



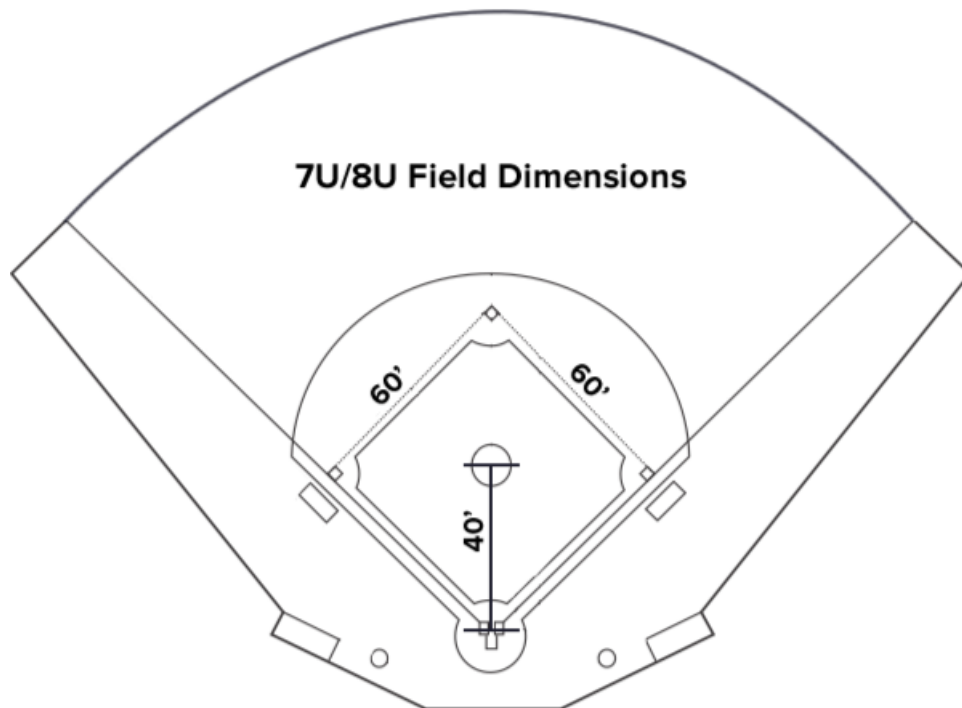
DFW Interlock

7U & 8U Rules

Fall 2026

dfwinterlock.com

23. 7U & 8U RULES



23.1. Ages

23.1.1. 7U division players who turn 8 prior to May 1 of the current season are not eligible unless they are in the 1st grade. Also, any player turning 9 prior to May 1 will not be eligible. Players who are 7u are eligible for this division regardless of their grade.

23.1.2. 8U division players who turn 9 prior to May 1 of the current season are not eligible unless they are in the 2nd grade.

23.2. Equipment

23.2.1. Catchers are required to wear protective gear.

23.2.2. Ball type: Rawlings R200USSSA baseball or other manufacturer's equivalent

23.2.3. 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:



23.3. Field of Play

23.3.1. The bases shall be placed 60 feet apart.

23.3.2. Pitching: 40 feet from rubber to back of home plate

23.4. Length of Game

23.4.1. 1 hour 15 min or 6 innings, whichever comes first. No inning will be started after the time limit of 1 hour 15 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.

23.5. Game Overview

23.5.1. Infield Fly Rule: No infield fly rule in effect

23.5.2. Max Runs: 5 runs per inning

23.5.3. 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

23.5.4. Ties are allowed in 7U and 8U league play.

23.5.5. Base Running:

23.5.5.1. No leadoffs

23.5.5.2. No stealing

23.5.5.3. The bat must strike the ball before any base runner can leave the base.

23.5.6. No bunting, slash bunting, or slashing allowed.

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

23.6. Team Formation & Guest Players

23.6.1. Coach Look & draft (if more than 1 team) from organization's Rec or Advanced-Rec divisions.

23.6.2. Players who play in their home organization's Premier division during the season are allowed to sub for their home organization's TEBA team for up to two TEBA scheduled games, not tournaments. Any player found playing in a tournament (any level) during the season will be removed from DFW Interlock play for the remainder of the season.

- 23.6.3. Guest players on a DFW Interlock team must be from Rec or Advanced-Rec (Premier) teams only and should be from your home association. No Select players are allowed in the DFW Interlock. If a player played in Select in a previous season but has returned to your Rec program for the current season, they are eligible as a guest player.
- 23.6.4. Max of two (2) guest players are allowed per game. They must bat last or 2nd-to-last and play OF or C positions.
- 23.6.5. Guest players must be declared by the Head Coach at the plate meeting.
- 23.6.6. 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.

23.7. Scoring the Game

- 23.7.1. 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).
- 23.7.2. 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.
- 23.7.3. 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.
- 23.7.4. All games must start with at least 8 fielders, taking an out in the 9th spot of the batting order. If there are at least 9 fielders, no out for the missing 10th spot will be taken.
- 23.7.5. 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.
- 23.7.6. 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.

- 23.7.7. 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, should his turn already passed.

23.8. Pitching Rules

- 23.8.1. A batter shall be declared out after 3 strikes (swing/miss, or foul-tip ball caught on 3rd strike) or 6 pitches, whichever comes first. If the batter fouls off the 6th pitch, the batter will continue to receive pitches until there is a swing and a miss or the ball is put into fair territory or a fouled off ball is caught.
- 23.8.2. The defensive player in the pitcher position will take his position to the left or the right of the coach pitcher and must keep one foot in the dirt portion of the mound until the ball is hit. The defensive player may not be positioned in front of or behind the coach pitcher.
- 23.8.3. The defensive player in the pitcher position is requested to wear protective equipment: a chest protector and/or face protection as determined by their home association.

23.9. Coach Pitcher

- 23.9.1. Must pitch from the pitching rubber and keep one foot in contact with the rubber until the ball is thrown.
- 23.9.2. Must pitch from a standing position, throw overhand.
- 23.9.3. May not coach the players at any time while performing his coach pitcher responsibilities, including coaching of the player at bat and coaching while play is in progress.
- 23.9.4. Must leave the field of play immediately after the ball is batted. The coach pitcher must remain in foul territory on either the first base or third base side until the play is over. The coach pitcher may not be behind the plate in foul territory.
- 23.9.5. Anyone who interferes with the fielding or throwing of a ball in fair or foul territory, shall be called for interference and the batter will be called out.

23.10. Batted Ball

- 23.10.1. Any ball that strikes a coach pitcher is a dead ball and treated as a foul ball (strike) and counted as a pitch for the batter.
- 23.10.2. A ball that strikes the coach pitcher and is the final allowed pitch to the batter: If the umpire determines that the coach pitcher could have gotten out of the way, the batter is out. If the umpire

determines that the coach pitcher could not have gotten out of the way, it is a dead ball, and the batter shall receive another pitch.

- 23.10.3. A ball that settles in fair territory is considered a fair ball. No need for ball to reach grass.

23.11. Game Play Rules

- 23.11.1. On overthrows, base runners may advance at their own risk.
- 23.11.2. Play stops when ball crosses base path from throw-ins from the outfield and in control of the defense. Defense must control the lead runner. At this point, the umpire shall call TIME. Trailing runners may not advance when the lead runner has broken full stride.
- 23.11.3. Play stoppage is at umpire's discretion and is not subject to appeal.
- 23.11.4. 1st base: Runners running past 1st base in foul territory shall not be tagged out. However, once they are past 1st base, if they turn towards 2nd in an aggressive manner, they may be tagged out, unless they are on the base.
- 23.11.5. Obstruction: Fielders, when not in motion to field the ball, shall not block the base paths or base. Any runner interfered with while running shall be awarded the next base, if determined by the umpire, that he would have made safely had the obstruction not occurred.
- 23.11.6. Base runners shall not leave the base before the ball is hit in play. Coach can appeal to the home plate umpire after a pitch, who upon seeing a base runner not on the base, can call him out.
- 23.11.7. Outfielders must be no closer than the edge of the grass. In the event there is no dirt infield or separation between infield/outfield, umpires shall make the determination on how close an outfielder may be allowed to the infield.
- 23.11.8. Coaches must be around the dugout area by the entrances. A single coach is permitted to be behind the catcher to help throw the ball back to the coach pitcher and move the bat out of the way.
- 23.11.9. Any offensive player must wear a helmet. This includes: batters, those on on-deck circle, base runners, and bat boys.

23.12. Equal Play Rules

- 23.12.1. No player can sit out defensively more than two innings.
- 23.12.2. No player shall sit out defensively twice before all players sit out defensively once.
- 23.12.3. Each player must play 1 inning in the infield and outfield within the first 3 innings.

- 23.12.4. Catcher is considered an outfield position.
- 23.12.5. No player shall play the same infield position more than 3 innings total in a game.
- 23.12.6. Defensive lineup deviations due to injury or illness may be agreed upon by both coaches.
- 23.12.7. Coaches shall exchange lineup cards with batting order and defensive lineup covering the first 3 innings with infield positions highlighted.
- 23.12.8. 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. Note: for the game, the head coach will be designated as the coach who attends the plate meeting with the umpires.
- 23.12.9. 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.
- 23.12.10. 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.
- 23.12.11. 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.

23.13. Additional Resources

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