



CALIFORNIA DISTRICT 23

“FALL BALL” INTERLOCK

2025

“Fall Ball” is also known as “Winter Ball”, “Second Season” or “Instructional”. It is **NOT** competitive however all interlock teams will be required to use the District 23 Game Changer League to track the batting order, outs and pitch count. The emphasis should be on fun.

While the basic playing rules outlined by Little League will apply, the following additional rules will apply to all District 23 “Fall Ball” interlock programs for 2025. No alterations will be made regarding these rules without written permission of the District Administrator.

Code of Conduct

The actions of players, managers, coaches, umpires, league and district officials must be above reproach. Any player, manager, coach, umpire, league or district official who is involved in a verbal or physical altercation, or an incident of unsportsmanlike conduct, at the game site or any other Little League activity, is subject to disciplinary action by the District Administrator.

It is the responsibility of all adults (managers, coaches and fans) in Little League to set examples of good sportsmanship. Discussion between Managers, Coaches, Umpires and Fans will be quiet and quick. Abusive language by any Manager, Coach or Fan will be grounds for expulsion from the field by the Umpire or Authorized League or District Official.

Once a Manager, Coach or player has been ejected from a game for any reason, they must leave the field immediately and take no further action in the game. They may not sit in the stands and will not be recalled.

Any Manager, Coach or player ejected from a game is automatically suspended from his/her team’s next physical game played and may not be in attendance at the game site from which they are suspended.

It is the League's responsibility to control their fans. If a fan becomes unruly or abusive, the Umpire may stop the game until the League controls their fans.



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Age Limits

Age limits for Fall Ball are the regular season league age plus one. In other words – **players play up one year**. Please refer to littleleague.org for the 2026 Age Chart.

Use Of An Illegal Bat At All Levels Of Play

- An illegal bat is defined as a bat that violates any established Little League rule, Regulation or policy including, but not limited to, barrel diameter, length or construction materials.
- The use of an illegal bat is defined as the batter enters the batter’s box with one or both feet entirely on the ground with an illegal bat.
- **The batter is called out.**
- **The bat is removed from the game.**
- The use of an illegal bat will result with an immediate suspension (**ejection**) of the manager of the team that the player is a member with.
- The manager is automatically suspended from his/her team’s next physical game played and may not be in attendance at the game site for the team’s next game. Second ejection will result in the removal of the individual from the team.

Game Changer

District 23 will set up interlock leagues in Game Changer for the 2025 Fall Ball Season. All interlock teams, with the exception of Tee Ball and Coach Pitch, will be required to use Game Changer to “score” games. A link to join the appropriate “league” will be sent to each president to add their team.



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Intermediate/Junior Divisions

1. May play 2 games per week
2. No more than 2 practices per week
3. **A 6 run rule or 3 outs, whichever occurs first rule will apply each inning**
4. A no-play/no-practice rule after 10:30 p.m. will be strictly enforced
5. Game time limit – No new innings after 2 hours or 7 innings
6. No protest will be allowed during the Fall Ball Interlock
 - a. Managers may request a review of possible playing rule violations to the District Administrator (or designee)
 - b. The District Administrator (or designee) will review the situation and take appropriate action
7. Each team is to provide 1 new and 1 used baseball per game. Please have extra, good used baseballs available
8. The home team will furnish a minimum of 1 umpire
9. Each team is allowed only one Manager and two Coaches in the dugout during games
10. One adult must be in dugout at all times
11. All male players must wear an athletic supporter. Male catchers must wear the metal, fiber or plastic type cup. Any male player not wearing an athletic supporter cannot play
12. **Both teams are responsible** for the setting-up and tear-down of the field. This includes bases, tools and any other supplies

Pitching

1. **Limited to 3 innings or Little League pitch count, which ever occurs first**

Batting

1. All players must bat (continuous batting order)
2. All eligible players must be listed on the line-up card
3. The line-up card must be exchanged with the opposing team before the start of the game
4. All players will bat in the same order as indicated on the line-up card
5. Late arriving players will be added to the end of the line-up card

Defense

1. **Players shall not sit on the bench for more than 1 consecutive inning**
2. Free substitutions allowed
3. Each team is allowed up to 2 time-outs per inning to instruct/talk to the pitcher or fielders
4. The manager must first obtain permission from the umpire before proceeding onto the field
5. The manager may go to the mound to instruct the pitcher
6. The manager will be allowed a reasonable amount of time to instruct

Offense

1. Each team is allowed up to 2 time-outs per inning



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Major Division

1. Only 1 game per week
2. No more than 2 practices per week
3. **A 5 run rule or 3 outs, whichever occurs first rule will apply each inning**
4. A no-play/no-practice rule after 10:00 p.m. will be strictly enforced
5. Game time limit - 2 hours or 6 innings
6. All play shall stop (drop dead) at the end of the time limit
7. No protest will be allowed during the Fall Ball Interlock
 - a. Managers may request a review of possible playing rule violations to the District Administrator (or designee)
 - b. The District Administrator (or designee) will review the situation and take appropriate action
8. Each team is to provide 1 new and 1 used baseball per game. Please have extra, good used baseballs available
9. The home team will furnish a minimum of 1 umpire
10. Each team is allowed only one Manager and two Coaches in the dugout during games.
11. At least one Base Coach must be an adult
12. One adult must be in dugout at all times
13. There is no leading off
14. Uncaught third strike rule will be enforced
15. All male players must wear an athletic supporter. Male catchers must wear the metal, fiber or plastic type cup. Any male player not wearing an athletic supporter cannot play
16. **Both teams are responsible** for the setting-up and tear-down of the field. This includes bases, tools and any other supplies



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Pitching

1. **Limited to 2 innings or Little League pitch count, which ever occurs first**

Batting

1. All players must bat (continuous batting order)
2. All eligible players must be listed on the line-up card
3. The line-up card must be exchanged with the opposing team before the start of the game
4. All players will bat in the same order as indicated on the line-up card
5. Late arriving players will be added to the end of the line-up card

Defense

1. **Players shall not sit on the bench for more than 1 consecutive inning**
2. Free substitutions allowed
3. Each team is allowed up to 2 time-outs per inning to instruct/talk to the pitcher or fielders
4. The manager may go to the mound to instruct the pitcher
5. The manager will be allowed a reasonable amount of time to instruct

Offense

1. Each team is allowed up to 2 time-outs per inning



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Minor AAA Divisions

1. Only 1 game per week
2. No more than 2 practices per week
3. **A 5 run rule or 3 outs, whichever occurs first rule will apply each inning**
4. A no-play/no-practice rule after 9:30 p.m. will be strictly enforced
5. Game time limit - 1 hour and 45 minutes or 6 innings
6. All play shall stop (drop dead) at the end of the time limit
7. No protest will be allowed during the Fall Ball Interlock
 - a. Managers may request a review of possible playing rule violations to the District Administrator (or designee)
 - b. The District Administrator (or designee) will review the situation and take appropriate action
8. Each team is to provide 1 new and 1 used baseball per game. Please have extra, good used baseballs available
9. Each team will supply a volunteer umpire for the game
 - a. Balls and strikes will be called behind the pitcher, by the defensive team
 - b. An umpire who chooses to be positioned behind home plate must be protected with complete plate gear
 - c. The offensive team will be responsible for the base umpire duties
 - d. The umpire calling balls and strikes will be considered the Chief Umpire and decisions made by the umpire cannot be challenged
10. Each team is allowed only one Manager and two Coaches in the dugout during games
11. At least one Base Coach must be an adult
12. One adult must be in dugout at all times
13. There is no leading off
14. **No runner may advance if the defensive team has control of the ball within the pitcher's circle**
15. All male players must wear an athletic supporter. Male catchers must wear the metal, fiber or plastic type cup. Any male player not wearing an athletic supporter cannot play
16. **Both teams are responsible** for the setting-up and tear-down of the field. This includes bases, tools and any other supplies



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Pitching

1. **Limited to 2 innings or Little League pitch count, which ever occurs first**

Batting

1. All players must bat (continuous batting order)
2. All eligible players must be listed on the line-up card
3. The line-up card must be exchanged with the opposing team before the start of the game
4. All players will bat in the same order as indicated on the line-up card
5. Late arriving players will be added to the end of the line-up card

Defense

1. **Players shall not sit on the bench for more than 1 consecutive inning**
2. Free substitutions allowed
3. Each team is allowed up to 2 time-outs per inning to instruct/talk to the pitcher or fielders
4. The manager may go to the mound to instruct the pitcher
5. The manager will be allowed a reasonable amount of time to instruct

Offense

1. **There is no leading off**
2. **No runner may advance if the defensive team has control of the ball within the dirt around the pitchers mound**
3. Each team is allowed up to 2 time-outs per inning



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Minor AA

1. Only 1 game per week
2. No more than 2 practices per week
3. **A 5 run rule or 3 outs, whichever occurs first rule will apply each inning**
4. A no-play/no-practice rule after 9:30 p.m. will be strictly enforced
5. Game time limit - 1 hour and 45 minutes or 6 innings
6. All play shall stop (drop dead) at the end of the time limit
7. No protest will be allowed during the Fall Ball Interlock
 - a. Managers may request a review of possible playing rule violations to the District Administrator (or designee)
 - b. The District Administrator (or designee) will review the situation and take appropriate action
8. Each team is to provide 1 new and 1 used baseball per game. Please have extra, good used baseballs available
9. Each team will supply a volunteer umpire for the game
 - a. Balls and strikes will be called behind the pitcher, by the defensive team
 - b. An umpire who chooses to be positioned behind home plate must be protected with complete plate gear
 - c. The offensive team will be responsible for the base umpire duties
 - d. The umpire calling balls and strikes will be considered the Chief Umpire and decisions made by the umpire cannot be challenged
10. **No base on balls (walks) allowed**
11. Each team is allowed only one Manager and two Coaches in the dugout during games
12. At least one Base Coach must be an adult
13. One adult must be in dugout at all times
14. **There is no stealing or leading off**
15. **No runner may advance if the defensive team has control of the ball within the pitcher's circle**
16. All male players must wear an athletic supporter. Male catchers must wear the metal, fiber or plastic type cup. Any male player not wearing an athletic supporter cannot play
17. **Both teams are responsible** for the setting-up and tear-down of the field. This includes bases, tools and any other supplies



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Pitching

1. **Limited to 2 innings or Little League pitch count, whichever occurs first**
2. Upon ball four (4), the coach will throw a maximum of 5 pitches in an attempt for the batter to reach base or be put out.
 - a. The player pitcher must remain inside the pitcher's circle while the coach is pitching. The coach must throw from inside the pitcher's circle and must not interfere with the defensive plays.
 - b. The number of strikes will remain on the batter.
 - c. The umpire will continue to call balls and strikes. A batter may be called out on strikes
 - d. A batter that fails to reach base or be put out will be ruled out.
 - e. Batters and runners may advance a maximum of two (2) bases on a ball put in play when pitched by the coach

Batting

6. All players must bat (continuous batting order)
7. All eligible players must be listed on the line-up card
8. The line-up card must be exchanged with the opposing team before the start of the game
9. All players will bat in the same order as indicated on the line-up card
10. Late arriving players will be added to the end of the line-up card

Defense

6. **Players shall not sit on the bench for more than 1 consecutive inning**
7. Free substitutions allowed
8. Each team is allowed up to 2 time-outs per inning to instruct/talk to the pitcher or fielders
9. The manager may go to the mound to instruct the pitcher
10. The manager will be allowed a reasonable amount of time to instruct

Offense

4. **There is no stealing or leading off**
5. **No runner may advance if the defensive team has control of the ball within the dirt around the pitcher's mound**
6. Each team is allowed up to 2 time-outs per inning



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Lower Minor A Division

1. Only 1 game per week
2. No more than 2 practices per week
3. A no-play/no-practice rule after 9:30 p.m. will be strictly enforced.
4. Game time limit – 1 hour and or 3 innings
5. All play shall stop (drop dead) at the end of the time limit
6. No protest will be allowed at any level of instructional baseball
 - a. Managers may request a review of possible playing rule violations to the District Administrator (or designee)
 - b. The District Administrator (or designee) will review the situation and take appropriate action
7. Each team is to provide 1 new and 1 used baseball per game. Please have extra, good used baseballs available
8. Use baseballs that meet Little League specifications and standards.
9. Each team will supply a volunteer umpire for the game
 - a. Balls and strikes will be called behind the pitcher, by the defensive team
 - b. The offensive team will be responsible for the base umpire duties
 - c. The umpire calling balls and strikes will be considered the Chief Umpire and decisions made by the umpire cannot be challenged
- 10. There is no Infield Fly Rule**
11. Each team is allowed only one Manager and two Coaches in the dugout during games
12. All Base Coaches must be adults
13. One adult must be in dugout at all times
14. If dirt field - When chalking the field, a circle approximately ten (10) feet diameter will be made around the pitcher's mound
15. All male players must wear an athletic supporter. Male catchers must wear the metal, fiber or plastic type cup. Any male player not wearing an athletic supporter cannot play
16. Both teams are responsible for the setting-up and tear-down of the field. This includes bases, tools and any other supplies



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Pitching

- a. Limited to Coach or Machine pitch only. **NO PLAYER PITCHING ALLOWED.**

Batting

1. The entire line-up will bat each half inning
2. The last batter must be announced prior to stepping into the batter's box
3. All players listed on the line-up card will bat in the same order as the line-up card exchanged with the opposing team before the start of the game
4. Late arriving players will be added to the end of the line-up card

Defense

1. **Players shall not sit on the bench for more than 1 consecutive inning**
2. Free substitutions allowed
3. Managers and coaches are permitted to remain in the outfield during play to instruct.
 - a. Managers may not interfere with defensive plays
4. The manager or coaches will be allowed a reasonable amount of time to instruct

Offense

1. **There is no stealing or leading off**
2. **No runner may advance if the defensive team has control of the ball within the pitcher's circle or the dirt around the pitchers mound**
3. Each team is allowed up to 2 time-outs per inning



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T-Ball Division

1. Only 1 game per week
2. No more than 2 practices per week
3. A no-play/no-practice rule after 9:30 p.m. will be strictly enforced
4. Game time limit - 1 hour or 3 innings
5. All play shall stop (drop dead) at the end of the time limit
6. Only the soft Tee-Ball will be used. The ball may carry the words “Little League Tee Ball”
7. No protest will be allowed at any level of instructional baseball
 - a. Managers may request a review of possible playing rule violations to the District Administrator (or designee)
 - b. The District Administrator (or designee) will review the situation and take appropriate action
8. Both teams are responsible for the setting-up and tear-down of the field. This includes bases, tools and any other supplies

Batting

1. The entire line-up will bat each half inning
2. The last batter must be announced prior to stepping into the batter’s box
3. Late arriving players will be added to the end of the line-up
4. The batting tee must be used **(NO COACH OR MACHINE PITCHING ALLOWED)**

Defense

1. **Players shall not sit on the bench for more than 1 consecutive inning**
2. Managers and coaches are permitted to remain in the outfield during play to instruct.
 - a. Managers may not interfere with defensive plays
3. The manager or coaches will be allowed a reasonable amount of time to instruct