



LITTLE LEAGUE



BATTING CAGE RULES

1. Use of the batting cages is strictly limited to players registered with Alderwood Little League. No other users allowed.
2. The cages are supplied with helmets with face guards. **Players may opt to use helmets without the mask.**
3. All players may use their own bats without liability to Alderwood Little League for any potential damage.
4. Only Alderwood Little League approved adult volunteers (i.e. over the age of 18) may operate the pitching machines.
5. Players in the cages must have shoes on. No open toes.
6. All Players should enter the cages through the West Doors.
7. Be aware that the pitching machines do not always throw strikes. They can be erratic, just like human pitchers.
8. No climbing on the batting cage fencing, sheds or equipment.
9. Please immediately report any equipment damage or malfunctions to the Board Member on Duty. **Do not** operate machine if there has been a malfunction.
10. Report all injuries to the League office immediately.
11. When the machines are in use, only the one batter (AND NO ONE ELSE) may be in the cage. The manager or coach must be inside the pitching machine house and may not enter the cage area while the machine is operating. If a manager or coach wants to enter the cage to provide individual instruction, the pitching machine **must** be turned off first.
12. As an alternative to using the pitching machines, managers or coaches may provide live pitching in the cages, so long as the manager or coach pitches from behind pitching screens in the cages.
13. Do not play soft toss against the batting cage fencing.
14. Please clean up after yourselves! Put away balls, bats, machines, and clean up trash. When you leave, be sure to lock the pitching machine houses and the gates to the cages.
15. The League specifies maximum pitching machine speeds as follows:
 - a. AA, AAA: 35 mph
 - b. Majors: 50 mph
 - c. Seniors: 70 mph