

# 2026 District 10 Softball Interlock Rules



# Minor B (Coach Pitch)

## Softball Rules

### GENERAL

- Use a 10" A.D.STARR Safety Softball (SSI-10-SO) or equivalent.
- Scheduled games will run from March 28 – May 30.
- Up to four (4) coaches may be present on the field for each team. One coach MUST be in the dugout at all times.
- Games may start and end with eight (8) players. There is no penalty for a team starting or ending a game with eight (8) players.
- There is a 5 run limit per inning.
- No player can sit on bench more than one (1) inning in a row.
- Game number and game status (no scores) shall be reported to [president@fwnll.org](mailto:president@fwnll.org) within 24-48 hours of completion of game.

### OFFENSIVE RULES

- If after seven (7) Pitches, and the ball is not hit, the batter is out. If the batter fouls off the 7th pitch they will receive another pitch and continue to receive pitches if they continue to foul the ball off. There are no walks, being hit by the pitch, or strike outs.
- The runner(s) must stop advancing on the bases once the ball has been stopped by the defensive team. (i.e. if the batter hits the ball and it goes to the outfield and the defensive player stops the ball while the runner is going to second then the runner must stop at second.)
- A half inning will end when the offensive team has recorded three (3) outs, five (5) runs are scored, or all players in the batting order have batted. This includes the last inning of play.
- No stealing of bases.
- No bunting.
- No on-deck hitter.

### MANAGER/COACH PITCHING

- Must stand between 30-35 feet measured from the back point of home plate.
- Shall deliver the ball underhand.
- Shall deliver the ball such that the arch of the ball does not rise above the batter's head as it approaches home plate.
- The Manager/Coach pitcher may NOT field any batted balls.
- The player pitcher MUST stand anywhere within five (5) feet of the Manager/Coach pitcher.

### DEFENSIVE RULES

- No more than ten (10) defensive players on field at any time. There will be no more than six (6) defensive players (including the pitcher) on the infield. The outfielders will be at least ten (10) feet behind the infielders.

### TIME LIMITS

- No new inning to start after 1 hour and 30 minutes from the official scheduled start time.

# Minor A (Player Pitch) Softball Rules

## GENERAL

- Use a 11" A.D.STARR Softball (OLL-11-PL) or equivalent.
- Scheduled games will run from March 16 - May 15.
- Pitching distance is 35 feet.
- Up to four (4) coaches may be present on the field for each team. One adult MUST be in the dugout at all times.
- Games may start and end with eight (8) players. There is no penalty for a team starting or ending a game with eight (8) players.
- Three (3) outs or Ten (10) batters per inning. Last batter either hits, walks, or strikes out. Maximum five (5) runs per inning. This includes the last inning
- All players must play six (6) defensive outs and bat once - Regulation IV(i)
- Mercy rule per the Little League rulebook.
- No other special rules - play per the official Little League Softball rule book
- Game number and game status (no scores) shall be reported to [president@fwnll.org](mailto:president@fwnll.org) within 24-48 hours of completion of game.

## OFFENSIVE RULES

- Walks are allowed.
- No third strike not caught.
- Players cannot steal while the coach is pitching.

## TIME LIMITS

- No new inning to start after 1 hour and 45 minutes from the official scheduled start time.



## Calendar-based Rules\*

### Games: 3/16 - 4/4

There will be no walks. Once ball 4 has been thrown to a batter, the Manager/Coach will step in to pitch and finish the count. The pitcher will face the next batter unless the 3rd out has been recorded.

### Games: 4/6 - 4/25

Once bases are loaded and the pitcher throws ball 4 to the batter, the Manager/Coach will throw to the batter. The pitcher will then pitch to the next batter unless the 3rd out has been recorded.

### Games: After 4/25

There will be no Manager/Coach pitch.

\* The calendar-based rules are determined by the local league schedule.

# Majors Softball Rules

## GENERAL

- Use a 12" A.D.STARR Softball (OLL-12-PL) or equivalent.
- Scheduled games will run from March 17 - May 15.
- Up to three (3) coaches may be present on the field for each team. One adult MUST be in the dugout at all times.
- Games may start and end with eight (8) players without penalty.
- All players must play six (6) defensive outs and bat once - Regulation IV(i)
- No other special rules - play per the official Little League Softball rule book.
- Game number and game status (no scores) shall be reported to [president@fwnll.org](mailto:president@fwnll.org) within 24-48 hours of completion of game.

## OFFENSIVE RULES

- Teams will use a continuous batting order
- Courtesy runner for the pitcher and/or catcher when there are two outs.
- Third strike not caught is in effect.

## DEFENSIVE RULES

- Pitching distance is 40 feet.

## RAINOUT MAKE-UP DOUBLE HEADERS

- Teams will be permitted to play a modified double header to help make-up games that were postponed due to weather only.
- Modified double header to be played on a future date in which both teams are scheduled to play each other.
- Each game will consist of four (4) innings (3.5 innings if the home team is ahead).
- All players must play six (6) consecutive defensive outs. If a player does not meet this mandatory requirement in game #1 they will start on defense, and play six (6) consecutive outs, in game #2.

## TIME LIMITS

- No new inning to start after 2 hours from the official scheduled start time.

# Juniors Softball Rules

## GENERAL

- Use a 12" A.D.STARR Softball (OLL-12-PL) or equivalent.
- Scheduled games will run from March 23 - May 15.
- Up to three (3) coaches may be present on the field for each team. One adult MUST be in the dugout at all times.
- Games may start and end with eight (8) players without penalty.
- All players must play six (6) defensive outs and bat once - Regulation IV(i)
- No other special rules - play per the official Little League Softball rule book.
- Game number and game status (no scores) shall be reported to [president@fwnll.org](mailto:president@fwnll.org) within 24-48 hours of completion of game.

## OFFENSIVE RULES

- Teams will use a continuous batting order
- Courtesy runner for the pitcher and/or catcher when there are two outs.

## DEFENSIVE RULES

- Pitching distance is 43 feet.

## RAINOUT MAKE-UP DOUBLE HEADERS

- Teams will be permitted to play a modified double header to help make-up games that were postponed due to weather only.
- Modified double header to be played on a future date in which both teams are scheduled to play each other.
- Each game will consist of five (5) innings (4.5 innings if the home team is ahead).
- All players must play six (6) consecutive defensive outs. If a player does not meet this mandatory requirement in game #1 they will start on defense, and play six (6) consecutive outs, in game #2.

## TIME LIMITS

- No new inning to start after 2 hours and 30 minutes from the official scheduled start time.

# Seniors Softball Rules

## GENERAL

- Use a 12" A.D.STARR Softball (OLL-12-PL) or equivalent.
- Game schedule TBD based on potential addition of any Senior Division teams
- Up to three (3) coaches may be present on the field for each team. One adult MUST be in the dugout at all times.
- Games may start and end with eight (8) players without penalty.
- Teams may utilize the DP/Flex.
- All players must play six (6) defensive outs and bat once - Regulation IV(i)
- No other special rules – play per the official Little League Softball rule book.
- Game number and game status (no scores) shall be reported to [president@fwnll.org](mailto:president@fwnll.org) within 24-48 hours of completion of game.

## OFFENSIVE RULES

- Teams will use a continuous batting order
- Courtesy runner for the pitcher and/or catcher when there are two outs.

## DEFENSIVE RULES

- Pitching distance is 43 feet.

## RAINOUT MAKE-UP DOUBLE HEADERS

- Teams will be permitted to play a modified double header to help make-up games that were postponed due to weather only.
- Modified double header to be played on a future date in which both teams are scheduled to play each other.
- Each game will consist of five (5) innings (4.5 innings if the home team is ahead).
- All players must play six (6) consecutive defensive outs. If a player does not meet this mandatory requirement in game #1 they will start on defense, and play six (6) consecutive outs, in game #2.

## TIME LIMITS

- No new inning to start after 2 hours and 30 minutes from the official scheduled start time.