NSLL Spring 2025 Local Ground Rules

Northside Suburban Little League, Inc. operates in accordance with the official regulations, playing rules, and operating policies of Little League Baseball, Inc. and the following local ground rules. Managers should know the Little Leagues rules and may share these local rules with coaches, players, and parents to promote understanding and limit conflict. Managers in the **Minors, Majors, and Juniors/Seniors Baseball divisions** should know and strictly adhere to the pitch count rules with a concern for both developing all pitchers and protecting a player's health. When discussing age, we are referring to league age.

Expectations

1. During the regular season, managers & coaches should work on developing all players. Mandatory play will be in effect to include defensive positions and continuous batting.
2. Managers or team volunteers should spend time each week on maintaining and preparing fields to include mowing, watering, dragging, mending fences, stocking greenhouses, and picking up trash. *Critters will get into and scatter any trash left unattended.*
3. It is the responsibility of every manager to ensure the facilities and equipment are secure upon departure. Please report any issues to NSLL President Forrest Faircloth or NSLL VP Kristy Callahan as soon as observed or practicable.
4. All managers and coaches must complete the Little League Abuse Awareness training and e-mail the certificate to info@sanorthside.org.
5. **Protect players' arms.** Managers should know the issues with poor arm care and seek information on players who also play on select teams. (Ex: Observing the pitch count may not be enough. Consider a player's stage of development and shoulder strength. Consider the efficacy of pitching and then throwing from the outfield or short stop. Know whether and how much a player pitched on a weekend.)
6. **Both teams** should ensure that the field and park are secure and clean prior to departure.
7. **KNOW THE RULES.**
8. If you have an issue on game day, please *first* contact the Board Member on Duty to resolve the matter. DO NOT LEAVE THE BOARD MEMBER ON DUTY ALONE AT THE FIELD ON WEEKNIGHTS.
9. If you have any other type of concern, please contact NSLL President Forrest Faircloth or NSLL VP Kristy Callahan.

SEASON FORMAT

10. All League Division teams are scheduled to play at least 12 games during the regular season. The Minors, Majors, and Juniors/Seniors divisions will play a double elimination tournament after the regular season. The winner will represent NSLL in the City Tournament to be held immediately after Memorial Day. Machine Pitch will also play a tournament, but there is no official City Tournament division although they may play in a post-season tournament with other leagues.

11. Only players registered with NSLL for the 2025 Spring season may play in games.

12. Despite a change to Little League rules, **no jewelry** is permitted for NSLL players for safety reasons.

13. Only bats with the USA stamp [*or BBCOR for Jrs/Srs only*] are permitted. Managers and players may be ejected and/or suspended for using illegal bats. The manager is responsible for ensuring that no player uses an illegal bat as umpires will not check before the game.

14. **For Minors, Majors, and Juniors/Seniors Baseball divisions**, line-ups *with first and last names and uniform numbers* must be given to the official bookkeeper (GameChanger or scorebook) at least 10 minutes before game time. A capable adult for the home team must keep GameChanger *or* an official score book, which must include the players' names and numbers for both teams. A capable adult for the visiting team must keep the pitch count log. *Neither can be kept by a manager, coach, or anyone in the dugout* as the official game stats. The pitch count log must be turned into the Boardmember on Duty (BOD) for that day/evening to be kept in the official game binder.

15. For the game to be considered a win, the winning team must only play with its rostered players for that season absent a waiver from the NSLL President granted *prior to* the game and communicated to both teams and the BOD.

16. Interleague games will be governed by separate interleague ground rules.

17. NSLL will notify everyone of any bad weather cancellations by at least 3 p.m. on the day of the scheduled game. Please do not ask before that time! In the event bad weather cancels games, do not expect them to be rescheduled.

Team Responsibilities

Although each team has assigned responsibilities, managers should work together to ensure that the field and ballpark are left in good condition, secure, and clean (trash picked up and in dumpster) before departing. Those responsibilities should be shared with parent volunteers.

18. **Home Team**:

- Keep GameChanger with the NSLL Admin included or an official scorebook. *Managers must exchange written line-ups with players' first and last names at least 10 minutes prior to the start of the game.*

Early Game
- Prepare the field for games at least 30 minutes before start time
- Put out bases
- Line the field
- Line the batter's boxes

Late Game
- If the last game of the night, ensure batter's box pitching mound are raked.
- Then, disassemble the field after the last game.
- Put away bases
- Install base plugs
- Drag infield
- Rake base lines, pitching mound, and batter's boxes
- Water down infield (including batter's boxes and pitching mound)
- Water infield grass

19. **Visiting Team**:

- Supply someone to run the scoreboard (except Tee-Ball) & keep the pitch count log (except Tee-Ball & Machine Pitch)

Early Game (6pm on weeknights)
- Put out trash bags around the park and in the dugouts

Late Game
- Pick up all trash and take to dumpster

20. **Game Day Batting Cage Protocols**: PLAYERS MUST WEAR HELMETS IN THE CAGES! Teams with games have priority. Be courteous to your opponents and those sharing the cages. If no other cage is open, do not overstay your allotted time, even if your players were late. Use your 20 minutes efficiently; this is warm-up, not practice.

    - Cage 1 (closest to Machine Pitch field) = TB/MP
    - Cage 2 = South Field
    - Cage 3 = North Field
    - Cage 4 = Thrailkill (closest to parking lot)

    ※ **Home Teams have cages first** starting an hour before game time for 20 minutes because they have to prep field (5-5:20pm for 6pm game; 6:45-7:05pm for 7:45pm game; 7-7:20pm for 8pm game)

    ※ **Visiting Teams have cages second** starting at 40 minutes before game; visiting teams are responsible for trash duty (5:20-5:40pm for 6pm game; 7:05-7:25pm for 7:45pm game; 7:20-7:40pm for 8pm game)

21. Only three adults in the dugout at one time. (i.e., one Manager and two Coaches). In the younger divisions (Tee-Ball and Machine Pitch), there must always be an adult in the dugout, even when the coaches are on the field. If there are only two adults, then one must stay in the dugout.

    - If you have 3 coaches when the game starts and a manager or coach is ejected then you can NOT replace that adult, you may place a player as a base coach with a helmet and the second adult stays in the dugout.

22. If your scheduled Umpire fails to show, then Managers or Coaches will serve as Umpires.

23. Warm-ups (on Field) before games should be limited to 5 minutes per team, and both teams' warm-ups shall be completed 5 minutes before official game time, to allow time for the Little League Pledge and a pre-game meeting with Managers and Umpires to start on time. *For safety reasons, please do not warm-up in areas with non-players*. If you read this sentence, please see the NSLL President for a dozen new baseballs.

24. On weekday evening games starting at 6:00 or 6:15 PM, there will be a 15-minute grace period for the minimum number of players to be present to start a game without a forfeit. This means you start when you have 8 players. However, the grace period counts as time played and the game will be not prolonged so that the game following is not delayed.

25. If a team only has eight players, the ninth batting position is not an out. If the 9th player arrives at any time after the game has started, he/she shall be placed 9th in the batting order and the game shall continue.

Divisional Specifics

TEE-BALL

1. One hour time limit.
2. The entire team bats. No exceptions.
3. There is no catcher. There are 10 defensive players on the field. (1 pitcher and 4 infielders – no catcher)
4. A side is retired after the entire batting order has gone to the plate. After three outs, clear the bases, but continue until the entire batting order has gone to the plate.
5. Feet first sliding only. No head-first sliding.
6. There are no strike outs. A player bats until s/he puts the ball in play. (Remind players not to throw the bats.)
7. Rotate players around to different positions. No player can play the same position more than one inning. Positioning: Play regular infield positions; extra players play in the outfield. [Do not have 2 short stops, etc. Where possible, infielders should play in the sand portion of the infield and outfielders shall be in the grass area of the outfield. Do not push all the players up close to the batter just to make outs easier.]
8. Each player must play at least two consecutive defensive outs.
9. No umpire.
10. No official scorebook or scoreboard.
11. On any attempted play at a base, the runner(s) will be permitted to advance at their own risk but not more than one base. Award one base if the ball goes into a dead ball area.
12. A ball is dead if it is batted but remains in the dirt area around home plate. A ball that reaches the grass area in front of home is considered a live ball.
13. AAA TeeBall may later amend its rules consistent with promoting player development.

MACHINE PITCH

The Machine Pitch League was developed as an interim for those children too old for Tee-Ball but not old enough for Minor or Major League. Machine Pitch will introduce players to hitting a pitched baseball while at the same time providing the safety, consistency, and accuracy of a machine. Only coaches, managers, umpires, or an adult approved by Northside Suburban Little League shall operate the pitching machines. At no time should a child be allowed to feed balls into the pitching machines.

Rule "highlights" are below. A complete set of rules can be found the Little League website.

1. **The time limit is 75 minutes.** No new innings shall begin after 75 minutes. Once an inning has begun, it shall be completed.
2. The catcher must wear a face protector, throat guard, chest protector, shin guards, a helmet, a supporter, and a cup.
3. Batters and base runners must wear protective helmets.
4. The defensive team will field a team of no more than 10 players at a time. Teams must have at least 8 players to start the game. Less than 8 players will result in a forfeit.
5. A team must have a pitcher and a catcher.
6. Teams will be allowed to play 4 outfielders if they should so choose. The 4th OF shall not be positioned in the infield.
7. There is a **Maximum of 5 runs allowed per half inning.**
8. The Manager will list the players in the order they are to bat and exchange lineups with the umpire and opposing coach prior to the game. All players must bat in the listed order. An out of order batter will be called out. Late players may not be re-positioned in the lineup, they must go to the end of the lineup.
9. Players should not sit the bench for consecutive innings. A player may not sit a second inning until each player has sat out an inning.
10. **Pitching and batting**
    a. Three strikes constitute an out.
    b. Each batter is allowed 5 pitches unless they strike out.
    c. There are no walks.
    d. Foul tip rule does apply; foul tips are considered a strike.
    e. A pitch in which a swing is not attempted will not be counted as a strike regardless of location but will be counted towards the 5-pitch limit
    f. If, after the 5th pitch, the batter has not hit a fair ball, the batter is out, including if the batter does not swing, unless the ball is hit foul.
    g. If the ball is hit foul on the 5th pitch, the batter will continue until there is a missed ball or a hit.

h. A pitch that the batter cannot hit due to a machine malfunction can be deemed a "no-pitch" by the umpire. Traditionally, this occurs if it hits the plate, goes above the batter's head or does not reach home plate. If the batter swings and misses at what would be a "no pitch," it is a strike. If the batter hits it into fair territory, it is a fair ball.

i. The pitcher must stand with at least one foot in the circle prior to the pitch being delivered.

11. Base Running

a. The base runner must remain in contact with the base until the ball is hit. Base runners may advance one base (at their own risk) on an overthrown ball that remains in play.

b. For the purpose of player development, NSLL will limit runner advancement on overthrows to one base per batted ball sequence and not permit runners to advance on passed pitched balls during the regular season.

c. On an overthrow where the ball goes into the dugout, gets stuck in the fence, or goes outside the field of play, the umpire shall declare a "dead ball." The result will be all base runners to advance one base.

12. The umpire will declare a play sequence has ended when the pitcher has control of the ball and is positioned with at least one foot in the pitching circle. The pitcher can come out of the pitching circle and/or attempt to get a base runner out. This action keeps the play alive and base runners can advance. For the purpose of player development, NSLL will consider intent to end play by throwing the ball to the pitcher in the circle as sufficient to stop play during the regular season. "Intent to stop play" is defined as a throw that contacts pitcher or the pitching circle when the pitcher is positioned within the circle.

13. A hash mark will be placed halfway between 1st and 2nd bases, 2nd and 3rd bases, and 3rd and home bases. When a play sequence has ended by the umpire in accordance with rule 12, the runner(s) shall be awarded the base(s) closest to them.

14. If two runners are closest to the same base, the lead runner will determine the bases to be awarded.

15. The side shall be retired when the offensive team reaches three (3) outs or five (5) runs.

16. **No bunting** is allowed. Bunting by the batter will result in the batter being called out and runners must return to their base.

17. *At the umpire's discretion*, a batter can be called out if the bat is thrown outside the circle around home plate. One warning per game per child.

18. Coaching

a. The offensive team may have coaches at first and third bases.

b. The offensive team shall provide a coach to operate the pitching machine. This coach shall not coach players, give batting instructions, base running instructions, or any signals to any player or coach. For the purpose of player development, Northside will allow the pitching machine coach to speak to the first or third base coach to aid in instruction of the hitters during the regular season. The coach feeding the machine is not permitted to give instruction directly to players.

c. The first and third base coaches are not permitted to touch the base runner and must stay within the halfway hash mark and the base they are coaching unless calling time out to speak to the umpire.

19. A base runner will be ruled out for running out of the base path if they do not stay within 3 feet of their established base path. Any other base runners must return to their base when this occurs. Running out of the base path cannot be used as means to advance other base runners.

20. There is no infield fly rule.

21. Any player offensively sliding head-first will be called out, but a player is allowed to return to a base headfirst.

22. A ball is considered foul if it is batted but remains in the dirt area around home plate. A ball that reaches the grass area in front of home is considered a live ball.

23. A play sequence does not stop if a defensive player throws the ball to the coach operating the pitching machine. That coach should not call for the ball or impede the play.

24. When the machine (or person feeding the machine) is struck by a batter's hit, the umpire shall declare a "dead ball." Each player advances one base, regardless of the base they are on or who is in front or behind them.

25. If the machine (or person feeding the machine) is struck by a defensive throw, the ball is live and base runners can continue to advance at their own risk. For the purpose of player development, NSLL will consider a throw attempted to the pitcher that hits the machine (or person running the machine) as "intent to stop play" during the regular season.

26. If the batter hits the ball and the ball contacts the trees in the outfield on the fly, the umpire shall call a "home run." If an outfielder throws the ball from an outfield position and the ball contacts the trees, the ball is still live and base runners may continue to advance at their own risk.

27. The speed of the pitching machine shall be set to **40 mph**. For 2025 the league will use the Hack Jr Machine **set to 4 on both top dials and 6 on the bottom dial** unless otherwise directed by the board.

28. Teams are allowed 3 coaches in the dugout.

29. At the agreement of both coaches, the machine may be adjusted at the top of each inning or after when deemed necessary by the umpire because four consecutive balls have been thrown outside of the strike zone at which the batter has not swung. The machine may also be adjusted, if necessary, after being hit by a batted ball or if a batter is hit by a pitch.
30. Players are encouraged to slide at 2nd, 3rd, and home if there is a play. If in the umpire's judgment a non-slide interferes with the fielder's ability to make a play, the runner will be called out.
31. With two outs in the inning the player playing catcher the next inning must be replaced by the last recorded out as a courtesy runner. The player being run for must play the entire next half inning at the position of catcher barring an injury.

MACHINE CONSIDERATIONS

The safety of the players always takes precedence with respect to machine interference. If the umpire feels continued play would compromise the safety of a player due to machine interference, the umpire may, at his/her discretion, declare the ball dead, and award one additional base to all runners.

MINORS

1. The time limit for regular season games is **90 minutes**, finish the inning.
2. You must start the game with 8 players with no penalty (out) in batting order, but 9th player must go at end of line-up upon arrival.
3. The Infield Fly rule is in effect.
4. The entire team bats (full roster, continuous batting order), no exceptions.
5. Only three adults are permitted in the dugout at any one time.
6. Courtesy runners can be used for the pitcher and catcher when there are two outs. The last player who was out must be used as the courtesy runner.
7. The pitch count rules are strictly enforced.
8. There is a **Maximum of 5 runs allowed per half inning.**
9. Run Rules in Rule 4.10(e) (Starting and Ending a Game) govern.
    - 15 runs after 3 innings;
    - 10 runs after 4 innings;
    - 8 runs after 5 innings.

Rule 4.10(e): If **after three (3) innings**, two and one-half innings if the home team is ahead, one team has a lead of **fifteen (15) runs** or more, the manager of the team with the least runs shall concede the victory to the opponent. If **after four (4) innings**, three and one-half innings if the home team is ahead, one team has a lead of **ten (10) runs or more**, the manager of the team with the least runs shall concede the victory to the opponent. If **after five (5) innings**, four and one-half innings, if the home team is ahead, one team has a lead of **eight (8) runs or more**, the manager of the team with the least runs shall concede the victory to the opponent.

NOTE: (1) If the visiting team has a lead of fifteen (15), ten (10) or eight (8) runs or more respectively, the home team must bat in its half of the inning.

Northside Suburban Little League

Majors & Juniors/Seniors BB Division - 2025

MAJORS

1. The time limit is 105 minutes, finish the inning.
2. Only players registered with NSLL for the 2025 Spring season may play in games.
3. Run Rules in Rule 4.10(e) (Starting and Ending a Game) govern.
    - 15 runs after 3 innings;
    - 10 runs after 4 innings;
    - 8 runs after 5 innings.
4. The Infield Fly rule is in effect.
5. A team must start the game with 8 players with no penalty (an out) in batting order, but the 9th player must go at end of line-up upon arrival.
6. The dropped third strike rule applies.
7. The pitch count rules are strictly enforced.

JUNIORS/SENIORS

1. Time limit is 120 minutes, finish the inning.
2. A team must start the game with 8 players with no penalty (out) in batting order, but 9th player must go at end of line-up upon arrival.
3. Only players registered with NSLL for the 2025 Spring season may play in games.
4. Players aged 15 or older can only pitch *a total of two innings* (or 6 outs) in games between two NSLL teams. Two innings is the total for all 15+ players, meaning that one 15 year-old player cannot pitch two innings and then a second 15 year-old player pitch a third inning. Interleague rules will differ. Players aged 15 or older **cannot pitch or catch** in interleague games.
5. The pitch count rules are strictly enforced.
6. Run Rules in Rule 4.10(e) (Starting and Ending a Game) govern.
    - 15 runs after 4 innings;
    - 10 runs after 5 innings;
    - 8 runs after 6 innings.

Northside Suburban Little League

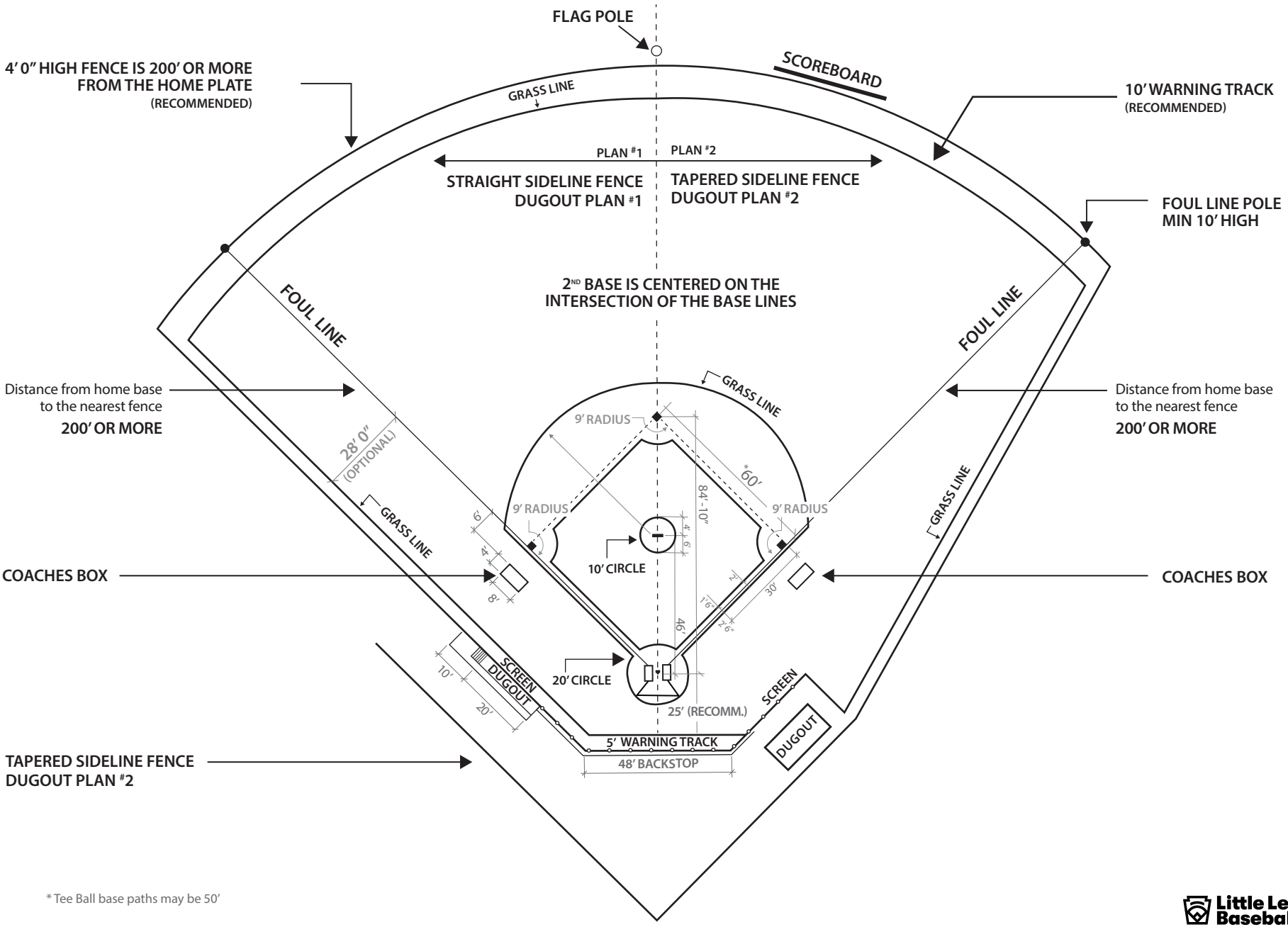
Additional Information - 2025

Little League Pitch Count & Required Rest Limits

Age	Daily Max (Pitches)	Required Rest (Pitches)	Required Rest (Pitches)	Required Rest (Pitches)	Required Rest (Pitches)	Required Rest (Pitches)
		0 Days	1 Day	2 Days	3 Days	4 Days
7-8	**50**	1-20	21-35	36-50	N/A	N/A
9-10	**75**	1-20	21-35	36-50	51-65	66+
11-12	**85**	1-20	21-35	36-50	51-65	66+
13-14	**95**	1-20	21-35	36-50	51-65	66+
15-16	**95**	1-30	31-45	46-60	61-75	76+
17-18	**105**	1-30	31-45	46-60	61-75	76+

LITTLE LEAGUE BASEBALL® (MAJOR/MINOR) DIVISIONS FIELD LAYOUT

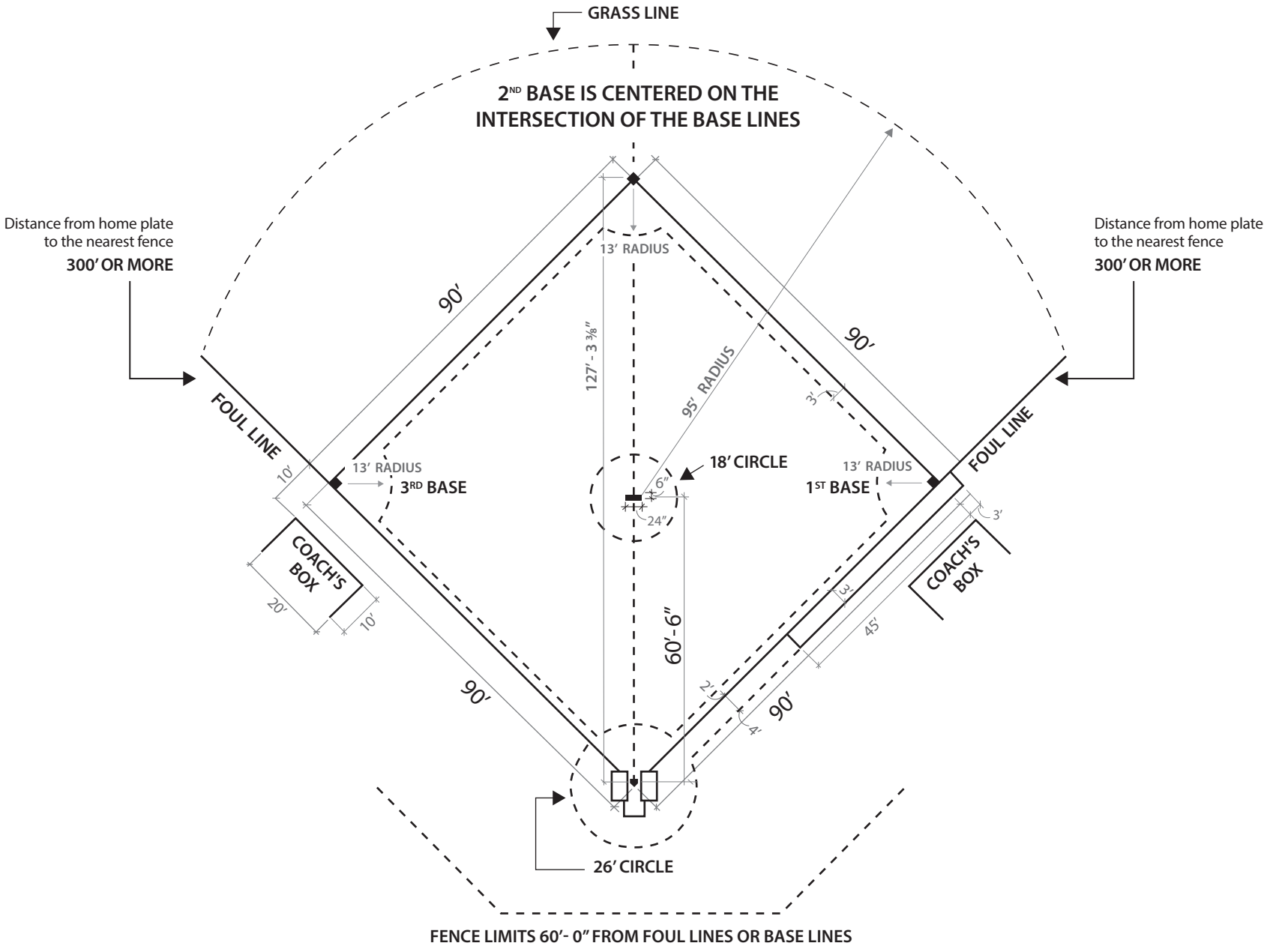
TEE BALL, COACH AND MACHINE PITCH



* Tee Ball base paths may be 50′

Little League Baseball

JUNIOR/SENIOR LEAGUE BASEBALL DIVISION FIELD LAYOUT



* Junior base paths maybe 80'

Little League Baseball

LAST UPDATED: 3/2/2018

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Throwers Ten Program

The Thrower's Ten Program is designed to exercise the major muscles necessary for throwing. The Program's goal is to be an organized and concise exercise program. In addition, all exercises included are specific to the thrower and are designed to improve strength, power and endurance of the shoulder complex musculature.

Equipment needed:

- 2 pound dumbbell
- Chair
- Table to support your body
- 1 light resistance band tube (can be purchased at a sporting goods store for less than $10)
- 1 towel

In season:

For each exercise perform 1 set of 10 repetitions 1-2 days/week

Out of season:

- **For each exercise perform 2 sets of 10 repetitions 2-3 days/week**

When performing exercises, you should not experience pain during or after the exercise. If you do, seek medical evaluation.

1a. Diagonal Pattern Extension

Involved hand will grip tubing handle overhead and out to the side. Pull tubing down and across your body to the opposite side of leg. During the motion, lead with your thumb.

1b. Diagonal Pattern Flexion

Gripping tubing handle in hand of involved arm, begin with arm out from side 45˚ and palm facing backward.

After turning palm forward, proceed to flex elbow and bring arm up and over involved shoulder. Turn palm down and reverse to take arm to starting position.

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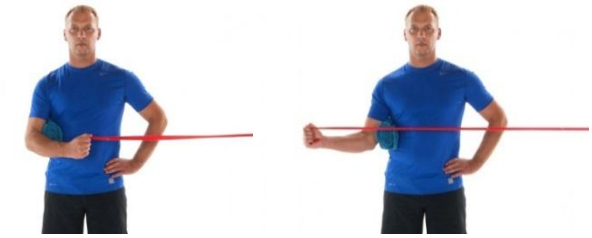
2a. External Rotation at Waist

Stand with involved elbow fixed at side, elbow at 90˚ and involved arm across front of body. Grip tubing handle while the other end of tubing is fixed. Pull out arm, keeping elbow at side. Return tubing slowly and controlled.



2b. Internal Rotation at Waist

Standing with elbow at side fixed at 90˚ and shoulder rotated out. Grip tubing handle while other end of tubing is fixed. Pull arm across body keeping elbow at side. Return tubing slowly and controlled.

3a. (Optional) External Rotation at Shoulder Level

Stand with shoulder abducted 90˚. Grip tubing handle while the other end is fixed straight ahead, slightly lower than the shoulder. Keeping shoulder abducted, rotate shoulder back keeping elbow at 90˚. Return tubing and hand to start position.

3b. (Optional) Internal Rotation at Shoulder Level

Standing with elbow at side fixed at 90˚ and shoulder rotated out. Grip tubing handle while other end of tubing is fixed. Pull arm across body keeping elbow at side. Return tubing slowly and controlled.

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4. Shoulder Abduction to Shoulder Level

Stand with arm at side, elbow straight, and palm against side. Raise arm to the side, palm down, until arm reaches 90˚ (shoulder level).

5. (Scaption) Scapular Plane Raises

Stand with elbow straight and thumb up. Raise arm to shoulder level at 30˚ angle in front of body. Do not go above shoulder height. Hold 2 seconds and lower slowly.

6. Sidelying External Rotation

Lie on uninvolved side, with involved arm at side of body and elbow bent to 90˚. Keeping the elbow of involved arm fixed to side, raise arm. Hold 2 seconds and lower slowly.

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7a. Prone Horizontal Abduction (Neutral)

Lie on table, face down, with involved arm hanging straight to the floor, and palm facing down. Raise arm out to the side, parallel to the floor. Hold 2 seconds and lower slowly.

7b. Prone Horizontal Abduction (Full ER, 100˚ ABD)

Lie on table face down, with involved arm hanging straight to the floor, and thumb rotated up (hitchhiker). Raise arm out to the side with arm slightly in front of shoulder, parallel to the floor. Hold 2 seconds and lower slowly.

7c. Prone Rowing

Lying on your stomach with your involved arm hanging over the side of the table, dumbbell in hand and elbow straight. Slowly raise arm, bending elbow, and bring dumbbell as high as possible. Hold at the top for 2 seconds, then slowly lower.

7d. Prone Rowing into External Rotation

Lying on your stomach with your involved arm hanging over the side of the table, dumbbell in hand and elbow straight. Slowly raise arm, bending elbow, up to the level of the table. Pause one second. Then rotate shoulder upward until dumbbell is even with the table, keeping elbow at 90˚. Hold at the top for 2 seconds, then slowly lower taking 2-3 seconds.

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8. Press-ups

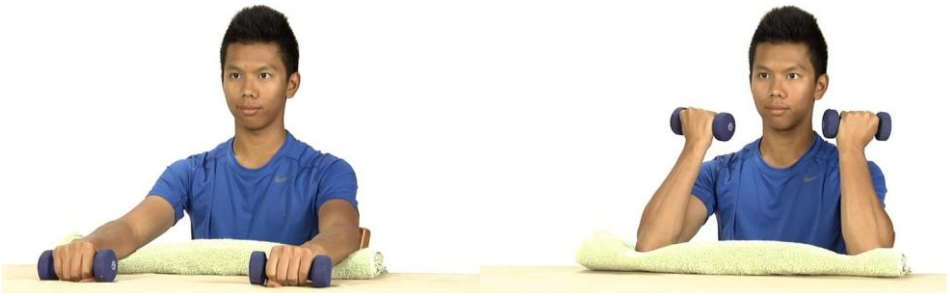
Seated on a chair or table, place both hands firmly on the sides of the chair or table, palm down and fingers pointed outward. Hands should be placed equal with shoulders. Slowly push downward through the hands to elevate your body. Hold the elevated position for 2 seconds and lower body slowly.

9. Push-ups

Start in the down position with arms in a comfortable position. Place hands no more than shoulder width apart. Push up as high as possible, rolling shoulders forward after elbows are straight. Start with a push-up into wall. Gradually progress to table top and eventually to floor as tolerable.

10a. Elbow Flexion (Bicep Curl)

Standing with arm against side and palm facing inward, bend elbow upward turning palm up as you progress. Hold 2 seconds and lower slowly.



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10b. Elbow Extension (Tricep Press)

Raise involved arm overhead. Provide support at elbow from uninvolved hand. Straighten arm overhead. Hold 2 seconds and lower slowly.

11a. Wrist Extension

Supporting the forearm and with palm facing downward, raise weight in hand as far as possible. Hold 2 seconds and lower slowly.

11b. Wrist Flexion

Supporting the forearm and with palm facing upward, lower a weight in hand as far as possible and then curl it up as high as possible. Hold for 2 seconds and lower slowly.

12a. Wrist Supination

Forearm supported on table with wrist in neutral position. Using a weight or hammer, roll wrist taking palm up. Hold for a 2 count and return to starting position.

12b. Wrist Pronation

Forearm should be supported on a table with wrist in neutral position. Using a weight or hammer, roll wrist taking palm down. Hold for a 2 count and return to starting position.

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References

1. Wilk KE, Meister K, Andrews JR. Current concepts in the rehabilitation of the overhead throwing athlete. Am J Sports Med. 2002 Jan-Feb;30(1):136-51.
2. The advanced throwers ten exercise program: a new exercise series for enhanced dynamic shoulder control in the overhead throwing athlete Phys Sportsmed. 2011 Nov;39(4):90-7.
3. Credit for these exercises goes to **www.asmi.org**.
4. Credit for these images goes to **www.physiotec.org**.
5. Handout created by JL Zaremski 2015.

How do I schedule an appointment to be evaluated for a sports-related injury?

Please contact us at 352.273.7001 to schedule an appointment with one of our sports medicine providers.

UF Health Orthopaedic Surgery and Sports Medicine Providers

Joshua Altman, MD
Primary Care Sports Medicine

Manuel Britto, MD
Primary Care Sports Medicine

Sarah Chrabaszcz, MD
Primary Care Sports Medicine

Kevin Farmer, MD
UF Team Physician
Sports Medicine Surgeon

Ryan Roach, MD
UF Team Physician
Sports Medicine Surgeon

Nathan Tipper, MD
Primary Care Sports Medicine

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