



As a West Linn Baseball coach you are expected to review these rules with the kids at the **first practice**. Part of learning the game is understanding the rules. You are welcome to share this document with parents as well.

**Fall Ball is a developmental league:** There are some kids who have never played. All coaches should remind their players that Fall Ball is about getting better and working on fundamentals.

### Game Play & Field Dimensions

- **Field Size:** Bases are **60 feet apart**, and the pitching distance is **46 feet**.
- **Game Length:** Typically **6 innings**.
  - 2 hour hard stop / No new innings after 1:45.
  - Umpire keeps the official clock - no arguments from coaches or parents.
- **Mercy Rule:** 5-run limit per inning. Since the trailing team cannot catch up, a game ends early if one team is ahead by **10 runs after 4 innings** or **15 after 3 innings**.

### Batting & Base Running

- **Bat Rules:** No bat restrictions
- **On-Deck Batters:** On-deck batter warms up behind the batter (based on right or left handed hitter)
- **Dropped Third Strike:** Batter is out, even if the catcher drops the ball.
- **Infield Fly Rule:**
  - It is the discretion of the umpire to call infield fly rule on a pop-up in the infield that is deemed easily catchable with runners on first and second or bases loaded and less than two outs.
  - If called, the batter is out and it is still a live ball, so runners advance at their own risk. **Infield fly rule does not create a dead ball situation.**
- **Stealing & Leads:** Runners **cannot take a lead** before the pitch crosses home plate but **can steal** once it does.
- **No Balks:** Balks are generally not enforced at this age. Umpires are encouraged to use balks as a teaching moment. Multiple offenses may result in the runners being awarded a base if the action is affecting the ability to hit a pitched ball.
- **No Walks:** After 4 balls, we will put the ball on a tee so the kids can hit and the defenses can make some plays and stay involved in the game. I think it should make the games more fun.



## Fielding & Defense

- **Minimum Play Rules:** If 5 innings, everyone plays 2 on the infield unless the player's parents ask otherwise for player safety. In a 4 inning game, all players must play one inning on the infield.
- **Substitutions:** Free defensive substitutions are usually allowed except for pitchers.
- **Catcher Rule:** If a player has caught **3+ innings**, they **cannot pitch** in the same game.

## Sportsmanship & Conduct

- **Coaching & Umpires:** Only head coaches should question umpire calls politely; arguing is discouraged.
- **Behavior:** No taunting, throwing bats, or unsportsmanlike conduct.

## Pitching Rules

### How Much You Can Pitch:

Age	Daily Max (Pitches in Game)	0 Days Rest	1 Days Rest	2 Days Rest	3 Days Rest	4 Days Rest
9-10	75	1-20	21-35	36-50	51-65	66+
11-12	85	1-20	21-35	36-50	51-65	66+

### Pitching & Catching:

- If you pitch more than **2 innings in a game**, you **can't play catcher** that day.
- If you catch **3 innings or more in a game**, you **can't pitch** that day.

### Mound Visits (When the Coach Talks to You on the Mound):

- If your coach comes to talk to you **twice in one inning**, you **have to stop pitching**.

### No Re-Entry:

- If you stop pitching during a game, you **can't come back in as a pitcher** later.

### Breaking the Rules:

- If a team uses a pitcher who wasn't allowed to pitch, **they lose the game** and the coach might be suspended.



**Keeping Track:**

- Coaches must **report the score and how many pitches per pitcher** within 24 hours after the game to the league score-keeper.
- Home team must keep a book and the home book will be used for any discrepancies.
- Gamechanger is permitted and encouraged.