



Rules for 2025 District 33 Fall Baseball (“Fall Ball”) Season

Change log

8/14/2025	Draft released
8/15/2025	Updated Intermediate to reflect that we will be scheduling Intermediate this season
9/8/2025	Rule 10 change: A Courtesy Runner is allowed if within one run of run limit.

Fall Ball is an extension of the regular season. It is a less competitive program with an emphasis on having fun, and training and development for players, managers, coaches, and umpires. Managers should make every effort to provide opportunities for players in a variety of infield and outfield positions. Little League official regulations and playing rules will apply during the fall season, with the following changes. Unless otherwise stated, rules apply to all divisions.

1. **League Age Determination**— The league age determination for all divisions participating in the 2025 fall season *must* be the same as that for the coming 2026 spring season. The league age cut-off date is August 31.
2. **Dates**— Fall Ball begins on Sunday, September 7, 2025 through Sunday, November 23, 2025. Games are scheduled for Sunday with the earliest time slot starting at Noon unless more games are needed due to limited field availability.
3. **Division Structure**— Every effort must be made to register players in the appropriate division based on the recommended league ages below. Early advancement to a higher division based on player skill and maturity is at the league’s discretion, except where noted.
 - (a) **Junior League (“Juniors”)** is to accommodate participants with league ages 13–14. Rising 15s are not allowed in the Juniors division without a waiver from the district administrator. Approved league-age 15 players will not be allowed to pitch.
 - (b) **Intermediate (50-70) Division (“Intermediate”)** is to accommodate participants league ages 12-13.
 - (c) **Little League (“Majors”) Division** is to accommodate participants with league ages 11-12.
 - (d) **Minor League (“Minors”) Division** is to accommodate participants with league ages 9–10.

- (e) **Low Minor League (“Caps”) Division** is an extension of Minors to accommodate participant league ages 7–8. Caps is a machine- and coach-pitch division designed to prepare players for Minors (player pitching is not allowed). The home team will decide whether to use coach or machine pitch (**Note:** both may be used in the same game). If machine pitch is selected, the home team shall set the speed of the machine to prioritize safety. Each player gets three swings and misses, or five pitches, whichever comes first. One adult coach may roam the outfield while on defense for instructional purposes, but may not touch a live ball. *One adult must remain in the dugout at all times.*
- (f) **Tee Ball (“Coach Pitch”)** is to accommodate participants league ages 5–6. Each player will receive five pitches from their own coach. If the ball is not put into play after five pitches the player must continue his/her at-bat using a batting tee. **Note:** League age four players are not permitted in the Coach Pitch division.

- 4. Win-loss records or official standings will not be kept nor published on league and district websites. GameChanger or other scorekeeping software is allowed.
- 5. Run Limit— Teams are limited to a maximum of five runs per inning **Caps/Minors/Majors/Intermediate/Juniors** and eight runs in the sixth inning [seventh inning **Intermediate/Juniors**]. If a team cannot catch up in the final inning due to this rule, the game may continue for training purposes if both managers agree to continue play, but the *eight-run rule maximum still applies*. Innings will end with max runs being scored, batting once through the lineup, or three outs, whichever comes first.
- 6. Time Limits— A drop-dead time of two hours [one hour and thirty minutes for **Caps**, one hour or twice through the lineup for **Coach Pitch**] from the scheduled start time must be observed. If the drop-dead time is reached during an at-bat, the batter will be allowed to complete their at-bat.

Note: In an effort to maximize training opportunities, games must be played to completion or to the time limit. A “no new inning after” rule is *not* allowed during the fall season.

- 7. Stealing Restrictions— **Minors/Majors/Juniors:** There are no restrictions on stealing. **Coach Pitch/Caps:** Runners may not steal or advance on an overthrow, passed ball, or wild pitch.
- 8. Mandatory Play—
 - (a) A player may not sit for two consecutive innings on the bench, nor sit for three innings on the bench until all players have sat one inning.
 - (b) All rostered players who are present for the game will bat and continuous batting rules must be followed (see Little League Rule 4.04).
- 9. Pitching Limits— There will be a maximum of six (6) defensive outs per pitcher, per game [**Juniors:** This rule does not apply to either team during a doubleheader]. All Little League pitching rules and regulations apply. A player whose league age exceeds the recommended league age range (see Rule 3, Division Structure) may not pitch.

10. Courtesy Runners— A “courtesy runner” for the catcher and/or pitcher is permitted when there are two (2) outs or the team on offense is within one run of the run limit. The “courtesy runner” must be the player in the batting order who was out last, or the previous out(s) if the player(s) who was out last is the pitcher or catcher. See 7.14(b).

A.R. – To improve pace of play, courtesy runner(s) are not restricted to the pitcher or catcher of record. They may be used for the incoming pitcher or catcher, even if they were not the pitcher or catcher of record in the prior half inning.

11. Game preliminaries —

- (a) A team may borrow one or more players in order to field nine defensive players. The borrowed player must be from the same division and must play in the outfield. If the borrowed player comes from the opposing team, the borrowed player must sit in their own dugout when not on the field, and may only bat for their own team. The opposing manager may substitute the borrowed player as long as the Mandatory Play (Rule 7) is met. NOTE: A game may not be started with less than six (6) players on each team, nor without at least one adult manager or substitute manager. An automatic out will *not* be recorded for the 7th, 8th, or 9th position for teams with less than nine (9) players.
- (b) Teams may only use nine players on defense [**Coach Pitch/Caps:** If a team has at least 10 eligible players present for a game, one additional outfielder may be used at the discretion of the team’s manager. Teams may not use more than 10 defensive players.] See Little League Rule 1.01, Instructional Division.

12. Canceled games—including games called before one inning is completed—will not be rescheduled unless a team has missed two or more games. Games postponed due to weather or darkness will not be completed. It is the sole responsibility of the teams/leagues involved to handle canceling or rescheduling games, securing field use, scheduling umpires, and notifying parties of schedule changes. *It is critical that all parties (e.g., host league, umpires, coordinators, field crew, snack bar volunteers) are notified to prevent volunteers from showing up to a canceled or rescheduled game.*

13. Umpires—

- (a) The home team should provide a plate umpire and at least one base umpire. If only one umpire is available, the plate umpire may stand behind the pitcher (Local League Option: see 9.04).
- (b) Every effort must be made to supply *volunteer* umpires—leagues are encouraged to use the fall season to recruit and train umpires. Leagues can assign umpires, or teams may designate a parent(s) as a “Team Umpire(s).”
- (c) If an umpire is unavailable, a coach or other cleared adult volunteer from the team on defense must serve as the umpire-in-chief from a position behind the pitcher’s mound, with an optional additional coach serving as base umpire (**Note:** at least one adult coach must remain in the dugout at all times). A coach designated as the game’s umpire-in-chief must not also serve in a coaching capacity while on the field as UIC. Games may not be canceled for the lack of an umpire. All games in which an umpire is not supplied should be reported to the league president.

14. Baseballs— Both teams must provide at least two new balls for each game.

Minors/Majors/Intermediate/Juniors: Only Regular Season (“RS”) and Regular Season and Tournament (“RS-T”) balls may be used.

Caps: Only reduced-impact factor level five balls may be used. *Under no circumstances may RS or RS-T baseballs be used in Caps.* **Note:** These baseballs are slightly inconsistent when used in a pitching machine. This provides a more natural pitch and helps to prepare players for player pitching in the future.

Coach Pitch: Only reduced-impact factor level one balls may be used.

15. Balks [**Intermediate/Juniors only**]
Balks will be called but no award of bases will be made. The ball is live and play may continue, unless the batter reaches first on a hit, an error, a base on balls, a hit batter, or otherwise, and all other runners advance at least one base in which case the play proceeds without reference to the balk.
- (a) If a pitch is not thrown and runner(s) advance safely, play proceeds without reference to the balk.
 - (b) If a pitch is not thrown and any runner is put out, time shall be called, the out will be nullified, and all runners must return to their last legally occupied base prior to the balk.
 - (c) If a balk is also an illegal pitch (e.g., quick return pitch), a penalty for the illegal pitch must be enforced. Umpires will assist in explaining the cause of the balk if needed.
16. Illegal Pitches will be called and penalized; see Little League Rule 8.05. **Minors only:** Illegal pitches will be called but not penalized. The ball is immediately dead and play may not continue. Umpires will assist in explaining the cause of the call if needed.
17. The Infield Fly rule will only be enforced for **Minors/Majors/Intermediate/Juniors**. See Little League Rule 2.
18. After entering the batter’s box, the batter must remain in the box with at least one foot throughout the at-bat. **Caps/Minors:** Batter must be warned but not penalized, even after repeated warnings. **Majors/Intermediate/Juniors:** A penalty will be assessed for repeated violations during the same at-bat. See Little League Rule 6.02(c).
19. The Uncaught Third Strike rule will only be enforced for **Majors/Intermediate/Juniors**. See Little League Rule 6.05(b)(2).
20. Field configuration of 80’ foot bases and 54’ pitching distance for **Juniors** only.
21. Conduct— A parent code of conduct must be signed by each parent and carried with the players’ medical releases. The behavior of the team and the parents must be above reproach. Failure of a player, parent, or team to act according to the parent code of conduct or its intent will be cause for removal of the player, parent, coach, or team from the remainder of the season.
22. Field prep and cleanup— Both teams are responsible for field duties *regardless of field location*. Home team to lead in pre-game preparation and visitors to lead in post-game cleanup duties.
23. Concussion and Head Injury and Sudden Cardiac Arrest Prevention—

- (a) California law¹ requires that all coaches and administrators must complete an online concussion and head injury and sudden cardiac arrest prevention education at least once before supervising youth athletes; certificates for concussion and head injury, and sudden cardiac arrest prevention from a prior season is valid for this season. It takes only about 30 minutes to complete the training. Please save and carry the certificates for all of your coaches in your binder.

Free online Concussion Protocol Training is at:

<https://www.cdc.gov/headsup/youthsports/training/>

Free online training to comply with sudden cardiac arrest prevention:

<https://epsavealife.org/sca-prevention-training/>

- (b) A concussion and head injury and a sudden cardiac arrest information sheet must be signed by both the athlete and a parent/guardian before the athlete initiates practice or competition on an annual basis. The signed sheet must be carried with the player's medical release and code of conduct form.

A blank form can be downloaded and customized for your league:

<https://drive.google.com/file/d/0B5KX1xqLds4kOTNQcDBFWS11bVk/view?usp=sharing>

24. Bats— All bats must meet the USA Baseball bat specification [**All Divisions**] or BBCOR [**Intermediate/Juniors**].

25. Safe Sport Requirement— All adult volunteers (e.g., coaches, managers, league officials) must complete the [Abuse Awareness for Adults](#) training provided by USA Baseball and SafeSport. *Your team binder must contain certificates for all coaches and the manager.* All other adult volunteers (e.g., umpires, league officials) must carry the certificate of completion (**Note:** electronic format on a mobile device is acceptable).

If you have any questions, please contact:

- Intermediate & Juniors— Mark Hopkins: (619) 241-6599, mjhop1018@gmail.com
- All other divisions— Dave Graham: 619-322-9698, davidgraham@mac.com.

¹ A.B. 379, California 2019: https://leginfo.legislature.ca.gov/faces/billTextClient.xhtml?bill_id=201920200AB379

Attachment: Team Binder

Here is a summary of the required documents and some recommendations to make your pre-game inspections go quicker.

Required documents, preferably in this order:

- 1) Medical Releases— If a parent or guardian isn't present to act on an injured player's behalf, it's up to the adult volunteers to seek medical care. Do not wait until a medical emergency before realizing that you do not have a signed medical release form, which can delay treatment and create liability for adult volunteers, and/or the league.
 - Make sure releases are completed fully and are signed!
 - Place them back-to-back in clear sheet protector sleeves designed to fit a three-ring binder.
 - If any player requires medication for significant and/or life-saving injuries and/or illnesses (e.g., inhalers, epi-pens), those releases should be placed at the front.
- 2) A copy of these rules (or just bookmark this Google Doc on your smartphone)
- 3) Code of conduct forms signed by a parent or guardian for all players on your team.
- 4) Certificates of completion for Concussion Protocol, Sudden Cardiac Arrest Prevention, Abuse Awareness for all coaches and the manager. Place them back-to-back in clear sheet protector sleeves designed to fit a three-ring binder.