

2026 District 10 Baseball Interlock Rules



AAA Baseball Rules

BATTING LINEUP

- Each player on the team shall be in the batting lineup. This will include all healthy players present at the start of the game and is not limited to 9 batters.
- If a healthy player arrives late to the game, but before each player in the lineup makes a plate appearance, the manager shall enter that player at the bottom of the lineup.
- If a player cannot bat due to an injury or illness, that position in the lineup will be skipped. It will **not** be an automatic out. The player may return to the game.
- 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.

RUN LIMITS

- There is a 5 run limit per inning.
- The 6th inning of the game is an “open inning” where there is no maximum of runs that can be scored. In games that go to extra innings, the 6th and all extra inning are open innings.
- Only the 6th inning (and beyond) shall be unlimited. If time is reached prior to the start of the 6th inning, there will be no unlimited inning.
- The 15-run rule applies after the completion of 3 innings of play, the 10-run rule applies after the completion of 4 innings of play, and the 8-run rule applies after the completion of 5 innings of play.

PITCHING

- Pitchers shall pitch from 46 feet.
- 12-year-old players cannot pitch.
- The pitch count policy set by National Little League will be used.
- A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of the day

TIME LIMITS

- No new inning may start after play reaches 1 hour 45 minutes from the start time.



Be reminded that teams have 60 seconds between innings before the umpire will call for “balls in” and make the signal/call to “play.”

Majors Baseball Rules

General

- Games may start and end with eight (8) players, without penalty.
- No new inning to start after 2 hours from the official scheduled start time.
- Teams will use a continuous batting order.
- Courtesy runner for the pitcher and/or catcher when there are two outs.
- All players must play six (6) defensive outs and bat once - Regulation IV(i)
- All pitch count requirements are in effect. A pitcher may NOT pitch in the second game of a double header. A pitcher may pitch in a suspended game make-up and the following full game.
- NO on deck batter
- Third strike not caught is in effect

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 defensive, and play six (6) consecutive outs, in game #2.
- A player may not pitch in both games.

50/70, Juniors, Seniors

Baseball Rules

General

- Games may start and end with eight (8) players, without penalty.
- No new inning to start after 2 1/2 hours from the official scheduled start time.
- Teams will use a continuous batting order*
- *-Seniors may opt for standard batting order and may use a DH
- Courtesy runner for the pitcher and/or catcher when there are two outs.
- All players must play six (6) defensive outs and bat once - Regulation IV(i)
- Metal spikes are not permitted anywhere on an artificial field. Metal spikes are not permitted on an artificial pitching mound.
- All pitch count requirements are in effect. A pitcher may NOT pitch in the second game of a double header. A pitcher may pitch in a suspended game make-up and the following full game .

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