

BASEBALL as of 04/04/2026

Spring 2026
Maryland District 7

INTERLEAGUE PLAY

Rule	Minor	Major	Inter	Juniors	Seniors
Base Distance	60'		70'	90'	
Pitching Distance	46'		50'	60'6"	
Complete Game	6 Innings		7 Innings		
Regulation Game	4 Innings or Time Limit		5 Innings or Time Limit		
Leads	As Pitch Reaches Batter (See Rule 7.13)		Unrestricted		
Stealing	As Pitch Reaches Batter (See Rule 7.13)		Unrestricted		
Sliding	Headfirst Slide Illegal when Advancing. Penalty is an Out (7.08(a)4)		Unrestricted		
Runs Per Inning	5 Run Rule (unlimited 6th)		5 Run Rule (unlimited 7th)		N/A
Mercy (4.10 (e))	15 after 3 (2.5 if Home) 10 after 4 (3.5 if Home) 8 After 5 (4.5 if Home)		15 after 4 (3.5 if home) 10 after 5 (4.5 if home) 8 after 6 (5.5 if home)		
Balks	NO. See 8.05 Illegal Pitch		1 Warning Per Pitcher		No Warning
Bats	Must be USABat Certified or Single piece Wood		USABat/BBCOR/Single Piece Wood		BBCOR/WOOD
Cleats	No Metal Cleats		Metal Spikes Permitted		
Bunting	Unrestricted				
Infield Fly	Infield Fly in Effect (See Rule 2 - Definition of Terms)				
Uncaught 3rd Strike	NO	Yes (6.09(b))			
Courtesy Runner	Courtesy Allowed at any time for pitcher or catcher only				
On-Deck Batter	NOT PERMITTED (REG XIV b)		PERMITTED (LLReg XIV A.R. states On Deck Stays on their OWN sideline)		
	The use of Traditional batting Donut rings is illegal! (1.10 note 1)				
Intentional Walk	6.08(a)2 - Pitches are Charged to Pitch Count but do not need to be thrown				
Time Limit	NO NEW INNING 1:45. DROP DEAD 2:00			2 Hours No New Inning. Complete the inning being played.	
Batting Order	Continuous Batting Order				
Pitcher Warmup	Coaches MAY warm up pitchers on or off the field. (Rule 3.09 Regular Season ONLY)				
Fielded Players	9				
Final Scores	In a game shortened by a time limit The final score of a game is the score at the end of the last Complete inning. An away team can not win a game if the home team does not complete their at bat in that inning (Rule 4.11 D)				
Starting a Game	A game May begin with 8 Players. 9th position is skipped without penalty (District Choice Ruling). Late arriving players are added to the end of the batting order.				

*****DO NOT USE THIS SHEET FOR TOURNAMENT PLAY*****

Some New in 2026 Highlights

Reg IV(i)	Mandatory Play in Senior League Eliminated
	Rule 1.10 AR1 - Permits Pine Tar At All levels
	Rule 1.10 AR2 - Thumb protectors are now legal. Choke knobs/assists remain illegal
	Rule 1.11(a)(3) -Permits sleeves of any material. MUST be Solid Color that is not gray or white on pitchers
	Rule 6.06(d) - Illegal Bats: Reworded to provide consistency READ IT!!
	Rule 4.04 Note 2 - Provides Guidance for situations when a player is unable to complete a plate appearance. Illness/Injury/Ejection
	Rule 8.06(b) Note - Clarifies number of Visits remaining do not prevent a pitcher once removed from the mound from returning.

HAVE FUN!

Regulation VI - Pitchers - CRITICAL TO READ FULL RULES

Pitch Limits		Rest Requirements	
Age	Pitch Limit	Age 8-14	Age 15-16
13-16	95 per day	66 + 4 days	76 + 4 days
11-12	85 per day	51-65 3 days	61-75 3 days
9-10	75 per day	36-50 2 days	46-60 2 days
8 and under	50 per day	21-35 1 day	31-45 1 day

Unless Specifically addressed in this sheet, all rules are subject to the 2026 Little League Rulebook.

The Little League Rulebook App is FREE and updates for LIFE!