



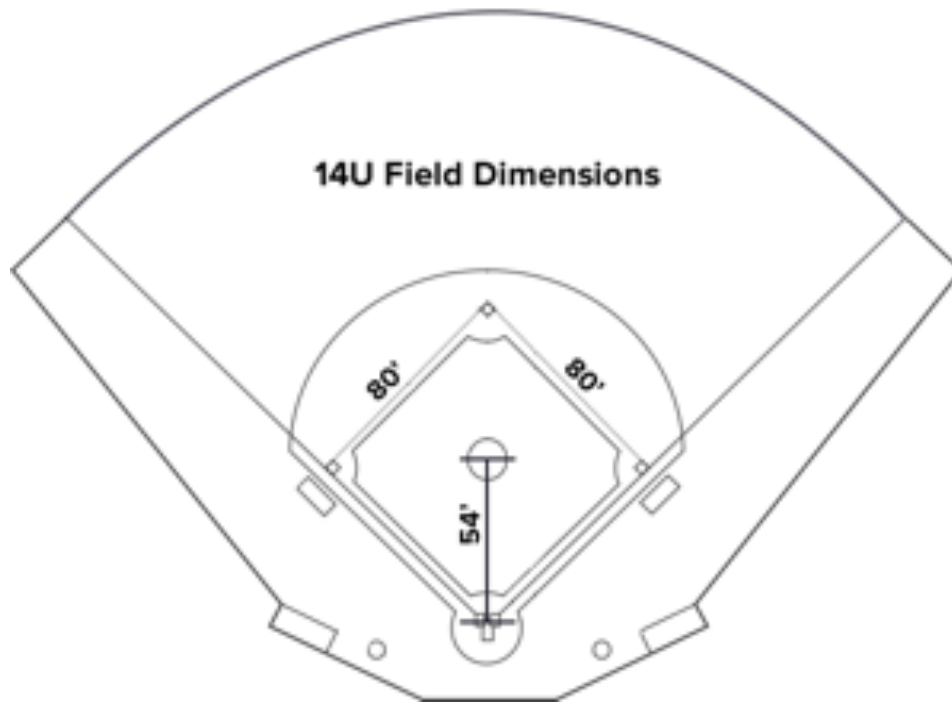
DFW Interlock

13U & 14U Rules

Fall 2025

dfwinterlock.com

26. 13U & 14U RULES



26.1. Ages

- 26.1.1. 14U division players who turn 15 prior to May 1 of the current season are not eligible unless they are in the 8th grade. Also, any player turning 16 prior to May 1 will not be eligible. Players who are 14U eligible are eligible for this division regardless of grade.

26.2. Equipment

- 26.2.1. Catchers are required to wear protective gear.
- 26.2.2. Ball type: Rawlings R200USSSA baseball or other manufacturer's equivalent
- 26.2.3. Bats allowed: All bats must be labeled with either the USSSA 1.15 BPF stamp or the new USA Baseball stamp. Per NCS rules, either is acceptable for game use. BBCOR (-3) and wood bats are allowed. The maximum length / weight differential for all 14U players is -5.



26.3. Field of Play

26.3.1. The bases shall be placed 80 feet apart.

26.3.2. Pitching: 54 feet from rubber to back of home plate

26.4. Length of Game

26.4.1. 1 hour 45 min or 6 innings, whichever comes first. No inning will be started after the time limit of 1 hour 45 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.

26.5. Game Overview

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

26.5.2. Max Runs: 5 runs per inning

26.5.3. 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
- 8 runs after 5 innings

26.5.4. Ties are allowed in 14U league play.

26.5.5. Base Running:

26.5.5.1. Loose bases

26.5.5.2. Stealing allowed

26.5.6. A dropped 3rd strike is a live baseball

26.5.7. No balk warnings will be issued.

26.5.8. No slash bunting or slashing allowed.

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

26.6. Team Formation & Guest Players

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

- 26.6.2. 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 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 End of Season Tournament.
- 26.6.3. 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.
- 26.6.4. Max of two (2) guest players are allowed per game. They must bat last or 2nd-to-last and play OF or C positions.
- 26.6.5. Guest players must be declared by the Head Coach at the plate meeting.
- 26.6.6. 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.

26.7. Scoring the Game

- 26.7.1. 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).
- 26.7.2. 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.
- 26.7.3. 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.
- 26.7.4. All games must start with at least 8 fielders, taking an out in the 9th spot of the batting order.
- 26.7.5. 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.

- 26.7.6. 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.
- 26.7.7. 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.

26.8. 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
13U / 14U	95	1-20	21-35	36-50	51-65	66+	N/A

26.9. Pitching Details

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

26.10. Game Play Rules

- 26.10.1. 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.
- 26.10.2. Any offensive player must wear a helmet. This includes: batters, those on on-deck circle, base runners, and bat boys.

26.11. Equal Play Rules

- 26.11.1. No player shall sit out defensively twice before all players sit out defensively once.
- 26.11.2. Defensive lineup deviations due to injury or illness may be agreed upon by both coaches.
- 26.11.3. Coaches shall exchange lineup cards with batting order at the plate meeting.

- 26.11.4. 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.
- 26.11.5. 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.
- 26.11.6. 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.

26.12. Additional Resources

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

END OF SEASON TOURNAMENT

27. End of Season Tournament

- 27.1. All attempts will be made to complete an End of Season Tournament for every age group during the **Spring season** (no EOS Tournament in the fall) of DFW Interlock baseball. No guarantees are made that a single division will have or fully complete and End of Season tournament during the year.
 - 27.1.1. End of Season Tournament disruptions could be from: rainouts, lack of field availability, lack of team interest, other natural occurrences or acts of God.
 - 27.1.2. No refunds will be given for cancelation of any age group/division for the End of Season Tournament
- 27.2. End of Season Cost per Team
 - 27.2.1. There is no cost assigned to any team to participate in the End of Season Tournament for any team involved in DFW Interlock play for the Spring season.
- 27.3. End of Season Cost per League
 - 27.3.1. Each League participating in the DFW Interlock is asked to participate in the hosting of the End of Season Tournament.
 - 27.3.2. A league is typically asked to host an entire division or a sub-section of that division when the division itself is too large to host at one location.
 - 27.3.3. The option to host individual divisions will be offered up first come, first serve to all leagues before the start of the Spring season at the January meeting of the league representatives.
 - 27.3.4. Umpire scheduling and costs are to be covered by the League hosting each EOS Tournament division.
 - 27.3.5. Tournament award ordering, cost, and distribution to league representatives are to be covered by the League hosting each EOS Tournament division.
 - 27.3.6. Tournament awards will be given out to Championship and Finalist teams of each division and will be awarded whenever possible on the field after the championship game by a representative of the hosting division.

- 27.3.7. The goal is to get each league to cover one division cost and hosting which allows their teams in other divisions to participate at other locations for no cost.
- 27.3.8. For leagues that are unable to host (due to lack of field availability, etc), you will be asked to help cover some costs for umpires.

27.4. Tournament Awards

- 27.4.1. Starting in 2023, tournament awards (ordering and distribution to league representatives) will be handled by the DFW Interlock.
- 27.4.2. All awards will be funded by the member fees collected at the start of the season.
- 27.4.3. Awards could potentially be rings, medals, trophies, or other similar products based on availability and cost.

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+