



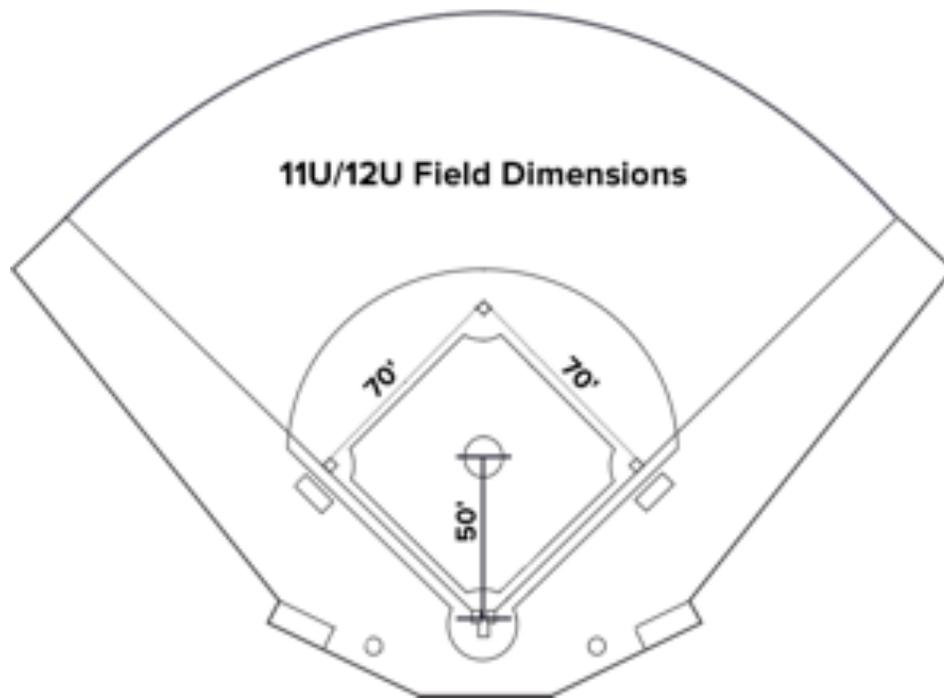
# **DFW Interlock**

## **11U & 12U Rules**

Fall 2025

[dfwinterlock.com](http://dfwinterlock.com)

## 25. 11U & 12U RULES



### 25.1. Ages

- 25.1.1. 12U division players who turn 13 prior to May 1 of the current season are not eligible unless they are in the 6th grade. Also, any player turning 14 prior to May 1 will not be eligible. Players who are 12U are eligible for this division regardless of their grade.

### 25.2. Equipment

- 25.2.1. Catchers are required to wear protective gear.
- 25.2.2. Ball type: Rawlings R200USSSA baseball or other manufacturer's equivalent
- 25.2.3. Bats allowed: All bats must be labeled with either the USSSA 1.15 BPF stamp or the USA Baseball stamp. Per NCS rules, either is acceptable for game use. Please see examples of the stamps below:



### 25.3. Field of Play

25.3.1. The bases shall be placed 70 feet apart.

25.3.2. Pitching: 50 feet from rubber to back of home plate

### 25.4. Length of Game

25.4.1. 1 hour 30 min or 6 innings, whichever comes first. No inning will be started after the time limit of 1 hour 30 minutes is reached. At the time limit, if the visiting team cannot at least tie the game or once the home team take the lead, the game is completed.

### 25.5. Game Overview

25.5.1. Infield Fly Rule: Yes, Infield Fly rule is in effect

25.5.2. Max Runs: 5 runs per inning

25.5.3. Mercy Rule: Yes; If the home team is leading by the mercy rule amount going into the bottom half of the inning, the game is over.

- 15 runs after 3 innings
- 11 runs after 4 innings
- 6 runs after 5 innings

25.5.4. Ties are allowed in 9U and 10U league play.

25.5.5. Base Running:

25.5.5.1. Loose bases

25.5.5.2. Stealing allowed

25.5.6. A dropped 3rd strike is a live baseball

25.5.7. A single balk warning per pitcher is not guaranteed but is at the discretion of the umpire and should be noted at the plate meeting.

25.5.8. No slash bunting or slashing allowed.

25.5.9. Any play at the plate requires a feet-first slide. A head first slide or no-slide will result in an automatic out.

### 25.6. Team Formation & Guest Players

25.6.1. Coach Look & draft (if more than 1 team) from organization's Rec division.

- 25.6.2. Players who played in their home organization's DFW Interlock division during the season are allowed to sub for their home organization's AA/D3 team for one (1) weekend *OR* if the team played in no more than one (1) sanctioned tournament (Travel Sports, NCS, Triple Crown, KC&BO USSSA, Perfect Game, PAC Sports, 24 Sports, Rocker B, The Ranch, etc) during that season they are still eligible to play in DFW Interlock and the End of Season Tournament.
- 25.6.3. Guest players on a DFW Interlock team must be from other Rec teams only and should be from your home association. No select players are allowed in the DFW Interlock.
- 25.6.4. Max of two (2) guest players are allowed per game. They must bat last or 2nd-to-last and play OF or C positions.
- 25.6.5. Guest players must be declared by the Head Coach at the plate meeting.
- 25.6.6. All-Star participation will be determined at-will by host city tournament directors and DFW Interlock player participation rules could potentially be in conflict with All-Star tournament rules.

#### 25.7. Scoring the Game

- 25.7.1. A half inning consists of three (3) outs or five runs score. There is a limit of five (5) runs per half inning. If the score is tied when the last full inning is completed after time expires, the game shall end in a tie (except for End of Season Tournament games which will then trigger a California Tiebreaker).
- 25.7.2. Games called for any reason shall be considered complete games if three innings have been completed. If games are called in less than three innings are to be continued, they shall be continued from point of curtailment.
- 25.7.3. A line-up card must be presented to the opposing coach and scorekeeper with the batting order and must include the player's name and jersey number. It should also include a script of the intended defensive positions (inning by inning) as well.
- 25.7.4. All games must start with at least 8 fielders, taking an out in the 9th spot of the batting order.
- 25.7.5. All players who attend the game will bat in a continuous batting order (all players will bat) and play under the free substitution rule. If a player leaves due to injury or illness or any other reason, no out shall be recorded (skip their turn in the batting order) unless there are less than 9 active players.

- 25.7.6. If a player is ejected, his turn in the batting order will be declared out. If a player is ejected and a team has less than 8 active players, a forfeit will be declared.
- 25.7.7. Should a player arrive after the game has started, that player shall bat in his submitted lineup spot, or at the end of the lineup without penalty, should his turn already passed.

25.8. Pitching Limits

Age	Daily Max (pitches)	Required Rest (days based on number of pitches thrown)					
		0 days	1 day	2 days	3 days	4 days	5 days
11U / 12U	85	1-20	21-35	36-50	51-65	66+	N/A

25.9. Pitching Details

- 25.9.1. Pitcher may finish current batter when limit reached.
- 25.9.2. Any batted ball: fair, foul, or tip count towards limit.
- 25.9.3. Neither warm-ups nor pick-off attempts are counted towards limit.

25.10. Game Play Rules

- 25.10.1. Coaches must position themselves around the dugout area by the entrances while the ball is in play. Only the team’s Head Coach may approach the umpires to discuss a call or rules interpretation. Assistant coaches may not leave the dugout or coaches’ box to discuss a call on the field. For the game, the Head Coach will be designated as the coach who attends the plate meeting with umpires.
- 25.10.2. Any offensive player must wear a helmet. This includes: batters, those on on-deck circle, base runners, and bat boys.

25.11. Equal Play Rules

- 25.11.1. No player shall sit out defensively twice before all players sit out defensively once.
- 25.11.2. Each player must play 1 inning in the infield and outfield within the first 4 innings.
- 25.11.3. Pitcher and Catcher can count as an infield or outfield position.
- 25.11.4. No player shall play the same infield position more than 3 innings total in a game.

- 25.11.5. Defensive lineup deviations due to injury or illness may be agreed upon by both coaches.
- 25.11.6. Coaches shall exchange lineup cards with batting order and defensive lineup covering the first 3 innings with infield positions highlighted.
- 25.11.7. Coaches are allowed one challenge of a violation of the Equal Play Rules, and must present evidence to the umpire. At the umpire's discretion, he will call for the opposing team to correct it. Coaches will retain the right to challenge if it is upheld. If the challenge is overruled, (an erroneous challenge) then that coach would lose the right to challenge for the remainder of the game. Upon a 2nd violation of Equal Play Rules within the game, the coach shall be ejected.
- 25.11.8. If a challenge is upheld, the challenging coach shall file the violation with his home association Interlock contact, who will notify the other associations. For the next DFW Interlock game, this team must now provide a lineup card featuring defensive alignments for all 6 innings, and will not be allowed to deviate except for injury or illness reasons.
- 25.11.9. During EOS Tournament, the only Equal Play Rules required are:  
Teams must bat entire roster and no player will sit twice before all other players have sat at least once.

## 25.12. Additional Resources

- 25.12.1. Unless specified here, all other rules shall follow NCS National Rules:  
<https://playncs.com/baseball/Rules/Details/1/national-baseball-rules>

# PITCHING CHART

The DFW Interlock follows the MLB Pitch Smart Guidelines on safety and arm care for all players. The following chart should be followed by every league, coach, parent, and player in regards to pitching availability for each player.

Source: <https://www.mlb.com/pitch-smart/pitching-guidelines>

## PITCH COUNT LIMITS AND REQUIRED REST RECOMMENDATIONS

It is important for each league to set workload limits for their pitchers to limit the likelihood of pitching with fatigue. Research has shown that pitch counts are the most accurate and effective means of doing so.

AGE	DAILY MAX (PITCHES IN GAME)	REQUIRED REST (PITCHES)					
		0 Days	1 Days	2 Days	3 Days	4 Days	5 Days
7-8	50	1-20	21-35	36-50	N/A	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+	N/A
11-12	85	1-20	21-35	36-50	51-65	66+	N/A
13-14	95	1-20	21-35	36-50	51-65	66+	N/A
15-16	95	1-30	31-45	46-60	61-75	76+	N/A
17-18	105	1-30	31-45	46-60	61-80	81+	N/A
19-22	120	1-30	31-45	46-60	61-80	81-105	106+