



# 2026 Interleague Rules

## All Divisions

1. Home team occupies the third base dugout and the visiting team occupies first base dugout.
2. The umpire will determine the official start time of the game after coaches meet with the umpire and the official score will be kept by the home team in all divisions, excluding 6U.
3. All batters must wear a helmet with a facemask.
4. Unless expressly noted within, all other USA rules apply.
5. ALL BAT: The entire team will bat through a continuous batting order regardless of whether the player is active on defense or is on the bench.
6. NO PETS allowed at San Leandro High fields.
7. Players arriving late for a game can be inserted into the bottom of the lineup and will be skipped if they are not present for their plate appearance. A team is not penalized if a player leaves early. The player leaving early is removed and the lineup is compressed with no penalty, providing they have the required 9 players to continue to the game. **10U and 12/14U only:** If a team goes under 9 players at any time during the game, an out will be recorded for the player who is no longer available.
8. Make sure everyone has FUN!

## 6U Rules

1. There will be no score keeping.
2. Don't forget rule #1.
3. Game times are one (1) hour with a minimum of two (2) innings. 4. The pitching rubber will be located 25 feet from home plate. Base distance is 45' 5. Ball will be 10" reduced impact ball.
4. Batting: In the 6U age divisions players may be called out if their hit ball is caught by the defensive team or tagged out as a base runner. However, outs have no inning limit. All players will have the opportunity to bat each inning. The half inning is only complete after the last batter in the lineup has their opportunity at the plate.
5. Base runners can only advance one (1) base on any ball hit within the infield. Extra bases are not allowed on overthrows.
6. The Infield Fly Rule does not apply to this division.
7. Base runners can continue to advance on any ball hit to the outfield. Once the ball is thrown back into the infield, the offensive coach will call time and runners will be

- stopped at the next base they are advancing towards.
8. A coach from the offensive team will pitch to their players.
    - a. If the batter does not put the ball in play after three (3) balls pitched from the coach, the player will have unlimited attempts from the batting tee until ball is put in play. Balls and strikes are not counted.
  9. Base runners can advance to the next base only after the ball is put into play by the batter. There is no base stealing
  10. Sliding is not allowed in this division.
    11. When the team is on defense, all players will take a position on the field. The infield will consist of six (6) players, including the pitcher and catcher. The other players will take a position in the outfield and will keep a minimum of five (5) feet behind the baselines.
  12. Players who are in the outfield one (1) inning will take an infield position the next inning. No player (unless by their own desire) shall play two (2) consecutive innings in the outfield. No player (unless there are fewer than nine (9) players for a game) shall play more than two (2) consecutive innings at an infield position.
  13. Coaches to discuss and determine where "FOUL TERRITORY" for the defensive team will be prior to game start. A batted ball must travel past the "FOUL TERRITORY" before it is considered "in play."
  14. The batters may be pitched to or they may hit off the tee. It is the discretion of the manager/coach and may change player to player during the team's at-bat.
  15. Two coaches will be allowed on the field for the team on defense to assist players as necessary. Coaches should not touch or interfere with any ball in play.

## 8U Rules

**Base Distance** 60'

**Pitching Distance** 30'

**Ball Size** 10" soft

**Batting** Continuous, all players present to bat

When the player pitcher has pitched four "called BALLS", the staff pitcher will come in to pitch. The strike count remains the same and the ball count reverts to "zero".

The staff pitcher continues to pitch from the pitching plate and has a three pitch limit until the batter either:

- a. Hits a fair ball, or
- b. Strikes out, either a called strike three by the umpire or a swing and a miss strike three, or
- c. Is called out after the staff pitcher has pitched 3 pitches.

Exception: If the third staff pitcher pitch is hit foul, the at-bat continues until the final pitch results in one of the above scenarios (A or B) or the staff member pitches a "ball".

**Bunting** Yes, but not off coach pitches

**Fielding Minimum** Two inning per game

**Pitching Limits** Pitcher can not pitch no more than 2 of the first 4 innings, then unlimited after

that. One pitch in an inning counts as an inning pitched.

**Hit by pitch** - umpires discretion and advances to first base.

**Players on Field** Minimum 8, maximum 10, Maximum 6 on infield dirt

**Stealing** No but runners may lead off on release of the pitch from pitcher's hand

**Sliding** Yes, but no diving into a base for safety reasons

**Dropped 3rd Strike** No

**Overthrow** First Base - No advance of runner unless a second throw attempt is made on the runner. Other runners may advance one base on overthrow, the base they were going to plus next base. Runners may be played upon/not an automatic advancement. **Catching:** The catcher must make an attempt to catch/field the ball and must throw the ball back to the pitcher. The defensive coach behind the catcher is to help shag balls as needed to keep motion of the game going, not to field the ball.

**Game Time Limit** 90-minute time limit. No inning may start after 90 minutes. All play must stop at the drop-dead time of 1 hour 45 minutes, regardless of game situation.

**Run Limits** 4 per inning. Continuous play on hits that result in additional runs but these runs are not recorded (four maximum). Game is over when a team is ahead of 12 runs after 4 innings, 8 after 5 innings.

**Standings Kept** No

**Umpire** Yes, one

**Run Rule** 10 after 4 innings (3 1/2 if home team is ahead)

**Play Stoppage** Once the ball is in the circle and the pitcher has possession of the ball, all runners may continue onto the base they are advancing to (but they are still at risk of being put out by the defense).

## 10U Rules

**Base Distance** 60'

**Pitching Distance** 35'

**Ball Size** 11"

**Batting** Continuous, all players present to bat

**After 4 Balls** Walk

**Bunting** Yes

**Fielding Minimum** Two inning per game

**Pitching Limits** Pitcher cannot pitch no more than 2 of the first 4 innings, then unlimited after that. One pitch in an inning counts as an inning pitched.

**Players on Field** Minimum 8, maximum 10, Maximum 6 on infield dirt

**Stealing** Yes

**Sliding** Yes, but no diving into a base for safety reasons (runner declared out) **Dropped 3rd Strike** Yes

**Run Limits** In the first 3 innings of the game, the innings will end after 3 outs or after 4 runs are scored. In the remaining innings there is no run limit until the run ahead rule is in effect.

**Run Rule** Game over is when a team is ahead by 12 runs after 4 innings, or 8 runs after 5

innings. If the home team is ahead, the game is over after the down team finishes batting.

**Standings Kept** No

**Umpire** One

**Game Time Limit** 90-minute time limit. No inning may start after 90 minutes. All play must stop at the drop-dead time of 1 hour 45 minutes, regardless of game situation. The final score is the score when the drop-dead time is declared.

**Play Stoppage** Once the ball is in the circle and the pitcher has possession of the ball, all runners may continue onto the base they are advancing to (but they are still at risk of being put out by the defense).

## 12U/14U Upper Divisions Rules

**Base Distance** 60'

**Pitching Distance** 40'

**Ball Size** 12"

**Batting** Continuous, all players present to bat

**After 4 Balls** Walk

**Bunting** Yes

**Fielding Minimum** Two inning per game

**Pitching Limits** Pitchers cannot pitch more than 2 of the first 4 innings, then unlimited after that. One pitch in an inning counts as an inning pitched.

**Players on Field** Minimum 8, maximum 9, Maximum 6 on infield dirt

**Stealing** Yes

**Sliding** Yes, but no diving into home plate for safety reasons (runner declared out) **Dropped 3rd**

**Strike** Yes

**Run Limits** 4 per inning. Continuous play on hits that result in additional runs but these runs are not recorded (four maximum). No run limits when umpire declares last inning unlimited but declaration can't be announced once batter steps into the box or after 90 min has passed.

**Run Rule** Game over is when a team is ahead by 12 runs after 4 innings, or 8 runs after 5 innings. If home team is ahead game is over after visiting team finishes batting.

**Standings Kept** Determined by individual league

**Umpire** Yes, one

**Game Time Limit** All innings from the 4th inning on are open innings. No new inning after 90 minutes. Drop Dead after 1 hour 45 minutes.

**Play Stoppage** Once the ball is in the circle and the pitcher has possession of the ball, all runners may continue onto the base they are advancing to (but they are still at risk of being put out by the defense).