

Fall Ball Rules

In Fall Ball, the emphasis is on development and fun, so please keep that in mind. It is not the intent that a coach put in a AAA pitcher at the end to win the game for example. Players should be given opportunities to play at positions that they are interested in but didn't get much of a chance at during regular season play. However, if a player in a certain position seems to be putting himself or others at risk due to a lack of skill then that is not the intent of Fall Ball either. Keep the encouragement level high and accentuate the positive is a motto to remember for Fall Ball. A team's first game of the day will start with guest coaches from Professional players, Red Sox, Selects, etc working with the team 30 minutes prior to game time. The guest coaches will lead this teaching/warm up time but team coaches are to assist them. No games will be defaulted due to less than 9 players. Teams can play with less OR it would be preferred that players be transferred to that team for the purpose of maximizing playing time for everyone involved. Practices are not expected during Fall Ball. If a team wishes to practice, attendance is expected to be optional and not affect playing time or position.

15U Division –

1. **NEW for 2026 including 2025 Fall Ball** Bats allowed are 1.15 BPF drop 5 2.75 inch, or BBCOR drop 3 or wood bats for male players, female players are allowed to use 16U Girls bat rules.
2. Four (4) run Mercy rule per inning. All games played in full. No game mercy rule.
3. Six (6) inning games or 2 hour time limit
4. Pitchers pitch two (2) innings only and don't repeat in game 2 unless other pitchers all used.
5. All other positions also a 2 inning limit per player.
6. All players will play a minimum 3 innings per game.

13U Division –

1. Wood bat encouraged but metal allowed
2. Four (4) run Mercy rule per inning. All games played in full. No game mercy rule.
3. Six (6) inning game or 2 hour limit
4. Pitchers pitch two (2) innings only and don't repeat in game 2 unless other pitchers all used.
5. All other positions also a 2 inning limit per player.
6. All players will play a minimum 3 innings per game.

11U Division –

1. Four (4) inning games
2. Four (4) run mercy rule per inning. All games played in full. No game mercy rule.
3. Batters start with a 1-1 count.
4. Pitchers pitch two (2) innings only and don't repeat in game 2 unless other pitchers all used.
5. All other positions also a 2 inning limit per player.
6. All players will play a minimum 2 innings per game.

Rally Cap Division –

In Fall Ball, there is Senior Rally Cap and new for 2024 is Junior Rally Cap

1. 20 minutes of guest instruction
2. Instruction followed by minimum 70 minute and maximum 90 minute game time, as determined by coaches regarding players' attentiveness.
3. Batting - Each batter will receive five (5) hittable pitches from the pitching machine. If a fair ball has not been hit, the player will be out. No walks allowed. Teams will change sides when 3 outs or once through the batting order.
4. Defensive play - all players will play each defensive innings; positions include catcher, pitcher, a left & right shortstop and 4 or 5 fielders as required. Players to change positions every inning.