

VIRGINIA DISTRICT 7

LITTLE LEAGUE BASEBALL AND SOFTBALL

Hampton • Newport News • Poquoson • York County

DEER PARK, HAMPTON-WYTHE, NORTHAMPTON, PHOEBUS, POQUOSON, WARWICK, YORK,
CHALLENGER

2026 D7 INTERLEAGUE GROUND RULES

Note: These rules are in affect for all interleague play. Exception: If a league is playing interleague games SOLELY between themselves, they are not bound by these interleague ground rules. However, the local rules used must meet minimum Little League Regulation rules and be approved by the District prior to the season.

GENERAL RULES & REGULATIONS

1. All games must be played in accordance with the 2026 Official Little League Rulebook, D7 Interleague Rules and regulations with exceptions as listed in this document.
2. All Volunteers (Managers, Coaches, Team Moms, Umpires, and Volunteers) must submit and complete a background check and complete any required abuse awareness training before any volunteer can be allowed to participate in a practice, game, or team event.
3. An adult, who is an approved volunteer, **MUST ALWAYS** be present in the dugout.
4. Local ground rules apply to interleague ONLY where they pertain to the field themselves or the locality and will impact the game (i.e. overhead wires, trees, city/county ordinance etc.) and agreed to at start of game between umpire and both teams. Local ground rules where they apply to the field themselves will be posted on the D7 website under the Field Location links.
5. All protests will come through the league president to D7 within 24 hours (email) and the home league will provide umpire's letter within 24 hours to D7 (email). The Protest Committee will consist of both league presidents involved in game, two D7 staff and the District Administrator (DA). Failure to field 8 players is **NOT** automatic grounds for a forfeit. All forfeits will be decided by the D7 DA, and not by the team Managers/Coaches, League Administrators or Umpires.
6. If COVID-19 restrictions are in place, teams will follow all guidelines that are in place by their respective state and local government and health officials.

SCHEDULE & GAME REPORTING INFORMATION

1. Leagues will provide/share D7 with Manager/Coach/Scheduler/Coordinator contact information, as appropriate, prior to the season start to help facilitate communication between leagues. D7 will distribute this information to the leagues.
2. Games must be played on the date scheduled, unless requested at least 24 hours prior to game by the requesting league president (or designated official). Requests must be coordinated between the two leagues involved and D7 **MUST** be notified of any changes immediately. Games played without prior D7 notification will not be counted.
3. Teams must arrive at games at least 30 minutes prior to the start of games.
4. All games shall start on time if no games have been played before; or games start no later than 30 minutes after previous game is over (start and stop time must be annotated on home team scorebook).
5. Games canceled due to weather or field being unavailable will be played on the next available open date scheduled between the two league Presidents (or appointed official). The D7 Scheduler shall be informed of the new date/time as soon as possible, and prior to the rescheduled game or the game will not count.



Virginia District 7
7 Rivergate Dr.
Poquoson, VA 23662
757-272-3928 Fax: 757-868-3352
E-Mail: VADistrict7@cox.net
www.VADistrict7.org



VIRGINIA DISTRICT 7

LITTLE LEAGUE BASEBALL AND SOFTBALL

Hampton • Newport News • Poquoson • York County

DEER PARK, HAMPTON-WYTHE, NORTHAMPTON, PHOEBUS, POQUOSON, WARWICK, YORK,
CHALLENGER

6. **ALL MINOR AND ABOVE DIVISIONS:** Both teams are responsible for REPORTING the game's score, innings, and **pitch counts (innings for Softball)** to D7 as soon as possible after the game has ended, postponed, or cancelled, as applicable. The District 7 website provides a web input program (accessible by smart phone) for this information. The link is located on the D7 website called "**Game Summary Input.**" OR you can e-mail to tsherrill04@gmail.com with the following information for each game; Division, both team names, game score (and innings played to include half innings), pitchers and pitch count, and any other necessary information. If either of those options are not convenient, text the same information to 757-593-1756.

LEAGUE REQUIREMENTS

1. The **HOME TEAM** will provide and ensure the following:
 - a. Umpires (Games WILL NOT be played without at least a plate umpire or an umpire from behind the mound). If there are no umpires present, the managers will arrange for an umpire as per rule book or the game will not be played.
 - b. Game approved balls (visiting teams will have additional game approved balls available).
 - c. Official Scorekeeper with the official scorebook and pitch count record. NOTE: Even if there is a central/master scorekeeper, the HOME TEAM's score book must annotate the official game information.
 - i. Pitchers (with jersey numbers) and pitch count will be tracked and annotated in both team's score book, validated, and initialed by the opposing Manager at the end of the game.
 - ii. The team's regular season scorebook will be required at affidavit signing when a player on the regular season team is an All-Star annotated on the affidavit being certified.
 - d. Playable field conditions with the correct distances for base paths and pitching locations. The field should be lined with chalk/spray paint with a minimum of the first base/third base foul lines and batter boxes.
 - e. If a mound is not available, artificial mounds are authorized at all divisions as necessary. Pitchers will wear "non-metal" cleats while pitching (i.e. tennis shoes) on an artificial mound.

SPORTSMANSHIP & DECISION MAKING

1. ALWAYS think about the best interests of the children/player when out on the field and make decisions accordingly. Please use common sense. Always consider safety, building self-confidence, fairness, leading by example and most of all, FUN!
2. In the spirit of sportsmanship and to provide a wide range of experience, players should be rotated as many positions as possible during a game. Be fair and allow each player to experience different positions but keep in mind that some players may not be capable of playing some of the more difficult positions for safety reasons.

MANAGERS & COACHES

1. All Volunteers (Managers, Coaches, Team Moms, Umpires, and Volunteers) must submit and complete a background check and complete any required abuse awareness training before any volunteer can be allowed to participate in a practice, game, or team event.
2. An adult, who is an approved volunteer, MUST ALWAYS be present in the dugout. The adult in the dugout should maintain order and discipline in the dugout and may not leave the dugout during the game and cannot be involved with play on the field during the game.



Virginia District 7
7 Rivergate Dr.
Poquoson, VA 23662
757-272-3928 Fax: 757-868-3352
E-Mail: VADistrict7@cox.net
www.VADistrict7.org



VIRGINIA DISTRICT 7

LITTLE LEAGUE BASEBALL AND SOFTBALL

Hampton • Newport News • Poquoson • York County

DEER PARK, HAMPTON-WYTHE, NORTHAMPTON, PHOEBUS, POQUOSON, WARWICK, YORK,
CHALLENGER

3. Maximum number of coaches allowed on the field or in the dugout is contingent on the division:
 - a. 1 Manager & 3 Coaches (T-Ball, Coach Pitch, Minor Leagues – Baseball & Softball)
 - b. 1 Manager & 2 Coaches (Major, Intermediate, Junior & Senior Leagues – Baseball & Softball)
4. COACH PITCH/MACHINE PITCH BASEBALL/SOFTBALL: While the team is on defense, two coaches can be allowed on the field to assist and provide instruction but must be positioned behind the base paths and cannot interfere with any play. Defensive coaches should verbally direct but not physically touch the players to assist in making plays.

GAME PRELIMINARIES

1. TIME: All games will last 6 innings (7 innings for Intermediate, Junior, Senior Leagues) or until the time limit expires. If the time limit expires in the middle of the inning, the current inning **MUST** be completed. A new inning begins immediately at the conclusion of the third out of the previous inning. No new inning will begin once the time limit has expired. The official start time of the game will start at the completion of the home plate meeting between the coaches and umpires. It is the umpire's "judgement" in establishing the start and end time of the game.
 - a. COACH PITCH: 1hr 30minute time limit.
 - b. MINORS & MAJORS (Baseball & Softball): 1h 45minute time limit.
 - c. INTERMEDIATE, JUNIORS & SENIORS (Baseball & Softball): 2hr time limit.
2. BATTING ORDER:
 - a. A continuous batting order is mandatory (Rule 4.04) for all divisions **EXCEPT** the Senior Baseball/Softball division. All team members who are present at the beginning of the game will be put in the batting lineup and must be followed in that order until the game is over. Defensive substitutions can be made freely throughout the game, but all players are required to participate in each game for a minimum of six defensive outs. The six outs do not have to be consecutive as the player can participate on defense in the first inning and sit the second inning on defense before playing defense in the third inning for example.
3. A minimum of eight (8) players is needed to play a regulation game. Teams with only 8 players present will use a batting order consisting of 8 players and **WILL NOT** be charged an out in the final spot of the batting order. If a player arrives after the game begins, that player will be inserted into the lineup in the final spot.
 - a. COACH PITCH: If a team does not have the minimum number of players required, the game may still be played, and the coaches will work together to ensure maximum participation and learning is achieved with those players that are present. There will be no forfeits in Coach Pitch.
4. In accordance with LL Rule 5.07, all Coach Pitch & Minor League games will have a five (5) run limit per inning unless three (3) outs are recorded by the defensive team. In the Minor League games **ONLY**, the five (5) run rule is suspended for the 6th inning only.
5. The 8 run, 10 run and 15 run rules apply to all games per Rule 4.10(e).



Virginia District 7
7 Rivergate Dr.
Poquoson, VA 23662
757-272-3928 Fax: 757-868-3352
E-Mail: VADistrict7@cox.net
www.VADistrict7.org



VIRGINIA DISTRICT 7

LITTLE LEAGUE BASEBALL AND SOFTBALL

Hampton • Newport News • Poquoson • York County

DEER PARK, HAMPTON-WYTHE, NORTHAMPTON, PHOEBUS, POQUOSON, WARWICK, YORK,
CHALLENGER

6. SPECIFIC COACH/MACHINE PITCH BASEBALL & SOFTBALL RULES:

a. EQUIPMENT

- i. Either a Machine or a Coach may be used and may be different between the teams. However, teams may not use a combination and must use the same method throughout the game unless an equipment malfunction persists. The speed of a machine, if used, is determined at the beginning of the game, and will not be adjusted during the game.
- ii. SOFTBALL: A regular 11-inch softball (same as Minor Softball) will be utilized for play.

b. OFFENSE

- i. The team on OFFENSE will supply a coach to pitch to their own team's batters. The Coach-Pitcher is encouraged to pitch from the regulation pitching rubber but may move closer to the batter as necessary to promote pitching accuracy but will remain within five feet of the pitcher's mound.
- ii. For the first half of the season, the batter will receive five pitches thrown from the Coach-Pitcher. If the batter does not make contact with the first five pitches, a tee will be used. Starting April 18, 2026, the tee will no longer be used, and each batter will get a maximum of six (6) pitches thrown from the Coach-Pitcher. If the batter has not hit the ball fair or strikes out in six (6) pitches, providing the batter did not foul off the 6th pitch, an out will be declared. If a batter swings and misses at any pitch, regardless of location, it is a strike and does count as one of the six (6) pitches. If a batted ball is hit and makes contact with the coach-pitcher, the ball shall remain live and played as if it hit the pitching rubber. NOTE: When the tee is used, the ball must be hit at least 12 feet from the back corner of the home plate.
- iii. Leading off bases, stealing, and bunting is prohibited.
- iv. Since no balls are called, there will not be walks or hit by pitches at this level.
- v. On balls hit into the outfield, the batter and other base runners may advance at risk until the ball is returned to the infield dirt. Coaches must stop base runners once the ball is returned to the infield. The ball does not have to be in possession of an infield player for this rule to apply. The object is to reward a good hit while at the same time refraining from exploiting the development of defensive skills.
- vi. A batter/runner may only advance one base on a batted ball to the infield that DOES NOT reach the outfield grass. The batter/runner MAY NOT advance on overthrows.
- vii. Runners running outside the base lines to avoid a tag will be called out.
- viii. There is no on-deck warm up area. No players can swing a bat prior to approaching the plate.

c. DEFENSE

- i. A maximum of ten (10) players will be assigned to fielding positions. Any players present in addition to the ten (10) assigned in the field will remain on the bench during the defensive portion of the inning. The only players allowed on the infield dirt are those players assigned to an infield position including pitcher and catcher. The remaining players will be assigned to outfield positions and placed in the outfield grass. A team mom, coach, or manager must always remain in the dugout with the players. Players will NOT be left alone in the dugout.



Virginia District 7
7 Rivergate Dr.
Poquoson, VA 23662
757-272-3928 Fax: 757-868-3352
E-Mail: VADistrict7@cox.net
www.VADistrict7.org



VIRGINIA DISTRICT 7

LITTLE LEAGUE BASEBALL AND SOFTBALL

Hampton • Newport News • Poquoson • York County

DEER PARK, HAMPTON-WYTHE, NORTHAMPTON, PHOEBUS, POQUOSON, WARWICK, YORK,
CHALLENGER

- ii. As required by Little League rules, all players **MUST** play a minimum of two complete innings assigned to a defensive position.
 - iii. When the coach begins his or her pitching motion to the plate, the DEFENSE must have a player playing the pitcher position within 10 feet of the pitching rubber. This player should be positioned to the right or left of the adult pitching coach. It is encouraged to have a drawn 8-foot circle around the pitching rubber, but it is not mandatory.
7. MAJOR BASEBALL & SOFTBALL – Rules 6.05(b) and 6.09(b) in relation to the uncaught third strike will apply for Interleague Play.
 8. ALL SOFTBALL DIVISIONS – It is required that the pitcher wear a facemask while the rest of the players in the infield be recommended AND strongly encouraged to wear a facemask during the game.
 9. JUNIOR LEAGUE BASEBALL DIVISION – IAW Regulation 6, 15-year-old players can play and pitch at the Junior Division level only during the regular season (not eligible for tournament play in the Junior Division).
 10. MINOR SOFTBALL DIVISION ONLY:

Leagues involved in Minor Softball interleague play will determine which option (A or B) of the interleague rules they will play for the first half of the season. This option will be elected by the local league Board of Directors prior to begin of interleague play. District 7 will make every effort (within reason) to schedule similar elected options during the first half of the season, however if there is a conflict that cannot be absolved, the game will be played using Option A. **All games starting April 18, 2026 will use the standard pitching and base running rules.**

Option A (Modified):

- a. A modified coach pitch scenario will be used. The pitcher will pitch to each batter until that batter is retired or reaches base safely or achieves a count of three balls. When the count reaches three balls, an adult member of the OFFENSE coaching staff will pitch to the batter until the batter is either retired or reaches base safely. When the adult coach pitches, only strikes will count. The batter will either be retired on strikes, hits the ball and is retired, or reach base safely by hitting the ball (the batter is not permitted to walk). An adult **OFFENSE** coach will take a position behind the pitcher to be available when needed and is permitted to coach the players on the field but not interfere with the play of the game.
- b. When the adult coach is pitching:
 - i. The player playing the position of pitcher will take a position either to the right or left of the adult coach (but no closer to the plate than the pitching rubber) to field her position.
 - ii. No base runner can advance by stealing or because of a wild pitch/passed ball when the adult coach is pitching.
 - iii. Bunting is always allowed even when the adult is pitching.
- c. A base runner may attempt to advance to second or third as the result of a passed ball or wild pitch delivered by the pitcher but may not attempt to score on a passed ball or wild pitch delivered by the pitcher OR adult pitcher. A base runner that advances as the result of a passed ball, wild pitch, stolen base, or overthrow may advance one base only per batter. A base runner may not attempt to score on an overthrow from the throwback to the pitcher from the catcher.



Virginia District 7
7 Rivergate Dr.
Poquoson, VA 23662
757-272-3928 Fax: 757-868-3352
E-Mail: VADistrict7@cox.net
www.VADistrict7.org



VIRGINIA DISTRICT 7

LITTLE LEAGUE BASEBALL AND SOFTBALL

Hampton • Newport News • Poquoson • York County

DEER PARK, HAMPTON-WYTHE, NORTHAMPTON, PHOEBUS, POQUOSON, WARWICK, YORK,
CHALLENGER

- d. The rules above are in effect for games played prior to April 17, 2026. **All games starting on April 18, 2026, will use the standard pitching and base running rules** (i.e. no coach pitch, four (4) balls is a walk, stealing and advancing on passed balls and wild pitches is permitted and advancing on overthrows is permitted).

Option B (Standard):

- a. All regulation games will be played in accordance with the Little League Softball Rulebook. Modifications are not permitted.



Virginia District 7
7 Rivergate Dr.
Poquoson, VA 23662
757-272-3928 Fax: 757-868-3352
E-Mail: VADistrict7@cox.net
www.VADistrict7.org

