

Softball

Spring 2026
Maryland District 7

INTERLEAGUE PLAY

Up to date as of 04/05/2026

Rule	Ponytail	Minor	Major	Juniors/Seniors
Base Distance	60'			
Pitching Distance	Coach at ~30'	35'	40'	43'
Complete Game	6 Innings			7 innings
Regulation Game	4 Innings or Time Limit			5 Innings or Time Limit
Leads	None	As Pitch Reaches Batter	When Ball leaves pitchers hand	
Stealing (7.13)	None			
Sliding	Headfirst Slides Illegal when Advancing. Penalty is an Out. A player may slide headfirst when returning to a base (7.08(a)4)			Unrestricted
Runs Per Inning	5 Run Rule ALL INNINGS	5 RUN RULE (Unlimited in 6th and extra innings)		5 Run Rule (Unlimited in 7th and extra innings)
Mercy (4.10 (e))	N/A	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)
Illegal Pitch	N/A	8.05 - Called But no Penalty	Umpire Judgement (8.05)	
Bats (1.10)	2-1/4" barrel no longer than 33" (34" for Juniors/Seniors). If wood, not less than fifteen-sixteenth (15/16) inches in diameter (7/8 inch for bats less than 30 inches) at its smallest part. Non-wood bats will have BPF of 1.20.			
Cleats (1.11(h))	No Metal Cleats			Metal Spikes permitted
Bunting	NONE	Unrestricted		
Infield Fly	NO	Infield Fly in Effect (See Rule 2 - Definition of Terms)		
Uncaught 3rd Strike	NO		YES (6.09(b))	
Courtesy Runner	N/A	Courtesy at any time for Pitcher and Catcher		
On-Deck Batter	NOT PERMITTED (Reg XIV b)			PERMITTED (Reg XIV b)
Intentional Walk	NO	6.08(a)2 - Pitches do not need to be thrown		
Time Limit	1:30	No New Inning after 1:45. Drop Dead at 2:00 (Start of Clock Determined by Umpire)		
Batting Order	Continuous Batting Order			

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

IMPORTANT		MINORS PITCHING	
Mandatory Play	See Rulebook Regulation IV(i)	Pitchers may walk up to 3 batters per half inning. Hit batters do not count as walks. When a pitcher reaches 4 balls on any subsequent batter after 3 walks, a offensive team coach will pitch until the at bat is finished. Coach pitchers shall strive to throw flat pitches at 30-35 mph. With coach pitchers: 1) NO WALKS 2) NO BUNTING 3) NO STEALING 4) BATTER CAN STILL STRIKEOUT	
Fielded Players	6 infield 4 Outfield Ponytail ONLY		
	All others Standard 9 Players		
Ponytail	Will Use 11" Hard Balls	MINORS BASE RUNNING	

DO YOUR BEST!!

When a player is pitching, runners may advance on overthrows during a stolen base attempt. Runners may advance on overthrows from catcher to pitcher. Play does not stop until umpire calls "Time". See Rulebook - 7.13 and 7.08(a)5

<p>Ponytail: An Infield Hit can only result in a single. There is no Advancing on Overthrows. On a Hit to the outfield. Runners may continue to advance until the ball is returned to the infield. Runners that continue to advance after the stoppage of play should be returned to the previous base aquired unless forced.</p>	Ponytail: No Player may sit for more than 2 innings	HAVE FUN!	**See "Tournament Playing Rules" for tournaments**
	<p>7.13 - Majors/Junior/Senior League: When the pitcher is in the eight (8)-foot radius circle and in possession of the ball, the base runner(s) shall not leave their base(s) until the pitched ball has been released by the pitcher. See Rule 7.08(a) for penalty. NOTE 1: Minor League: When the pitcher is in the eight (8)-foot radius circle and in possession of the ball, the base runner(s) shall not leave their base(s) until the pitched ball has been batted or reaches the batter. See Rule 7.08(a) for penalty.</p>		

Ponytail - NEW in 2026 - A pitcher may not run to touch home for a force out when a batted ball is fielded at their natural position. They MUST make an attempt to throw the ball home. This was discussed at district meetings and is intended both as a safety measure, and to teach the kids the right way to do things. Running to make that play at home does not happen at higher levels, so teaching it is not helping the kids improve.

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.

Highlights for whats NEW in 2026

- Rule 1.10 - AR2 Thumb Protectors are Now LEGAL. Choke Knobs/Assists remain ILLEGAL. Note 2 - Pine Tar is Now Legal at all levels
- Rule 4.04 Note 2 - Provides Guidance for situations when a player is unable to complete their at bat. Injury/Illness/ejection
- Rule 3.04, 7.14(b) - Clarifies placement of courtesy runners when 2 are used at the same time for the pitchers and catchers of record. Substitute runner who is to bat soonest is placed closest to home.
- Rule 1.11 -Permits Sleeves of Any material. MUST be Solid Color that is not the color of the ball being used on pitchers

Unless Specifically addressed in this sheet all rules are subject to the 2026 Little League Rulebook. The Little League Rulebook App is FREE!!!