

# Baseball Junior/Senior Fall Ball

## Rules and Guidelines

(12, 13 & 14 year olds 2010 league age)

The Little League Fall Ball Program (Training & Development) allows the local leagues considerable leeway in the rule that they adopt for the Fall Ball leagues. This is done in an effort to better facilitate the training of players in a less competitive atmosphere than the regular season rules provide. Washington District One has adopted the following:

All Play will be governed by the 2010 Little League Baseball Official Regulations and Playing Rules, with the following exceptions:

### 1. **Pitching**

- a. Any Player, individually, may pitch a maximum of two (2) innings in any one game.
- b. Once a player is removed from the pitching position, he may not return again as a pitcher in that game. (He may however, continue to play in any other position, subject to all other rules).
- c. No pitcher may pitch more than 95 pitches in any one calendar week. (Sunday thru Saturday).
- d. Baseball Pitch count is in effect, rest will depend on age and pitches thrown.

### 2. **Players**

- a. Each child will play a maximum of two (2) innings in any one position.  
**EXCEPTION:** Catchers  
**NOTE:** The innings, at any one position, except for the pitching position, need not be consecutive.
- b. **ALL** re-entry restrictions are waived for this league. All starting players and substitutes alike may leave and re-enter the game at any time, subject to all other rules.
- c. Each player must play at least (4) defensive innings in each game, if possible.

### 3. **Batting**

- a. All Players on a team roster will bat through the lineup (continuous batting order) if present. Late arrivals (those arriving after the exchange of lineups at home plate) shall be added to the bottom of the batting order upon arrival.
- b. The batting position of any injured or ejected players shall be a skipped over. It will **not** be counted as an out.
- c. The batting order **shall** change from game to game.

#### 4. Game

- a. All games, weather and time constraints permitting, shall be (7) innings in length.
- b. There shall be a 5 run rule in effect during each team's at bat.  
**EXCEPTION:** The 5 run rule is waived for both teams in their final at bat of each game.
- c. 10 run rule is in effect after 5 innings.

#### 5. General

- a. This being an **Instructional League**, coaches are permitted to request "time-out" for instructional purposes, keeping in mind the length of the game. Coaches are encouraged to make notes for use in their next practice session, instead of stopping the game.
- b. To facilitate rule 5a (above) all limits on player/coach conferences both offensive and defensive, are waived for this league, keeping in mind the length of the game.
- c. For cold weather, players are encouraged to wear, for example, a sweatshirt under their team jersey. However, no player will be permitted to pitch while wearing a white sleeved shirt of any type.
- d. **ALL UMPIRE DECISIONS ARE FINAL.** Questions involving rule application will be quickly considered amongst the umpires themselves. Judgment decisions will stand as called.
- e. Rain-outs and incomplete games will be rescheduled **by the league, and as the schedule permits.** There will be no forfeits because one team is short players.
- f. All rosters **MUST** be turned in at the time of scheduling.