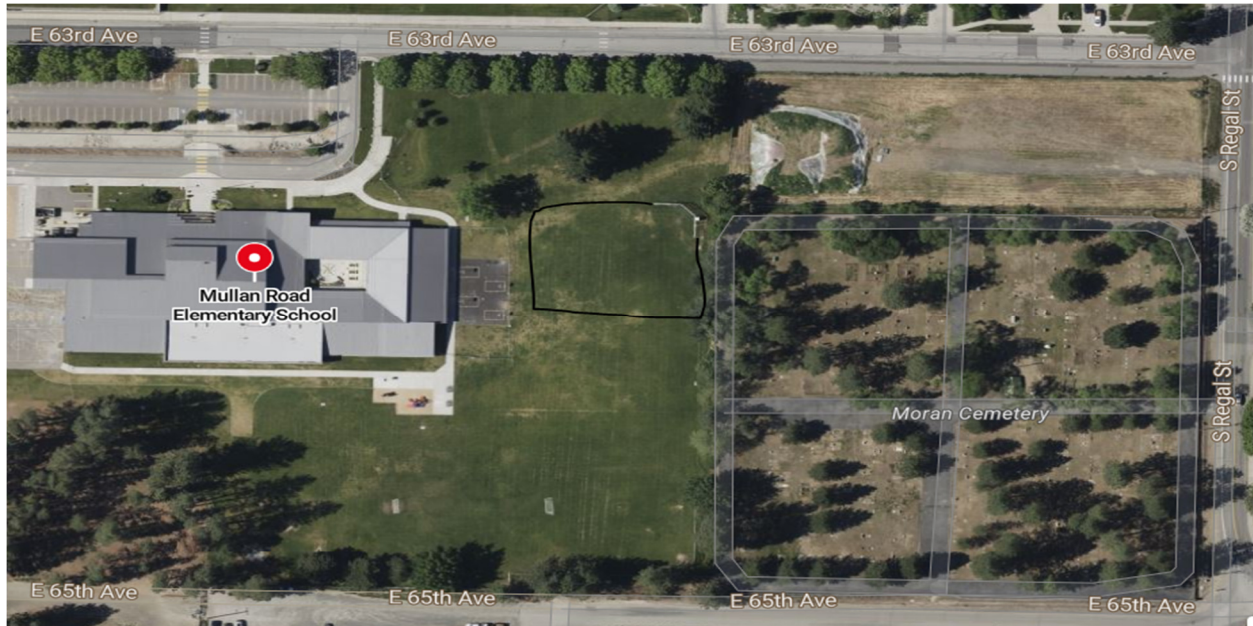
Thornton Murphy 3105 E 27th Ave Spokane, WA 99223 North & South Fields and Grass Outfields for tee ball practices



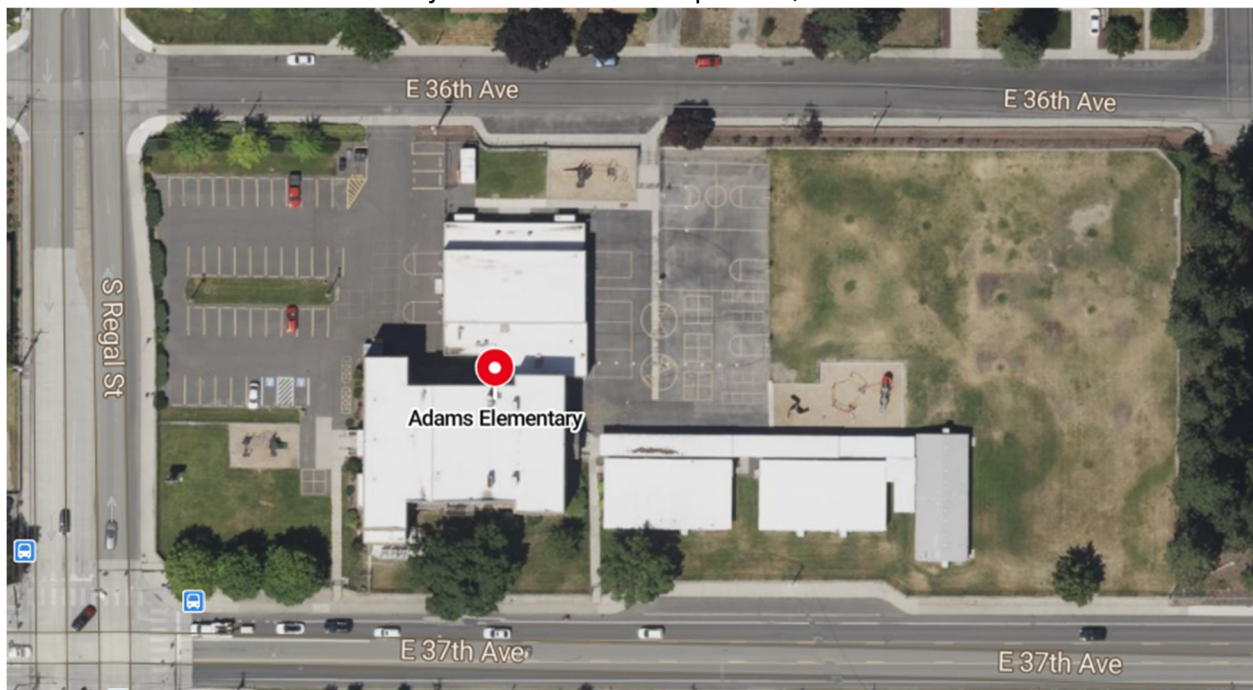
Underhill Park 2910 E Hartson Ave Spokane, WA North & South Fields and Grass Outfields for tee ball practices



Mullan Road Elementary 2616 E 63rd Ave Spokane, WA



Adams Elementary 2909 E 37th Ave Spokane, WA



Hamblen Elementary 2121 E Thurston Ave Spokane, WA



Roosevelt Elementary 333 W 14th Ave Spokane, WA



Comstock Park 3012 S Howard St, Spokane, WA 99203 Field C Grass

