

**2026 Inter-League 'Rec B' Playing & Operating Rules
LA/South Bay District**

Effective 2/2026

The LA/South Bay Inter-League will abide by the USA 2025 Official Rules of Softball including the section on Junior Olympic 10-Under rules, but for these exceptions and situations specified in these Playing & Operating Rules:

A. Game Information:

1. A regulation game is seven (7) innings. A minimum of three (3) innings is a legal game, should the time limit expire or a game be called prior to seven innings.
2. Time Limit - no new inning shall start after 1 hr. and 30 minutes. A maximum time of 2-hours "drop dead" will apply in all Divisions except 8U. **8U only** has 1 hr. and 30 minute "drop-dead" time limit. The plate umpire holds the official time. Home team shall be official scorekeeper.
3. In the event that the 'drop-dead time is reached in the middle of an inning, the score will revert back to the last complete inning **unless the home team is ahead**. In case of a tie with time remaining, the International Tie Breaker will be used until a winner is determined **or** time expires. Once time has expired and the score remains tied, each team will receive 1/2 win & 1/2 loss.
4. Run limit – **8U** (see below). **10U – 18U** will have a **6 run limit** per inning for the first **3 innings. Innings 4 and on** will be unlimited until the time limits are reached.
5. All divisions will bat Round Robin with free substitutions on defense.
6. Pitching Restrictions:
 - a. Pitchers in the High School and 14U divisions may pitch unlimited innings per week.
 - b. Pitchers in the 12U & 10U divisions may pitch no more than 7 innings per week.
 - c. Pitchers in 8 under division may pitch a maximum of 2 innings per game **through March 8. Beginning March 9**, pitchers in the 8U division may pitch a maximum of 3 innings.

Note: In two consecutively played games in High School, 14U, 12U and 10U divisions only, pitchers are allowed no more than 6 additional outs total during extra innings played specifically to break a tie.
7. Pitching distance is 30 feet (both player and coach) in 8-U, 35 feet in 10-U, 40 feet in 12-U and 43 feet in all other divisions.
8. Base paths are 55 feet in 8-U (when available) and 60 feet in all other divisions.
9. The 10" RIF (reduced flight – safety) ball will be used in 8-U. 11" USA approved ball for 10-U. Standard 12" USA approved ball for 12-U through High School divisions. Game balls may be white or optic yellow so long as all game balls are of the same matching color (yellow and white game balls may not be mixed).

B. Substitutions and Batting

10. All divisions will bat Round Robin with free substitution on defense.
11. A team must bat with at least 9 players in the line up to avoid the "short-handed" rule penalty.
12. Short-Handed rule: A team may start with 8 players but when another player arrives, they must be inserted into the lineup in the ninth batting position. If a 10th player arrives, they must be inserted in the 10th spot in the lineup. Subsequent arrivals must be listed in order of arrival up to the maximum number of players on the lineup card allowed by the league.
13. An out will be called the first time the vacant ninth position in the batting order appears. Subsequent at-bats in the vacant position will be skipped over with no "out" penalty being called.
14. ***In order to avoid a forfeit, if a team knows in advance that they will be shorthanded; players may be borrowed from another team within their league (with the league's approval) from the same or lower age classification. Borrowed players can bring the team count up to a maximum of 9 players. The borrowed players must be identified to the umpire and the opposing team. The borrowed player(s) must bat last and play an outfield position***
15. Under round-robin batting:

- a. The DP/FLEX rule will not be in effect.
- b. A team may have between 9 and 16 batters and no more than 9 defensive fielders (or 10 fielders in 8-Under division) as modified in these Inter-League rules.
- c. If a player needs to leave early, this must be declared to the plate umpire and the opposing team at the plate meeting (before the game starts). No penalty "out" will be assessed if the situation is declared before the game starts. If the situation is brought to the attention of the umpire and the opposing team during the game, a penalty "out" will be declared only the first time that the vacant spot in the batting order comes up. An inning or a game can end with an automatic out.
- d. All batters must bat and run for themselves unless injured. If a batter or runner becomes injured and cannot complete their turn at bat or time on the bases, a replacement player will be allowed to finish the at bat or time as a runner for that half inning only.
- e. When all play has stopped, the team member who was the "last out" before the injured player's turn at bat will be the replacement player. If the last out is on base or at bat, the next available player in the line up before the injured player will become the replacement player.
- f. Any batter or base runner that must use a replacement player *a second time* due to injury will be removed from the game for safety reasons. When the player who has left the game due to injury and misses the next at bat, an out will be declared for that one time only. An inning or a game can end with an automatic out.
- g. A player may be used as a replacement player only once per inning.

C. 10-U Division Exceptions & USA 2025 Rules Emphasized:

16. Dropped 3rd strike is in effect.
17. The "Infield Fly" rule will be in effect. Meaning, with less than two outs and runners on 1st & 2nd or with bases loaded, a fair pop fly that could be easily caught (umpire's judgment) by an infielder will result in an automatic out on the batter if the ball is not caught.
18. Runners may steal when the ball leaves the pitcher's hand. A play at a base during a steal, an attempted pick-off or an overthrow to the pitcher does not release a runner from third base.
19. Runners on first may steal more than one base but may not steal home. Runners on 2nd base may only steal one base.
Exception: Effective through March 8, 2025
20. Closed Plate. A runner may not steal home on a pitch at any time. The umpire as allowed by USA overthrow base-award rules may award runners home plate. **(Beginning March 9, 2026 the 10U will follow the USA rule book.)**

D. 8-U Division Rules Exceptions:

21. Time Limit- Drop Dead after 1 hour 30 minutes.
22. Run limit – **8U** will have a **4 run limit** per inning for the first **3 innings. Innings 4 and on** will be unlimited until the time expires.
23. No dropped-third strike. The batter is out on a third strike at all times, whether it is caught or dropped.
24. No "Infield Fly" rule will be used. Meaning, with less than two outs and runners on 1st & 2nd or with bases loaded, a pop fly that could be easily caught by an infielder does not result in an automatic out on the batter if the ball is not caught.
25. Runners may steal when the ball leaves the pitcher's hand. A play at a base during a steal, an attempted pick-off or an overthrow to the pitcher does not release a runner from third base.
26. Runners on first and second base may steal only one (1) base per pitch.
27. Closed home plate. A runner may not steal home on a pitch at any time. The umpire as allowed by USA overthrow base-award rules may award runners home plate.
28. If a runner attempts to steal home and touches home plate, the umpire will call "time" and place the runner back on 3rd base. Runner is in jeopardy while off third base and during the improper advance attempt (to steal home).

29. No walks. After ball four, a coach from the offense will pitch to the batter the number of pitches left between the current strike count and three. At least one foot must be on the rubber. No bunting or stealing during coach pitch. See Section E below for Inter-League modifications during Coach-Pitch.
30. Team option in 8U division only to have a "10th player" allowed on the field during a defensive half inning. The defensive alignment shall consist of an infield player at each of the following positions: pitcher, catcher, first base, second base, third base and shortstop. The outfield alignment will include an outfielder in the left, left center, right center and right field positions.
31. Outfielders (and the 10th player in 8-Under division only) must remain behind the base paths until the ball is hit, or a play is made on a runner because of a batted ball.
32. No player except the pitcher shall start in a defensive position closer than 25 feet to home plate, measured from the front side of the plate anywhere between the 3rd baseline and the 1st baseline.
33. Strike zone should be between knees and the top of the shoulders.

E. Coach-Pitch (8-Under Division only):

Note: Coach- Pitch will be used until March 8. (All games after March 9 will NOT use coach-pitch)

34. No stealing during coach-pitch.
35. No bunting during coach-pitch.
36. Walks are not permitted on any batter. The batter must put the ball in play or strike out.
37. Players will pitch and the umpire will call balls and strikes while the player is pitching.
38. After four (4) balls, a coach from the offense will pitch to the batter the number of pitches left between the current strike count and three. Each pitch counts as a strike unless it is put into play. With less than two strikes a foul tip or a foul ball not caught also count as a strike. When the coach is pitching, the batter continues to bat until the ball is put into play or they strike out.
39. A batter cannot foul out. A foul tip caught by the catcher on the 3rd strike results in the batter being declared out. No dropped third strike rule on uncaught swinging strike three will be in effect.
40. The coach must pitch with at least one foot on the 30-foot rubber.
41. The pitcher shall remain adjacent to or behind the coach-pitcher and must have at least one foot in the pitcher's circle during coach pitch.
42. A pitch by the coach-pitcher that hits the batter shall count as a strike.
43. The coach-pitcher shall not interfere with **any** defensive player making a play on the ball or a runner.
 - a. The umpire shall call delayed interference if the coach-pitcher is hit by the ball or interferes with a defensive player.
 - b. After all play has stopped, the umpire declares, "dead ball" and the defensive coach has the option to take the result of the play or the penalty for coach-pitch interference.
PENALTY: the batter is declared out and all other runners are returned to last base held at the time of coach interference. Any outs made on the play are nullified.

General

	Base paths / Pitching distances /Game Balls (optic Yellow)		
8 & Under	55'	30'	Rawlings 10" RIF SR10RYS
10 & Under	60'	35'	Rawlings 11" RIF SR11RYS
12 & Under	60'	40'	Rawlings 12" Dream Seam 12RYLAH
14 & Under	60'	43'	Rawlings 12" Dream Seam 12RYLAH
HS	60'	43'	Rawlings 12" Dream Seam 12RYLAH

USA Approved balls other than these are acceptable, but must be Reduced Injury Factor balls in 8/10U