

2025 Rules Summary

Pocono Mountain East Little League

The following are PMELL's regular season, in-house rules. They are designed for players to learn the game and to promote player development.
Rules should always be reviewed, adjusted (if needed) and understood/agreed upon by all coaches before each and every game.
Important Note : Rules are subject to change when playing away games against teams in other leagues.

Descriptions	Tee Ball	Baseball					Softball			
		Coach Pitch	Minors	Majors	50/70	Seniors	Coach Pitch	Minors	Majors	Seniors
Ages (league age, not birth age)	4,5,6	6,7,8	8,9,10 11's possible	10,11,12 9's possible	12,13 11's possible	13,14,15,16	6,7,8	8,9,10 11's possible	10,11,12 9's possible	13,14,15,16
# innings per game (DH = Double Header)	4	6	6	6	5 if DH 7 if not DH	5 if DH 7 if not DH	6	6	6	7
Time limit (new inning can't start after limit)	1:00	1:15	1:30	2:00	2:00	N/A	1:15	1:30	2:00	N/A
Max # players on the field	N ¹	12	10	9	9	9	12	10	9	9
Min # players on the field	N/A	N/A	8	8	8	8	N/A	8	8	8
On-deck batter allowed on field?	N	N	N	N	N	N	N	N	N	N
Catcher required?	N	Y ⁹	Y	Y	Y	Y	Y ⁹	Y	Y	Y
Facemask required?	N	N	N	N	N	N	Y	Y	Y	N
Bunting allowed?	N	N	Y	Y	Y	Y	N	Y	Y	Y
Pitching distance	N/A	N/A	46' *	46'	50'	60' 6"	N/A	35'	40'	43'
Base distance	50'	60'	60'	60'	70'	90'	60'	60'	60'	60'
Base stealing allowed?	N	N	Y ⁶	Y	Y	Y	N	Y ⁶	Y	Y
Stealing home allowed?	N	N	Y ³	Y	Y	Y	N	Y ³	Y	Y
Strikeouts?	N/A	Y (3 swings) ⁸	Y	Y	Y	Y	Y (3 swings) ⁸	Y	Y	Y
Walks?	N/A	N	Y	Y	Y	Y	N	Y ⁴	Y	Y
Dropped 3rd strike?	N/A	N	N	Y	Y	Y	N	N	Y	Y
Infield fly rule?	N/A	N	N	Y	Y	Y	N	N	Y	Y
Intentional walk?	N/A	N/A	N	N	N	N	N/A	N/A	N	N
5 run limit per inning?	N ²	N ²	Y ⁵	N	N	N	N ²	Y ⁵	Y ⁵	N
8, 10, 15 run rule?	N/A	N/A	N	Y ⁷	Y	Y	N/A	N/A	Y ⁷	Y ⁷

<p>Notes</p>	<p>* pitchers can move up and throw from 42' if needed.</p> <p>1 - All players should be assigned a position/area on the field. Rotate positions every inning where possible.</p> <p>2 - Inning is over after 3 outs <u>or</u> all players bat once, whichever comes first.</p> <p>3 - <u>TBD by head coaches</u> . Suggestion: stealing home ONCE per inning.</p> <p>4 - <u>TBD by head coaches</u> . Suggestion: instead of batter walking, strike count is maintained and coaches may elect to pitch until ball is put into play or batter strikes out.</p> <p>5 - <u>TBD by head coaches</u> . Suggestion: 5 run max in ALL innings <u>OR</u> unlimited runs in the last inning for both teams <u>until</u> 3 outs or all players bat once, whichever comes first.</p> <p>6 - Runners can advance 1 base when stealing after a pitch. Runners can continue to advance on errors or if the defense attempts to make a play.</p> <p>7 - 8 runs after 5 innings, 10 runs after 4 innings or 15 runs after 3 innings</p> <p>8 - 5 pitches max per batter, then hit off tee (for games 1,2,3). Game #4 and after, 3 swings and batter is out.</p> <p>9 - Catcher should be dressed in the vicinity of home plate and ready to make a play if needed. Catcher can, but does not need to, catch pitches and throw ball back to (coach) pitcher.</p>
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Other	Home team
	<u>Pre-game</u> : field prep (line the batters box and foul lines) and supply game balls
	<u>Post-game</u> : clean dugout and take team photo
	Away team
	<u>Pre-game</u> : N/A
	<u>Post-game</u> : rake/drag the field, clean dugout and take team photo

Pitching Rules							
Baseball				Softball			
Player age determines pitching limits. Use the Little League age calculator to determine a player age. https://www.littleleague.org/play-little-league/determine-league-age					Minors	Majors	Seniors
Per game pitch count limits by player age		Rest requirements by pitch count		Innings per game	3	9	10/day
<u>League Age</u>	<u>Pitch Limit</u>	<u>Pitches</u>	<u>Calendar days rest</u>	Innings per week	9	18	30
13 - 16	95	66+	4 days rest	<i>One pitch constitutes an inning</i>			
11 - 12	85	51 - 65	3 days rest	<i>More than one inning = one day rest</i>			
9 - 10	75	36 - 50	2 days rest				
7 - 8	50	21 - 35	1 day rest	<u>Seniors only:</u> <5 innings, no rest required. 5 or more innings, one day rest required.			
		0 - 20	0 days rest				
Baseball only: When possible, limit each <u>Minors</u> pitcher to a maximum of 2 innings (even if pitch count not reached). This helps promotes player development (i.e. more pitchers).							
Baseball only: A pitcher who delivers 41+ pitches in a game may not play catcher for the remainder of the game.							
Baseball only: No player who has played the position of catcher in 4 or more innings may pitch in that game. One pitch constitutes an inning.							
When possible, a player (wearing at least a facemask) must be the first option to warm up a pitcher.							

Little League Approved Bat Markings				
Tee Ball				
Coach Pitch				
Minors				
Majors				
50 / 70				
Seniors				

*Older Tee Ball bats may be marked with an "Approved for Tee Ball" stamp.