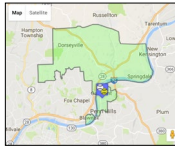
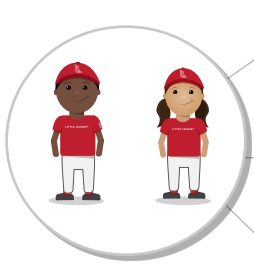




# Parents' Guide to Little League®

Little League® believes in the power of youth baseball and softball to teach life lessons that build stronger individuals and communities. As a Little League parent, it's important to learn the essential information below to ensure your experience, and that of your Little Leaguer®, is a positive, fulfilling one.



1) League Boundary



2) School



3) Home/Residence

**LEAGUE BOUNDARIES** - One of the key differences that sets Little League apart from many other youth organizations is our boundary regulations, which are specifically designed to maintain that community, hometown spirit and allow children to play with their friends and classmates.

There are three options for where Little Leaguers can play.

- 1) Children whose primary residence is within the local league's boundary can play for that hometown league.
- 2) Children can play for the league where their school is located.
- 3) Children with parents living in two separate homes can play in the league where either parent resides; however, they may only play in one league.

Enter your place of residence or child's school address

Visit [PlayLittleLeague.org](http://PlayLittleLeague.org), enter an address, and find the league that services your community.

**NOTE:** Starting in 2025, parents of players League Age 4-7 will have the ability to choose which league their child plays in without respect to any geography- or school-related eligibility requirements. To learn more, visit [LittleLeague.org/2025Registration](http://LittleLeague.org/2025Registration).



## COACHES, MANAGERS, UMPIRES, AND OTHER VOLUNTEERS MANDATORY BACKGROUND CHECKS



Leagues can use our JDP portal for background checks, which is also integrated into the SportsConnect registration process.

**CHILD PROTECTION PROGRAM** - The goal of the Little League Child Protection Program is to prevent child abuse from occurring through an application screening process for all required volunteers and/or hired workers, ongoing training for its staff and volunteers, increased awareness, and mandatory reporting of any abuse. Little League International was the first youth sports organization to require its local leagues to annually conduct a nationwide background check on its volunteers (all potential managers, coaches, local Board members, and any other persons, volunteers, and/or hired workers who provide regular services to a local league or who have repetitive access to, or contact with, players, or teams) as part of its Child Protection Program, and now also includes required annual Abuse Awareness Training for Adults. Little League continues to keep up-to-date with all of its safety policies and procedures within the Child Protection Program, including adherence to the youth protection standards of SafeSport and USA Baseball's Baseball Athlete Safety Education (BASE) program. More information on the Child Protection Program can be found at [LittleLeague.org/ChildProtectionProgram](http://LittleLeague.org/ChildProtectionProgram).

DIVISIONS	AGES
Tee Ball .....	4-7
Minor League and Coach Pitch .....	7-11
Major League .....	9-12
Intermediate (50/70) Division .....	11-13
Baseball only	
Junior League .....	12-14
Senior League .....	13-16

**DIVISIONS OF PLAY** - Little League offers baseball and softball divisions for kids from 4 years old (Tee Ball) to 16 years old (Senior League). The age structure of these divisions overlap in order to provide the flexibility for local Little League programs to offer the best divisions for their community. Little League also offers unique Tee Ball and Coach Pitch programs, as well as the Little League Challenger Division® and Senior League Challenger Division, which enables individuals with physical and intellectual challenges to play. In addition to the standard divisions of play, there are also a number of other ways for children to get involved in their league each year. For more information, and to learn more, visit [LittleLeague.org/Play](http://LittleLeague.org/Play).

## LEAGUE AGE CALCULATOR

Sport:

Birth Year:

Birth Month:

An individual born in the month and year selected is league age 9 for the selected sport.

**LEAGUE AGE DETERMINATION FOR PARTICIPATION** - Throughout its history, Little League has conducted detailed participation research studies that have shown, time and again, that parents, players, and volunteers stress the importance of allowing Little Leaguers to play with their classmates and friends. This produces the most beneficial and fun experience for players and families. Having this knowledge, we have created age specific divisions of play. Our Age Determination guidelines are different for baseball and softball. To determine what age group your Little Leaguer falls in, visit [LittleLeague.org/AgeCalculator](http://LittleLeague.org/AgeCalculator).

LITTLE LEAGUE TEAM'S DRAFT LIST				
Round	Pick	Position	Player	Team

PLAYER ROTATION							
Name	1	2	3	4	5	6	7
Joe	Sub 1	CF	LF	P	1st	RF	2nd
Tim	CF	Sub 2	P	1st	2nd	3rd	LF
Pete	RF	P	CF	Sub 4	LF	2nd	3rd
Kate	1st	2nd	3rd	CF	Sub 5	P	RF

**PITCHING RULES BASED ON:**

- **Division**
- **Age Group**
- **Number of Pitchers/Day**

**PLAYER DRAFT** - Once a local league's skill evaluation/tryout process is complete, the next step in preparing for an upcoming season is the player selection process. Leagues are required to conduct a draft at the Major Division and above and may require that all players of a given age try out for the Major Division. Leagues may use alternate methods to assign players at the Tee Ball and Minor Divisions. There are three approved draft options that leagues are required to use for their player drafts. These methods provide parity within the league that provide a valuable experience for all players and teams. Learn more about draft methods online at [LittleLeague.org/DraftMethods](http://LittleLeague.org/DraftMethods).

**MANDATORY PLAY** - Little League is not a win-at-all-costs organization. We want all Little Leaguers to enjoy the many benefits of being on the field, enjoying the experience with their friends. We're proud of our regular season Mandatory Play regulation, which states that every player on the team roster must have at least one plate appearance and play six consecutive outs on defense in each game. This rule is modified during tournament play, and excludes the Senior League division.

**PITCH COUNTS** - Through extensive research, Little League found that overuse is the number-one factor in youth arm injuries among baseball players and, in 2006, instituted baseball pitch count regulations with different pitching thresholds for different divisions of play based on age. Specific pitch count regulations for all divisions can be found at [LittleLeague.org/PitchCount](http://LittleLeague.org/PitchCount) and have been adopted at many levels of play through Major League Baseball's Pitch Smart initiative. On the softball side, Little League's pitching restrictions are based on the amount of innings a pitcher throws at the major division and below. While Little League is committed to protecting young arms, we cannot do it alone. Parents who have Little Leaguers who also play travel or showcase ball are strongly encouraged to alert coaches of recent pitching activities that occur outside Little League games.



**BATS** - For more than seven decades, Little League worked with the best minds in science, engineering, and technology to take the sports of baseball and softball to higher levels. Little League follows a standard developed by USA Baseball for all levels of baseball except for Senior League and the Little League Challenger Division. All Softball bats adhere to the 1.20 Bat Performance Factor. Little League's regulations on the bats that can be used within the program, at all levels of play, and detailed information can be found at [LittleLeague.org/BatInfo](http://LittleLeague.org/BatInfo).



**TOURNAMENT TEAM (ALL-STARS)** - The method of selecting a Tournament Team is to be determined by the local league Board of Directors. While methods vary, Little League recommends multiple groups within a local league participate in a fair selection. These groups may include players, league officers, team managers, team coaches, and volunteer umpires. Little League believes players should have a say in who makes a Tournament Team. It is the organization's experience that players are often objective in the selection process, have an intuitive respect for fellow players, and appreciate the opportunity for their opinions to be heard.



**LITTLE LEAGUE INTERNATIONAL TOURNAMENT PATH** - While every Little Leaguer's dream is to make it to Williamsport or the site of our six other World Series events, the tournament process begins in your community, and the only way to a World Series is by advancing through the tournament path. The tournament is structured to allow parents and others in the Little League family to have a voice and positively influence how teams and leagues advance. Every local league has the opportunity to participate in tournament play for a small fee that goes back to helping offset expenses for local leagues advancing through the tournament. The tournament path and championship site differ for each division, but all offer expanded play beyond the local level that typically includes tournaments at the District, Sectional, State, Region, and World Series levels. To learn more about the World Series, and the respective Region Tournaments, visit [LittleLeague.org/WorldSeries](http://LittleLeague.org/WorldSeries).



**LITTLE LEAGUE UNIVERSITY:** A free, educational resource designed to connect visitors to engaging training videos and informative how-to articles, all with the focus of educating parents and volunteers on how to have a fun, successful Little League experience. Visit [LittleLeagueU](http://LittleLeagueU).



**THE PARENT CONNECTION NEWSLETTER:** A monthly digest of important information and tips to make the Little League experience great for you and your Little Leaguer, the Parent Connection is a newsletter aimed at making sure you are up-to-date on all the latest news and information. To sign up, visit [LittleLeague.org/Newsletters](http://LittleLeague.org/Newsletters).



To help parents new to the program, or even to the game of baseball and softball, Little League and DICK'S Sporting Goods have teamed up to provide a video resource series called "The Basics," teaching the very fundamentals of the game. Learn more at [LittleLeague.org/TheBasics](http://LittleLeague.org/TheBasics).