



Fountain Valley Little League Batting Cage Rules

Fountain Valley Little League (FVLL) uses three batting cages. The batting cages are located on the northside of Field 14. FVLL leases these cages from the City of Fountain Valley; FVLL maintains the cages (e.g., providing L-screens and mats, maintaining netting, etc.).

The Batting Cage Rules that apply to all users are prominently posted near each cage. These are as follows:

- Use at your own risk.
- All persons in the batting cages should have a helmet on at all times
- Only the pitcher and hitter may be in the batting lane. All others must stay outside the batting cages.
- No metal cleats.
- No climbing or hanging on nets.
- Keep the netting closed while batting.
- Pitchers must be safely located behind the L-screen during BP.
- Do not bring food or drink into the cages.
- FVLL teams with scheduled times for cages have priority.
- Do NOT remove L-screens or mats from the cages.
- **UNDER NO CIRCUMSTANCES ARE USERS UNDER THE AGE OF 18 ALLOWED TO THROW BP. ONLY ADULTS REGISTERED AS VOLUNTEERS WITH FVLL ARE ALLOWED TO THROW BP.**
- Adults throwing BP should familiarize themselves with the correct technique to throw BP – in particular, the adult's head and torso should **ALWAYS**, at all times, be behind the L-screen. Finish the throw with the arm behind the screen as well, so that by the time the ball crosses the “window”, the entire body is behind the screen. While there are many resources for learning how to safely throw BP, this [video](#) provides a good summary of the safe way to throw BP.
- Adults entering the cages to throw BP are responsible for knowing how to throw BP safely. **IF YOU ARE NOT CONFIDENT YOU KNOW HOW TO THROW BP SAFELY, DO NOT DO IT.**

Youth participants will use either the batting helmets issued to the team by FVLL, or their personal batting helmet.